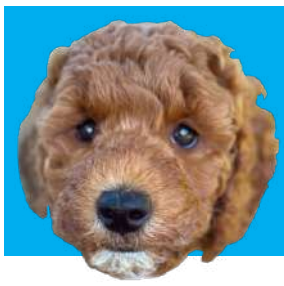
Fun at Youth Week p9



Local Identity Shane Egan p25



Star Pet Sadie p23

Forster Fortnightly

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Wednesday 29 April 2026 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No.145

Disruptions to Forster Fortnightly



Above: (L-R) Geordie, Matilda, Mary and Ian Yule and Sophia McCaughan.

The Forster Fortnightly was informed on Wednesday 22 April that the ACM Tamworth Printing Press will be closing on 8 May. This means our newspaper may have some major disruptions that are beyond our control.

We are looking at quotes and delivery logistics from other printing places to continue the publication of the Forster Fortnightly. This may be a challenge as there are only a few printing presses left in NSW. Many other newspapers in northern and northwestern NSW will also be affected by this closure.

Our family newspaper business started in August 2020 during Covid and has since survived printing price hikes, paper shortages and rising fuel prices. We expect to get over this hurdle too and will keep you informed of any changes. Don't forget, you can subscribe to our free newspaper online as well as receive local news alerts by visiting www.forsterfortnightly.com.au

We would like this opportunity to welcome journalist Sophia McCaughan who is now one of the family crew for the near future.

Thank you to our regular writers and local advertisers who have supported this newspaper thus far. Thank you also to the amazing cartoonist Alan Moir who kindly allowed us to publish his cartoons since we started. He has now unofficially retired and we wish him well.

Regards from the Yule family.

Anzac Day



The Anzac Day March along Manning Street in Tuncurry was well supported by veterans, service personnel, dignitaries, the town band, school children and local organisations. Photo by Geordie Yule. More photos on p10 and 11.

Local WWII pilot reflects on Anzac Day

By Mary Yule – Forster Fortnightly

At 102 years old, Forster resident Jack Thomas carries with him a lifetime of memories — including his service as a Royal Australian Air Force pilot during World War II.

In 1944, at just 21, Jack flew 34 bombing missions over Germany from the United Kingdom in a Halifax bomber — a role where the odds of survival were stark.

"My memory is how lucky I was, because the death rate was 47 per cent," he said. "So virtually, it was you or the other fellow. I was fortunate enough to gain some early experience that taught me how to protect myself and my crew, for which I'm ever grateful."

Now, more than eight decades on, Anzac Day remains deeply personal.

"Anzac Day is a memorial to me of what happened back then from 1939 to '45, which rescued the world from disaster," Jack said. "I remember those who gave their lives at the time and those who have passed away since. It's a very important time in Australia's history."



Jack Thomas.

He believes the legacy of the original Anzacs helped define the nation.

"Anzac, 1914 to 1918, really established Australia as a nation to be respected," he said. "It's a time of memories for me — and I'm pleased to see young people taking an interest. Keep it alive."

Continued on page 12.



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Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will share with you examples of the many varied matters local police attend – including serious criminal offences and tragic incidents.

A man was charged with loitering inside the female toilets of a shopping centre and breaching an apprehended violence order. On 15 April 2026, local police were informed that a man was seen to enter the female toilets of a shopping centre on Manning Street, Taree, about 2pm that same day. It will be alleged that the man remained in the toilets for about 10 minutes. Several women reported the incident to security who confronted the man a short time later before he allegedly left the centre. Following extensive inquiries officers arrested a 38-year-old man on Friday 17 April 2026, about 4.40pm at a home in Taree before he was taken to Taree Police Station. He was charged with contravene prohibition/restriction in AVO (Domestic), observe person in private act without consent and behave in offensive manner in/near public place/school. The man was refused bail to appear at bail division court, where he was granted conditional bail to appear at Taree Local Court on 21 April 2026. Later that same date, following the receipt of further information, the man was arrested and subsequently charged with further offences – Stalking, Convicted person found with intent to commit offence and Resist Police – and was refused bail. Investigations into the incidents are ongoing and anyone with information about the incidents are urged to contact Taree Police Station or Crime Stoppers on 1800 333 000.

A man died following a marine accident on Breckenridge Channel, Forster. Just after 11.40am on Thursday 23 April 2026, emergency services were called to Little Street, Forster, following reports of a marine accident on the Breckenridge Channel, between Wallis Island and Wallis Point Island. Local police and Marine Area Command were told a 4.3-metre aluminium vessel, powered by a 50hp Yamaha outboard motor, struck a sandbank while travelling along the Breckenridge Channel. As a result, a passenger - a 79-year-old man - was ejected from his seat and struck his head on the vessel's anchor cleat, sustaining serious head injuries. The master of the vessel - a 71-year-old man - freed the boat and immediately travelled to the nearest boat ramp. During this time, he radioed for assistance using the onboard VHF radio, which notified Marine Rescue. Upon arrival at the wharf, Marine Rescue volunteers commenced CPR on the injured man prior to the arrival of NSW Ambulance paramedics, who continued treatment; however, the man could not be revived and died at the scene. The master was taken to Manning Base Hospital for mandatory testing. A crime scene was established and officers from Marine Area Command established Strike Force Yozze to investigate the circumstances surrounding the incident. A report will be prepared for the information of the Coroner.

A driver has been charged following a crash where a bicyclist died after being hit by a truck late last year. Just after 6am on Monday 22 December 2025, emergency services were called to the southbound lanes on the Pacific Highway, Bulahdelah, following reports a cyclist had been struck by a truck. NSW Ambulance attempted to treat the cyclist, a 20-year-old man, however he died at the scene. The truck driver – a 58-year-old man – was taken to Manning Base Hospital at Taree for mandatory testing. A crime scene was established and an investigation into the circumstances of the crash commenced. Following an investigation by officers from the Mid North Coast Crash Investigation Unit, about 2.15pm on Tuesday 21 April 2026, the 58-year-old man was issued with a Court Attendance Notice for dangerous driving occasioning death and negligent driving occasioning death. The man is expected to appear at Taree Local Court on Tuesday 21 July 2026. The man's driver's licence was also suspended.

As you can see from the above, policing is not an easy profession, with our attendance required at many challenging and confronting incidents, which often result in us then being the bearer of bad tidings when we visit people at their homes.

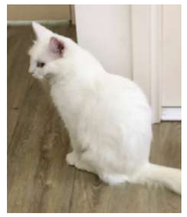


Please keep this in mind next time you see your local police out and about and don't forget to say "G'day!" to them!

Chief Inspector Timothy Bayly - OIC Forster Police Station

Pets of the Fortnight





We prefer all our cats to be kept indoors, but particularly this beautiful white lady as she will be very susceptible to sun cancers and is also a bit timider. We are estimating that they are 1 -2 years of age and came into us as a pair but could go separately. They have had all their vet work done and are $80 each.

Please call 02 6555 2275 at WindanSea Veterinary Hospital on MacIntosh Street Forster. Our rehoming number is R251000222

By Margaret Steele - Great Lakes & Manning Branch of AWL NSW

Two beautiful mumma cats

We currently have two adult cats in care that have done a wonderful job raising their babies (who have all gone to their new homes) and now it is their turn.

AWL Op Shop

Our OP Shop in the Dolphin Arcade in Tuncurry (near Woolworths) has a wonderful display of clothing as well as other goodies - so please come in and have a chat and a look around, you never know what you might find.

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Regional XPT returns



NSW Government

The Sydney to Grafton XPT is returning to the tracks, restoring a vital rail link for regional communities as services return from 28 April 2026.

After a year of coach replacements during essential fleet upgrades, the NSW Government is ensuring the Grafton XPT train service will run once again from Sydney through the Central Coast, Hunter and Mid North Coast (Taree Railway Station), bringing this critical connection back for regional NSW.

It's not just the train service making a comeback. As a nod to the popularity of the original livery, two power cars, called 'The City of Sydney' and 'The City of Grafton', and 6 carriages will be painted in the distinctive black, red, silver and warm white branding used by the State Rail Authority in the 1980s when the XPTs were first introduced into service. The first return service of the Grafton XPT will run as a full set in this livery.

To keep the services reliable for regional communities, the XPT has undergone major upgrades and restoration, including:

- mechanical work to improve service reliability
- new carpeting and refurbished seats
- maintenance to improve operation of the air-conditioning and toilets

Premier brings more flood recovery funding to Taree

By Sophia McCaughan - Forster Fortnightly

Nearly 12-months since the May flood disaster devastated Taree and surrounding areas, new joint-funding between the state government and the federal government was announced last week.

Premier Chris Minns visited Taree on Tuesday, April 21, where he announced a $56 million dollar package to be delivered through the Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).



Above: (L-R) Premier Chris Minns, Minister for Recovery Janelle Saffin, MidCoast Council Mayor Claire Pontin and Emily Suvaal MLC, met in Taree to discuss disaster recovery.

- $26.2 million will go towards ongoing clean up and waste removal which will be managed by the state's Environmental Protection Authority - removing debris from riverbanks and land requiring specialised equipment.
- $8.8 million will go towards environmental restoration - repairing riverbanks, coastal areas and critical work on the Manning Point spur wall.
- $5.61 million in Small Business and Non-Profit Grants - an increased grant of up to an additional $25,000 will be available in coming weeks, specifically aimed at those who suffered direct damage from the May flood disaster.
- $7.2 million in community recovery and resilience.
- $4.2 million in mental health support through targeted programs.
- $1.9 million in disaster legal services.

The ongoing funding aims to target the long-term work of cleaning up waterways, repairing environmental damage and providing direct financial relief to local businesses.

Alongside Mr Minns in Taree was Minister for Recovery, Janelle Saffin and Emily Suvaal MLC where they met with the New South Wales Reconstruction Authority and Environmental Protection Authority (EPA) inspecting the rehabilitation work on the Manning River and its banks.

"We know recovery doesn't happen overnight. It takes time and requires governments of all levels to work together to ensure communities are getting the right support they need to move forward," Mr Minns said.

The Manning River flooded at a level never seen before at Taree, surpassing the 1929 record of six metres in the early hours of Wednesday, May 21 2025.

Myall Lakes MP left out of Taree tour

Myall Lakes MP and Shadow Minister for Disaster Recovery, Tanya Thompson said she was disappointed that she wasn't given the opportunity to join Mr Minns on the tour of the region.

"I was given the opportunity to sit with the Premier for half an hour in the morning...and I certainly took advantage of that time I was given," she said.

"I was very disappointed that I wasn't able or given the opportunity to then sit with the rest of my communities, as they continued to raise their concerns with the Premier and Minister Saffin."

Mrs Thompson said she felt it was very disrespectful that she was left out of the rest of the tour.

"It's really unfair and actually very disrespectful...I should have been shown a little bit more respect than that, so for whatever reasons they chose to leave me out," she said.

"I've always been respectful and courteous in my dealings with the Premier and Minister Saffin and I would've expected the same level of respect when they come to visit my region."



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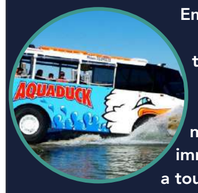
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Community Art Project for Anzac Day by local students

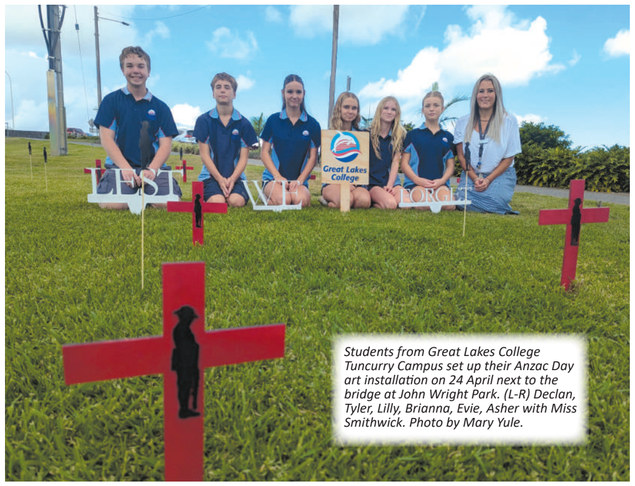
By Dayle Smithwick – Great Lakes Tuncurry Campus

This year, our Year 8 art elective class has embarked on an inspiring journey to build stronger relationships within our community through the power of art. Embracing the theme of remembrance and celebration, the students chose to create a community art project dedicated to honouring the ANZACs—an important part of our shared history.

