Manning Base Hospital update p11

Local Identity Samantha Trayburn p25



Star Pet Pebbles 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 15 April 2026 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No.144

Caution in dry conditions



Above: North Boundary Trail fire at Black Head on 1 April. Image credit: Diamond Beach RFS.

By Mary Yule – Forster Fortnightly

While the official fire season ended on 30 March in many areas, residents are reminded that caution remains essential. With vegetation particularly dry, residents are urged to carefully assess conditions before undertaking any pile burns.

Fire permits are no longer required until October, but important safety measures still apply when lighting a fire.

Landholders and property owners must notify authorities and neighbours before burning. This includes registering burns at least 24 hours in advance via the NSW RFS portal at https://nswrfsprod.service-now.com/guardian_csp, notifying adjacent neighbours, ensuring appropriate equipment is on hand, checking whether a Bush Fire Hazard Reduction Certificate is required through MidCoast Council, and monitoring conditions closely.

Coomba Park Brigade Deputy Captain Ian Penden said, "Conditions are extremely dry. We have only had around 200 millimetres of rain since September, compared to an annual average of about 1,200 millimetres," he said.

"If you look at the most recent drought indicator map, you will note that our area is classified as drought and drought affected. This extends from the other side of Taree down to Newcastle."

Local fire brigades continue to respond to bush fires in the vicinity.

Diamond Beach RFS crews were among those responding to the North Boundary Trail fire at Black Head on 1 April.

As the first responding unit, the brigade's Captain, Shane Atwood, assumed Incident Controller responsibilities, coordinating incoming crews and logistics. During the day shift, firefighters contained eight to ten spot-overs along the western flank, preventing further spread.

Crews from Tuncurry, Tinonee, Green Point, Rainbow Flat and Nabiac brigades assisted, along with NSW RFS aerial support. The Great Lakes Catering Brigade was also thanked for feeding firefighters across multiple shifts, while NSW National Parks and Wildlife Service crews supported operations on the western flank and overnight backburning.

On 8 April, the Tuncurry RFS Fireboat responded to a report of a fire on Wallis Island, locating a landowner conducting a burn at Shallow Bay.

The incident is a reminder that although permits are no longer required, residents must still notify authorities and neighbours at least 24 hours before lighting fires.

See p4 for Drought Indicator Map, and Medals for Coomba Park Fire Brigade.

Easter Holidays



Photo of Elizabeth Beach at Pacific Palms on 5 April by Mary Yule. See p27 for Rock to Rock Ocean Swim on same day.



We welcome your stories, photos & letters

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

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



The whole Allen family supported water safety at the Pacific Palms Surf Club's Rock to Rock Ocean Swim. More photos p27.

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

Forster Fortnightly publishing dates

Edition 145: Wed 29 April (deadline Wed 22 April)
Edition 146: Wed 13 May (deadline Wed 6 May)
Edition 147: Wed 27 May (deadline Wed 20 May)

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

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

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Club Forster
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Lakes & Oceans Tavern

Pacific Palms
Pacific Palms Supamart

Charlotte Bay
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Smiths Lake
Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

Coomba Park
Pollards General store
Coomba Aquatic Centre

Bungwahl
Bungwahl Fuel & Liquor

Seal Rocks
Seal Rocks General Store

Council backs major events to boost economy & showcase region



Above: The Country Women's Association (CWA) State Conference will be held in May at Club Forster. Photos by Mary Yule.

Mayor Claire Pontin said Council's approach is focused on supporting events that deliver tangible benefits for the community.

"Council is proud to support events that bring people to our region filling local accommodation, cafes, clubs and retail businesses and delivering real value for our community," she said.

"These events also showcase our region as a great place to visit, compete and host, helping to build our reputation and attract future events."

Council's sponsorship program prioritises events that demonstrate strong visitor appeal and clear economic impact, while also delivering positive community outcomes through participation, volunteering and local pride.



MidCoast Council

MidCoast Council is supporting a range of major sporting championships and conferences that are set to bring visitors to the region and deliver flow-on benefits for local businesses.

Through targeted event sponsorship, Council is investing in activities that generate economic benefit by attracting competitors, delegates and spectators who stay, dine and shop locally — helping support local jobs and operators.

The sponsored events include:

U14 Hockey State Championships - 10-12 April at Taree Hockey Complex

CWA State Conference - 3-7 May at Club Forster

Bowls State Carnival - held in May at various bowling venues across the region

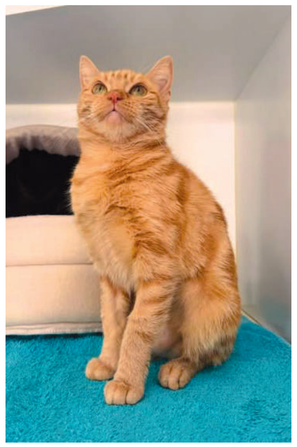
Vikings Senior Challenge - held in March each year at the Tuncurry Sports Fields

Central District Rowing Association Championship - held in March on the Manning River

NSW Triathlon Club Championships - held in Forster each February (pictured right)

Pet of the Fortnight

Meet our girl, Marvina!



A small ginger female with a gentle nature who's roughly 12 months old. Marvina is loving and curious once she feels comfortable, and enjoys quiet companionship, exploring her surroundings, and being part of a calm home.

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To enquire, please phone the Mid Coast Animal Hospital clinic on 02 6557 2273.

An adoption application will need to be completed prior to approval — please note that adoptions are based on best fit, not a first-come, first-served basis.

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Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.
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4 SOUTH STREET, TUNCURRY

Visit by a Humpback



Marine Rescue Forster Tuncurry

It was a real thrill for many locals and visitors to sight a humpback near the Forster Tuncurry Bridge on Sunday 12 April.

Forster Dive Centre (volunteers with ORRCA - a marine mammal conservation and rescue organisation) have been keeping a close watch on the whale and are asking locals to ring ORRCA on 02 9415 333 when it is spotted around Wallis Lake.

A Reminder for Boaters, Jet Skis, Canoeists & Paddlers

Marine Rescue Forster Tuncurry would like to remind everyone using the waterways, that whales, dolphins, seals, rays and turtles all have specific distance rules designed to keep both you and the animals safe. These incredible creatures are wild, powerful and deserve space and respect. It is a maritime rule to keep 100m from a whale.

All approach distances and rules are included in your NSW Boat Licence Handbook.

https://www.environment.nsw.gov.au/.../approach-distances...

Manning - Great Lakes Police District Update

Dear Readers,

The Easter long weekend traffic operation has now concluded with four lives lost on NSW roads.

NSW Police had a high-visibility presence across the state during Operation Easter 2026 from 12.01am Thursday 2 April 2026 to 11.59pm Monday 6 April 2026.

The police operation involved officers from Traffic and Highway Patrol Command with the assistance of general duties and specialist police from all commands and districts across the state.

A double demerit period targeting speeding, mobile phone use, seatbelt and helmet offences was also in place for the same time period.

Over this long weekend four people lost their lives, which occurred in the northern and southern regions.

Across the state, police issued 15,711 Traffic Infringement Notices, including 4,800 for speed related offences, 558 for mobile phone usage, and 326 restraint offences.

Police conducted more than 317,891 breath tests, with 319 drink driving offences and conducted 11,646 drug tests with 935 drug driving offences detected, with 333 major crashes reported.

Your local police conducted over 5,500 breath tests, with action taken against 11 persons for drink driving offences. There were over 170 drivers caught speeding in the Police District over the long weekend but fortunately there were no fatal crashes in our area.

The Minister for Police and Counter-terrorism Yasmin Catley said the long weekend road toll was a reminder of the consequences of unsafe driving.

"The loss of four lives on our roads is devastating and our thoughts are with their families, friends and the first responders who attended these tragic incidents," Minister Catley said.

"Police saturated our roads over the long weekend, but enforcement alone cannot prevent every tragedy. Every driver has a responsibility to themselves, their passengers and every other road user to make safe decisions behind the wheel."



"One poor choice can cost lives and leave a lasting impact on families and communities. With the Anzac Day long weekend just around the corner, we're urging drivers to heed these warnings - slow down, stay focused and think carefully about the responsibility you have when you get behind the wheel of a car."

Traffic and Highway Patrol Commander, Assistant Commissioner David Driver said any life lost on the roads was one too many.

"Four people lost their lives over the long weekend. That meant police officers delivered heartbreaking messages to loved ones and four families experienced unbearable grief," Assistant Commissioner Driver said.

"Frustratingly and disappointingly, drivers continued to make dangerous and reckless decisions behind the wheel and did not appreciate the risk to themselves and other road users."

"NSW Police will be out in force across the school holidays and Anzac Day long weekend."

"Police continue to urge drivers to slow down, avoid distractions, manage their fatigue, and not drink or take drugs and drive."

NSW Police will conduct another traffic operation across the Anzac Day long weekend from Friday 24 April 2026 to Monday 27 April 2026, where a double demerit period will also be in effect.

In closing, a shout out for our friends at Homebase Services who invite you to celebrate Youth Week 2026 with them on Thursday 16 April!

Join the Homebase Services folk for a fun, free, relaxed day at the pool to celebrate Youth Week 2026.

There'll be games, friendly competition, and plenty of time to just hang out. Come for one thing or stay for the whole afternoon! Details below:

Celebrate Youth Week 2026
Great Lakes Aquatic & Leisure Centre
11:30am - 2:30pm on Thursday 16 April for 11–17 year olds

Free event! Pickleball, half-court basketball challenge, swimming, parkour, water rescue skills and fun prizes up for grabs. Transport available from Tuncurry and Forster if needed. Text or call 0429 294 229 if you have any questions

And remember, please 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

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Coomba Park RFS members recognised





Above: Treasurer Annabelle Lewis.

Left: Captain Allan Dunn.

Below: Deputy Lindy Paterson and Chris Rand.



By Mary Yule – Forster Fortnightly

Seven members of the Coomba Park Rural Fire Brigade were recognised at the recent MidCoast RFS medal presentation, marking significant milestones in service to the community.

Captain Allan Dunn received a 30-year service medal, while Treasurer Annabelle Lewis was awarded a 20-year medal, presented by Captain Dunn. Lindy Patterson and Chris Rand each received 10-year service medals.

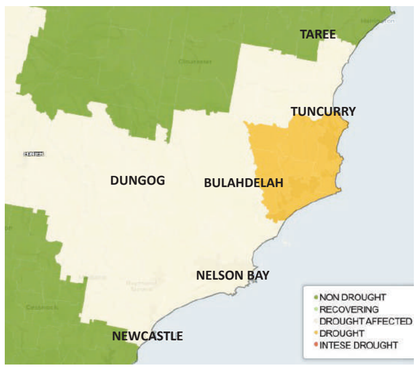
Three additional members — Vivian Henderson, Allan Williams and Rod Thorn — were also awarded 10-year medals but were unable to attend the presentation.

The brigade acknowledged the ongoing commitment of its volunteers, recognising their contribution to both the local community and the Rural Fire Service.

Deputy Captain Ian Penden said the brigade had seen encouraging growth over the past year, with five new, younger members joining.

"Three came through contact at local markets," he said. "We have found that people often look to join when they move into the area."

For further information, Coomba Park RFS Captain Allan Dunn can be contacted on 0481 994 773.



Right: Drought Indicator Map.

https://www.dpi.nsw.gov.au/climate_applications/interactive-drought-map

Local ANZAC Day Services - Saturday 25th April 2026



Forster Tuncurry

Dawn Service

The Forster Tuncurry RSL sub-Branch will be conducting an Anzac Dawn Service at the Lone Pine Memorial Park, Tuncurry commencing at 6.00am.

Following the Dawn Service, Sporties Tuncurry will be opened between 7.00am and 10am for Veterans and the General Public for the traditional ANZAC Day Breakfast at a cost of $20 to the general public. All current and former defence force personnel wearing medals and their immediate family members will be able to purchase a subsidised breakfast. Tickets at a discounted price of $10.00 per person will be available at Sporties Tuncurry.

ANZAC Day Main Service

The ANZAC Day March will form up in Parkes Street, Tuncurry at 10.15am and proceed along the Eastern side of Manning Street to the Lone Pine Memorial Park, Tuncurry for the Commemorative Service commencing at 11.00am.

Temporary Road closures will be in place from approximately 10.00 am to 10.45 am.

Road Closures will be Little & Parkes St, Lake & Parkes St, Parkes & Beach St, Kent St, Wharf St at Manning St, the Bridge at Manning St and Point Rd intersection, Taree St & Point Rd, Coral & Point Rd. Barriers and members of the Forster-Pacific Palms SES will be manning these points so please respect those Volunteers.

Anyone wishing to lay a wreath or Tribute at either Service please contact the sub-Branch Secretary on 02 6591 6519 or forster-tuncurrysb@rslnsw.org.au by Friday 17th of April

Following the ANZAC Main Service, Club Forster bistros will be open for lunch and the ANZAC Day Two-Up will commence from 2.00pm in the club auditorium on level 2.

In the case of a weather-related cancellation the Dawn Service will be held at Sporties Tuncurry, and the 11:00am Service will be held at Club Forster.

Hallidays Point

Dawn Service is at 5:50am after 5.30am Reflection at the Black Head Ocean Pool.

The wearing of Medals by family members is encouraged, as is the laying of Wreaths. Children are invited to lay wreaths, or Sprigs of Rosemary which will be provided. Reserved seating available for all Veterans and Serving ADF at front of seating rows.

Join us after the Dawn Service for the annual Free Lions Club Breakfast ANZAC Day Breakfast Black Head Surf Life Saving Club.

This is a joint Hallidays Point ANZAC Day Committee and Hallidays Point Lions Club event.

Pacific Palms

An ANZAC Day Dawn Service with be held at 6am at the Pacific Palms Community Centre, 3957 The Lakes Way, Elizabeth Beach – next to the Recky Club. Hosted by the Pacific Palms Community Association and the Recky Club.

We encourage those wishing to attend to park in the Recky Carpark and make your way over to the hall.

The Recky will be serving breakfast at the conclusion of the service for $10 per person. Free of charge for returned servicemen and servicewomen.

Seal Rocks

The Reflections Holiday Park at Seal Rocks will have a March at 5:45am through the park for all school students (please wear uniforms) leading up to the ANZAC Day Service at the Guest Lounge which will start at 6am. Followed by a BBQ breakfast with donations to Legacy.

We'd love to see the community there. Anyone is welcome to bring a wreath, Katie and Dan Toney - Managers of Reflections Holiday Park at Seal Rocks.

Coomba Park

Come along to Memorial Hill off Coolangatta Street and give thanks to those who gave their lives in the name of freedom. The ANZAC Day Service commences at 7.45am for an 8.00am start.

The Anzac Ceremony has been an integral part of our community, having been run by Lynda Neslen and John Coles for many years! David Calgaro will be taking over this year and is busy planning his service.

There will be a breakfast at the Community Hall in Moorooba Road including refreshments provided by the Coomba & District Progress Association, as we have done for the last 3 years. Everybody welcome. Breakfast is by donation.





New seafood labelling in hospitality

NSW Fair Trading

Find out about new requirements for hospitality businesses in Australia and learn how to prepare to label seafood with the county of origin.