With the full support of our college Principal, Sally Chad, the initiative quickly gained momentum. Principal Chad expressed her enthusiasm for the project, highlighting the importance of commemorating ANZAC Day and the powerful role that art can play in bringing people together to reflect and remember.

The project involved students designing meaningful elements that pay tribute to the courage and sacrifice of our ANZAC heroes. To bring these designs to life, our dedicated Technology teacher, Mr. Tom Rily, generously spent countless hours carefully cutting out the intricate pieces. His expertise and commitment ensured the artwork was crafted with precision and care.

Several students—Declan, Tyler, Lilly, Brianna, Evie, and Asher—alongside their art teacher, Miss Smithwick, took the final, exciting step of installing the artwork in the community. Together, they walked to the local bridge, placing the art installation in a prominent spot for the many people who pass by on foot or by car each day. The bridge, now adorned with their heartfelt art, offers a vibrant and meaningful tribute to the ANZACs, inviting everyone in the community to pause, reflect, and remember.



Students from Great Lakes College Tuncurry Campus set up their Anzac Day art installation on 24 April next to the bridge at John Wright Park. (L-R) Declan, Tyler, Lilly, Brianna, Evie, Asher with Miss Smithwick. Photo by Mary Yule.

Through this collaborative effort, the Year 8 art students have not only developed their creative skills but also strengthened their connection with the wider community. The project stands as a testament to the impact that art can have in fostering unity and honouring our history.

We look forward to unveiling the completed art piece on ANZAC Day, inviting everyone to join us in reflection and celebration. This project is a proud example of how our school community continues to create positive change—one

Duke of Edinburgh Award scheme flourishing

By Guy Hudson – Great Lakes Tuncurry Campus

Great Lakes College Tuncurry is celebrating the growing enthusiasm for the Duke of Edinburgh (DofE) Award, with 10 Year 10 students and a new cohort of 13 Year 9s currently undertaking the Bronze level. The program is providing Year 9 and 10 students with unique opportunities to develop new skills, build resilience, and contribute to both their personal growth and the local community.

Since starting the program, students have embraced a wide range of activities. From pilates sessions, building physical fitness to netball coaching that fosters leadership, participants are exploring new horizons. Others have taken on challenges such as learning a new language, engaging in surf lifesaving to support beach safety, and even delving into astrology as a creative skill, as well as learning to cook. These diverse activities highlight the holistic nature of the Award, encouraging students to expand their abilities across different areas.

A key highlight on the horizon is the Adventurous Journey, scheduled for the start of Term 2. Students will take part in a multi-day expedition to Booti Booti National Park, where teamwork, camaraderie, and problem-solving skills will be essential. Navigating the terrain, planning the route, and overcoming unexpected challenges together not only builds practical adventure skills but also strengthens bonds among participants.

The benefits of the Duke of Edinburgh Award extend well beyond the activities themselves.

It cultivates self-discipline, confidence, and time management, while also instilling a strong sense of social responsibility. Students learn the value of helping others through community volunteering, all the while gaining skills that will benefit them in their future endeavours.

The wider community also benefits from this engaged and motivated group of young people, who bring enthusiasm and support to local projects and initiatives.

Great Lakes College Tuncurry warmly encourages more students and parents to consider joining this rewarding program.

For more information on how your child can become part of the Duke of Edinburgh journey, please contact Mr Hudson in the PDHPE faculty

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

Forster Surf Club moves closer to full operations

Forster Surf Club

Forster Surf Life Saving Club is a step closer to becoming fully operational, following the announcement of a significant state government grant.

The club has secured $87,938 through the NSW Government's 2026 Surf Club Facilities Program, which is delivering $5.4 million to 61 projects across more than a third of surf clubs in the state. Successful recipients were formally announced at Wanda Surf Life Saving Club by Minister for Sport, Steve Kamper.



Above: (L-R) Ron Hartley and John Quinn. Photo supplied.

The funding will support the installation of an additional 38kW of solar panels and 96kW of battery storage at the new Forster Surf Club, helping to reduce reliance on the power grid.

Importantly, the upgrade will also remove the need for a new electrical substation — a project previously estimated to cost around $400,000.

Club representatives John Quinn and Ron Hartley welcomed the funding, describing it as a major step forward.

"This grant allows us to continue progressing towards full operation of the new clubhouse without the burden of finding over $400,000 for a substation," they said.

"The addition of solar and battery storage provides a sustainable solution for managing our energy needs while significantly reducing ongoing costs."

The club said the savings would allow more resources to be directed toward its core mission of surf lifesaving, as well as the development of youth members and patrol volunteers.

"This solution will allow us to manage our energy costs in a sustainable way and allocate more funds to lifesaving and development of our youth and patrolling members," the club said.





Tanya's Community Update



This past fortnight, our community came together across the Myall Lakes electorate to mark Anzac Day. From dawn services to marches, it was heartening to see such strong attendance, particularly from our young people, ensuring the Anzac spirit continues for future generations. We honour the courage, sacrifice and service of all who have served our nation.

I also want to pay my respects to the family of Herbert Bennett, a 102-year-old local veteran who sadly passed away on Anzac Day. A remarkable life of service, and a deeply moving reminder of the generation to whom we owe so much.

Lest we forget.

Looking ahead, Forster will proudly host the CWA State Conference from 4–7 May. This is a wonderful opportunity to showcase our region, and I look forward to welcoming delegates at a special evening at Forster Surf Club.

Parliament has now resumed, and I remain focused on continuing to fight for better healthcare services, improved road funding, and real support for those still recovering from the May floods.

As always, I will keep advocating strongly to ensure our region gets the attention and investment it deserves.

Tanya Thompson MP

Tuncurry grave restoration preserves Wright family heritage

By Sophia McCaughan - Forster Fortnightly



Direct descendants of Sidney and Ina Wright gathered at Tuncurry cemetery earlier this month. Photo by Sophia McCaughan.

Nestled in Tuncurry Cemetery are the graves of Sidney Garden Wright and Ina Inez Wright (nee Smith). Earlier this month, direct descendants of Sidney and Ina's children gathered to celebrate the restoration of their gravesite.

Sidney was a son of the first white settler to Tuncurry, John Wright while Ina is one of the granddaughters of the founder Mormonism and the Latter Day Saint (LDS) movement, Joseph Smith Jr. John Wright established the first congregation of the Reorganised Church of Latter Day Saints (RLDS) in Tuncurry, with the core structure of the church remaining in its original position on Manning Street now as the Community of Christ Church. Sidney adopted his father's faith and travelled to the United States where he then met and married Ina. The couple returned to Tuncurry however Sidney did not pursue a ministerial position in the church, with them instead moving near Krambach and finally settling on the Wallamba River near Nabiac.

The great grandson of Sidney and Ina Wright - Richard Fethers - spearheaded the project behind restoring the graves. He only learnt about his extensive family history when he was 55-years-old. It led him to create the Sidney Garden Wright and Ina Inez Wright Family Organisation - which helped fund the significant grave restoration as well as a QR Code Post installed at the gravesite.

Richard said he wanted to create something that future generations could turn to so that the legacy, heritage and history of the Wright family is not lost.

"I want my grandchildren to know who they [Sidney and Ina] were, I don't want it [the history] to die with me, and if I can do anything I can make the investment now that will remain," he said.

The organisation aims to bring together the descendants of Sidney and Ina's ten children while fostering ties between the various branches of the family.

"We will all benefit from it, and the one thing that will be really good is my grandsons, when they kind of get reconnected, will realise that they've got a whole lot of cousins," Richard explained.

The unveiling of the graves drew special guests from the LDS Church and MidCoast Council Mayor Claire Pontin, as the descendants of Sidney and Ina in Australia represent approximately one third of Joseph Smith Jr.'s direct descendants worldwide.

Richard said the next step for the Family Organisation will be documenting family genealogy, history and installation of future QR Code Posts at heritage sites.



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Walk, talk & support with 'The Man Walk'



Above: (L-R) Members volunteering as carpark attendants at the Tuncurry Jockey Club.

Below: Assisting at the Ronald McDonald Family Retreat. Photos supplied.

By Mary Yule – Forster Fortnightly

What started with just six men taking a walk together has grown into a powerful support network making a real difference across Forster Tuncurry.

Founded six years ago by Steve Rogers and Terry Green, the local Man Walk group now has around 60 registered members and continues to grow.

"We started with six guys and now we've got 60 registered people," Terry said. "We meet every Monday morning at 7am behind the Tuncurry Rockpool BBQ. Anyone is welcome to join us."

The concept is simple — walk, talk and support — but its impact has been significant, not only for the men involved but also for their families.

"It's been great not only for the guys, but for their partners and wives as well," Terry said. "They can see a definite change. Guys tend to bottle things up, but we're breaking down those barriers so they feel comfortable talking to other men about their problems. It's really successful."

Each session begins with a casual check-in, a few jokes and updates, setting a relaxed tone before most of the group heads off for their walk. Some stay and help with a monthly BBQ breakfast while some are just happy to meet up for a coffee.

Beyond the weekly meet-ups, the group has evolved into a highly active community volunteer network.

"We've progressed to a very community-minded group," Terry said. "We do a lot of work with the Ronald McDonald Family Retreat through Meals from the Heart, cooking meals for families about once a month. Chef Jaime Shah from the Tuncurry Beach Bowling Club comes along to led the catering while our Man Walk comedian Max Hoser entertains the children with his balloon tying and jokes."

Members also assist with local events and initiatives, including Rotary book fairs, community clean-ups, jockey race day support and "backyard blitz" style projects for residents needing a helping hand.

"We can get more than 20 guys turning up to help," Terry said. "It's been very successful.





Members of The Man Walk on 20 April before setting off. Photo by Mary Yule.

Anyone who needs a hand, we're only too happy to help."

The group brings together men from all walks of life, including tradespeople, retirees and veterans, creating a diverse and supportive environment. Several members are also involved in local organisations such as the MidCoast Dementia Alliance and the Great Lakes Suicide Prevention Committee.

"We're heavily involved in the community," Terry said. "It goes both ways — it helps others, but it also helps the guys."

The Man Walk movement itself began in Kiama, founded by physiotherapist Mark Burns, and has since expanded rapidly across Australia.

"We were the second group to start in Australia," Terry said. "Now there are over 100 groups from Tasmania to Darwin, and even starting in New Zealand."

Looking ahead, the group hopes to expand further by introducing a Saturday walk to cater for younger men and those unable to attend weekday sessions.

"I'd like to start a Saturday walk with maybe a barbecue and a swim," Terry said. "It'll help attract younger people and those who work during the week."

With bright blue shirts that spark curiosity and a welcoming approach, the group continues to attract new members each week.

"It promotes itself," Terry said. "People see us, ask what's going on, and then they come along."

For many involved, the benefits go far beyond a morning walk.

"It's a win-win for everyone," Terry said. "It gives people routine, connection and a sense of purpose — and that can change lives."





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Australian Government

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Fun & skills by the pool for Youth Week in Forster

By Mary Yule – Forster Fortnightly

A fun, free and relaxed day at the pool helped local young people celebrate Youth Week 2026 at the Great Lakes Aquatic and Leisure Centre on 16 April.

Open to 11–17 year olds, the event featured a mix of activities including pickleball, a half-court basketball challenge, swimming, parkour sessions and water safety training, along with prizes and food for participants.

Homebase Programs Manager Sarah Little said the day was all about bringing young people together in a safe and enjoyable environment.



Kitana Paulson with beading. Photos by Mary Yule.

"It's Youth Week, so we received some funding from council to run an event which we've organised in partnership with PCYC and the Great Lakes Aquatic and Leisure Centre. We've also had great support for our prizes from Jungle Surf, Stash House and The Natural Waffle Ice Cream Parlour," she said.

"We just wanted to get as many kids as we could to come along, chill out and have a good day together. There are lots of activities happening, and the Aquatic Centre has been really supportive in helping us get it across the line.



"Last year we held a skate park day, and we like to mix it up depending on the weather. It's about getting young people out and about, having fun while also learning some safety skills."

Manning-Great Lakes Police Aboriginal Liaison Officer Lena Donnelly said Youth Week activities play an important role in building connections.



(L-R) Aboriginal Liaison officers with NSW Police Force - Leena Donnelly and Brice Morris, Sergeant Brad Roberts, Sheree White from Homebase and Constable Annica Brodin.

"Today is about bringing young people together. There are group activities like basketball, pickleball, weaving and art, as well as a barbecue for lunch," she said. "We've grouped the kids and are rotating them through different activities every half hour so everyone gets involved."

Aquatic Services Coordinator Megan Robards said water safety was a key focus throughout the day.

"The kids are learning important skills like treading water, rescue techniques and survival backstroke, as well as freestyle swimming," she said. "It's about understanding water safety, looking after each other and having fun at the same time."



Tanisha Dumas with weaving.



ANZAC Day Services

Coomba Park



David Calgaro giving his address. Photo by Matilda Yule.



An Anzac Service was held at 8am on Memorial Hill in Coomba Park, organised by David Calgaro. During the service the Australian and NZ anthems were played. A breakfast followed at the Coomba Park Community Hall, hosted by the Coomba and District Progress Association.

In his Opening Address David said, "We gather together in memory of those who, for Country and Freedom, gave their lives in battle."

"Not forgotten are those who also served but through age have passed on from this life. Also, for those currently serving in the armed forces. Each is honoured for their contribution to peace and security in the modern world. Their bravery and sacrifice is the foundation upon which the democratic world was built."

"May the memory of their sacrifices inspire us to work towards a better life in which all people will live in harmony, where peace will be found, and where war shall be no more."

WE WILL REMEMBER THEM.



Karin Brueggemann with Bonnie. Photo by Dan Toney.



Seal Rocks

Local school students marched behind Scottish bagpiper Brian Cousins before a Anzac Dawn Service was held at the Seal Rocks Reflection Caravan Park, hosted by Katie and Dan Toney. The service included live Australian music by Allan Freihaut, the Last Post/Reveille played by Bell Ragno and the Australian flag paraded by horseback on Number One Beach.

Left: (L-R) ASLT Alexander Grundy - Royal Australian Navy, MP Tanya Thompson, Brian Cousins, Retired Major Mike Whitelaw, Katie Toney – Manager of Reflections Caravan Park, Fletcher Toney and Mitch Maben. Photo by Mary Yule.



Alexander Grundy giving his address. Photo by Dan Toney.



Above: (L-R) Brent Dolahenty, Angus Begg, Kate Sweeny, Doug Whitten AFV, Dan Morgan RANR (speaker) and Lieutenant Peter Debnam RAN Retired.

Pacific Palms

The Dawn service address at the Pacific Palms Community Hall was given by Dan Morgan RANR with a performance by vocalist Brent Dolahenty after wreaths were laid. The morning was hosted by the Pacific Palms Community Association and the Pacific Palms Recreation Club.



Right: Students from Pacific Palms Public School were part of the service (L-R) Mason Brown, Evie Sheppeard, Harrison Lennon, Isla Lewis and Billie Tynan.

Photos by Matilda and Ian Yule.



Saturday 25 April 2026

Hallidays Point

The Dawn Service at Hallidays Point incorporated a Nippers march past and IRB vessels from the Black Head Surf Club, a song by the Hallidays Point Public School Choir, breakfast provided by The Lions Club, and support from Dads Army and Diamond Beach RFS. Warwick Pulsford performed a solo while Cr Alan Tickle was the bugler. A wreath was laid out in the ocean to mark the end of the service.

Hosted by the Hallidays Point ANZAC Day Committee and Hallidays Point Lions Club.







Below: (L-R) Captain Retired Drew Horsell gave the address at Hallidays Point. Photos by Geordie Yule.



Tuncurry

At 10:30am the Anzac Day March commenced along Manning Street to Lone Pine Memorial Park, Tuncurry for the Anzac Day Main Service at 11am. The Great Lakes Band played during the March and Main Service.

The morning was hosted by Forster Tuncurry RSL sub-Branch with support from 28ACU Taree Cadets and local Rural Fire Brigades.



Above: Veterans and service personnel in the Main March.

Below: Chief Inspector Tim Bayly laying a wreath while the Great Lakes Band plays.





Above: (L-R) Terry Davis (VP), Ces Miller (President Forster Tuncurry RSL sub-Branch), Padre Daryll Moran and Graham Gilkison. Photos by Geordie Yule



Flypast by a F-35A Lightning II Jet over the Tuncurry service.

Local WWII pilot reflects on Anzac Day

Continued from p1.

Jack sees a growing connection between younger generations and Anzac traditions.

"I think we are living in a time where there are declining values... so people are looking for something that's real," he said. "They're turning to Anzac in one case, and even to religion in another. I think there's a renaissance coming."

Reflecting on his wartime experience, Jack credits the Air Force with shaping his outlook on life.

"I thank the Air Force for the training I received and the discipline I learned — which becomes self-discipline," he said. "It makes life much easier. People who are loosely floating around in a meaningless existence don't achieve much happiness."

Despite the dangers and hardships, he views the experience as formative.

"At the time, parts of it were dreadful, but I wouldn't miss it," he said. "It helps your character. I'm a positive thinker."





Above: Jack Thomas as a pilot in WWII and today at his home in Forster. Photo by Mary Yule.

Beyond the war, Jack reflects on a full and rewarding life. Growing up in Bondi, he became a keen surfer, later working as a quantity surveyor in Sydney. He retired at 57 and moved with his late wife, Elizabeth, to Bonville, south of Coffs Harbour, where they spent eight happy years on an orchard.

"That was the best part of my life," he said. "It was a way of life we loved."

Jack eventually moved to Hallidays Point in 1988, settling in Forster in 2001, where he has witnessed significant change.

"High-rise going up everywhere, a big expansion in population — and a big improvement in cafes and restaurants," he said.

Each Anzac Day, Jack travels to Sydney, where he has attended commemorations and luncheons for the past two decades. But like many veteran groups, numbers are dwindling.

"As of Anzac Day last year, there were only 15 Bomber Command veterans left in Australia," he said. "Now, it's even fewer."

Despite this, Jack remains committed to remembering — and to encouraging future generations to do the same.

"It's important," he said simply. "Keep it alive."

Kemble Thompson: WW11 POW

Great Lakes Museum

Kemble Alexander McNeil Thompson (pictured right) was born 1920 in Nabiac to Joseph and Miriam (McKay) Thompson. Kemble grew up in Tuncurry and spent the early years of his life there. Aged 17 he went to work at the local picture theatre that was owned by the proprietor of the Bellevue Hotel, Mr Beale. Kemble enlisted in the army on 13th September 1941 and given Service No. 44767. Dubbo was his first stop for prep training. Kemble married Enid Worth at St John's Church in Glebe Point in November 1941 before sailing to Singapore. Enid was the daughter of John and Isabella Worth. Kemble's Unit was the 2/3 Motor Ambulance Convoy which transported the injured and deceased back to base. In February 1942 Kemble was captured and sent to Changi Prison where all POW's were forced to work on the Thai-Burma Railway, working day and night with picks and shovels in Hell Fire Pass. During that time many suffered malnutrition, cruelties and disease, which had a profound effect both spiritually and physically. A foot injury coupled with a malaria attack laid the foundation for his early evacuation from the then completed railway after three and a half years being held a prisoner. He was transported by sea, back home with stops at Perth, Melbourne and then Sydney to spend time in hospital recuperating from his injuries. On his discharge from the army, Kemble went back to work for PMG (now Telecom) and became a head technician involved with technical research in Melbourne and later retired back to the Great Lakes area.





Kemble Thompson died in 2017 aged 97yrs.

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

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Learn more



National Palliative Care Week 11–17 May

By Deidre Stokes - Great Lakes Palliative Support Group

Every day in Australia, over 450 people across the age spectrum die of a life-limiting illness. Every one of them could benefit from palliative care – care that is their human right, care that can enrich their final days, and care that too many people still miss out on.

The campaign tagline for National Palliative Care Week 2026 (11-17 May) is:


Annual Rememberance Service in 2025.

Getting to the heart of it: Big Questions. Real Answers.

The campaign aims to make palliative care easier to understand by encouraging honest questions and offering clear, human answers. The campaign is expressed through three supporting themes:

• **Living well, your way** – focusing on comfort, quality of life, and staying connected to what matters.

• **Conversation changes everything** – showing how starting the conversation can reduce uncertainty and support better planning and care.

• **The heart of care** – highlighting care that feels personal, safe and respectful for individuals and families.

Why conversations about palliative care matter

As Australia's population ages (including rapid growth in the number of people aged 85 and over), and with dementia now the leading cause of death nationally, access to palliative care is more crucial than ever. While need is growing with an aging population, palliative care is for anyone of any age with a life-limiting illness – including children and young people.

Meanwhile conversations about palliative and end-of-life care are often avoided because they can feel confronting or "too soon", and many people aren't sure what palliative care is or when it can help. National Palliative Care Week is a chance to change that – by encouraging earlier conversations and connecting people to trusted information, tools and support.

• Access to quality palliative and end-of-life care should be available for all Australians **of any age** living with a life-limiting illness, including but not limited to dementia, heart disease and cancer.

• Palliative care can be accessed in a range of settings including at home, in hospital, in a hospice or in a residential aged care facility, to help people with a life-limiting illness to live as well as they can for as long as they can.

• Conversations about palliative and end-of-life care reduce fear and improve understanding.

The earlier conversations start, the more people with life-limiting illness feel supported, in control and connected.

• Death is confronting, but conversations about what matters to you and the care you need from the time of diagnosis of a life-limiting illness can help ensure you receive the care you need when you need it, and that your loved ones get the support they deserve.

• Caring for people as they near the end of life is challenging. We are grateful for the dedication, passion, and skill of the palliative care workforce, carers, and volunteers across all of Australia who play a critical role in delivering exceptional palliative and end-of-life care.

Great Lakes Palliative Care Support, will be commemorating Palliative Care Week with two events.

Our annual Remembrance Service where we will join with the Palliative Care staff and volunteers to take a short break to remember and acknowledge those who we have cared for, this service is helpful to anyone who has experienced a bereavement and all are welcome. The Green Cathedral Choir will take part and the service will be followed by morning tea.

Service will be held on Tuesday, 12th May at 10am at Community of Christ Church, Manning St, Tuncurry.

To close the week we will celebrate with our annual Trivia Night. This event raises funds to be used to support palliative care patients, their carers and families across our local community. Cost is $10 per person with tables of 8. Bookings are essential, to Helen Duggan on 65 547781. Bring your drinks, nibbles, and a sense of fun.

Trivia Night will be held on Friday, 15th May at 7pm at Bridge Club, Lake St Forster. Theme Orange.

More information may be obtained from GLPCS on 0437 830 818 or www:greatlakespalliativecaresupport.com.au

(See advertisements below.)

Great Lakes Pearl Dragons give back to their community

By Janis Radford, Kathy Dayment & Sharon Harden – Great Lakes Pearl Dragons

A donation of $400 from the proceeds of the raffles run by the Great Lakes Pearl Dragons was donated to the **Forster Community Kitchen** after the Club had received advice that the Kitchen was struggling to meet the needs of providing a healthy lunch for people 4 days a week. There is such a need in the community for this to continue. Some of our Pearlers volunteer at the venue and say the Community Kitchen serves our community well.



Above: (L-R) Michelle Richardson & Janis Radford - Great Lakes Pearl Dragons, and Talitha Hardaker - Church of Christ Community Pantry.