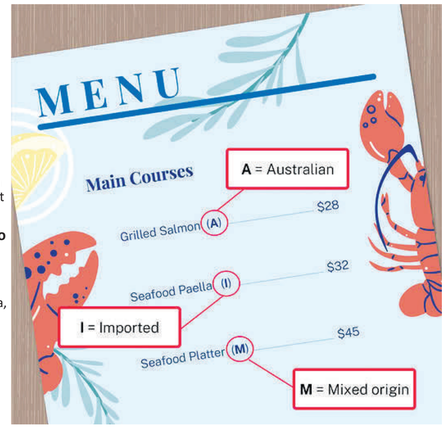
Hospitality businesses must label seafood with country of origin

If you sell seafood dishes for immediate consumption, whether it's eaten at your venue, taken away, or delivered, you must inform customers where the seafood comes from.

From 1 July 2026, to avoid penalties, you will need to label dishes containing seafood with its country of origin information using the following labelling system:

- Australian or (A)
- Imported or (I)
- Mixed origin or (M)

This new information standard under the Australian Consumer Law helps your customers to make an informed choice about the seafood they eat.



What this applies to

These requirements apply to:

- all hospitality businesses in Australia, such as restaurants, cafes, pubs and clubs, takeaways and fast-food venues, food trucks, market stalls selling ready-to-eat food, hotels and motels serving food (including room service), casinos, amusement parks.
- dishes containing seafood sold for immediate consumption (ready to eat straight away). This includes dine-in, takeaway, and home delivery.

What this does not apply to

These requirements do not apply to:

- canteens, schools, prisons, hospitals or medical institutions
- food products sold in shops and other retail settings such as packaged food that is already covered by the Country of Origin Food Labelling Information Standard 2016.

MidCoast Council invites everyone to drop into their local Community Conversation

MidCoast Council

MidCoast Council is calling on residents, community groups, and business owners to come along to the next round of Community Conversations—a series of open forums designed to give locals a chance to hear from and talk to Councillors and senior Council staff in person.

These upcoming sessions provide an opportunity for the community to learn about Council plans and projects, share ideas, and ask questions.

Mayor Claire Pontin said that Community Conversations are a vital part of connecting with the community.

"It's important that Council and the community understand each other and communicate openly about the challenges and opportunities we have," said Mayor Pontin.

"These sessions can bring to light matters that need our attention, provide community members with insights on Council decisions, and keep community members well-informed."

Key topics will include:

- Local priorities and future planning
- Community services and facilities
- Road maintenance and housing development
- Local government financial sustainability

Locations and times are:

- Killabakh: Tuesday 21 April, 5:30pm at Killabakh Hall
- Johns River: Wednesday 22 April, 5:30pm at Johns River Hall
- Gloucester: Thursday 30 April, 2:30pm at MidCoast Council Customer Service Point Gloucester (former Chambers)
- Stroud: Thursday 30 April, 5:30pm at Stroud School of Arts Hall
- Wingham: Tuesday 5 May, 5:30pm at Wingham Memorial Town Hall
- Harrington: Wednesday 6 May, 1:30pm at Harrington Function Centre (opposite the library)
- Taree: Tuesday 12 May, 2:30pm at Council Chambers, Yalawanyi Ganya, Biripi Way
- Tea Gardens: Thursday 14 May, 2:30pm Hawks Nest Community Centre
- Bulahdelah: Thursday 14 May, 5:30pm, Bulahdelah School of Arts Hall
- Hallidays Point: Tuesday 19 May, 5:30pm, Blackhead Surf Life Saving Club
- Nabiac: Thursday 21 May, 5:30pm, Nabiac Showground Hall
- Old Bar: Monday 25 May, 5:30pm, Old Bar Soldier's Memorial Hall
- Forster: Thursday 28 May, 2:30pm, Forster Civic Centre
- Pacific Palms: Thursday 28 May, 5:30pm, Pacific Palms Surf Life Saving Club

There is no need to register, simply turn up on the day. Community Conversations last approximately 1.5 hours. Community members who need to come late or leave early should still come along. Questions do not need to be submitted in advance, simply raise your hand to ask a question during the event, or speak directly to a Councillor or staff member on the day.

For more information, please visit https://haveyoursay.midcoast.nsw.gov.au/community-conversations

(See advertisement below.)

GIVE THE GRAPEVINE A MISS



DROP INTO A COMMUNITY CONVERSATION INSTEAD

You're invited to come along to your local community conversation. It's an open forum that gives you the chance to hear from and talk to Councillors and senior staff in person.

Key topics we'll cover include:

- local priorities and future planning
- updates on community services and facilities
- road maintenance and housing development
- progress on flood recovery

This is a chance for you to learn about Council plans and projects, share ideas and ask questions.

April
21 Killabakh 22 Johns River
30 Gloucester 30 Stroud

May
5 Wingham 6 Harrington
12 Taree 14 Tea Gardens
14 Bulahdelah 19 Hallidays Point
21 Nabiac 25 Old Bar 28 Forster
28 Pacific Palms

There's no need to register, simply turn up on the day.
Scan the QR code for more information.

midcoast.nsw.gov.au/conversations

MIDCOAST council

ClubGRANTS 2026 - Investing in our community's future



Mid Coast Club Grants Committee

The Mid Coast Club Grants Committee is proud to open applications for the 2026 ClubGRANTS program, continuing a long-standing tradition of investing in the strength, wellbeing and future of our local community.

Each year, ClubGRANTS funding supports a diverse range of initiatives that make a genuine difference across the Mid Coast region. From health and disability services to youth programs, education initiatives, sporting groups, emergency relief organisations and community welfare projects, the program is designed to assist those who are working at the grassroots level to improve lives.

The impact of ClubGRANTS extends well beyond financial assistance. It enables local organisations to expand services, purchase vital equipment, deliver new programs and respond to emerging community needs. In many cases, this funding provides the critical support that allows projects to move from concept to reality.

The Mid Coast Club Grants Committee carefully assesses each application to ensure funds are directed where they will have the greatest positive impact. The focus remains firmly on supporting initiatives that enhance community wellbeing, encourage participation and foster inclusion across all age groups.

Community groups and not-for-profit organisations throughout the Mid Coast region are encouraged to apply and be part of this important program.

Full details, eligibility guidelines and application information are available via the Club Forster website at https://clubforster.com.au/club-grants

Together, through ClubGRANTS, we continue to strengthen our community, supporting those who support others.

BreastScreen NSW Van now in Forster



The mobile screening van is currently in the carpark at Stockland Forster Shopping Centre until 22 May 2026. BreastScreen NSW provides free breast screening to women to support the early detection of breast cancer.

Rebecca Delaporte (Manager, BreastScreen NSW Hunter New England) said, "Bringing these vital services to Forster means more local women can attend their recommended two-yearly screening. Detecting breast cancer early increases your chance of survival while reducing the likelihood of invasive treatment, such as mastectomy or chemotherapy. Around 90% cent of women diagnosed with breast cancer have no family history. This is why breast cancer screening is so important for all eligible women."

An appointment with BreastScreen NSW is free, takes less than 20 minutes and no doctor's referral is needed.

- All women are invited to screen every two years from age 50 (available from aged 40).
- BreastScreen NSW recommends Aboriginal women start screening from 40 years.
- Any woman with a family history of breast cancer should discuss their specific needs with their GP.
- Anyone with breast symptoms should contact their GP or health worker without delay.

The mobile clinic visiting Forster is equipped with a lift system to support women with mobility issues or disability to have their mammogram. Women with additional needs are encouraged to let us know when booking their appointment.

To book a free mammogram with BreastScreen NSW, visit breastscreen.nsw.gov.au or call 13 20 50.

HOPE SKIN CANCER & GP CLINIC

Coordinated Veterans' Care

The GP teams at Hope Skin Clinic and Manning Street Medical have recently reviewed the Veterans and War Widow(er)s on their database who may benefit from additional support to better manage their health. This support is provided under the Department of Veterans' Affairs Coordinated Veterans' Care (CVC) Program. This program supports veterans with chronic health conditions through enhanced care coordination and regular clinical follow-up.

The program may include:
- Access to our new Veteran Specialist Registered Nurse.
- Additional and more coordinated support between your regular GP visits
- Assistance with managing chronic health conditions and seamless access to allied health services you may need
- Provision of health literacy to ensure you understand your entitlements to healthcare provided through DVA
- Improved coordination of your overall care

Participation in the program is entirely optional; however, if you would like to learn more or discuss whether this may be suitable for you, please contact us on 02 65550115 or 02 65550116 to arrange an appointment with our Registered Nurse or one of our GPs



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

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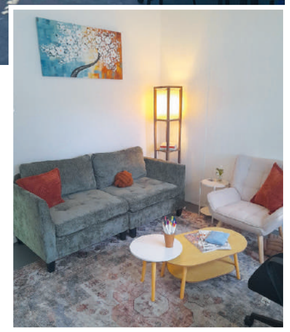
For life minded people

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

Learn more

Kahi Simon Fund brings Mental Health Support to Forster





Above: A new safe welcoming space has been created at the front of the Forster Neighbourhood Centre on Lake Street.

Right: The new Wellbeing Room inside the Centre. Photos supplied.

Forster Neighbourhood Centre

A new initiative will give Forster residents a safe space to seek mental health support, thanks to the Kahi Simon Fund who are hosting an annual fundraising event on 30 May.

Founded by Kelly Kay in honour of Kahi Simon, the community-led fund raises awareness of mental health and suicide prevention, partnering with local networks to fill gaps in services.

Last year, the fund worked with the Great Lakes Suicide Prevention Network to explore establishing an Evolve Hub in Forster. Now, a collaboration between the Evolve Mental Health and Wellbeing Hub in Charlestown and the Forster Neighbourhood Centre is bringing that vision to life. The hub, based in Lake Street, will provide inclusive, non-judgmental support, helping residents access therapy, professional help, and suicide prevention services.

Kelly Kay said, "We've already created a safe, welcoming respite space at the front of the Forster Neighbourhood Centre on Lake Street for anyone who might be struggling with their mental health — a place to sit, breathe, talk, or simply not feel alone when you don't know where else to go or where to start."

She added, "My dad generously volunteered his time to build this beautiful seating area and garden bed completely out of love. Friends and family helped plant and bring the space to life. It truly takes a community, and this is only the beginning."

When operational, the hub will offer residents a place to connect, be heard, and get guidance navigating the mental health system.

Kelly concluded, "I'm so incredibly grateful for the people who are helping bring this vision to life. Together, we can make sure that no one has to face mental health challenges alone."

We also have a new Wellbeing Room or 'Marrung-Gagil' in local Ghatang language where Counsellors and other supports will base themselves.

(See advertisement below.)

Suicide Prevention Fundraiser

6-11pm on Saturday 30 May

NEX (*Newcastle Exhibition & Convention Centre*)

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

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

KAHI SIMON FUND

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











Holy Name Easter Hat Parade: *Our Holy Name Easter Hat Parade on 1st April was a truly joy-filled celebration! A heartfelt thank you to all the parents and grandparents who joined us and to everyone who put such creativity and care into making the beautiful Easter hats, we loved every one of them. Photos supplied.*

Welcome to Forster Tuncurry University of The Third Age



Left: Regular U3A classes are held at the beautiful Cape Hawke Surf Club in Forster.

By Diane Jeeves – Forster Tuncurry U3A

Term 2 2026

U3A offers a relaxed yet informative program of courses and events for retired and semi-retired people over 50.

We have a variety of classes presented by our members, such as History, Art, Travel, as well as Philosophy, Media discussions, Writers. We also have guest speakers on a variety of subjects when available.

We have gentle exercise classes and a walking group.

Other regular classes include games Mahjong, Bolivia and 500. Pencil drawing classes during term also available.

As well as classes we enjoy social events such as morning teas at local cafes & other outings.

Membership for the remainder of 2026 is $60 per person.

Come along to our Welcome Morning on Monday 27th April 10-12 at our beautiful venue Cape Hawke Surf Lifesaving Club One Mile Beach. You can enrol for our Term 2 program, have a cuppa and meet our friendly members.

For more information go to our website at: www.forstuncurry.u3anet.org.au



New Forster District Combined Probus Committee 2026-27

Jacqui Costello - Forster District Combined Probus Club

Our Forster District Combined Probus Club elected their new committee for 2026-27 in March, with some faces from previous years and a few new members to make up a full committee, who are working very well together to find plenty of things for our members to enjoy!

Our first guest speaker of our new year gave a very informative and entertaining talk on Beekeeping, the methods used and the combating of the Varroa Mites killing the bees in Australia.

Right: (L-R) Robyn Pascoe (Speaker Convenor), Sandie Turner (Secretary of State), Johanna Koolen (Membership Officer), Jacqui Costello (President), Brian Thoroughgood (Vice President), Colleen Cornelius (Treasurer), Gwenda Gibson (Welfare Officer), Marilyn Preston (Bulletin Editor), Rod Gibson (Activities Co Ordinator), Keith Pascoe (Speaker Convenor) and John Bryson (A/V Co Ordinator).

Photo by Marguerite Lamb





Frustration grows over delays to Manning Hospital upgrades and Urgent Care Clinic in Forster

By Mary Yule – Forster Fortnightly

Concerns are mounting across the Great Lakes region as population growth continues to outpace progress on critical health infrastructure, with renewed calls for urgent action on the Manning Base Hospital Redevelopment and a proposed Urgent Care Clinic for Forster.

With major housing and retirement developments underway across Pacific Palms, Forster, Tuncurry and Black Head, the region is experiencing a surge in residents — placing increasing pressure on Manning Base Hospital in Taree, the area's only emergency department.

Member for Myall Lakes Tanya Thompson met with representatives from the Office of Health Minister Ryan Park and Hunter New England Health on 30 March 2026, seeking clarity on timelines for Stage 2 and Stage 3 of the redevelopment, as well as progress on an Urgent Care Clinic in Forster.

Ms Thompson described the meeting as disappointing.

"It was a frustrating meeting because it feels like the government is not giving this area the urgency it needs," she said. "There's no real progress and no clear timelines, and that's what our community deserves."

She said responsibility also lies with the Hunter New England Health District, which she believes has failed to drive the project forward.

"They are the ones who put submissions to the Minister for funding and help move these projects along, but there's just no urgency from the health district. That is really frustrating and very disappointing," Ms Thompson said.

Ms Thompson said Hunter New England Health CEO Tracey McKosker had previously committed to prioritising the redevelopment.

"Tracey McKosker promised me in 2024 this would be a priority, and yet here we are in 2026 and it's not expected to be finished until 2028," she said.



Above: Ambulance ramping at Manning Base Hospital in Taree. Photo supplied.

"John Hunter Hospital in Newcastle is already ahead of schedule on its $835 million rebuild.

"So I will keep calling this out. I think it is the health district that is not doing its job properly. But also Minister Park has the capacity to step in and move things along - and it's high time that happened."

A key concern raised was the lack of transparency around planning documents, including the Clinical Services Plan, which outlines the region's healthcare needs.

"I still don't have a full copy of the Clinical Services Plan, even after formally requesting it," Ms Thompson said. "We're being given bits and pieces, but not the full picture."

Ms Thompson also questioned the scale of the proposed hospital upgrade, particularly the number of additional beds.

"They talk about 84 beds, but those are existing beds being moved into a new building," she said. "In reality, we're only getting three additional beds. That is nowhere near enough for a growing population."

She said the region should be planning for significantly greater capacity.

"We should be looking at around 250 beds, more emergency bays and expanded ambulance access," she said. "Right now, we simply don't have the infrastructure to meet demand."

The delay in delivering an Urgent Care Clinic in Forster is also adding to pressure on Manning Base Hospital, which currently sees around 8,000 presentations annually from the Great Lakes area.

"An urgent care clinic would give people somewhere local to go after hours instead of travelling to Taree," Ms Thompson said. "It would take pressure off Manning and provide much-needed access to care."

She said Forster Private Hospital, its board and local GPs are ready to support the initiative.