The Forster Community Kitchen is run by CatholicCare Hunter-Manning serving nutritious meals each week. It was opened in 2020 and offers a space where people can feel safe and enjoy the company of others. The Kitchen also provides an opportunity for disadvantaged people to access other services via information and referral, as well as offering support for anyone experiencing financial hardship, homelessness, mental illness, physical/ intellectual disability, substance abuse or social isolation.

The volunteers serve free meals from 12noon till 1pm Mondays, Tuesdays, Wednesdays, and Thursdays. They currently serve up to 100 meals a day, and are in desperate need of donations for protein like chicken or red meats, ham etc. Donations of other foods and drinks are welcome as well. The Kitchen is situated on the corner of Macintosh and Lake Streets. They do get donations from other supermarkets; however, they are never guaranteed, but most definitely appreciated.

A donation of $400 from the proceeds of raffles was also made by Great Lakes Pearl Dragons to the **Tuncurry Community Pantry** run by the Forster Tuncurry Church of Christ. The money was greatly appreciated and partly used for the community pantry program brunch food to provide for the community, and the remainder used for the pantry for the community to buy from.

The Community breakfast program runs on Mondays during the school term. It runs for brunch from 9.15am till 9.45am and is free for anyone in the community to access. The meals served are different every week. There could be bacon and eggs one week, hash browns the next, zucchini slice, etc. The Church of Christ Community Pantry offers community members the opportunity to come along, have a coffee, a light breakfast, chat with some people and access to the pantry.

The Community Pantry is open from 9.45am till 10.45am where $5 entry gets 15 points to shop with and select from the pantry. Each item has a different point value, and they also have some free items like bread, fruit and veg, depending on what is donated. Aldi donates to the pantry, and community groups who have had food donated will pass on what they can to the kitchen. As the Pantry is connected to a church, the Church service is on Sunday morning, after which the pantry is opened for a short period in case of emergency on Sundays during the holiday period. Sometimes other groups or organisations like JPs to assist people, others to help with financial advice, or groups for advice for those seeking to get out of bad situations also attend. It is run by volunteers of the church and has been going for 4 years. 30 volunteers currently work on a rotational roster and some just come when they are available.



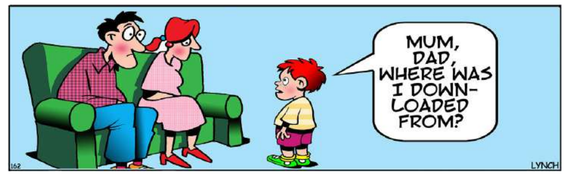
Left: (L-R) Debbie Hunt - Coordinator of Forster Community Kitchen and Kathy Dayment - Great Lakes Pearl Dragons.

Palliative Care Week 2026
Please join us for a
Remembrance Service
to be held at Community of Christ Church Manning St Tuncurry on Tuesday 12th May 2026
We will be joined by the Green Cathedral Choir.
All Welcome

TRIVIA
Great Lakes Palliative Care Support
Invites you to join us for our annual Trivia Night
15th May at 7pm for 7:30pm
Bridge Club, 34 Lake St, Forster
Bring along drinks, glasses, nibbles And a sense of fun.
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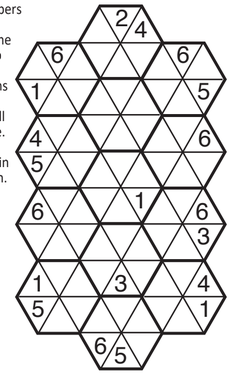
Sudoku

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

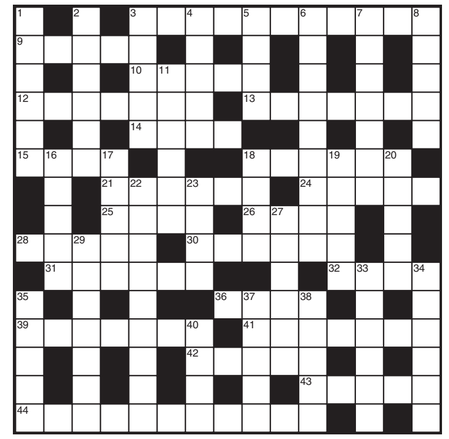
2			7	9		8	3	
3		9	8					7
				2		5		
			3				1	
4	7	6						
	2				7			6
							2	
	5	8		6				1

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 Digs
9 Fruit of the oak
10 Zodiac sign
12 Lowered in price
13 Offers
14 Rain heavily
15 Hand-thrown missile
18 Precious metal
21 Come forth
24 Helped
25 Roman emperor
26 Book of the Bible
28 Rough broom
30 Fish
31 Blow
32 Monkeys
36 Skin eruption
39 Enthusiastic applause
41 Turning away
42 Musical drama
43 Edge
44 Unwaveringly

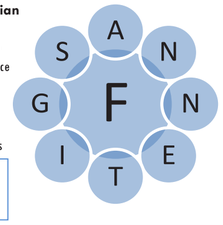
DOWN
1 Holy
2 Large vulture
3 Ordain
4 Scold
5 Enormous
6 Interpret
7 Proffered
8 Sudden convulsion
11 Marijuana cigarette
16 Cricket trophy
17 Singer
18 Close up
19 View through an avenue
20 Stage show
22 Committed to memory
23 Eternal city
27 Nearer
29 Odd
33 Religious house
34 Small seal
35 Additional payment
37 Ward off
38 Of great weight
40 New star

Focus

An All Australian Word Game

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

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



Reference: Macquarie Concise Dictionary Focus No. 3983

Spot the 5 Differences



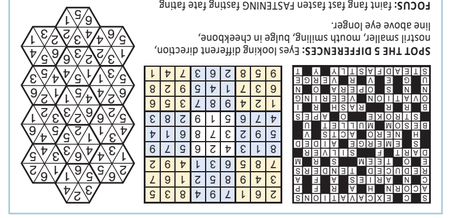
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



SPOT THE 5 DIFFERENCES: Eyes looking different direction, nostril smaller, mouth smiling, bulge in cheekbone, line above eye longer.

FOCUS: faint fang fast fasten FASTENING fasting fate fating feast feasting feat feign feint feta feting fat fiesta fine finest fist gift infant infest safe sift