"They are keen to work collaboratively and get this happening. The support is there - what's missing is action," she said.

Ms Thompson also highlighted gaps in healthcare access in surrounding communities.

"Bulahdelah has had very little to no healthcare services since its hospital closed in 2011," she said. "There was talk 18 months ago about scoping an urgent care clinic there, but that has gone quiet. It's really wrong to do that to communities that are in desperate need."

She warned that ongoing delays are taking a toll on frontline healthcare workers.

"Staff are burnt out, ambulance ramping is happening every day at Manning Base, and we are reaching a critical point," she said. "Enough is enough."

Ms Thompson also raised concerns that upcoming election cycles early next year could further stall progress.

"We need firm dates and real commitments - not more vague promises," she said. "Every delay costs money and impacts patient care."

Federal Member for Lyne Alison Penfold is also advocating for a federally funded urgent care service in Taree, which would further ease pressure on Manning Base Hospital.

Ms Thompson said both levels of government must continue working together to address the region's healthcare challenges.

"This is about people's lives," she said. "Our community needs action, not more delays."



Community workshops and wellbeing events

MidCoast Council

We're hosting a series of community workshops and wellbeing events to support the ongoing recovery from the May 2025 floods. Join us, share experiences, and learn practical ways to bounce back stronger together.

Creative Recovery Series – Women in Dairy

A gentle, supportive workshop series at the Manning Regional Art Gallery, designed for women in dairy and primary producers to reconnect, build confidence and strengthen social bonds through creativity.

17–24 April | Manning Regional Art Gallery

Health & Recovery Roundtable – Working Lunch

A structured, safe conversation bringing together local services and community groups to improve health pathways, strengthen coordination, and make it easier for residents to access support.

28 April | Yalawanyi Ganya, Taree

Tinonee Healing & Recovery Event (World Laughter Day)

An uplifting afternoon of live music, kids' activities, a free BBQ and plenty of laughs. It's all about reconnecting and supporting wellbeing in a relaxed, family-friendly setting.

3 May | Tinonee Hall

Resilience Canopy – Community Capacity Session

A practical morning tea workshop helping community groups connect, share ideas and build skills to support local recovery and reduce isolation.

6 May | Yalawanyi Ganya, Taree

Register at: https://bit.ly/49RTVzG



Easter Sunrise Service

A combined Sunrise Service was held 6am on Easter Sunday 5 April 2026 at 'The Tanks' in Forster, organised by the Ministers Association Forster Tuncurry.

Right: (L-R) Louanne Mitchell (Forster Tuncurry Salvation Army), Eric Hall (Australian Christian Churches), Geoff Battle (Forster Tuncurry United Church), Mark Harris (Forster Tuncurry Anglican Church) and Chris Ekins (Coast Evangelical Church).

Photos by Mary Yule.





Volunteers & Supporters Dinner at Coomba



Above: (L-R) Erica Reilly (Committee), Steve Martin (President), Fran-Saffy Martin (Committee), Alison Penfold MP, Craig Emmelhainz (Sailing Manager), John Price (Vice President) and Peter Felton (Secretary). Photo supplied.

By Peter Felton - Coomba Aquatic Club

The Coomba Aquatic Club Committee hosted a Volunteers & Supporters Dinner in their Clubhouse on Saturday 28th March to thank the many people who invest their time, skills and dedication to the management of the Club.

After a sumptuous meal prepared by in-house chef Vicki Johnston, President Steve Martin welcomed Alison Penfold MP - Federal Member for Lyne who spoke about the importance of volunteers and the work they undertake for the Aquatic Club and the wider Mid North Coast community. All agreed a great night was had by all!

Update: Little Street Forster boat ramp safety trials

MidCoast Council

Community feedback on the Little Street boat ramp safety trials is now available online.

The two-year safety trial restricted some boat launching during December and January. Motorised boats could not launch during daylight hours. They were permitted to launch at night during the trial. All other boat ramp uses were permitted.

The two-year trial was a recommendation in the MidCoast Recreational Boating Infrastructure Plan. The aim was to allow safe pedestrian access around the amenities, café and baths.

Overall, 73.5% of people who provided feedback support the trial. 75.5% say the area is safer because of the trial.

Support for the trials was higher for people who used the Little Street baths in December and January of both years. 84% supported the trial and 91% said the area was safer as a result.



"We heard during the trial that the closure has implications for some users of the ramp, including small watercraft launching. Council will consider all users in making a decision about any future restrictions for use of the ramp," said Liam Bulley, Council's Executive Manager Public Spaces.

You can view the full Engagement Outcomes Report and learn more about the trial at www.midcoast.nsw.gov.au//boat-ramp-trial

Dementia Drop-in Service at Forster Library

Dementia Friendly MIDCOAST ALLIANCE

FREE DROP-IN SERVICE

Dementia Friendly MidCoast

If you or a loved one has been recently diagnosed with dementia, attend a drop-in session on the fourth Wedensday of the month to learn about next steps and the available services.

Next date: Wednesday 22 April 9:30 to 11:30am at Forster Library

Find us on Facebook: Dementia Friendly MidCoast

Email: dementiafriendlymidcoast@gmail.com





Tanya's Community Update



It's been a busy and rewarding couple of weeks out in the community, catching up with locals and seeing some fantastic community projects come to life. Late last year we announced the recipients of the NSW Community Building Partnership grants, and it's great to see the difference this funding is making across our region.

In Krambach, I joined the team at the Krambach/Upper Wallamba Tennis Club to see their new lighting in action. Thanks to a $25,000 Community Building Partnership grant, players can now enjoy safer and more accessible courts, particularly during the evening.

I also visited the Nabiac Rural Fire Service to see new equipment purchased through their $18,000 grant. The brigade has been able to purchase two thermal cameras, new lockers and a laptop. The thermal cameras are an important tool that help firefighters identify hidden hotspots and dangers that can't be seen with the naked eye.

In Taree, the Taree Torpedoes Swim Club received $30,000 for new portable starting platforms. These upgrades will improve safety for swimmers while allowing the pool to be fully used when the platforms are not in place.

As always, if there is something my office can assist you with, please don't hesitate to reach out.

MP Tanya Thompson

Pioneer celebrations: 100 years of history

Great Lakes Museum

The 1963 Centenary Celebration in Forster was a major community milestone, focusing on the town's history and the pioneer legacy of the first European settlers.

Planning began in the early 1960's when a proposal was put forward to then Stroud Shire Council regarding the recognition of the early settlers to the area. This set in motion the planning and erecting of a monument dedicated to such families. The sandstone monolith, possibly acquired from the Coolongolook rock quarry, was transported by barge down river to the Forster punt approach. It was then loaded onto a sled for the bullock team, driven by Arthur "Purdy" Palmer to be pulled to the location of Mark, Breckenridge and McIntosh Street, being the vicinity of George Garlick Godwin's homestead.



Above: The sandstone monolith stands on the corner of Mark, Breckenridge and McIntosh St.

The message on the sandstone monolith reads...

"The pioneer monument - to commemorate the arrival of the first settlers to this district. George Garlick Godwin and family, January 1862 and other early settlers."

The memorial stone was unveiled by the Hon. C.A. Kelly M.L.A. Chief Secretary Minister for Tourism on the 5th October, 1963. Following this the celebrations began with a street parade led by a bullock team and residents dressed in period costume. Activities at the local recreation ground included wood chopping, egg and spoon and three legged races. A heritage display at the hall exhibited a collection of pioneering relics, old photos and historical items for the residents to view.

Many of the Godwin descendants are still living in the area as well as other descendants of the pioneers who came after, being a large part of the development and history of our beautiful area.

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



Above: The 100 year celebrations began with a street parade led by a bullock team and residents dressed in period costume in 1963.

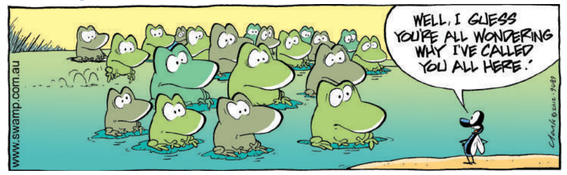


Above: George and Mary Godwin were the first European settlers to arrive in what we now call Forster, in January 1862.

The Grin Bin



Swamp



Doodley Squat



Bushy Tales



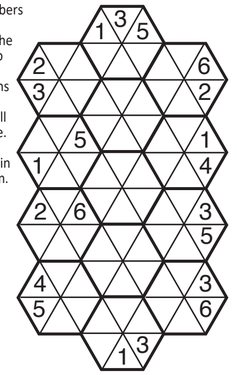
Sudoku

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

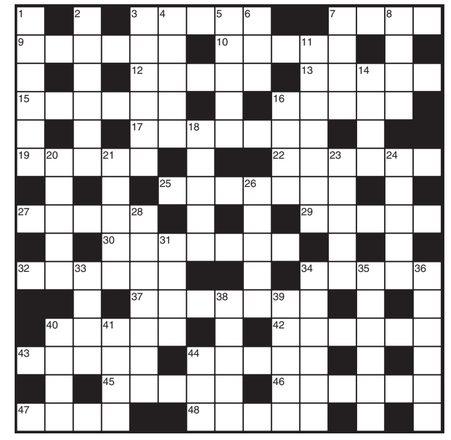
3	1						2	
	6			8	3			7
		4					3	
					6	2		
		1	8		7			4
6					4	9		
		5					9	
	3				2	7	1	
9				5				2

Quick Workout

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



Crossword



ACROSS

3 Added clause
7 Scottish garment
9 Keen insight
10 Grinding tooth
12 Legerdemain
13 Donated
15 Movement
16 Flowers
17 Strained state
19 Concise
22 Dry inflammable matter
25 Free
27 Colour scheme
29 Mistake
30 Means of passing
32 Bear witness to
34 Yields
37 Admit
40 Long-tailed parrot
42 Species of palm
43 Marine growth
44 Locations
45 Sacred song
46 Charge with gas
47 Single occasion
48 Periods of time

DOWN

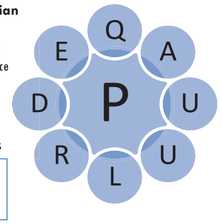
1 Dark dense igneous rock
2 Dairy product
3 Far apart
4 Silly
5 Sends out
6 Fabled monstrous bird
7 Malay dagger
8 Liquor dregs
11 Worry to excess
14 Sell
16 Roster
18 Requires
20 Make effort
21 Range
23 Courage
24 Call up
26 Bird of prey
28 In PNG, violent criminals
31 Put away
33 Rend
34 Stops
35 Beat
36 Pollen-bearing organ
38 Felony
39 Gloomy (poet)
40 Satellite
41 Sleeveless garment
44 Arch

Focus

An All Australian Word Game

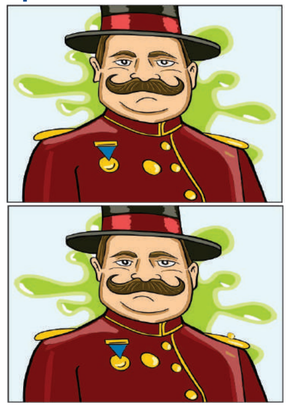
* Each word must contain the centre **'Focus'** letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words

TODAY'S FOCUS
Good: 14 words
Very good: 21 words
Excellent: 32 words



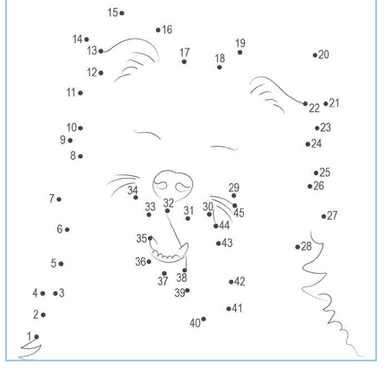
Reference: Macquarie Concise Dictionary
Focus No. 3982

Spot the 5 Differences



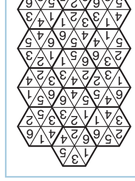
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



SPOT THE 5 DIFFERENCES: ear changed, medal moved, button higher, chin changed, button on shoulder.

FOCUS: aped drape drupe dupe duper dupe leap lerp padre pale paler pare pared pear peat peal pear pearl pedal plaque plea plead pleura prau prude pure purl purled QUADRUPLE rape raped reap

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



YOUR FORTNIGHTLY TV GUIDE

April 15 – 21

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	**6.00** Morning Programs. **1.35** Media Watch. **2.00** Tonight At The Museum. **2.30** Back Roads. **3.00** Grand Designs Transformations. **3.55** Murdoch Mysteries. **4.45** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Tonight At The Museum. **8.30** The Weekly. **9.00** Can You Keep A Secret? **9.30** QI. **10.00** Planet America. **10.35** News. **10.50** The Business. **11.05** You Can't Ask That. **11.35** Murdoch Mysteries. **12.25** Long Lost Family. **1.15** Late Programs.	**6.00** Morning Programs. **2.00** Dateline. **2.30** Insight. **3.30** The Cook Up. **4.00** The Mayfair Hotel Megabuild. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.35** Chernobyl: Days That Shocked The World. **9.25** The Audacity. **10.35** SBS News. **11.05** Rise Of The Raven. **12.10** Darkness: Those Who Kill. **1.00** Darkness: Those Who Kill. **1.55** Classified. **3.30** Mastermind Aust. **4.30** Bamay. **5.00** NHK World English News Morning. **5.30** ANC Philippines The World Tonight.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Seven News With Alex Cullen. **1.10** Blankety Blank. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. (PG) **7.30** 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. **2.30** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **12.00** MOVIE: Love On The Reef. (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** Events That Changed Australia. **8.40** Andrew: The Downfall Of A Prince. **9.40** The Killer Interview With Piers Morgan. **10.40** 9News Late. **11.10** Freddy And The Eighth. **12.05** Tipping Point. **1.00** Surfing Aust. **1.30** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Today Early News. **5.30** Today.	**6.00** Ent. Tonight. **6.30** Bold. **7.00** Deal Or No Deal. **7.30** GCBC. **8.00** Lingo. **9.00** The Finish Line. **10.00** Ent. Tonight. **10.15** Australian Survivor: Redemption. **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** Melbourne International Comedy Festival. **9.00** Elsbeth. (M) **10.00** News. **11.00** 10 News+. **11.30** Stephen Colbert. (PG) **12.30** Shopping.
THURSDAY	**6.00** Morning Programs. **1.00** Frauds. **1.55** Tonight At The Museum. **2.30** Back Roads. **3.00** Grand Designs Transformations. **3.55** Sister Boniface Mysteries. **4.45** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Back Roads. **8.30** Grand Designs. **9.20** The Piano. **10.10** News. **10.25** The Business. **10.40** Sister Boniface Mysteries. **11.30** Long Lost Family: What Happened Next. **12.15** Rage. **4.00** Late Programs.	**6.00** Morning Programs. **2.00** Elder In Residence Oration 2024. **3.25** The Cook Up. **3.55** The Mayfair Hotel Megabuild. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Treasures With Bettany Hughes. **8.30** Our Medicine. **9.40** Riot Women. **10.50** SBS News. **11.20** Under The Bridge. **12.10** Bonn. **2.05** Beyond Signs. **3.00** Mastermind Aust. **4.05** Mountain Vets. **4.40** Bamay. **5.00** NHK World English News Morning. **5.30** ANC Philippines The World Tonight.	**6.00** Morning Programs. **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. **7.30** Highway Patrol. **8.00** Motorway Patrol. **8.30** Britain's Got Talent. **9.45** Unbelievable Moments Caught On Camera. **10.45** Soham: Catching A Killer. **11.45** HMP: Behind Bars. **1.15** Travel Oz. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **1.00** Getaway. **1.30** Explore TV Viking. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** ACA. **7.30** Rugby League. NRL. Round 7. North Queensland Cowboys v Manly Sea Eagles. **9.55** NRL Thursday Night Footy Post-Match. **10.40** 9News Late. **11.10** The Equalizer. **12.05** Tipping Point. **1.00** Reel Destinations. **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. **7.00** Millionaire Hot Seat. (PG) **7.30** Gogglebox Aust. **8.30** The Claudia Winkleman Show. **9.30** News. **10.30** 10 News+. **11.00** Stephen Colbert. (PG) **12.00** Shopping.
FRIDAY	**6.00** Morning Programs. **1.00** The Piano. **1.45** Can You Keep A Secret? **2.15** The Assembly. **3.00** Grand Designs Transformations. **3.55** Murdoch Mysteries. **4.45** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** Gardening Aust. **8.30** Patience. **9.20** Tonight At The Museum. **9.50** The Weekly. **10.20** News. **10.35** Shaun Micallef's Eve Of Destruction. **11.15** Murdoch Mysteries. **12.05** Love Me. **12.50** Rage New Music. **5.00** Rage.	**6.00** Morning Programs. **2.00** Forever Held In Country. **3.00** Nula. **3.30** The Cook Up. **4.00** The Mayfair Hotel Megabuild. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Going Places. **8.30** A New ANZAC. **9.30** Orient Express: A Golden Era Of Travel. **10.25** SBS News. **10.55** The King. **11.50** Babylon Berlin. **2.00** Nordland 99. **2.30** Nordland 99. **2.55** Mastermind Aust. **3.55** Mountain Vets. **4.30** Bamay. **5.00** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** MOVIE: Morning Show Mysteries: A Murder In The Mind. (2019) **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** 7News @ 6:30. **7.00** Better Homes And Gardens. **7.30** Football. AFL. Round 6. Sydney v GWS Giants. **10.30** No Holds Barred: GWS Giants. (M) **11.30** GetOn Extra. **12.00** MOVIE: Patsy And Loretta. (2019) (M) **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** NBC Today.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** MOVIE: Love Upstream. (2021) **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. (PG) **6.00** NBN News. **7.00** A Current Affair. **7.30 Rugby League.** NRL. Round 7. Dolphins v Penrith Panthers. **9.55** NRL Friday Night Footy Post-Match. **10.45** MOVIE: Dog. (2022) (M) **12.40** Tipping Point. (PG) **1.30** TV Shop. **4.00** Skippy. **4.30** Global Shop. **5.00** TV Shop. **5.30** Postcards. (PG)	**6.00** 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** The Greatest: Reality TV Moments. **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. **7.00** Millionaire Hot Seat. (PG) **7.30** Love It Or List It Australia. **8.40** Building The Dream. **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.
SATURDAY	**6.00** Rage Charts. **7.00** Wknd Brekky. **9.00** Rage. **10.30** Rage Vault Guest Programmer. **12.00** News. **12.30** Blue Murder Motel. **1.15** Patience. **2.05** Whale Wisdom. **3.00** Shaun Tan's Tales From Outer Suburbia. **4.10** Judgment: Cases That Changed Australia. **5.00** Aust Story. **5.30** Landline. **6.00** Kath & Kim. (PG) **6.25** Hard Quiz. (PG) **7.00** News. **7.30** Blue Murder Motel. (PG) **8.15** Top End Bub. (PG) **8.40** Death In Paradise. (M) **9.40** Frauds. (M) **10.30** Rage Vault Guest Programmer. (MA15+) **5.00** Rage.	**6.00** Morning Programs. **2.00** Sailing. Sail Grand Prix Rio. Round 4. Highlights. **3.00** Stories From The Cities. **3.30** Figure Skating. ISU Synchronised Championships. **5.30** Plat Du Tour. **5.35** Surviving WW2. **6.30** News. **7.30** Jewels Of The Mediterranean. **8.20** Magical Train Journeys In Switzerland. **9.20** Jersey And Guernsey. **10.15** Finding Your Roots. **11.15** Snowpiercer. **1.00** Snowpiercer. **1.50** Matched. **2.40** Mastermind Aust. **3.45** Late Programs.	**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. **12.00** Horse Racing. All Aged Stakes Day, Mornington Cup and BYD Quokka Day. **5.00** News. **5.30** Border Security. **6.00** News. **7.00** Better Homes. **8.00** MOVIE: The Greatest Showman. (2017) (PG) **10.00** MOVIE: M3GAN. (2022) (M) **12.00** Motor Racing. Supercars Championship. Round 4. ITM Christchurch Super 440. Day 1. Highlights. **1.00** Devils. (MA15+) **2.30** Shopping. **4.00** It's Academic. **5.00** House Of Wellness.	**6.00** Morning Programs. **1.00** Explore TV Viking. **1.30** My Way. **2.00** Destination WA. **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: Legally Blonde 2: Red, White And Blonde. (2003) **10.30** MOVIE: Magic Mike's Last Dance. (2023) **12.30** Epic Builds. **1.30** Open For Inspection. **2.00** The Incredible Journey. **2.30** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Helping Hands.	**6.00** Morning Programs. **9.00** All 4 Adventure. **10.00** Roads Less Travelled. **10.30** Silvia's Italian Masterclass. **11.00** Farm To Fork. **11.30** Dogs Behaving (Very) Badly Australia. **12.30** Dog House. **1.30** Australian Survivor: Redemption. **2.30** Deal Or No Deal. **3.00** Millionaire Hot Seat. **3.30** Lingo. **4.30** Ultimate Classroom. **5.00** News. **6.30** Dog House. **7.30** Love It Or List It Australia. **8.30** Love It Or List It Australia. **9.30** Gogglebox Aust. **10.30** Matlock. **11.30** Elsbeth. **12.30** Shopping. **5.00** Hour Of Power.
SUNDAY	**6.00** Morning Programs. **11.00** Compass. **11.30** Praise. **12.00** News. **12.30** Landline. **1.30** Gardening Aust. **2.30** The Piano. **3.20** Judgment: Cases That Changed Australia. **4.10** Grand Designs. **5.00** Back Roads. **5.30** Fake Or Fortune? **6.30** Compass. **7.00** News. **7.30** The Piano. **8.25** Can You Keep A Secret? **8.55** Frauds. **9.40** Blue Murder Motel. **10.30** Top End Bub. **10.55** MOVIE: Two Hands. (1999) **12.25** Rage. **3.00** Gardening Aust. **4.00** Dream Gardens. **4.30** A Bite To Eat. **5.00** Insiders.	**6.00** Morning Programs. **1.00** Motorcycle Racing. ProMX Championship. Round 2. **4.00** Cycling. UCI World Tour. Paris-Roubaix. Men's Race. Highlights. **4.30** Cycling. UCI World Tour. Paris-Roubaix. Women's Race. Highlights. **5.00** Going Places. **5.35** Surviving WW2. **6.30** News. **7.30** The Rise And Fall Of The Maya. **9.20** Emperor: Rise And Fall Of A Dynasty. **10.15** Lost Treasures Of Egypt. **11.05** Putin And The West. **2.30** Matched. **3.20** Mastermind Aust. **4.25** Bamay. **4.55** Late Programs.	**6.00** Morning Programs. **2.30** House Of Wellness. **3.30** Border Security: Int. **4.00** Better Homes. **5.00** News. **5.30** Weekender. **6.00** News. **7.00** The 1% Club. **8.00** 7NEWS Spotlight. **9.00** Abused By Mum: The Ruby Franke Scandal. **10.30** 24 Hours In Police Custody. **11.30** Autopsy USA. **12.30** Motor Racing. Supercars Championship. Round 4. ITM Christchurch Super 440. Day 2. Highlights. **1.30** Harry's Practice. **2.00** Shopping. **3.30** Million Dollar Minute. **4.00** NBC Today. **5.00** Late Programs.	**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. **3.00** Rugby League. NRL. Round 7. Parramatta Eels v Canterbury Bulldogs. **6.00** NBN News. **7.00** The Floor. **8.15** 60 Minutes. **9.15** Australian Crime Stories: The Investigators. **10.20** 9News Late. **10.50** The First 48. **11.45** 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. **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** Everyday Gourmet. **11.00** GCBC. **11.15** Australian Survivor: Redemption. **1.00** Dogs Behaving (Very) Badly Australia. **2.00** Deal Or No Deal. **2.30** Millionaire Hot Seat. **3.00** The Finish Line. **4.00** Lingo. **5.00** News. **6.30** 10 News+. **7.00** MasterChef Aust. **8.45** Race Across The World. **10.00** Matlock. **11.00** NCIS: Origins. **12.00** 10 News+. **12.30** Shopping.
MONDAY	**6.00** Morning Programs. **1.00** Landline. **1.55** Spicks And Specks. **2.00** Tonight At The Museum. **2.30** Back Roads. **2.55** Grand Designs Transformations. **3.55** Murdoch Mysteries. **4.40** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Aust Story. **8.30** Four Corners. **9.15** Media Watch. **9.35** Planet America. **10.05** Foreign Correspondent. **10.55** News. **11.10** The Business. **11.25** The Weekly. **11.55** Murdoch Mysteries. **12.45** Late Programs.	**6.00** Morning Programs. **1.00** PBS News Compass Points. **1.30** WorldWatch. **2.00** Finding Your Roots. **3.00** Going Places. **3.30** Plat Du Tour. **3.40** The Cook Up. **4.10** Tutankhamun: Secrets Of The Toxic Tomb. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Australia's Greek Cafes & Milk Bars. **8.30** 8 Out Of 10 Cats. **9.30** Buzzcocks. **10.20** SBS News. **10.50** Herrhausen: The Banker And The Bomb. **11.55** Gomorrah. **3.05** Mastermind Aust. **3.35** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Seven News With Alex Cullen. **1.10** Blankety Blank. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. **7.30** Glenn And Mick's Celebrity Intervention. (M) **8.40** 9-1-1. (M) **9.40** The Agenda Setters: Rugby League. **10.40** The Agenda Setters. **11.40** St. Denis Medical. **12.10** Secrets Of Prince Andrew. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** The Floor. **1.15** Getaway. **1.45** Innovation Nation. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** ACA. **7.30** The Floor. (PG) **8.45** 100% Footy. (M) **9.45** 9News Late. **10.15** Outback Opal Hunters. (PG) **11.15** Footy Classified. (M) **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. **10.15** MasterChef Aust. **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** MasterChef Aust. (PG) **8.40** Gogglebox Australia. **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** ANZAC Battlefields. **2.55** Grand Designs Transformations. **3.55** Murdoch Mysteries. **4.40** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **7.55** Foreign Correspondent. **8.40** Judgment: Cases That Changed Australia. **9.30** You Can't Ask That. **10.00** Compass. **10.30** News. **10.45** The Business. **11.00** Four Corners. **11.50** Media Watch. **12.05** Murdoch Mysteries. **12.55** Late Programs.	**6.00** Morning Programs. **1.55** What Does Australia Really Think About... **3.00** Trail Towns. **3.35** The Cook Up. **4.10** Tutankhamun: Secrets Of The Toxic Tomb. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Living Black. **11.05** Exit. **12.00** Clean Sweep. **2.00** Clean Sweep. **2.50** Mastermind Aust. **3.20** Mastermind Aust. **3.55** Mountain Vets. **4.30** Bamay. **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. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. (PG) **7.30** My Reno Rules. (PG) **9.15 House Of Wellness.** (PG) **10.15** The Agenda Setters. **11.15** Ambulance: Code Red. (M) **12.15** Secrets Of Prince Andrew. (PG) **2.30** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** The Floor. **1.15** Destination WA. **1.45** My Way. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** A Current Affair. **7.30** Travel Guides. (PG) **9.00 Clarkson's Farm: Pubbing.** (MA15+) **10.10** 9News Late. **10.40** The Grand Tour. (M) **12.30** Footy Classified. (M) **1.30** TV Shop. **2.30** Our State On A Plate. **3.00** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Today Early News. **5.30** Today.	**6.00** Ent. Tonight. **6.30** Bold. **7.00** Deal Or No Deal. **7.30** GCBC. **8.00** Lingo. **9.00** The Finish Line. **10.00** Ent. Tonight. **10.20** MasterChef Aust. **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** MasterChef Aust. (PG) **8.40** The Cheap Seats. (M) **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.