YOUR FORTNIGHTLY TV GUIDE

April 29 – May 5

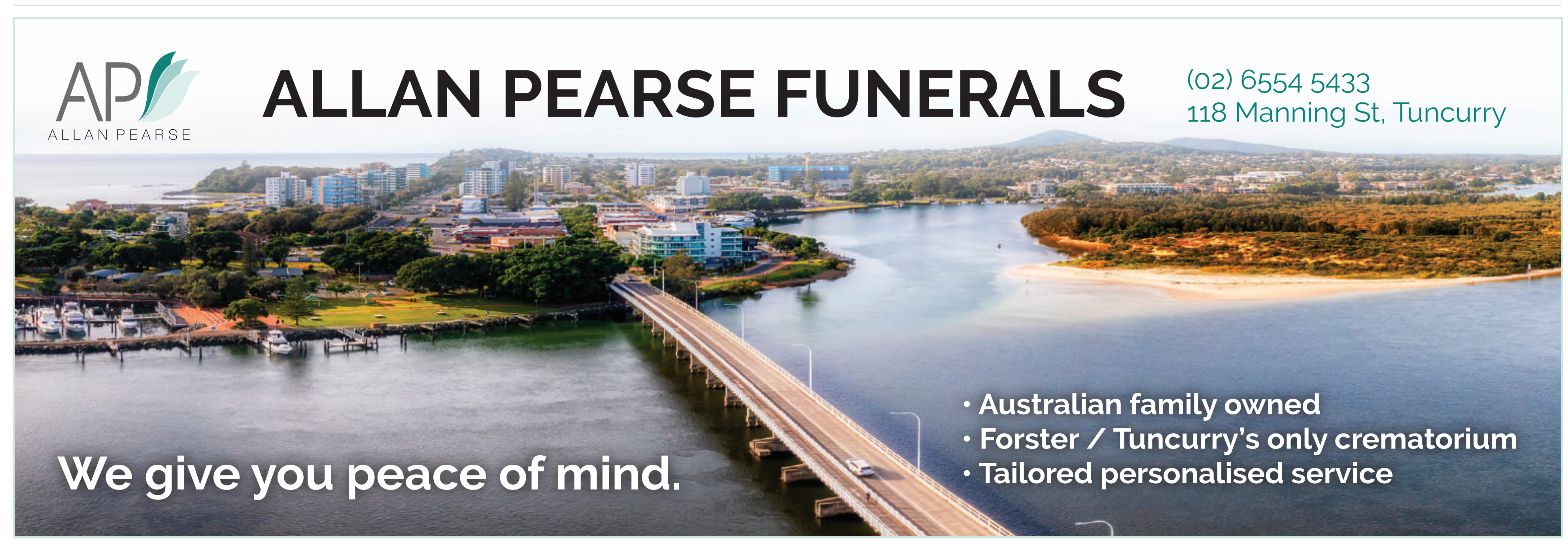
	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	**6.00** Morning Programs. **1.35** Media Watch. **1.50** Spicks And Specks. **2.20** Brush With Fame. **2.50** Grand Designs Aust. **3.50** Murdoch Mysteries. **4.40** Long Lost Family: What Happened Next. **5.25** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Gruen. **8.35** Guy Mont Spelling Bee. **9.25** Urzila. **9.50** Bad Company. **10.15** Planet America. **10.50** News. **11.05** The Business. **11.20** You Can't Ask That. **11.55** Murdoch Mysteries. **12.45** Long Lost Family: What Happened Next. **1.30** Late Programs.	**6.00** Morning Programs. **2.00** Dateline. **2.30** Insight. **3.30** Plat Du Tour. **3.35** The Cook Up. **4.10** Lost Treasures Of Egypt. **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. **12.00** Blue Lights. **2.05** Classified. **3.40** Legacy List With Matt Paxton. **4.15** Bamay. **4.50** Destination Flavour China Bitesize. **5.00** NHK World English News Morning. **5.30** ANC Philippines The World Tonight.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Seven News With Alex Cullen. **1.10** Blankety Blank. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. **7.30** SAS: AUS v ENG. (M) **8.30** The Front Bar. (M) **9.30** Unfiltered. (M) **10.00** The Agenda Setters. **11.00** No Holds Barred: GWS Giants. **12.00** Business Builders. **12.30** New Amsterdam. **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** Events That Changed Australia. **8.30** Outback Murder Highway. **9.30** NRLW Wrap: Women's State Of Origin Special. **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** MasterChef Aust. (PG) **8.40** Elsbeth. (M) **9.40** News. **10.40** Cheap Seats. (M) **11.40** 10 News+. **12.10** Stephen Colbert. **1.00** Shopping.
THURSDAY	**6.00** Morning Programs. **1.00** Bergerac. **1.45** Dream Build. **2.00** Spicks And Specks. **2.30** Brush With Fame. **3.00** Grand Designs Aust. **3.55** Sister Boniface Mysteries. **4.40** Long Lost Family: What Happened Next. **5.25** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Back Roads. **8.30** Grand Designs. **9.20** The Assembly. **10.05** News. **10.20** The Business. **10.35** Sister Boniface Mysteries. **11.20** Long Lost Family: What Happened Next. **12.10** Rage. **4.00** Late Programs.	**6.00** Morning Programs. **2.00** Destination Flavour. **2.10** The Cotswolds With Pam Ayres. **3.00** Living Black. **3.30** Plat Du Tour. **3.35** The Cook Up. **4.10** Lost Treasures Of Egypt. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Rick Stein's Australia. **8.35** Secrets Of Flying Scotsman. **9.30** Riot Women. **10.40** SBS News. **11.10** Under The Bridge. **12.05** The Unusual Suspects. **2.05** Beyond Signs. **3.05** The Lost Camps Of The Third Reich. **4.05** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Seven News With Alex Cullen. **1.10** Catch Phrase. **2.00** Bridge Of Lies: Celebrity Specials. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. **7.30** Highway Patrol. **8.00** Motorway Patrol. **8.30** Britain's Got Talent. **9.45** Unbelievable Moments Caught On Camera. **10.45** TBA. **11.45** HMP: Behind Bars. **1.15** New Amsterdam. **2.30** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **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 Women's State Of Origin. New South Wales v Queensland. Game 1. **9.35** NRL Women's State Of Origin Post-Match. **10.00** 9News Late. **10.30** Miniseries: The Night Caller. **11.30** Next Stop. **12.00** 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. **10.20** 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** Gogglebox Aust. **8.30** The Claudia Winkleman Show. (M) **9.30** News. **10.30** 10 News+. **11.00** Stephen Colbert. (PG) **12.00** Shopping.
FRIDAY	**6.00** Morning Programs. **10.30** Stuff The British Stole. **11.00** Antiques Roadshow. **12.00** News. **12.55** The Assembly. **1.40** Bad Company. **2.10** Guy Mont Spelling Bee. **3.00** Grand Designs Aust. **3.55** Murdoch Mysteries. **4.40** Long Lost Family: What Happened Next. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.35** Gardening Aust. **8.35** Patience. **9.25** Gruen. **10.00** Urzila. **10.25** News. **10.45** Guy Mont Spelling Bee. **11.30** Murdoch Mysteries. **12.20** Love Me. **1.05** Rage New Music. **5.00** Rage.	**6.00** Morning Programs. **2.00** Destination Flavour. **2.10** The Cotswolds With Pam Ayres. **3.00** Nula. **3.30** Plat Du Tour. **3.35** Plat Du Tour. **3.40** The Cook Up. **4.10** Lost Treasures Of Egypt. **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. **12.40** Babylon Berlin. **1.35** Mountain Vets. **3.45** Legacy List With Matt Paxton. **4.20** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** MOVIE: Morning Show Mysteries: Death By Design. (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: Shotgun Wedding.** (2022) (M) **11.05** TBA. **12.40** Quacks. (MA15+) **1.25** Harry's Practice. **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: How To Win A Prince. (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 9. Dolphins v Melbourne Storm. **9.55** NRL Friday Night Footy Post-Match. **10.45** MOVIE: The Many Saints Of Newark. (2021) (MA15+) **1.00** Open For Inspection. **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** 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. (PG) **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** David Attenborough's Galapagos. **2.55** David Attenborough's Great Barrier Reef. **4.10** Judgment: Cases That Changed Australia. **5.00** Aust Story. **5.30** Landline. **6.00** Kath & Kim. (PG) **6.30** Hard Quiz. (PG) **7.00** News. **7.30** Death In Paradise. (M) **8.30** Silent Witness. (M) **10.15** Bergerac. (M) **11.05** Rage. (MA15+) **5.00** Rage.	**6.00** Morning Programs. **1.00** Motor Racing. Hi-Tec Oils Super Series. Round 2. Day 1. **5.00** Stories From The Cities. **5.30** Plat Du Tour. **5.35** Cold War Spies. **6.30** News. **7.30** Jewels Of The Mediterranean. **8.25** Magical Train Journeys In Switzerland. **9.25** Jersey And Guernsey. **10.20** Finding Your Roots. **11.20** Snowpiercer. **12.10** Snowpiercer. **1.05** Snowpiercer. **2.00** Matched. **2.50** Mountain Vets. **3.55** Legacy List With Matt Paxton. **4.25** Bamay. **4.55** Late Programs.	**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. **12.00** Horse Racing. Hawkesbury Cup Day, Golden Mile Race Day, Queensland Guineas Day and Derby Day. **5.00** News. **5.30** Border Security. **6.00** News. **7.00** Better Homes. **8.00** Oops I Bought A Pub! (PG) **8.30 MOVIE: Hidden Figures.** (2016) (PG) Taraji P. Henson, Octavia Spencer, Janelle Monáe. **11.05** TBA. **12.05** Devils. (MA15+) **2.30** Shopping. **4.00** It's Academic. **5.00** House Of Wellness.	**6.00** Morning Programs. **12.30** Great Australian Detour. **1.00** Explore TV Viking. **1.30** Taronga: Who's Who In The Zoo. **2.30** The Hundred With Andy Lee. **3.30** Tasman Trails. **4.30** Garden Gurus. **5.00** News. **5.30** Getaway. **6.00** NBN News. **7.00** ACA. **7.30** MOVIE: Star Wars: Episode IV – A New Hope. (1977) **10.00** MOVIE: Justice League. (2017) **12.10** Law & Order: Organized Crime. **1.05** Tasman Trails. **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** Roads Less Travelled. **10.30** Farm To Fork. **10.45** Dogs Behaving (Very) Badly Australia. **11.45** Dog House. **12.45** Buy To Build. **1.15** Frugal Foodie. **1.45** MasterChef Aust. **3.30** Deal Or No Deal. **4.00** Lingo. **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** Ambulance Australia. **10.30** Matlock. **11.30** Elsbeth. **12.30** Shopping. **5.00** Hour Of Power.
SUNDAY	**6.00** Morning Programs. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. **11.30** Praise. **12.00** News. **12.30** Landline. **1.30** Gardening Aust. **2.30** The Assembly. **3.20** Judgment: Cases That Changed Australia. **4.10** Grand Designs. **5.00** Back Roads. **5.30** Antiques Roadshow. **6.30** Compass. **7.00** News. **7.30** The Assembly. **8.15** Bad Company. **8.40** Bergerac. **9.25** Death In Paradise. **10.25** Silent Witness. **12.10** 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. Australian Superbike Championship. Round 3. **4.00** Cycling. UCI World Tour. Liege-Bastogne-Liege. Women's race. Highlights. **5.00** Gymnastics. FIG Rhythmic World Cup. Part One. Highlights. **5.30** Plat Du Tour. **5.35** Cold War Spies. **6.30** News. **7.30** Anne Boleyn And Elizabeth I: Prisoner Queens. **8.25** Bettany Hughes' Lost Worlds: Nabataeans. **9.25** History's Greatest Mysteries. **10.15** Lost Treasures Of Egypt. **11.10** 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** The 1% Club. (PG) **8.00** 7NEWS Spotlight. **9.00** Betrayal. (MA15+) **10.00** Betrayal. (M) **11.00** 24 Hours In Police Custody. (MA15+) **12.30** A Friend Of The Family. (MA15+) **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 9. Cronulla Sharks v Wests Tigers. **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** 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** GCBC. **10.40** MasterChef Aust. **11.50** MasterChef Aust. **1.00** Dogs Behaving (Very) Badly Australia. **2.00** Deal Or No Deal. **2.30** Millionaire Hot Seat. **3.00** Wheel Of Fortune Australia. **4.00** Lingo. **5.00** News. **6.30** 10 News+. **7.00** MasterChef Aust. **8.15** Race Across The World. **9.30** Matlock. **11.30** 10 News+. **12.00** Shopping.
MONDAY	**6.00** Morning Programs. **1.00** Landline. **2.00** Spicks And Specks. **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. **8.35** Four Corners. **9.20** Media Watch. **9.40** Planet America. **10.10** Foreign Correspondent. **10.40** News. **10.55** The Business. **11.10** Murdoch Mysteries. **12.00** Long Lost Family: What Happened Next. **12.50** Rage. **4.00** Late Programs.	**6.00** Morning Programs. **1.00** PBS News Compass Points. **1.30** WorldWatch. **2.00** For Her, With Her. **2.50** A Murmuration. **3.40** The Cook Up. **4.15** Lost Treasures Of Egypt. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Robson Green's Weekend Escapes. **8.40** 8 Out Of 10 Cats. **9.35** Buzzcocks. **10.30** SBS News. **11.00** Sambre: Anatomy Of A Crime. **12.15** Gomorrah. **1.10** Gomorrah. **2.05** Gomorrah. **3.00** Mountain Vets. **4.05** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Time Is Money. **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** 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** Happy's Place. **12.10** New Amsterdam. **1.10** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** 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. **10.15** 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** Have You Been Paying Attention? (M) **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.
TUESDAY	**6.00** Morning Programs. **1.00** Death In Paradise. **2.00** Spicks And Specks. **2.30** Brush With Fame. **2.55** Grand Designs Aust. **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** Foreign Correspondent. **8.30** Judgment: Cases That Changed Australia. **9.20** You Can't Ask That. **9.50** Compass. **10.20** News. **10.35** The Business. **10.50** Four Corners. **11.35** Media Watch. **11.55** Murdoch Mysteries. **12.45** Late Programs.	**6.00** Morning Programs. **1.55** What Does Australia Really Think About... **2.55** Seeds: Planting Hope Through Education. **3.40** The Cook Up. **4.10** Hunting Egypt's Lost Treasures. **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** Breaking Point. **12.50** Breaking Point. **2.35** Giving Back: Students Who Returned. **4.00** Finding Your Roots. **5.00** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Time Is Money. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** 7News @ 6:30. **7.00** Home And Away. (PG) **7.30** My Reno Rules. (PG) **9.15 House Of Wellness.** (PG) **10.15** The Agenda Setters. **11.15** Ambulance: Code Red. (M) **12.15** New Amsterdam. (MA15+) **1.15** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** 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. (M) **8.30** Clarkson's Farm. (MA15+) **9.30** 9News Late. **10.00** 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. (PG) **8.40** The Cheap Seats. (M) **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.