April 22 – 28

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	**6.00** Morning Programs. **1.35** Media Watch. **1.50** ANZAC Battlefields. **2.55** Grand Designs Transformations. **3.55** Murdoch Mysteries. **4.40** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Tonight At The Museum. **8.30** The Weekly. **9.00** Can You Keep A Secret? **9.30** QI. **10.00** Planet America. **10.30** News. **10.45** The Business. **11.35** Murdoch Mysteries. **12.25** Long Lost Family: What Happened Next. **1.15** Late Programs.	**6.00** Morning Programs. **2.00** Dateline. **2.30** Insight. **3.30** Plat Du Tour. **3.35** The Cook Up. **4.10** Sri Lanka With Alexander Armstrong. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.35** Chernobyl: Inside The Meltdown. **9.25** The Audacity. **10.25** SBS News. **10.55** Rise Of The Raven. **11.55** Darkness: Those Who Kill. **12.55** Darkness: Those Who Kill. **1.50** Classified. **3.25** Mastermind Aust. **4.00** Mastermind Aust. **4.30** Bamay. **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. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. (PG) **7.30** My Reno Rules. (PG) **9.15 The Front Bar.** (M) **10.15** To Be Advised. **11.25** The Agenda Setters. **12.25** No Holds Barred: GWS Giants. (M) **1.45** Business Builders. **2.30** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **12.00** MOVIE: Love Amongst The Stars. (2022) **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** Events That Changed Australia. **8.30** Outback Murder Highway. **9.30** The Killer Interview With Piers Morgan. **10.30** 9News Late. **11.00** Freddy And The Eighth. **11.50** Tipping Point. **12.40** Pointless. **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. **10.20** MasterChef Aust. **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** Melbourne International Comedy Festival. **9.00** Elsbeth. (M) **10.00** News. **11.00** TBA. **12.00** 10 News+. **12.30** Stephen Colbert. (PG) **1.30** Shopping.
THURSDAY	**6.00** Morning Programs. **1.00** Frauds. **1.45** ANZAC Battlefields. **2.55** Grand Designs Aust. **3.55** Sister Boniface Mysteries. **4.45** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Back Roads. **8.30** Grand Designs. **9.15** The Piano. **10.15** News. **10.30** The Business. **10.45** Sister Boniface Mysteries. **11.30** Long Lost Family: What Happened Next. **12.20** Rage. **4.00** Gardening Aust. **5.00** A Bite To Eat. **5.30** 7.30.	**6.00** Morning Programs. **2.00** The Point: Road To Referendum History Bites. **2.05** Rhoda Roberts AO: A Lasting Legacy. **3.30** Living Black. **4.00** Destination Flavour. **4.10** Sri Lanka With Alexander Armstrong. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** William And Kate: A Royal Wedding. **8.30** Secrets Of Flying Scotsman. **9.30** Riot Women. **10.35** SBS News. **11.05** Under The Bridge. **12.00** Bonn. **1.55** Beyond Signs. **2.50** Mastermind Aust. **3.55** 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** 7News @ 6:30. **7.00** Home And Away. (PG) **7.30** Football. AFL. Round 7. Western Bulldogs v Sydney. **10.30** AFL Post-Game Show. **11.00** Kick Ons. **11.30** HMP: Behind Bars. (MA15+) **1.00** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **1.00** Taronga: Who's Who In The Zoo. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** ACA. **7.30** Rugby League. NRL. Round 8. Wests Tigers v Canberra Raiders. **9.55** NRL Thursday Night Footy Post-Match. **10.40** 9News Late. **11.10** Miniseries: The Night Caller. **12.05** Tipping Point. **1.00** Reel Destinations. **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. **7.00** Millionaire Hot Seat. (PG) **7.30** Gogglebox Aust. **8.30** The Claudia Winkleman Show. **9.30** News. **10.30** MasterChef Aust. **12.15** 10 News+. **12.40** Stephen Colbert. **1.30** Shopping.
FRIDAY	**6.00** Morning Programs. **1.50** Can You Keep A Secret? **2.20** The Assembly. **3.00** Grand Designs Aust. **4.00** Murdoch Mysteries. **4.45** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** Gardening Aust. **8.30** Patience. **9.20** Tonight At The Museum. **9.50** The Weekly. **10.20** News. **10.35** Shaun Micallef's Eve Of Destruction. **11.15** Murdoch Mysteries. **12.05** Love Me. **12.50** Rage New Music. **3.15** The Many Days Of Anzac. **4.10** Late Programs.	**6.00** Morning Programs. **2.00** Rhoda Roberts AO: A Lasting Legacy. **3.00** Nula. **3.30** The Point: Road To Referendum History Bites. **3.35** The Cook Up. **4.10** Sri Lanka With Alexander Armstrong. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Going Places. **8.30** A New ANZAC. **9.30** Orient Express: A Golden Era Of Travel. **10.25** SBS News. **10.55** The King. **11.50** Babylon Berlin. **12.45** Babylon Berlin. **1.45** Nordland 99. **2.50** Mastermind Aust. **3.50** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** MOVIE: Morning Show Mysteries: Countdown To Murder. (2019) **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** 7News @ 6:30. **7.00** Better Homes And Gardens. **8.00** Sydney Weekender Special. **9.00 MOVIE: The Devil Wears Prada.** (2006) (PG) **11.15** TBA. **1.00** Travel Oz. (PG) **2.00** Shopping. **4.00** Million Dollar Minute. **4.30** Weekend Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** MOVIE: Sister Dating Swap. (2023) **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** A Current Affair. **7.30** Rugby League. NRL. Round 8. Brisbane Broncos v Canterbury Bulldogs. **9.55** NRL Friday Night Footy Post-Match. **10.45** MOVIE: Platoon. (1986) (MA15+) **1.00** Explore TV Viking. **1.30** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Anzac Day Dawn Service.	**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** Building The Dream. **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. **7.00** Millionaire Hot Seat. **7.30** Love It Or List It Australia. **8.40** Building The Dream. **9.40** News. **10.40** MasterChef Aust. **1.00** 10 News+. **1.30** Stephen Colbert. **2.30** Shopping.
SATURDAY	**6.00** Morning Programs. **9.00** Anzac Day March Sydney. **12.30** Gallipoli Dawn Service. **1.30** Villers-Bretonneux Dawn Service. **2.25** ABC News On Anzac Day. **3.00** The Many Days Of Anzac. **4.00** Last Post: Winds Of Change. **4.05** Judgment: Cases That Changed Australia. **4.55** Aust Story. **5.25** Landline. **5.55** Kath & Kim. **6.25** Hard Quiz. **6.55** Governor-General's Anzac Day Message. **7.00** News. **7.30** Blue Murder Motel. **8.15** Top End Bub. **8.40** Death In Paradise. **9.45** Frauds. **10.30** Rage. **5.00** Rage.	**6.00** Morning Programs. **2.00** Cycling. UCI World Tour. Amstel Gold Men's Race. Highlights. **3.00** Stories From The Cities. **3.30** Cycling. UCI World Tour. Amstel Gold Women's Race. Highlights. **4.30** Athletics. Marathon de Paris. Highlights. **5.30** Surviving WW2. **6.30** News. **7.30** The Langham: London's Grandest Hotel. **8.25** Magical Train Journeys In Switzerland. **9.25** Jersey And Guernsey. **10.20** Finding Your Roots. **11.20** Snowpiercer. **1.05** Snowpiercer. **1.55** Matched. **2.45** Late Programs.	**6.00** Weekend Sunrise. **12.00** Beach Cops. **12.30** Gallipoli Dawn Service. **1.30** Villers-Bretonneux Dawn Service. **2.30** Seven News Special: Lest We Forget Service. **3.30** Border Security: Int. (PG) **4.00** Better Homes. **5.00** News. **5.30** Border Security. (PG) **6.00** Seven News. **7.00** Better Homes And Gardens. **8.00 MOVIE: Pearl Harbor.** (2001) (M) **11.50** To Be Advised. **1.35** Devils. (MA15+) **2.30** Shopping. **4.00** It's Academic. **5.00** House Of Wellness. (PG)	**6.00** Morning Programs. **12.00** Open For Inspection. **12.25** Gallipoli Dawn Service. **1.35** Villers-Bretonneux Dawn Service. **2.35** Rugby League. NRL. Round 8. St George Illawarra Dragons v Sydney Roosters. **6.00** NBN News. **7.00** ACA. **7.30** Rugby Union. Women's Pacific Four Series. Game 3. Australia v New Zealand. **10.00** MOVIE: Midway. (2019) **12.30** Law & Order: Organized Crime. **1.30** Open For Inspection. **2.00** The Incredible Journey. **2.30** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Helping Hands.	**6.00** Tough Tested. **7.00** Reel Action. **7.30** Escape Fishing. **8.00** I Fish. **8.30** On The Fly. **9.00** All 4 Adventure. **10.00** Farm To Fork. **10.30** Silvia's Italian Masterclass. **11.00** Dogs Behaving (Very) Badly Australia. **12.00** Dog House. **1.00** Buy To Build. **1.30** My Market Kitchen. **1.45** MasterChef Aust. **3.30** Deal Or No Deal. **4.00** Lingo. **5.00** News. **6.30** Dog House. (PG) **7.30** Love It Or List It Australia. **9.30** Gogglebox Australia. **10.30** Matlock. (PG) **11.30** Elsbeth. (M) **12.30** Shopping. **5.00** Hour Of Power.
SUNDAY	**6.00** Morning Programs. **11.00** Compass. **11.30** Praise. **12.00** News. **12.30** Landline. **1.30** Gardening Aust. **2.30** The Piano. **3.25** Judgment: Cases That Changed Australia. **4.15** Grand Designs. **5.00** Back Roads. **5.30** Antiques Roadshow. **6.30** Compass. **7.00** News. **7.30** The Assembly. **8.15** Bad Company. **8.45** Bergerac. **9.30** Blue Murder Motel. **10.15** Top End Bub. **10.45** MOVIE: Van Diemen's Land. (2009) **12.30** Rage. **3.00** Gardening Aust. **4.00** Dream Gardens. **4.30** A Bite To Eat. **5.00** Insiders.	**6.00** Morning Programs. **1.00** Speedweek. **3.00** Cycling. UCI World Tour. Fleche-Wallonne Men's Race. Highlights. **4.00** Cycling. UCI World Tour. Fleche-Wallonne Women's Race. Highlights. **5.00** Going Places. **5.35** Cold War Spies. **6.30** News. **7.30** Pompeii: The New Dig. **8.40** Bettany Hughes' Lost Worlds: Nabataeans. **9.40** Emperor: Rise And Fall Of A Dynasty. **10.35** Lost Treasures Of Egypt. **11.35** Rhoda Roberts AO: A Lasting Legacy. **1.05** Matched. **2.50** Mastermind Aust. **3.25** Late Programs.	**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. **12.00** Sunday Footy Feast. **2.30** House Of Wellness. **3.30** Border Security: Int. **4.00** Better Homes. **5.00** News. **5.30** Weekender. **6.00** News. **7.00** TBA. **8.00** 7NEWS Spotlight. **9.00** MOVIE: Bravery & Betrayal. (2025) (M) **11.10** 24 Hours In Police Custody. (MA15+) **12.10** A Friend Of The Family. (MA15+) **1.20** Harry's Practice. **2.00** Shopping. **3.30** Million Dollar Minute. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **10.00** Wide World Of Sports. **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. **3.00** Rugby League. NRL. Round 8. Manly Sea Eagles v Parramatta Eels. **6.00** NBN News. **7.00** The Floor. **8.10** 60 Minutes. **9.10** Australian Crime Stories: The Investigators. **10.15** 9News Late. **10.45** The First 48. **11.40** American Ripper. **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** Mass. **6.30** Key Of David. **7.00** Joseph Prince. **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. **10.40** MasterChef Aust. **1.00** Dogs Behaving (Very) Badly Australia. **2.00** Deal Or No Deal. **2.30** Millionaire Hot Seat. **3.00** The Finish Line. **4.00** Lingo. **5.00** News. **6.30** 10 News+. **7.00** MasterChef Aust. **8.30** Race Across The World. (M) **9.45** Matlock. **10.45** NCIS: Origins. **11.35** 10 News+. **12.00** Shopping.
MONDAY	**6.00** Morning Programs. **1.00** Landline. **2.00** Tonight At The Museum. **2.30** Back Roads. **3.00** Grand Designs Aust. **3.55** Murdoch Mysteries. **4.45** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Aust Story. **8.30** Four Corners. **9.15** Media Watch. **9.35** Planet America. **10.05** Foreign Correspondent. **10.55** News. **11.10** The Business. **11.25** The Weekly. **11.55** Murdoch Mysteries. **12.45** Late Programs.	**6.00** Morning Programs. **1.00** PBS News Compass Points. **1.30** WorldWatch. **2.00** Rhoda Roberts AO: A Lasting Legacy. **4.15** Nick Knowles Into Death Valley. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.35** Costco Vs Supermarkets. **8.30** 8 Out Of 10 Cats. **9.25** Buzzcocks. **10.05** SBS News. **10.35** Herrhausen: The Banker And The Bomb. **11.45** Gomorrah. **12.45** Gomorrah. **1.50** Gomorrah. **2.45** Mastermind Aust. **3.50** Legacy List With Matt Paxton. **4.20** Bamay. **4.50** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Seven News With Alex Cullen. **1.10** Blankety Blank. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. **7.30** TBA. **8.40** 9-1-1. (M) **9.40** The Agenda Setters: Rugby League. **10.40** The Agenda Setters. **11.40** St. Denis Medical. **12.10** New Amsterdam. **1.10** Travel Oz. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** The Floor. **1.15** Getaway. **1.45** My Way. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** ACA. **7.30** The Floor. (PG) **8.45** 100% Footy. (M) **9.45** 9News Late. **10.15** Outback Opal Hunters. (PG) **11.15** Footy Classified. (M) **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** MasterChef Aust. **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** MasterChef Aust. (PG) **8.40** Gogglebox Australia. **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. **2.25** Brush With Fame. **3.00** Grand Designs Aust. **3.55** Murdoch Mysteries. **4.45** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Foreign Correspondent. **8.30** Judgment: Cases That Changed Australia. **9.20** You Can't Ask That. **9.45** Compass. **10.15** News. **10.30** The Business. **10.50** Four Corners. **11.35** Media Watch. **11.55** Murdoch Mysteries. **12.45** Late Programs.	**6.00** Morning Programs. **2.00** What Does Australia Really Think About... **3.00** Trail Towns. **3.35** Plat Du Tour. **3.40** The Cook Up. **4.10** Nick Knowles Into Death Valley. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Living Black. **11.05** Exit. **12.00** Clean Sweep. **1.00** Clean Sweep. **2.00** Clean Sweep. **3.00** Mountain Vets. **4.05** Legacy List With Matt Paxton. **4.35** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Seven News With Alex Cullen. **1.10** Blankety Blank. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. (PG) **7.30** To Be Advised. **9.05 Doc.** (M) **10.05** House Of Wellness. (PG) **11.05** The Agenda Setters. **12.05** New Amsterdam. (MA15+) **1.05** 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** The Floor. **1.15** Destination WA. **1.45** My Way. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **5.00** Tipping Point Australia. **6.00** NBN News. **7.00** ACA. **7.30** The Hundred With Andy Lee. (PG) **8.30** Clarkson's Farm. (MA15+) **9.35** 9News Late. **10.05** The Grand Tour. (M) **12.00** Footy Classified. **1.00** Destination WA. **1.30** TV Shop. **2.30** Our State On A Plate. **3.00** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Today Early News. **5.30** Today.	**6.00** Ent. Tonight. **6.30** Bold. **7.00** Deal Or No Deal. **7.30** GCBC. **8.00** Lingo. **9.00** The Finish Line. **10.00** Ent. Tonight. **10.20** MasterChef Aust. **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** MasterChef Aust. **8.40** The Cheap Seats. (M) **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.





What's on around town & beyond!

Local Calendar

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

April

Until 26 April - Forster Art Prize
Daily 10am - 4pm at Forster Gallery, 34 Lake St Forster.

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 25 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. (See p4 for details)

Sun 26 April - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

May

Sat 2 May - Real Food Market
8am -11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

Sun 3 May - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

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

Sun 10 May - Forster Town Park Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

C3 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

TUNCURRY MARKETS
John Wright Park
Saturday 25th April
8am - 1pm
Bookings Essential
Enquiries
0417 400 994

Local Author Events at Forster Libary



MidCoast Libraries

Fleur McDonald

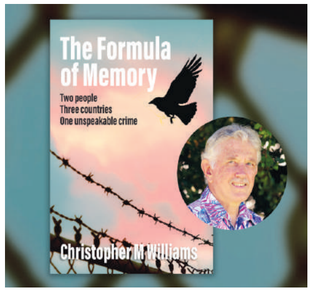
Join bestselling author of gripping outback mysteries, who will share insights into her latest Kalgoorlie-set thriller, The Witness, the third book in her popular series.

Forster | Tues 21 Apr | 2:30pm

Christopher Williams

Join Chris for a discussion on his latest book, The Formula of Memory. 1982, the AIDS epidemic dominates the world's attention. Cruise missiles in West Germany point at the Russians. The Chernobyl nuclear power station is ready to explode. In northern NSW, a German woman lies at the foot of Wollumbin/Mt Warning. Who will find her? This book explores themes of love, friendship, betrayal and genocide.

Forster | Thurs 30 Apr | 2pm



Find out more and book your free tickets here: https://library.midcoast.nsw.gov.au/Whats-on

The People's Choice Award is waiting for you!

By Elizabeth Ho - Forster Gallery



With Forster Gallery's Annual Art Prize in full swing, there's still time for you to come and see for yourself the depth and breadth of artistic talent on display.

Overall Exhibition Winner, Julia Davis, feels overwhelmed by judge, Ali Haigh's choice, scooping up the prize for her work "Memories Of My Mother".

"It's so unusual to have a drawing take out the main prize," Julia said. "I used lead, charcoal and pen. After losing both parents within two years of each other, I was cleaning out their house. Mum loved antiques and used to collect beautiful porcelain pieces. The idea came when I was unpacking the pieces and I thought, what a shame to hide them away."



Julia, who entered five pieces into the exhibition, also took out the Packing Room Prize for her work "View Towards Nabiac".

Works cover eight mediums and the gallery has 322 pieces on display. It's a full gallery exhibition with members keeping the gallery open every day including Anzac Day. Stunning ceramics and sculptures are also available. The vibrant art space has many art teachers who are members and who hold classes at the gallery.



"We are delighted the exhibition has been so popular," said Vice President, Pat Mackaway. "We are announcing the People's Choice award at the close of the exhibition. So far, we have over 500 votes. If you're coming in to have a look, remember to cast your vote. The award is given to a member so make sure you vote for a work marked "M" for "Member" to make your vote count! The response has been amazing with people saying the gallery looks so wonderful, bright and colourful," she said.



The good thing is that, except for pieces with the red dot, all the exceptional art pieces are for sale and you can be assured you are buying a piece of a very high calibre. There is easy parking available, excellent disability access and the gallery is only two minutes from town and entry is free.

Forster Gallery, 34 Lake Street and find a class or workshop at www.forstergallery.org

(See advertisement below.)

Devonshire Tea & Crafts
18th April
Forster Civic Centre
Lake Street Forster
9:30 - 11 am





THE FORSTER ART PRIZE 2026
28 March – 26 April, Forster Gallery

LAST WEEKS to see amazing artworks

34 Lake St, Forster, 10am – 4pm daily – Entry free
www.forstergallery.org

What's on around town & beyond!

Entries are now open for the 2026 Pacific Palms Art Festival



Pacific Palms Art Festival Committee

The long running annual Pacific Palms Art Festival, now in its 32nd year, is getting set once again to showcase incredible artworks from our local and regional artists.

The Pacific Palms Art Festival takes place over the June Long Weekend in the Pacific Palms Public School hall, Boomerang Beach. It is a major fundraising event, raising funds for creative arts programmes at Pacific Palms Public School. The Festival has contributed funds to drama, music, creative writing and art programmes for our Primary School students over the years.



Entries are now open for artists until Friday 22nd May

The **major $3,000 Pacific Palms Art Prize** is open to all work on exhibition, and a further $4,500 is awarded in prizes across 6 Sections:

1. Oil or Acrylic
2. Watercolour/Pastels
3. Open – includes mixed media
4. Photography
5. Pen/Pencil/Ink – includes charcoal
6. Environmental 'Nature vs Man'

Artist Entry Packs with all the details are available on the Pacific Palms Arts Inc website: https://www.pacificpalmsartsinc.org.au/pacific-palms-art-festival

Artist entry forms can be downloaded or submitted online.

Opening Night of the Pacific Palms Art Festival Exhibition & Sale

The June Long Weekend commences with the Opening Night of the Pacific Palms Art Festival Exhibition & Sale on Friday 5th June. This is a must for all those art lovers wishing to purchase unique artworks. Here you can mingle among artists, buyers and sponsors of this wonderful event. Enjoy a glass of wine or two with your supper, be the first to hear the announcements of the awards, and have the first opportunity to purchase award winning works. With the food & drinks sponsored by Brokenwood Wines, Blueys Cellars, Kembali Cafe & Nadine the Cake Queen, the evening promises to be a deliciously cultural event!

Opening Night: Friday 5th June 7pm - 10pm Tickets $75 (sorry - no children) Early bird tickets $60 available until 15th May. Tickets include drinks & supper and can be purchased from the Pacific Palms Arts Inc website: https://www.pacificpalmsartsinc.org.au/



Exhibition & Sale: Saturday 6th June 10am – 4pm $2 entry, children free

Exhibition & Sale: Sunday 7th June 10am – 4pm $2 entry, children free

People's Choice Award: will be announced on Monday 8th June.

For all enquiries, please contact Cath Bennett – President & Treasurer of the Pacific Palms Art Festival Committee on 0434 678 381 or email palmsartfestival@gmail.com





TUNCURRY BEACH BOWLING CLUB
21 Parkes Street, Tuncurry NSW 2428
Ph 02 6554 6477 | www.tuncurrybeachbowling.com.au

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

Recognition of an amazing person

I would like to bring attention of the local residents to the ongoing commitment of the amazing Ted Bickford for the tireless work that he dedicates to cleaning graffiti from all areas of the Mid North Coast.

How do I know what he does? Because on countless occasions I go out and help this wonderful, dedicated person clean this ongoing graffiti from countless areas visited by very young children up to retired aged pensioners and parents of the children.

Ted Bickford is now 88 years of age, and he has been cleaning graffiti off every type of wall, building, doors, toilets, shop fronts, roadways, street signs and traffic control signs. You name it and Ted will fix it, clean it or repaint it - just to keep the Mid North Coast clean, respectable and inviting to tourists.

He is a 100% volunteer and has dedicated many years of hard physical work to the Mid North Coast. The older more established residents would have known Ted for years, but the newer younger residents may not know about the condition of this wonderful, amazing area that we all appreciate so much.

I want readers to know that Ted Bickford is not only the Graffiti Buster, but an honourable decorated resident of the Mid North Coast and we are all truly very grateful. This is to give recognition to a true friend and a great inspiration to the beautiful respectful condition of the Coast.

David and Carole Cox – Tuncurry



Are community energy co-operatives realistic in solving our energy needs?

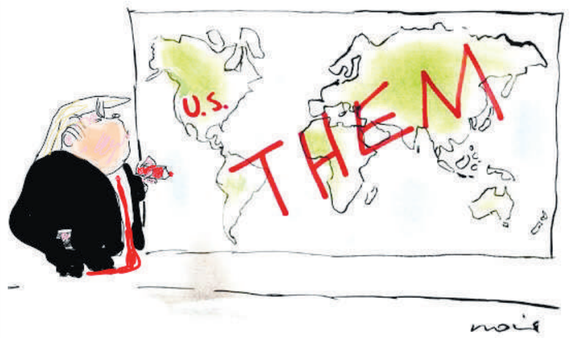
It did not take long for a prominent idealistic socialist Bolshevik like Peter Fitzsimons (Forster Fortnightly Edition 143 on 1st April) to come up with community energy co-operatives to solve our energy needs.

Peter and his academic friend talk about more solar, more wind, tonnes more batteries and developing the platforms to unite them all.

The idea of everybody with batteries joining together and becoming a forth force in the Australian energy market is commended but is it realistic?

I lived in a former communist country and I can tell you that large scale co-operatives don't work because they exclude people with vision, drive and incentives for them to become rich and famous.

Kruno Lovrak - Tallwoods



US declares huge victory after it negotiates for trade route that was previously open to re-open

The Shovel

POLICTICAL SATIRE: The White House has declared victory in the war it started in Iran, saying it has achieved its objectives of spending tens of billions of dollars and causing thousands of deaths in order to return things to roughly as they were before the war started, at least for the next two weeks.

"The Strait of Hormuz is open, Khamenei is the Ayatollah and Iran still has nuclear materials," White House press secretary Karoline Leavitt said in a statement that could have been read out this morning or three months ago.

Leavitt praised President Donald Trump for his ability to broker peace. "There was peace before. Then for some reason there wasn't. And now there is peace again. Give this man the Nobel Prize," she said.

One Republican Senator said no-one should ever underestimate Trump again. "Yes, we have spent valuable resources and lost precious lives, yes we have emboldened Iranian leaders and caused a whole new generation of Iranians



to despise us, yes we have alienated our allies and caused economic harm across the globe. But let us not forget that the trade route that no one had ever heard of before because it operated without issue for decades, is now operating without issue. Or it will soon, with maybe some minor issues, we haven't really gone through all the details yet. That is what victory looks like".

*As of 14 April, the Strait of Hormuz has been closed by the US.

Book Review

Book Review by John King - Pacific Palms Librarian

Luna Park

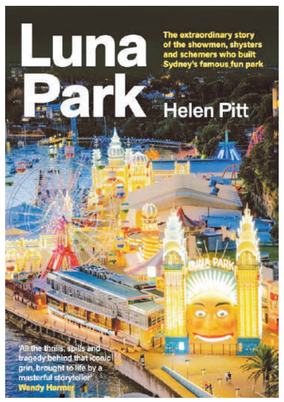
Helen Pitt's book Luna Park is not just about Sydney's Luna Park, despite the picture on the front. It starts with fairgrounds in America in the nineteenth century before moving onto Australia with one in Melbourne and another in Adelaide's Glenelg. Indeed, Sydney's Luna Park started in Adelaide where it failed financially in part because The City of Churches objected to Sunday enjoyment. The rides, big dipper, etc, were dismantled and re-erected in Sydney in 1935 on the Dorman Long site used when they were building the Harbour Bridge.

The name Luna Park evidently comes from the daughter of one of the American entrepreneurs rather than the ride, Trip to the Moon, inspired by Jules Verne's 1865 book From the Earth to the Moon.

The formula for Luna Parks' success according to an early American promoter was simple. The difference between a theatre and the big amusement parks is the difference between the Sunday school and the Sunday school picnic. In Australia, Luna Park's fun and games was contrasted with the more serious offerings of the Opera House.

Yet, there were many ups and downs, both literally and figuratively, and rescues. The greatest disaster, however, was the Ghost Train fire of 1979 where six children and an adult were killed. Having seen off many attempts by developers to take over the site for commercial purposes, the fire nearly put paid to Luna Park.

Helen Pitt looks closely at the various investigations into the fire. It remains highly suspiciously like arson but could not be proven. Witnesses later said they could smell kerosene. But one of the first police on the scene said of course it was an electrical fire. He was later found to be corrupt with links to Abe Saffron. Also found corrupt was the former chief superintendent with oversight of the arson squad. An ABC investigative program pointed



out that six properties in which Abe Saffron had interests in developing, including Luna Park, went up in flames that year. And after his death, his niece said "Very strange that fire. I don't think people were meant to be killed." The cause remains inconclusive.

So, how are amusement parks to survive in the 21st century? The answer Luna Park has introduced is "Immersive Entertainment" using modern technology to give patrons the sense of being part of the action – a new version of the ride to the moon. Exciting, yes. Thrilling, yes. Scary. That too. To relive childhood.

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

No Country For Old Men - Stan, Released 2007 Movie 122 minutes



Scottish actor Kelly MacDonald is one of my favourite actors so I looking forward to movies in which she is in I came across this classic American neo- western which also won 4 Academy Awards and whose cast includes a number of great actors including Woody Harrelson, Josh Brolin and Tommy Lee Jones, it was considered one of the best movies released in 2007. The story line is extremely interesting as a war veteran stumbles across a drug deal gone wrong and finds a large amount of money that decides to keep for himself. However, owners of the money want it back and will resort to all extremes to retrieve the money, in the middle is a laid back country sheriff. A great action movie but be ready for a big body count.

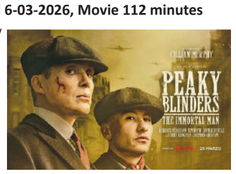


Nuremberg - Stan, Released 9-10-2025, movie 122 minutes

This end of World War II drama deals with the lead up to and the Nuremberg Trials of a number of prominent nazis in particular Hermann Goring, played by Russell Crowe. This is a very interesting movie looks at a number of facets including the Army psychiatrist assigned to evaluate Goring and his relationship with Goring. The setting up of the court and the legality of the charges and then, the court case and executions.

Although I am not a fan of Russell Crowe I found the movie well worth watching and Crowes portrayal of Goring is great.

Peaky Blinders: The Immortal Man, Netflix Released 6-03-2026, Movie 112 minutes



This movie is a finale to the great crime drama series Peaky Blinders starring Irish Actor Cillian Murphy as Tommy Shelby. The movie is as good as series in all respects as Tommy Shelby comes out seclusion to stop his son Duke from committing treason by stopping the distribution of counterfeit money. As with the series the movie has a great deal of brutal violence as the Peaky Blinders gang goes about their business.

Please note, if you haven't watched the TV Series Peaky Blinders do yourself a favour and watch the series first.

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Weekly Diary

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

Mondays

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

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

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

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

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

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

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

Forster Tuncurry Men's Shed Inc.
48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 02 6515 2249

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

1st Forster Tuncurry Scout Group Cub Section
Scout Hall Cnr Lake & McIntosh Sts Forster,
Mondays 5 - 6.30pm for 8 - 11 years. Enquiries: leanne.richardson@nsw.scouts.com.au

Forster Tuncurry Seniors
Breeze Parade Forster
Carpet Bowls 12.45 – 3:45pm
Contact 02 6505 2686

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

Great Lakes Evening VIEW Club Meetings held 4th Monday of the month with 6:30pm dinner at Sporties. Phone Pat 02 6554 5466

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

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

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

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

Mid North Coast Bootscooters
Beginner lessons 6 - 7pm every Monday at Tuncurry Memorial Hall. Check our Facebook for updates or call Lorraine 0400 708 511.

Quota Club of Forster Tuncurry
Meets 1st and 3rd Monday each month
Club Forster. Lunch 12.30pm
Meeting 1.30pm, Enquiries 02 6555 7219

Tennis Forster
Every Monday 8.30am - 11.30am Mixed Organised Social Forster Tennis Club, Lake Street.
Enquiries: Jaime 02 6554 9120

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

Tuesdays

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

Club Forster Social Dance Club
Every Tuesday we have Learn to Dance 6-7pm then Social Dance 7-9pm.
Enquiries: Jenny 0412 609 181

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

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

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

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

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

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

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

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

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

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

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

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

Wallis Lake Tourers Travel Club Inc.
Meet 10am 2nd Tuesday of the month
Tuncurry Beach Bowling Club
Enquiries Gail 0421 965 885

Wednesdays

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

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

Club Forster Table Tennis
Each week new players welcomed.
6 - 9pm. Contact Harold 02 5591 7133 or Bruce 0414 532 496

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

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

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

Forster Tuncurry Men's Shed Inc.
48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 02 6515 2249

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Thursdays

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

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

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

Forster District Combined Probus Club
9.45am First Thursday of every month at Club Forster (except 9:45am on 8 May at Sporties).
Contact Jacqui Costello 0410 662 671

Forster Keys Progress Association
Dad's Army/Navy volunteer clean-up
Every Thursday 7am - 9am, Community Hall
36A Elizabeth Pde. Contact: Brian 02 6555 5076

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

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

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

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

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

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

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

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

Tennis Forster
Every Thursday 12.30pm – 4pm Men's Organised Social Forster Tennis Club, Lake Street. Enquiries: Jaime 02 6554 9120

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

Fridays

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

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

Forster Tuncurry Men's Shed Inc.
48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 02 6515 2249

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

Forster Tuncurry Seniors
Breese Parade Forster
Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm
Contact 02 6505 2686

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

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

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

"Quilts of Love" Forster Arts & Crafts
Breese Parade, Forster 10am-12noon.
Last Friday of every month Feb-October.
Contact Christine 02 6557 5627

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

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

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

Saturdays

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

Club Forster Table Tennis
Each week new players welcomed.
12:45 - 3pm. Contact Harold 02 5591 7133 or Bruce 0414 532 496

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

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

Forster parkrun community 5km run/walk
Pebbly Beach Playground off Head St
7:45am for 8am start every Saturday
facebook.com/Forsterparkrun

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

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

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

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

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

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

Tennis Forster
Every Saturday 12.30pm – 4pm Mixed Organised Social, Forster Tennis Club, Lake Street. Contact: Jaime 02 6554 9120

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

Sundays

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

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

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

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

Forster Tuncurry Mudcrabs Winter Swimming Club - 8:30am Forster Bullring every Sunday, May till September. All ages, male & female welcome. Contact Mark Linton 0402 045 718

Great Lakes Prostate Cancer Support Group

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

Next meeting 28 April

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

Contact John Hulme 02 6555 6523 or email jjpatchwood@gmail.com

Proudly sponsored by the Prostate Cancer Foundation of Australia.

Community Meals & Pantry



Forster Community Lunches

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

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

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

Enquiries: Volunteer Coordinator Meg Norling on 0409 840 054 or the CatholicCare Office on 02 6539 5900.