May 6 – 12

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	**6.00** Morning Programs. **1.35** Media Watch. **1.55** Spicks And Specks. **2.25** Brush With Fame. **2.55** 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** Gruen. **8.35** Guy Mont Spelling Bee. **9.25** Urzila. **9.50** Bad Company. **10.15** News. **10.30** The Business. **10.50** Planet America. **11.20** You Can't Ask That. **11.55** Murdoch Mysteries. **12.40** Long Lost Family: What Happened Next. **1.30** Late Programs.	**6.00** Morning Programs. **2.00** Dateline. **2.30** Insight. **3.30** Plat Du Tour. **3.40** The Cook Up. **4.10** Lost Treasures Of Egypt. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Chernobyl: Chronology Of A Disaster. **8.30** The Trial Of Michael Jackson. **9.25** The Audacity. **10.25** SBS News. **10.55** Rise Of The Raven. **12.05** Blue Lights. **1.05** Blue Lights. **2.05** Classified. **3.45** Finding Your Roots. **4.45** Destination Flavour China Bitesize. **4.50** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Time Is Money. **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** SAS: AUS v ENG. (M) **8.30 The Front Bar.** (M) **9.30** Unfiltered. (M) **10.00** The Agenda Setters. **11.00** Why Trains Crash. (PG) **12.15** Business Builders. **12.45** New Amsterdam. (MA15+) **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** 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** MasterChef Aust. (PG) **8.40** Elsbeth. (M) **9.40** News. **10.40** Cheap Seats. (M) **11.40** 10 News+. **12.10** Stephen Colbert. **1.00** Shopping.
THURSDAY	**6.00** Morning Programs. **1.00** Bergerac. **1.45** Spicks And Specks. **2.25** Brush With Fame. **2.55** Grand Designs Aust. **3.55** Sister Boniface Mysteries. **4.40** Long Lost Family: Born Without A Trace. **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 Assembly. **10.00** News. **10.15** The Business. **10.35** Sister Boniface Mysteries. **11.20** Long Lost Family: Born Without A Trace. **12.10** Rage. **4.00** Gardening Aust. **5.00** A Bite To Eat. **5.30** 7.30.	**6.00** Morning Programs. **2.00** Destination Flavour. **2.10** The Cotswolds With Pam Ayres. **3.00** Living Black. **3.35** Plat Du Tour. **3.40** The Cook Up. **4.10** Lost Treasures Of Egypt. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Rick Stein's Australia. **8.35** American Prince: JFK Jr. **9.25** Riot Women. **10.40** SBS News. **11.10** Under The Bridge. **11.55** The Unusual Suspects. **12.50** The Unusual Suspects. **1.50** Beyond Signs. **2.50** Finding Your Roots. **3.50** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Beat The Chasers UK. **2.00** Bridge Of Lies: Celebrity Specials. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) **8.00** Motorway Patrol. (PG) **8.30** Britain's Got Talent. (PG) **10.30** TBA. **11.30** Code Blue: One Punch Killers. **12.30** New Amsterdam. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **12.00** MOVIE: Our Take On Love. (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** Rugby League. NRL. Round 10. Dolphins v Canterbury Bulldogs. **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. **10.20** 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** Taskmaster Australia. (M) **8.40** The Claudia Winkleman Show. **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.
FRIDAY	**6.00** Morning Programs. **10.30** A Symphonic Odyssey With Professor Brian Cox. **12.00** News. **12.55** The Assembly. **1.40** Bad Company. **2.10** Guy Mont Spelling Bee. **2.55** Grand Designs Aust. **3.55** Murdoch Mysteries. **4.40** Long Lost Family: Born Without A Trace. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** Gardening Aust. **8.30** Patience. **9.20** Gruen. **9.55** Urzila. **10.25** News. **10.40** Guy Mont Spelling Bee. **11.25** Murdoch Mysteries. **12.15** Love Me. **1.05** Rage New Music. **5.00** Rage.	**6.00** Morning Programs. **2.00** Destination Flavour. **2.10** The Cotswolds With Pam Ayres. **3.00** Nula. **3.30** The Point: Road To Referendum History Bites. **3.35** Plat Du Tour. **3.45** The Cook Up. **4.15** Lost Treasures Of Egypt. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Going Places. **8.30** Mystery Of The First Temple. **10.30** SBS News. **11.00** The King. **11.55** Babylon Berlin. **1.45** Brian Cox: How The Other Half Live. **3.30** Finding Your Roots. **4.30** Bamay. **4.55** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** MOVIE: Sinister Sorority. (2021) (M) **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: Tower Heist.** (2011) (M) Ben Stiller, Eddie Murphy, Casey Affleck. **11.10** To Be Advised. **12.55** Quacks. (MA15+) **2.00** Home Shopping. **4.00** Million Dollar Minute. **5.00** NBC Today.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** MOVIE: To England, With Love. (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. North Queensland Cowboys v Parramatta Eels. **9.55** NRL Friday Night Footy Post-Match. **10.45** MOVIE: Snitch. (2013) (M) **1.00** Explore TV Viking. **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** 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. (PG) **7.00** Millionaire Hot Seat. (PG) **7.30** Love It Or List It Australia. **8.30** Have You Been Paying Attention? (M) **9.30** News. **10.30** 10 News+. **11.00** Stephen Colbert. (PG) **12.00** Shopping.
SATURDAY	**6.00** Rage Charts. **7.00** Wknd Brekky. **9.00** Rage. **10.30** Rage Vault Guest Programmer. **12.00** News. **12.30** Death In Paradise. **1.30** Patience. **2.20** David Attenborough's Galapagos. **3.10** David Attenborough's Great Barrier Reef. **4.10** Judgment: Cases That Changed Australia. **5.00** Aust Story. **5.35** Landline. **6.05** Kath & Kim. (PG) **6.25** Hard Quiz. (PG) **7.00** News. **7.30** Death In Paradise. (M) **8.30** Silent Witness. (MA15+) **10.15** Bergerac. (MA15+) **11.00** Rage. (MA15+) **5.00** Rage.	**6.00** Morning Programs. **2.00** Gymnastics. FIG Rhythmic World Cup. Part Two. Highlights. **3.00** Stories From The Cities. **3.30** Cycling. UCI World Tour. Liege-Bastogne-Liege. Men's race. Highlights. **4.30** Cycling. UCI World Tour. Giro d'Italia. Stage 1. Highlights. **5.30** Plat Du Tour. **5.35** Cold War Spies. **6.30** News. **7.30** Jewels Of The Mediterranean. **8.25** Magical Train Journeys In Switzerland. **9.25** Jersey And Guernsey. **10.20** The Wonders Of Europe. **11.20** Snowpiercer. **12.15** Snowpiercer. **1.05** Late Programs.	**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. **12.00** Horse Racing. The Coast Race Day, Caulfield Race Day, Hollindale Stakes Day and Goodwood Day. **5.00** News. **5.30** Border Security. **6.00** Seven News. **7.00** Better Homes And Gardens. **8.00 Oops I Bought A Pub!** **8.30 MOVIE: Apollo 13.** (1995) (PG) Tom Hanks, Bill Paxton, Kevin Bacon. **11.20** TBA. **12.20** Devils. (MA15+) **1.20** Harry's Practice. **2.00** Shopping. **4.00** It's Academic. **5.00** House Of Wellness. (PG)	**6.00** Morning Programs. **1.00** Explore TV Viking. **1.30** Equestrian. The Adelaide Festival. Highlights. **2.30** The Hundred With Andy Lee. **3.30** Tasman Trails. **4.30** Garden Gurus. **5.00** News. **5.30** Getaway. **6.00** NBN News. **7.00** ACA. **7.30** MOVIE: Star Wars: Episode V – The Empire Strikes Back. (1980) **10.00** MOVIE: Conan The Destroyer. (1984) **11.55** Law & Order: Organized Crime. **12.45** Tasman Trails. **1.35** Open For Inspection. **2.00** The Incredible Journey. **2.30** TV Shop. **4.30** Global Shop. **5.00** Late Programs.	**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** 4x4 Adventures. **11.00** Dogs Behaving (Very) Badly Australia. **12.00** Dog House. **1.00** Buy To Build. **1.30** Frugal Foodie. **2.00** MasterChef Aust. **3.00** The Finish Line. **4.00** Lingo. **5.00** News. **6.30** Dog House. (PG) **7.30** Love It Or List It Australia. **8.30 Building The Dream.** **9.30** Ambulance Australia. (M) **10.30** Matlock. (PG) **12.30** Shopping. **5.00** Hour Of Power.
SUNDAY	**6.00** Morning Programs. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. **11.30** Praise. **12.00** News. **12.30** Landline. **1.30** Gardening Aust. **2.30** The Assembly. **3.20** Judgment: Cases That Changed Australia. **4.10** 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** Death In Paradise. **10.30** Silent Witness. **12.15** 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 3. **4.00** Going Places. **4.30** Cycling. UCI World Tour. Giro d'Italia. Stage 2. Highlights. **5.30** Plat Du Tour. **5.35** Cold War Spies. **6.30** News. **7.30** Secret Weapons Of China's First Emperor. **8.30** Bettany Hughes' Lost Worlds: Nabataeans. **9.30** History's Greatest Mysteries. **10.20** The Kim Dynasty: A Family Affair. **11.15** MOVIE: Duran Duran: A Hollywood High. (2022) **12.35** 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** Jabba's Movies. **4.00** Better Homes. **5.00** News. **5.30** Weekender. **6.00** News. **7.00** The 1% Club. (PG) **8.00** 7NEWS Spotlight. **9.00** Betrayal. (M) **10.00** Betrayal. (MA15+) **11.00** 24 Hours In Police Custody. (MA15+) **12.00** A Friend Of The Family. (MA15+) **1.00** 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. **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 10. Canberra Raiders v Penrith Panthers. **6.00** NBN News. **7.00** The Floor. **8.15** 60 Minutes. **9.15** 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** Mixed Martial Arts. UFC 328. Prelims. **11.00** GCBC. **11.10** MasterChef Aust. **1.30** Dogs Behaving (Very) Badly Australia. **2.30** Deal Or No Deal. **3.00** Wheel Of Fortune Australia. **4.00** Lingo. **5.00** News. **6.30** 10 News+. **7.00** MasterChef Aust. (PG) **8.15** Race Across The World. (M) **9.30** Taskmaster Australia. (M) **10.30** NCIS: Origins. (M) **11.30** 10 News+. **12.00** Shopping.
MONDAY	**6.00** Morning Programs. **1.00** Landline. **2.00** Spicks And Specks. **2.25** Back Roads. **2.55** Grand Designs Aust. **3.55** Murdoch Mysteries. **4.40** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Aust Story. **8.30** Four Corners. **9.15** Media Watch. **9.35** Planet America. **10.05** Foreign Correspondent. **10.40** News. **10.55** The Business. **11.10** Murdoch Mysteries. **12.00** Long Lost Family. **12.50** Rage. **4.00** Gardening Aust. **5.00** A Bite To Eat. **5.30** 7.30.	**6.00** Morning Programs. **1.00** PBS News Compass Points. **1.30** WorldWatch. **2.00** The Point: Road To Referendum History Bites. **2.05** Cotswolds And Beyond With Pam Ayres. **2.55** Going Places. **3.25** Plat Du Tour. **3.30** The Cook Up. **4.05** Jeopardy! **4.30** Letters And Numbers. **5.00** Cycling. UCI World Tour. Giro d'Italia. Stage 3. Highlights. **6.00** Mastermind Aust. **6.30** News. **7.30** Robson Green's Weekend Escapes. **8.40** Ancient Greece By Train. **9.35** Buzzcocks. **10.25** SBS News. **10.55** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Time Is Money. **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** 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** Happy's Place. **12.10** New Amsterdam. **1.05** The Outdoor Room. **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. **10.20** 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** Have You Been Paying Attention? (M) **9.40** News. **10.40** 10 News+. **11.10** Stephen Colbert. (PG) **12.00** Shopping.
TUESDAY	**6.00** Morning Programs. **1.00** Death In Paradise. **2.00** Parliament. **2.55** Grand Designs Aust. **3.55** Murdoch Mysteries. **4.40** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** Budget 2026: The Treasurer's Speech. **8.00** Budget 2026: A 7.30 Special. **8.30** Insiders. **9.30** Compass. **10.00** News. **10.15** The Business. **10.50** Four Corners. **11.35** Media Watch. **11.55** Murdoch Mysteries. **12.40** Long Lost Family. **1.30** Parliament. **2.30** Rage. **4.00** Gardening Aust. **5.00** Late Programs.	**6.00** Morning Programs. **2.00** The Point: Road To Referendum History Bites. **2.05** Cotswolds And Beyond With Pam Ayres. **3.00** Going Places. **3.30** The Cook Up. **4.00** Who Do You Think You Are? **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Who Do You Think You Are? **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Living Black. **11.05** Exit. **12.00** Breaking Point. **12.50** Breaking Point. **2.35** Primitive Medium. **2.45** Great Coastal Railway Journeys. **4.30** Late Programs.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** News At Noon. **1.00** Time Is Money. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** 7News @ 6:30. **7.00 Home And Away.** (PG) **7.30 My Reno Rules.** **9.05 Doc.** (M) **10.05 House Of Wellness.** (PG) **11.05** The Agenda Setters. **12.05** New Amsterdam. (MA15+) **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** The 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. (M) **9.30** 9News Late. **10.00** The Grand Tour. (M) **11.30** Footy Classified. **12.30** Tipping Point. **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.



Local Calendar

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

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 3 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.

Sat 16 May - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273

Sat 23 May - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 31 May - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

Visit us on Fire & Rescue NSW Open Day: 9 May



Fire and Rescue Station 292 Forster

Fire and Rescue NSW (FRNSW) will be throwing its doors open to the public again this May with important safety advice for adults and fun opportunities for the kids.

Forster Fire Station will be open from 10am till 2pm on Saturday 9 May, showcasing our wonderful fire trucks, modern equipment and highly trained firefighters.

There will be a range of free activities and fun for all, including firefighting demonstrations, station tours and safety presentations.

The public is encouraged to engage our firefighters with questions about home fire safety, smoke alarms and the risks relating to lithium-ion batteries.

FRNSW Captain Stephen Howard said Open Day is a terrific opportunity for our firefighters to interact with the community we serve.

"Come along for an exciting day out, get a close up look at our fire trucks, learn how we operate and ask us about safety advice or even how to join.

"We are happy to provide advice about how to make your home safe from fire and how to prevent a lithium-ion battery from overheating.

"Lithium-ion batteries aren't just found in e-bikes, they're used to power almost everything portable from an electric toothbrush to a stick vacuum cleaner.

"We can discuss the best safeguards to avoid a kitchen fire or help you create a home fire escape plan.

"We can even book in a free safety visit to your home and provide advice in person.

"Come along on May 9, we would love to see you."



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Forster Civic Centre presents

VALERIE TAYLOR

An Underwater Life travelling exhibition from the Australian National Maritime Museum.

4 MAY 2026 TO 23 JULY 2026

This beautifully designed exhibition tells the story of Valerie Taylor's remarkable life and career. Entry to the exhibition in the Wallis Atrium at the Forster Civic Centre, 4 Lake Street Forster, is free.

EXHIBITION PRODUCED BY: MUSEUM | AUSTRALIAN NATIONAL MARITIME MUSEUM

SUPPORT BY: Australian Government, Visions of Australia

MIDCOAST council

Ladies Day set to bring glamour, fashion & fun to the track





Tuncurry Forster Jockey Club

Racegoers are being invited to frock up and enjoy a stylish day out as Ladies Day returns on Saturday, 9 May.

The popular event promises an afternoon of racing, fashion and entertainment, with organisers encouraging locals and visitors alike to embrace the "glitz and glamour" theme.

A highlight of the day will be the Glitz & Glamour Race, with a $500 voucher from Occasions Jewellers up for grabs, along with prizes for the best dressed lady and gentleman. Adding to the festive atmosphere, all ladies aged 18 and over will receive a complimentary glass of champagne on arrival.

Gates open at 12 noon, with general admission available at the gate for $10 for non-members and $5 for members. Free community buses will also be operating to make it easier for patrons to attend.

For those looking to elevate their race day experience, a range of premium options are available, including bookings for the McQuillan Pavilion, private gazebos and the feature Ladies Day Long Lunch.

The Long Lunch offers a more exclusive way to enjoy the day, with guests treated to a multi-course meal and a beverage package including beer, wine and bubbles, all within a reserved area at the finishing post. The package also includes entry to the track, pavilion entertainment, a bookmaker, racebook and the chance to win lucky door prizes.

Organisers say the Long Lunch is perfect for celebrating Mother's Day, catching up with friends or simply enjoying a relaxed and indulgent day at the races.

Tickets for the Long Lunch are limited and bookings are now open. For more information or to secure a place, contact 0490 427 239.

With a mix of racing, fashion and social fun, Ladies Day is shaping up to be one of the highlights of the local racing calendar.

See p29 for more photos from the Pink Up Race Day by Geordie Yule.

The JOCKEY CLUB. TUNCURRY-FORSTER
Ladies Day
SATURDAY 9th MAY
Coastal Country Racing at it's Best!
FREE BUSES RUNNING
GATES OPEN AT 12 NOON
info@tuncurryforsterjockeyclub.com.au
www.tuncurryforsterjockeyclub.com.au
Occasions JEWELLERS SPONSORING THE GLITZ & GLAMOUR

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

Design ideas to help solve homelessness

The Bed Inn Bus in Taree has recently accepted its first overnight guests. The team involved states clearly that this is only a temporary fix and we must all get involved to help the homeless on a more permanent basis.

Elsewhere, the Liferaft Project was an initiative of the Social Justice Advocates of the Sapphire Coast for whom I volunteered for nearly a decade. They are a charity on the far south coast of NSW and initiated a plan to restore old caravans for victims of domestic violence and bushfire survivors. With that background, I feel I could partially solve homelessness in the blink of an eye. All we need is an innovative approach and a compassionate government willing to think outside the square.

Since WW2 countless architects across the globe have put forward ideas for social housing and many have had considerable success. We need to incorporate the better and more feasible smaller designs and start building them en masse. With the first large 3D printer able to produce a successfully strong and seaworthy catamaran, the approach is revolutionising the way in which we can produce large items like liveable homes (and tiny ones too), virtually overnight. The Japanese build homes in under a week. If the infrastructure is in place, it really is easy.

Now I'm not talking about low cost high-rise homes for the not-so-well off. That's a different matter and has to have an entirely different approach. I'm talking about simple single storey homes that have limited rooms, minimal plumbing but wired for lighting and warmth, even cooling if the climate is hot, and constructed in small enclaves with a central meeting place and a community vegetable garden – no gymnasium, no theatre or bowling alley, perhaps some swings for kids, but little else, just safe waterproof buildings in non-flood prone areas in many major cities and towns in the land.

Local councils could allocate areas such as disused greyhound tracks. State governments could get involved with the construction of the homes by utilising their own building staff and the Federal government could provide the necessary grants. Unemployed people could even have a job building them. Courses could be run on 3D printing techniques.

Providing that the sites are on major transport routes, with access to Centrelink and shops, it'd work a dream. In the interim, what's the problem with having giant circus type tents able to house the homeless temporarily? In the 1970s I slept in one such student tent in Munich during a housing crisis while more substantial homes were being built. It was a bit like being in a disaster zone after an earthquake, but it worked fine. There was food available, a toilet and shower block and a communal area for gathering. If a music festival can erect such a tent in a day or two, why the hell can't we do it for the homeless? The problem is that authorities feel the need to provide everything in 4 star style. I am seriously concerned that the way the world is currently heading, the homeless problem is going to get much worse before it gets better. The global homeless number exceeds 330 million and that means those with no shelter at all. If we add to that people sleeping rough, the number jumps to 1.6 billion.

Geof Maher – Hallidays Point



Taylor denies Migration Policy is copying Trump, immigrants should just know how to speak American

The Shovel

Political Satire: Opposition leader Angus Taylor has made another great move, denying there is anything Trumpy about his insistence all incoming migrants speak good and proper American.

Announcing the Coalition's new stance on immigration, Taylor said that for too long the government had ignored the thousands of aliens crossing Australia's southern border.



"If you want to come to Australia then you must share our values: freedom and liberty, and allegiance to the president," Taylor said.

"And you must speak like us too. This policy does not play favorites, it does not judge people based on color, and I won't apologize for it."

Analysts also accused the Coalition leader of dog-whistling to One Nation supporters, which he dismissed as "total fake news".

Book Review

Book Review by John King - Pacific Palms Librarian

Reg Chard The Digger of Kokoda

Reg Chard came to, looked up from the muddy floor and seeing a wire frame above him thought first he was in a chook-pen. Only slowly did he realise he was in the Army's Field Hospital underneath a bed.

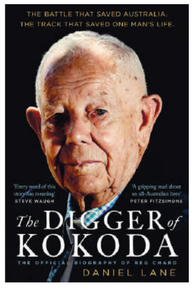
The Official Biography of Reg Chard The Digger of Kokoda by Daniel Lane, published in 2022, records Reg Chard's life up to 2021 when he was 98. It starts with his experience of his father, wounded at Passchendaele, who never recovered mentally from his ordeal. He drank heavily with his mates, the only ones who understood, but was impossible at home. As one of nine children, they knew when to make themselves scarce. They lived in Marrickville during the Depression. No shoes and all clothes were hand-me-downs as was common in the Depression with so many men out of work and queuing up at "the hungry mile" for whatever work was available on the wharves. Reg learned to scrounge for the family.

He became an apprentice pastry-cook and baker, a skill that was to serve him well later in Army camp at Singleton, though it also brought him into conflict with a senior officer who thought himself entitled to Reg's services. Reg's outburst of never on your life resulted in him and his mates doing latrine duty. A strong streak of Aussie larrikinism comes through.

Before joining up, however, he met the love of his life, Betty Banham. Only seventy years later did he realise that she deliberately rode her bike past his house; that road was not a way to her home. When he finally challenged her, for a moment she looked like the kid with hand caught in the cookie jar. She was dead against his joining the Army and while she came to terms with it, she never accepted it.

Reg makes it clear that Australia was woefully unprepared for war – at one stage they trained with broomsticks and at Milne Bay he saw some shrapnel with NSW Government railways on it, a result of "Pig-Iron Bob Menzies" selling scrap metal to the Japanese despite all advice to the contrary.

Mud, mosquitos, malaria. From Milne Bay back to Port Moresby and up the Kokoda track, at this point pushing the Japanese back (advance to the rear they were ordered). Reg is scathing about Blamey and MacArthur, simply there for press publicity. General "Tubby" Allen, he admired. With several bouts of malaria, he is finally evacuated from Eora Creek, not far short of Kokoda, but is then returned to the "killing field" of Sananda where the Japanese were well dug in and the Australians effectively fought in a swamp. Reg makes the point that a single destroyer would have eliminated the Japanese garrison but MacArthur would not allow any away from the American action to take Guadalcanal. So, we suffered heavy and unnecessary losses.



He gives great credit to our nurses who held the hands of dying men. It is a measure of the hardships, including never enough to eat, that upon return to Australia with repeated bouts of malaria he spent 13 months in Concord Hospital, and that after he married Betty within a month of return to Australia. She remained his lifelong sweetheart until her death in 2011.

A very memorable personal account of a critical period in Australia's history. Highly recommended.

As a postscript, my wife spent ten years in PNG. The native population seemed much more resistant to malaria than white-skinned people though babies died of it.

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

Puzzle - Movie 103 minutes Netflix released January 2018



An American family drama starring Scottish actor Kelly MacDonald as Agnes a middle class suburban housewife who enlightens her undervalued monotonous lifestyle doing jigsaw puzzles. A trip to a New York puzzle shop in search of new jigsaw puzzles Agnes comes across an ad for someone looking for a partner to enter a jigsaw puzzle competition. Upon meeting the puzzle partner a new life opens up for her, completely different to her suburban housewife life, eventually ending up with them having a short affair. In the end, in a state of guilt she ends the partnership and tells her husband. Kelly MacDonald plays the part of Agnes extremely well in what is a more typical movie about a family and the problems of undervaluing the role of the suburban housewife. An excellent movie to watch.



Ballerina - Movie 125 minutes Prime released June 2025

If you like the John Wick movies or Hotel Continental then this movie is for you. Marketed as From The World Of John Wick movies: Ballerina, this spin off movie does not disappoint as assassin Eve Macarro avenges the death of her father, taking on army of killers. As with all John Wick style movies there is plenty of action and in the ensuing battles Eve eliminates a great number of combatants. The final parts of the movie are set in the very scenic Austrian town of Hallstatt when Joh Wick arrives on the scene to eliminate Eve. I'll leave it there for you to watch and see what happens. A great action movie with a story to watch.

Person of Interest - TV Show, 5 Seasons 2011 - 2016, Netflix

An American science fiction crime drama series centred on computer developed for the government known as "The Machine" capable of collating all sorts of information not only to predict terrorist acts, the people planning them but also preventing everyday murders. The builder of this powerful computer hires an ex CIA operative to prevent the everyday crimes and they work together to stop people of interest from becoming crime statistics. A very interesting crime drama which is spiced up with science fiction. Well worth watching or even bingeing.



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FREE LOCAL PAPER

Forster Neighbourhood Centre Positions Vacant!

Forster Neighbourhood Centre (FNC) is seeking a Client Support Worker to join our team at the Evolve Mental Health & Wellbeing Hub. This is an exciting opportunity to work in a welcoming, community-driven environment supporting individuals experiencing psychological distress, isolation, or reduced wellbeing. Aboriginal and Torres Strait Islander applicants are strongly encouraged. We pride ourselves on being a good place to work with a great team environment where everyone contributes to service improvements. Job share and flexible working arrangements are available for the right candidates.

ABOUT THE ROLE
You will provide person-centred, recovery-focused support, helping individuals build connections, access services, and improve their overall wellbeing.
Key aspects of the role include:
- Providing frontline one-on-one, non-clinical support to clients
- Supporting individuals to identify goals and access appropriate services
- Assisting with referrals to mental health and community supports
- Creating a safe, inclusive, and welcoming environment
- Supporting community activities, workshops, and engagement initiatives
- Working collaboratively within a small, supportive team

ABOUT YOU
You are compassionate, adaptable, and confident working with people from diverse backgrounds.