Tuncurry Community Morning Tea & Lunch

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

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

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

11:30am to 1pm - Lunch served

Enquiries: Tuncurry Salvation Army Church 02 6554 6101. www.facebook.com/Forstersalvos

Tuncurry Community Brunch

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

Pantry doors are open 9:45 - 11am for $5 per person (2 per household) with pantry essentials, fresh produce and cleaning & hygiene items.

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

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

Enquiries: Forster Tuncurry Church of Christ on 0407 483 070 or email ftcoc@live.com.au

Graffiti Buster Hotline



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

Star Pet



Name: Pebbles

Breed: She is a Moodle. A cross between a Maltese and a poodle.

Age: 11 years old.

Likes: Loves people and loves going on holidays with us in the caravan.

Dislikes: Hates being left alone and strange noises.

Claim to Fame: She was photographed in Bunnings once and then ended up in the local paper.

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



March results for FDPC

By Keith Pascoe – Forster Digital Photography Club

For the month of March members entered 53 images for Nature and 53 images for Lines and Curves.

The Judges Choice for Nature was awarded to Lyn Wilson for a beautiful image of a Grasshopper and the Judges Choice for Curves and lines was awarded to Malcolm Walker for his superb image Pier Pavilion Columns and Shadows. Our congratulations to both members.

Here are the results for both competitions.

Nature

Merits: Me and My Shadow by Lyn Wilson (Also Judges Choice) Curious Ghost Crab by Robyn Pascoe, Cactus Flower by Lyn Wilson,

Credit: Colourful Kea NZ and Honey Bee NZ by Michelle Alcorn, Sandstone Vegetation Assemblage by Grahame Wilson, The Banded Flutterer Dragonfly by Malcolm Walker.



Right: "Mt Fuji" by Wanda Amos.



Lines and Curves

Merits: Pier Pavilion Columns and Shadows by Malcolm Walker(Also Judges Choice) The Grace by Dale Rabbett, Sydney Opera House Sail by Kathy Majewski.

Credits: Metro in Sydney by Marguerite Lamb, Mt Fuji by Wanda Amos, Silo Profile by Grahame Wilson, Ripple Lines by Yvonne Moule.

Left: The Judges Choice for Nature was awarded to Lyn Wilson for "Grasshopper".

Our Local wildlife

By Kym Kilpatrick – FAWNA Hallidays Point

Australian Green Mantis

There is a silent, highly effective assassin that lives in some of our gardens, usually the healthier, messier gardens. It preys on problem insects, and an occasional good one, is hard to see, but once you have your eye in, is fascinating to watch and observe. So useful is this critter that some people pay money to purchase their eggs to release in their gardens.

I am talking about the Australian Green Mantis (Orthodera ministralis). As the name suggests this is a praying mantis that is vividly green but with a bright blue to purple spot on the inside of its fore legs. They have an elongated body, a wide thorax, and large compound eyes on a triangular head which they can rotate 180 degrees. Their forelegs, equipped with sharp spines, are typically folded neatly in front of their bodies, resembling hands held in prayer, hence their common name of praying mantis. Females tend to be larger and heavier with only small wing-buds, while males have wings that allow them to fly. They can grow to about 4 cm in length.

Australian Green Mantis will take a range of prey insects, including flies, moths, cockroaches, grasshoppers and spiders, some as large as themselves. Their excellent eyesight allows them to watch and track insects up to 35 m away. As ambush predators they will wait motionlessly for the insect to come within reach, before striking with lightning speed with their barbed forelegs to grip and hold their prey, consuming it headfirst.

Australian Green Mantis can live up to 9 months and will periodically shed their skins, or exoskeletons, as they grow in a process known as moulting. A successful moult can take 10 minutes to half an hour during which time they need to hang uninterrupted beneath a leaf or branch. In the final moult they develop wings and reach sexual maturity.

They breed during weather conditions of between 22 and 28 degrees with high humidity.



Above: Photo of Australian Green Mantis by Danny Knight - Signal Hill Photography.

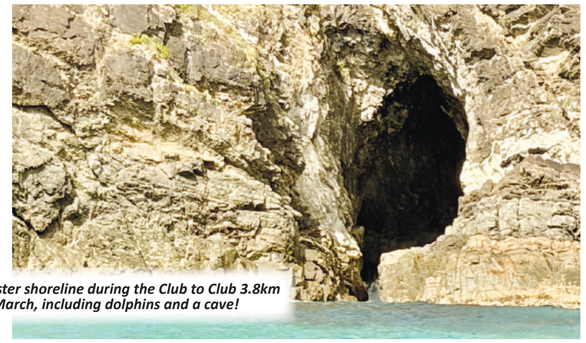
Mating is a dangerous activity for the male who may well become dinner during the process. Remarkedly, even with half of the front of his body gone, he can still continue to copulate. From an evolutionary point of view, by providing his mate with a hearty meal, he is helping his young succeed.

After mating, the female will produce an egg case known as an ootheca. This is essentially a froth that hardens to a woody type of substance that acts to protect the eggs, including insulating them from the cold or heat. The Australian Green Mantis ootheca is between 10 to 15 mm long and will usually be attached to a branch or some other elevated hard surface, including sometimes human structures such as fences, buildings or even fly-screens.

After a minimum of two months but potentially much longer in colder temperatures, up to a hundred hatchlings, known as nymphs will emerge. The nymphs begin feeding almost immediately on aphids, leafhoppers or small flies but also on their siblings so a quick dispersal is a matter of life and death.

Australian Green Mantids are great 'garden helpers' preying as the do on problem insects. However, they too are part of the food chain, feeding in turn insectivore birds, lizards and occasionally microbats.





A different perspective... Photos of the Forster shoreline during the Club to Club 3.8km Ocean Swim by Reece Dodds on 29 March, including dolphins and a cave!





Local Identity – Samantha Trayburn

Interview by Vanda Gooley - Forster

Samantha Leigh Trayburn, 39, is a writer, librarian, creative entrepreneur, and ocean lover. At heart, she is someone who has always been driven by imagination, whether that's through storytelling, building businesses, or creating spaces where people can come together. Sam lives and works on Biripi Country in Old Bar, on the Mid North Coast.

Sam was born in Brisbane, Queensland. She grew up on the Gold Coast with her mum, Debbie and younger brother, Matthew. Sam's parents separated when she was young, so it was mostly her mum raising Sam and her brother. Her mum worked whatever jobs she needed to in order to provide for them, and, "I've always admired her resilience and determination."

Sam's mum and brother remain incredibly important in her life, and Sam is close to her dad now "which is really nice." Over the years Sam's circle has expanded to include close friends who feel like chosen family. Living in Old Bar has also deepened Sam's sense of community, "it feels like an extended family in many ways."

Despite not having a lot materially, Sam said she had a really happy childhood. She was always inventing stories and imaginary worlds and could spend entire days lost in creative play. "Looking back, I can see that storytelling was already becoming part of my identity. It was my way of understanding the world."

Sam reflects fondly on gaining her first real sense of independence when she moved out of home at 18 and relocated to Brisbane. She had very few responsibilities and a lot of creative freedom. She immersed herself in live music, friendships, art and travel. Throughout her early twenties, she travelled overseas whenever she could. "That period felt expansive and full of possibility, I think it was the freest I've ever felt."

Sam's schooling was a little unconventional. She attended three primary schools and two high schools on the Gold Coast, did a period of homeschooling, and even spent a term at a school in Tasmania when her mum decided they needed a major change of scenery, though they eventually moved back. "It was hard not always feeling settled, but those experiences shaped my adaptability and independence."

Sam studied Communications at Griffith University, and later completed a Doctorate in Creative Writing at Western Sydney University. Those years solidified her commitment to storytelling and gave her the space to refine her voice.

Sam worked freelance as a writer and editor throughout her studies, balancing creative work with academic research. She currently works at the library in Forster, which keeps her connected to books and community every day.

Last year Sam published her debut novel, My Father is a Curlew, "a milestone that felt both surreal and deeply grounding. I'm currently working on my second novel, due for release in 2027."

Sam's work has appeared in a number of literary journals including, Overland, LiNQ Journal, eTripic, Hecate and Scum Mag. Her fiction writing and commentary have been published widely, and her manuscript placed third in the 2023 Hawkeye Publishing Unpublished Manuscript Prize.

Sam is also the founding editor of 'Pink Cover Zine', launched in 2017. 'Pink Caver' is more than promoting women's voices, it's also about allowing writers regardless of sex or background to reclaim a space where works explore the sentimental, nostalgic, domestic, joyful and in-between moments. "I wanted to break down duality".

Alongside writing, Sam is founder of Chuffed Skates, a roller-skating brand based in Newcastle, which sells roller skates and supports community events and culture around skating. She's been roller skating for many years, coached and used her experience to design and bring skating products to market – navigating, manufacturing and building as a small business owner. It started from passion and has grown into something much bigger than she imagined. Sometimes she wonders how she manages it all, but she's always loved keeping busy.



Samantha Trayburn is a writer, librarian, creative entrepreneur and ocean lover.

Sam moved to the Mid North Coast three years ago after living in Newcastle and craving a quieter coastal lifestyle and less crowded surf breaks. She used to holiday at a friend's place in Old Bar and slowly fell in love with the rhythm of the place. Eventually, Sam made the move. Since then, she's loved getting to know the region, its landscapes, its people, its stories. She can't imagine leaving.

Surfing and roller skating are Sam's main physical outlets; they keep her grounded and energised. Reading and writing feed her creative side. Sam also practices Saori weaving on her loom (Japanese freestyle weaving from the 1960s), which she sees as a kind of moving meditation.

Travel has always been a huge part of Sam's life, often connected to her roller-skating business. Last year, she co-organised a large international roller-skating competition in Italy with friends from across Europe, drawing competitors from all over the world. Sam said, it was an enormous logistical challenge but incredibly rewarding. Afterwards, Sam spent several weeks travelling through Italy and the south of Spain.

Soon, she's heading to the Philippines to host a roller-skating retreat on Siargao Island, combining workshops, community and exploration. "I feel incredibly grateful that I get to blend work with adventure."

Sam has earned many achievements but a major personal achievement was completing a doctorate as it required endurance, focus and belief in her creative vision. Publishing her first novel was another defining milestone plus building an international business from the ground up is something she's also very proud of, particularly as it grew organically from passion rather than a traditional business plan. However, she considers her greatest achievement to be, "When I was a little girl, I told my mum I would write a novel one day. Publishing my first book last year felt like fulfilling a lifelong dream."

Sam also faced a major challenge when she was 17, her mum suffered a stroke at just 38 years old. She survived, and Sam is deeply grateful for that, but her recovery was long and her health has never been the same. It felt like losing the mum she'd known. That experience shaped Sam profoundly, it introduced Sam to grief, resilience and responsibility. Many of the emotional themes in her first novel are rooted in that experience.

Sam is involved in various community events, she is on the committee of the Saltwater Malibu Club and she loves organising grassroots community events. Sam also helped organise a fundraiser for an orphanage in Bali built by her local friend Dallas Brown. Together with Dallas and local band The Benchwarmers, they hosted a community event featuring live music and an auction with donations from local creators and businesses. The event raised around $7,000 on the night. Sam loves being involved in initiatives that bring people together while also giving back.

Creatively, Sam has long been inspired by Haruki Murakami. He is a Japanese writer and his novels, essays and short stories have been best sellers in Japan and internationally. Sam said his ability to weave magical elements into the everyday has influenced her own writing style.

Sam is also inspired by the older surfers she shares the water with each morning. Many of them are in their 60s and 70s and still surf with incredible energy and joy. They remind Sam that you can keep doing what you love for a long time.

Sam's Motto to live by is, "If it's meant to be..." "It may sound cliché, but I often say I trust my intuition deeply and believe that even setbacks are part of a larger unfolding. Not everything goes according to plan, but I try to just trust the process."

Asked what she loves about the Mid North Coast, she said "We truly have everything here: spectacular hinterland, uncrowded beaches, and some of the best waves I've ever surfed. But more than that, it's the community. In Old Bar, you can't go for a coffee or a surf without stopping for a chat. There's a warmth and connection here that feels rare. It feels like home, even though I have still only been here a relatively short time."

Janine Roberts from MidCoast Stories said the following of Samantha...

"I first met Sam through her work at MidCoast Libraries, when she invited me - as co-founder of MidCoast Stories - to present events at a storytelling festival.

Later, Sam asked me to join her at the launch of her novel, My Father Is a Curlew, written as part of her PhD. The book is a lyrical, whimsical exploration of a daughter coming to terms with her father's death, set on Russell Island in Moreton Bay, Queensland. When Sam invited me to speak, she had no idea I had grown up around Moreton Bay myself, with deep personal ties to the island.

As we talked, we discovered how unexpectedly our stories overlapped - through place, relationships, and shared experiences. There was a sense of inevitability about it, as though our paths had been destined to cross.

A few months on, I'm proud to now call her Dr Trayburn."



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Wallis Spirit deliver strong results at Grafton Regatta

By Karen Permezel – Wallis Spirit Dragons

Grafton Dragon Boat Club Regatta was held on the 7th and 8th of March, at Memorial Park Foreshore, adjacent to the Grafton Rowing Club, a beautiful location on the Clarence River. A small contingent of Wallis Spirit members attended. Club stalwarts Brian Cotterill, Pat Powell and Janne Moran and first timer for this regatta, Karen Permezel, paddled in combined teams with Port Stephens and Ballina.

Saturday was hot and humid but the tree lined river provided a shady reprieve. First race was the Pylon Pursuit, a 5km race around the Grafton Bridge, followed by a 1 km race. Race times were tallied up with Manning River DBC the overall winners with times of 25.51 minutes and 5.33 minutes respectively. Wallis Spirit combined with Port Stephens for both races, to finish ninth overall.

After a foggy early morning, Sunday was fast and furious with 200 metre races. Brian Cotterill was a last minute inclusion in the Manning River men's 10s team, who won both their heats then finished second in the final, just .25 of a second behind combined winners





Above: (L-R) Pat Powell, Beck Collins, Brian Cotterill, Janne Moran and Karen Permezel.

Left: Wallis Spirit combined with Port Stephens in the Mixed 20s. Photos supplied.

Kempsey, Wauchope and Ballina. They couldn't have done it without you Brian, what a legend!

Ballina/Wallis Spirit women's 20s was also successful winning both their heats in times of 61 seconds and 60.78 seconds respectively, to advance to the final. The team finished fourth behind Manning River, Flamin and Kempsey/Wauchope, missing third place by .42 of a second, another slim margin. Congratulations to Coomba Park's state representative Beck Collins who was a member of the winning Manning River team (who also won the Women's 10s and Mixed 20s). Wallis Spirit combined again with Port Stephens in the Mixed 20s, finishing eighth out of twelve teams.

As always, 'Spirit' was displayed by our small but passionate contingent of paddlers, throughout the weekend of racing. Our next event is on the 2nd and 3rd of May when we travel to Urunga for the Kalang Regatta.



Ideal conditions at Rock to Rock Ocean Swims



Photo of the 1.5km Rock to Rock start by Michael Patroni.



Placegetters in the 600m swim (L-R) Ali Joyce from Pacific Palms (3rd female), Georgina Fife from Sydney (2nd female), Raylene Myers from Port Macquarie (1st female), Toby Beker from Newcastle (1st male), John McCleeland from Newport (5th male), Gabe Farrow from Newcastle (4th male, 13 years old).



Ali Joyce (4th female & 1st local) & Warren Keegan (3rd male & 1st local) in the 1.5km.



A close finish for first place in the 1.5km. Photos by Mary Yule.

By Mary Yule – Forster Fortnightly

The annual Rock to Rock Ocean Swims were held at Elizabeth Beach in Pacific Palms over the Easter weekend, with favourable weather and clear water providing ideal conditions for competitors and spectators.

Event organiser and Pacific Palms Surf Life Saving Club President Paul Martin said concerns about weather conditions leading into the event proved unfounded.

"After the weather we had yesterday, we were pretty worried about what today might have brought, but it turned out perfect," he said. "Clear skies, a light southerly breeze and crystal-clear water made for great swimming conditions."



Susan Gonzalez & Lyn Graham from the Forster Turtles placed in their age groups in the 1.5km.

While participation numbers were slightly lower than usual, Mr Martin noted the trend was consistent with ocean swim events across the country, attributing the decline in part to rising fuel costs. Despite this, the event still attracted a strong field, including a high number of late entries.



The Montesin family from Forster competed.

"We've had about 85 late entries this morning alone, and we're pleased to see so many people enjoying themselves," he said.

Holidaymakers made up a significant portion of participants, reflecting the event's timing over the Easter break. Organisers also encouraged attendees to remain at the venue after the swims, with a sausage sizzle and bar facilities available to support the surf club.

"All funds raised go directly towards our life-saving activities, so it's an important event for the club and the community," Mr Martin said.

The event was supported by a network of volunteers, including visiting lifeguards from McMasters Beach on the Central Coast, as well as assistance from neighbouring clubs at Forster and Cape Hawke.

In the water, local competitor Ali Joyce delivered a standout performance, finishing as the first local female in both the 600-metre and 1.5-kilometre events.

Reflecting on the swim, Joyce said conditions were mixed along the course.

"Once we got to the northern buoy it was pretty choppy, but otherwise it was a beautiful, clear swim," she said.



Water safety crew with Event Organise Paul Martin.



Placegetters in the 1.5km swim (L-R) Courtney Warren from Manly but grew up in Forster (3rd), Georgina Fife (2nd), Rachel Mangan from Manly (1st), Julian Boag from Swansea but grew up in Black Head (1st male), Toby Beker (2nd), Callum Boag from Black Head (4th male).

Youth State Age Swimming Championships



Above: Toby Westaway competing at the Sydney Olympic Aquatic Centre. Photos supplied.

By Mel Westaway – Forster Aquatic Swim Club

We had 5 swimmers qualify and 3 who entered the 2025/26 Speedo NSW Youth State Age Championships held at the Sydney Olympic Park Aquatic Centre on 21st and 22nd March. Toby Westaway competed in 4 individual events, Lucas Lenkic competed in 1 individual event and Rinchen Dhondub competed in 2 individual events and was the first time qualifying.

All three swimmers gaining valuable experience and racing strongly at this level. A big thank you to Adel Gregory for giving up her time to support the team across the weekend. It's truly appreciated!

Results

Toby Westaway (12 Boys)

- 50m Freestyle – 7th (PB 27.64)
- 100m Backstroke – 6th (PB 1:12.93)
- 100m Freestyle – 1:01.90 (10th, PB)
- 50m Backstroke – 33.85 (11th, PB)

Rinchendolma Dhondub (9 Girls)

- 50m Butterfly – 14th (PB 39.47)
- 50m Freestyle – 35.25 (PB)

Lucas Lenkic (10 Boys)

Swam just outside his PB and put together a strong, competitive race.



(L-R) Coach Adele Gregory, Lucas Lenkic, Toby Westaway and Rinchendolma Dhondub.

Forster parkrun draws Easter crowd despite wet finish



By Mary Yule - Forster Fortnightly

A total of 245 participants took part in Forster parkrun on Saturday, 4 April, as locals and visitors gathered over the Easter period for the weekly community event.

The morning began under cloudy but comfortable conditions before rain set in during the latter stages of the three-lap course, leaving some runners finishing in a downpour.

Event Director Chris Newell said the turnout reflected the strong community appeal of parkrun, particularly during holiday periods.

"Thanks to all the volunteers, especially those who had to stand in the rain and our visitor volunteers," she said. "Great to see lots of families running today and all the happy faces."



(L-R) Will Moran, Johnathon, Joey & Sarah Newman and Harkin Britt.

Participants were encouraged to embrace the Easter theme, with many wearing festive attire. Children were also treated to a shared basket of Easter eggs at the finish line.

Chris said volunteer numbers remain steady, with occasional calls for assistance typically met by last-minute support. "We usually find that people will jump in at the last moment," she said, noting that some weeks even see more volunteers than available roles.

She also highlighted the growing recognition of parkrun as a health initiative, with some local medical centres promoting the event. General practitioners are increasingly referring patients to parkrun as a way to support physical activity and mental wellbeing.

"It's just great for the community," Chris said. "Get moving, look after your mental health, and it's great to see how it brings everyone together."



Above: Volunteers at Forster parkrun. Event Director Chris Newell is second from the right. Photos by Mary Yule.



Above: (L-R) Andrew, Ollie, Amy & Harriet (at front) Stonham with Sam Hoey, Kitty (at front) and Roger Smith.

The Forster course, which offers ocean views across three laps, continues to attract positive feedback from visitors, particularly those from inland areas. While the scenic route is popular, Chris noted the hills at either end provide a challenge, with participants encouraged to walk sections if needed.

Among those taking part was local Johnathon Newman, joined by his wife Sarah, their son Joey - home from a medical placement in Yamba - and Joey's friends Harkin Britt from Sydney and Will Moran from Newcastle. The group, who attended school together in Forster, reunited over the Easter break.

"On our travels we've been to parkruns in Queensland, New South Wales, Victoria, South Australia and overseas," Johnathon said. "My wife Sarah looks them up - that's one of the first things she does."

Also participating was a visiting family from Melbourne, continuing a long-standing Easter tradition.

Amy Stonham said she and friend Sam Hoey, who both grew up in the United Kingdom before moving to Australia, reunite annually in Forster, where Sam lives, and include parkrun in their plans.

"Whenever we go on holidays, we always look for a parkrun," she said. "It's really good fun - friendly and you meet lots of people."

Penfold encourages young athletes to apply for Local Sporting Champions grants

Office of MP Alison Penfold

Federal Member for Lyne, Alison Penfold, is encouraging young athletes across the electorate to apply for funding through the Australian Government's Local Sporting Champions program.

The program provides financial assistance to help young sportspeople aged 12 to 18 participate in state, national and international competitions, easing the cost burden on families and supporting the next generation of regional athletes.

Ms Penfold said many young athletes from across the Lyne electorate have successfully received the grant in previous rounds, highlighting the depth of local sporting talent.



"Across our region, we have incredibly talented young athletes putting in the hard work to compete at higher levels," Ms Penfold said.

"It is fantastic to see so many young people from Lyne already benefit from this program, and I encourage more local athletes to take up the opportunity."

"These grants provide practical support to help cover the costs of travel, accommodation and participation, making sure geography and cost are not barriers to success."

The Local Sporting Champions program offers grants to individuals who are selected to compete at an official state, national or international sporting event, helping ensure more young Australians can pursue their sporting ambitions.

Ms Penfold said regional families often face additional costs when it comes to sport.

"For many families, supporting a child's sporting journey can mean significant travel and expense," she said.

"This program helps take some of that pressure off and ensures our young athletes have the opportunity to represent their community on bigger stages."

Ms Penfold encouraged eligible young athletes and their families to apply.

"If you or your child has been selected to compete, I strongly encourage you to put in an application and take advantage of this support."

Applications are open now and close on 30 April 2026.

Further information and applications are available at: https://www.ausport.gov.au/grants_and_funding/local_sporting_champions

The 'Bul-Curry' Cup

By David Blanchard - Forster Mens Vets Golf

On Monday 30 March we had 90 players including a great team of Vets from Bulahdelah Golf Club to compete for the first round of the 'Bul-Curry' Cup played in magnificent weather over 18 holes at the Tuncurry Championship Course.

The Bulahdelah team has a bit of catching up to do in the next round (to be played at their course) with the day's score favouring Forster Tuncurry - 404 pts to 348 pts.

The winners for the three grades were presented with great prizes and many thanks to Darren Peeters and Chris Zamora from 1st National Real Estate Tuncurry who were great sponsors for the day and were very warmly received from all of us.

Once again Kerry and his magnificent catering team provided our members and visitors with mid-morning hot dogs and the best BBQ hamburgers you can have for lunch. Prior to hit off the Specialist hot beverage and Dom's muffin team once again lived up to their high standard.

We had 5 new members join us for the day and we welcome anyone wishing to come and have some fun. Please contact the Forster Clubhouse accordingly (conditions apply).

Right: All the winners for the day. Photo supplied.





The Easter Egg Cup



By Warren Warner - Club Forster Social Golf Club

Our most recent game The Easter Egg Cup was a single stableford event on 29th March at the Tuncurry Course. The weather and course conditions were good along with some excellent scoring, especially from Division 2 players.

Results

Mens: Div.1. 1st Ken Woods 37, 2nd John O'Keefe 35, 3rd Paul Nicholas 29

Div. 2. 1st Les Cawthorne 48, 2nd Gary Cook 43, 3rd Len King 42

Ladies: 1st Robyn Rogers 35, 2nd Kim Clark 34, 3rd.Alana Pitkethly 34

Left: Big hitter Paul teeing off on the 10th.



Nearest to pin 2nd shot

Hole 4: Darryl Fahey, Tom Welch, Maree Fieldhouse.

Hole 9: Ken Woods, Jim Lovegrove, Alana Pitkethly.

Hole 14: Wayne Richards, Jim Lovegrove, Robyn Rogers.

Hole 16: Jeff Coleman, Allan Bowden, Sharon Evans.

Next Game

Our next game is on 19th April at Tuncurry Course. 7am for a 7.30 hit off.

For enquiries contact Ken Woods on 0401 767 257.

Left: (L-R) Warren and Len waiting to hit off.

Below: Grant, Darryl, Kim and Maree on the 10th. Photos supplied.



'The Keith' event closes season for Forster Tri Club



By Mary Yule – Forster Fortnightly

The Forster Tri Club has wrapped up its season with the annual "The Keith" sprint triathlon, held at Forster Keys on Easter Sunday.

The event, a longstanding club tradition, featured handicapped starts based on competitors' performances across the season's local triathlons and aquathons. The morning concluded with a club barbecue, Easter activities and prizes for the children.

Named in honour of former Forster Tri member Keith, the race recognises his contribution to the sport and the club. His wife, Roberta, presented the winner's trophy.

"My husband Keith loved triathlon and competing with the guys here. He competed overseas and in the World Championships, usually winning gold. It's my pleasure to hand the trophy over to the winner," she said.

Emma Sewell claimed first place in 2026, continuing a strong and consistent season. Dean Sligh finished second, with Angus Westaway third.

Sewell said conditions were mixed but manageable following recent rain.

"The weather was pretty good, considering it was raining the last few days. The swim was a bit choppy on the way out, but nice on the way back. There was a bit of wind on the bike, but it wasn't too bad, and the run was pretty smooth," she said.

Sligh described the race as an enjoyable challenge.

"I started doing triathlons a few years back and came second in The Keith. It was a good day for it and a fun race," he said.

Emma also acknowledged the broader club effort.

"Everyone did so well and we're very proud that our club can do this."



Above: (L-R) Angus Westaway (3rd), Roberta Pearce, Dean Sligh (2nd) and Emma Sewell (1st). Photos supplied.



Training, confidence and community drive Tuncurry athlete Benny Craig forward

By Mary Yule – Forster Fortnightly

A regular training session at Tuncurry Oval is helping 30-year-old Benny Craig build both speed and confidence, as he works toward personal and athletic goals with coach Jake Myors.



Benny, who trains weekly with Jake on South Street, combines sprint work with a passion for surfing and a strong interest in American football, which he says has influenced his technique in the water.

"The NFL taught me a lot," Benny said. "When I'm looking at a wave, it helps me position myself better and catch it."

Training sessions focus on improving acceleration and explosiveness, with drills including ladder work, high knees and sprint intervals. Jake said the physical improvements have been significant, with Craig reducing his 100-metre time from around 13 seconds to 11.2 seconds over two years.

"He's been awesome to train," Jake said. "The progress has been huge, not just physically but personally as well."

Beyond speed, Jake highlighted increased confidence as a key development.

"He's now meeting new people more easily, whereas before there was a lot of anxiety around that," he said.

Benny trains regularly throughout the week, including support sessions with carers, and spends as much time as possible surfing at local beaches such as One Mile, Pebbly Beach and Tuncurry.

"I surf every day when I can," he said. "I pick where the waves are good and where it's a bit quieter."

Living with autism, Benny describes his condition as a strength, often carrying a football marked with the phrase "Autism is my superpower." He credits sport, routine and strong support networks for helping him overcome earlier challenges with social anxiety.

"I started late, but I've got a lot more to improve," he said. "I want to become the best athlete I can and show people not to give up."

Benny said family, mentors and daily routines play a central role in his life, alongside a passion for surfing, paddle boarding and fitness. He hopes his journey can encourage others facing similar challenges.

"If you keep working hard, you'll get rewards in the end," he said.



Above: (L-R) Benny Craig with Coach Jake Myors at the South Street Oval in Tuncurry. Photos by Mary Yule.





Another day, another Rowley Kay - fishing comp!



Above: Alan McAlpine with his winning snapper. Photos supplied.

By Dave Nash – Club Forster Blue Water Fishing Club

Easter weekend saw the Club Forster Blue Water Fishing Club host the Newcastle Blue Water Fishing Club for the annual Rowley Kay Shield. The competition has been running for the past 30 years approximately, with Newcastle winning the majority of time.

Friday's weather presented wonderfully light winds, with favourable to good offshore boating conditions. 8 boats from each club carrying more than 20 anglers ventured forth to test their skills. Whist fishing was not consistent or easy, more than 300 fish were weighed in at the end of the day. Saturday saw heavy rain and winds so only 3 boats from Newcastle Club and 1 from Forster Club set forth. The poor conditions saw the fishing curtailed early on Saturday.

Unfortunately for your local club, Newcastle was once again victorious and took home the Rowley Kay Shield - 199 points to 114. 'Dollar Bill' Szerszyn was the standout angler for the competition, winning the category of most Fish Points. Best Snapper (2.34kg) went to Alan McAlpine from Newcastle Club, with Ned Hughes also from Newcastle winning best Flathead (1.34kg). A somewhat unexpected result was a Flounder winning the Best Other Fish category, caught by Brian Page of Forster Club. Go Brian!



(L-R) Newcastle Captain Dave Wells and Forster Vice Captain Dave Nash.

The event wrapped up with the presentation, lunch and raffle at Club Forster on Easter Sunday. Club Forster Bluewater Fishing Club is very thankful to Club Forster for its sponsorship of the event, as well as for the support from our other sponsors - BCF Forster, Great Lakes Tackle Tuncurry and IMO Car Wash Forster.

Till next year!

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.

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



Members of Club Forster Bluewater Fishing Club.

Pacific Palms Bowling Club

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

Monday
Monday Curry Night $20

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

Wednesday
Raffles from 6pm
Club Super Draw from 6pm
220gr Porterhouse w/Chips & Salad $25

Thursday
Mufti Bowls & Raffle from 12:30pm
Happy Hour 3pm to 5pm
Ribs Night $25

Friday
Raffles from 6pm
Super 100 Draw after Raffles
Tradies Lunch + Beer $20
Fresh Fish Friday Night $34
Live Music Every Friday 8pm

THE PALM BISTRO

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

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



Max Marvell Duo
Fri 17th April



The Hit Pit
Fri 24th April

Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
Courtesy Bus from 4pm

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