SELECTION CRITERIA
To be successful, you will have:
- Diploma (or higher) in Community Services, Mental Health, and/or AOD
- Experience or strong understanding of trauma-informed care
- Excellent communication skills and ability to de-escalate situations
- Strong interpersonal skills and ability to build rapport
- Ability to work both independently and as part of a team
- Sound computer and record-keeping skills
- Current Working With Children Check & Police Check (or willingness to obtain)
- Mental Health First Aid (or willingness to obtain)
- Lived experience of mental health recovery (highly valued)

WHAT WE OFFER
- Hours: 28 hours per week, across 5 days
- SCHADS Award Level 5.1 + 12% superannuation
- Supportive, inclusive team culture
- Opportunities for training, mentoring, and development
- Flexible and job-share arrangements available
- A meaningful role making a real community impact

Aboriginal and Torres Strait Islander applicants are strongly encouraged to apply.

How to Apply
Please submit your resume & a cover letter addressing the selection criteria
Email: michelle@fnc.org.au Closing Date: 7th May 2026
We are seeking candidates available to commence as soon as possible.

3 Lake Street, Forster NSW 2428 PO Box 314 FORSTER NSW 2428
P:02 6555 4351 ABN 24282113607

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?
7:00pm 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 Pat on 0412 684 044.

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

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



Above: Photo of a pelican by Brian McCauley.

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

May

Manning Great Lakes Birdwatchers

Thurs 7th May Wingham Area.

Sat 16 May Tuncurry Racecourse/Tuncurry Breakwall

Enquiries ph. 0431878395

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 12:30pm - Lunch served

Enquiries: Office 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."

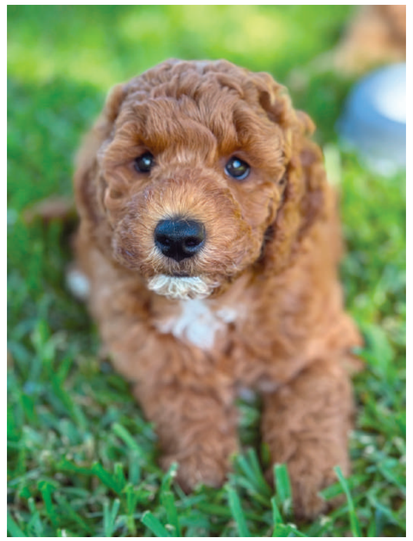
Enquiries: Forster Tuncurry Church of Christ on 0407 483 070 or email ftcoc@live.com.au

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: Sadie

Age: 4 months old

Likes: I love going swimming in my shell pool, going on walks at the farm, treats, carrots and playing with my brother Baxter.

Dislikes: I do not like having baths and being groomed yet as I am just a puppy.

Claim to Fame: My claim to fame is that my appearance is misleading. I may look like a fluffy spoodle but I have the brains of a sheep dog as I love to garden, play with animals, play in the mud, splash in the water and am very very smart

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

Planning a burn?

NSW Rural Fire Service - Mid Coast District

Planning a burn on your property?

You are required to notify NSW RFS and your neighbours 24hrs before you light up. Recent days and weeks have seen multiple burns escape, putting properties and lives at risk right across the mid coast.

Do the right thing — notify before you burn: rfs.nsw.gov.au/notify

Don't be the fire risk in your community.

https://nswrfsprod.service-now.com/guardian_csp



M1 extension fast tracked



NSW Government, 8 April 2026

The Hunter's largest infrastructure project is powering ahead, with the M1 Pacific Motorway extension to Raymond Terrace (north of Newcastle) now expected to open to traffic in late 2026 - more than a year earlier than originally planned.

This accelerated timeline comes as the project reaches a major milestone, with the northern section, the Heatherbrae Bypass, now complete.

The M1 Pacific Motorway extension and Hexham Straight widening projects are being funded jointly with a total investment of $2.24 billion - $1.792 billion provided by the Federal Government and $448 million from the NSW Government.

Significant progress has been made on the ground, including the completion of 5km of new motorway forming the Heatherbrae Bypass.

As part of the northern section, the Raymond Terrace interchange, the Masonite Road overpass and a major bridge crossing at Windeyers Creek have also all been completed.

Completion of the Heatherbrae Bypass means this section of the M1 extension is ready to go and will open as soon as work on the 10 kilometre southern section from Black Hill to Tomago is complete, later this year.





BazLyn Ballroom Dancing's "English Afternoon Tea" Dance held at Club Forster on 18 April.
Photos by Mary Yule.







Request a free test kit.

If detected early, bowel cancer can be successfully treated in more than 90% of cases.

Aged 45–74?
DoTheTest.com.au

NSW GOVERNMENT

Local Identity – Shane Egan

Interview by Vanda Gooley - Forster

Shane Egan, 73, lives in Pacific Palm and is known for his work as an airbrush and visual artist, and surfboard designer, particularly in his earlier career. He was involved in custom artwork and later shifted toward community and cultural projects. Shane lived in Tonga from 1985 for 4 decades and helped establish the Tongan Heritage Society, a community driven organisation dedicated to identifying, preserving and promoting Tonga's cultural and archaeological treasures.

Shane started life in Paddington, Sydney. Shane's father, Neville "Jack" Egan, was a pioneer diver and spearfisherman. He was one of the founding members of the Underwater Spearfishermen's Association, which went on to become the Australian Underwater Federation. In 1948 Neville won the first spearfishing trophy in Australia. He worked as a shipwright but never stopped diving.

Shane's mother, June "Sune" Egan, was a very talented artist. She started as a commercial artist in Sydney, working alongside shark expert Val Taylor. June had her own comic strip, "Holly", syndicated in several newspapers. In 1975 she moved to the Tonga Islands and pursued a career as a fine artist working on traditional, bark "Tapa" cloth with local, natural dies - creating images of life in the islands. She exhibited her work in Tonga, Fiji, Tahiti and Hawai'i.

Shane's younger brother Dale Egan was a champion surfer through the 70's and remained inspirational till the early 2000's.

Shane has a long history of connections to the Mid North Coast...

"My maternal grandfather was Lionel "Lyal" Shoesmith. Shoesmith is derived from the "olde English" Shoeing Smith, maker of horseshoes. The bellows and much of the tools in Wauchope's Timbertown blacksmith shop belonged to Lyal Shoesmith who was a pioneer blacksmith on the Manning and at Beechwood.

My great grandfather (my grandmother's father), Oliver Henry Blanch, was born on the Myall River in 1870.

His father (my great, great, grandfather) David Blanch was born a free settler enroute from Kent, England on the Westminster.

His father (my great, great, great grandfather) Thomas was a pioneer settler, establishing Bulahdelah when in 1858 he selected a forty-five-acre parcel of land on the Myall River. He built a ferry punt across the river, worked by hand and rope.

Thomas and his family farmed and in 1866 built a nice size cottage called "The Plough Inn" to cater for the settlers and those engaged in the timber trade. The Plough Inn still stands there today.

After passing the inn on to one of his sons, in 1872 Thomas took up "The Forster Hotel" license (on the site of the present Lakes & Ocean) which he owned until 1878."

In Shane's youth, the Egan family lived at Potts Point, then they moved into King's Cross "madam" Tilly Devine's holiday house on Scotland Island (in Pittwater) - then, across to a pristine Elvina Bay. Shane said, "Back then it was beautiful, bushy and very isolated - with boat access only to the 'mainland.' Luckily, we had a boat and my uncle ran the ferry service."

Shane first attended Loquat Valley Primary while living at Pittwater, then Mona Vale Primary when the family moved to Narrabeen in the late 50's. They enjoyed the bush and waterfalls and also the surf! Shane attended Narrabeen Boys High - "which fortunately was virtually over the road from the surf and the surf was much more enticing than maths classes." Art and archaeology were self-taught through Shane's life journey - along with building, surfboard design and shaping.

In the late 60's and early 70's Shane and his mates went on "surfari" road trips to Seal Rocks, Cellito, Boomerang and Saltwater Point where the waves were plentiful.

For a few years Shane lived a free and easy, nomadic lifestyle - travelling up and down the coast, surfing and selling his hand-drawn surfboard decals.

Shane's first job was screen printing for a display firm at Brookvale, which provided the experience to later set up his own t-shirt printing operation on the Gold Coast. Through the 70's and early 80's, Shane designed many of the multi coloured surfboard decals, for NSW, Qld and NZ manufacturers.

In 1972, Shane settled at Rainbow Bay on the Gold Coast - where he met Chrissy, wife to be.

She was the youngest of four surfing sisters. The eldest, Carol, competed in the first World Surfing Championships held at Manly Beach in 1964.

While Shane had used spray guns for surfboard art earlier, it was around this time, he discovered the airbrush and the amazing detail and effects he could create with it. It was pioneering times and there was only Shane and another (in Sydney), using the airbrush technique.

Throughout the 70's, Shane and Chrissy spent winters on the Gold Coast and summers in NZ. Shane said, "I had the privilege to work close with many of the top board shapers and surfers. Great times!"

In 1985, Shane and Chrissy relocated to Tonga, where they set up an art studio - eventually building and managing a boutique beach resort, gallery and museum.

Tonga woke Shane's latent passion for exploration and archaeology having found himself paddling the lagoons of a weekend and wandering the shoreline among the remains of Polynesia's first settlements. Some 3,000 years ago the Proto-Polynesians or Lapita People, as they are referred to by archaeologists, arrived in Tonga making beautifully decorated pottery. As some cultural elements changed (including the abandonment of pottery production) over the next few hundred years, they became known as the first Polynesians. From here they spread to Samoa, Tahiti and the Marquesas, Hawai'i, Rapanui, the Cooks and finally New Zealand. The first settlement sites in Tonga are littered with broken ceramic shards & other cultural artifacts. Over many years there, Shane has documented more than 50 kilometres of sites, spanning the lagoon edge from one end of the mainland to the other and the harbour islands in-between. He said, 'every trip felt like going back in time and making some connection with these first Polynesians.



The Egan family on Tonga in 1985. Shane helped establish the Tongan Heritage Society.



Shane Egan is known for his airbrush art and surfboard designs.

Shane was privileged to work with two of the top Pacific archaeologists, from Canada and Australia - providing them the results of his fieldwork.

It all came together for him when he documented an expanse of lost petroglyphs (rock engravings) that had recently been exposed on a beach and recognised the special connection between Tonga and Hawai'i. In 2009 Shane published a well-received paper on the discovery which also provided an argument for longer navigational voyages than previously thought possible.

Shane's understanding now is that surfing was first developed as an elite pastime in Tonga and later introduced to Hawai'i, through a direct migration from Tonga, at some early point when Hawai'i was being settled around 1,000 years ago.

Shane said Chrissy has been with him through thick and thin, and both still surf. Their children Chas and Hayley, 'are our best friends.' Chas is a surfing, freediving, environmentalist with a PhD in astrophysics and works as a freelance hydrologist, managing the east coast water supply. Hayley is a creative and innovative artist and is also freelance after a decade sculpting props for the Australian movie industry. She often refers to her upbringing in Tonga for inspiration. Hayley's daughter Elvis is the fourth-generation artist in the family.

Asked what challenges Shane has faced he said that Chrissy and he had spent the best part of 40 years in Tonga raising a family and working their way up from nothing to building their own home, boutique beach resort, shop and museum.

They were physically and mentally up for annual cyclones in Tonga - which was well outweighed by the delights they encountered and the upbringing they were able to give Chas and Hayley. However, the last two catastrophic cyclones hit as category 5's -Tropical Cyclone Gita in 2018 and Tropical Cyclone Harold in 2020. The island had not seen such winds as Gita produced nor the unprecedented storm surges of Harold - the last of which washed through their property, demolishing half their accommodation and severely damaging the rest of the buildings.

Tonga had followed a "COVID-free" policy, closing the borders from March 2020 till August 2022. Being isolated from the outside world and tourism for almost two and a half years, they got on with the massive clean-up and reconstruction work in preparation for the anticipated border opening.

As fate would have it the volcano Hunga Tonga, just off the coast and one they had enjoyed years watching displays of vapour plumes, bursts of ash and glowing lava and amazing self-generated electrical storms, finally erupted on January 15th, 2022.

The collapsing underwater crater sent a series of escalating tsunami waves toward their beach culminating in an 18-meter tidal wave flooding over their peninsula, washing away all that they owned and much of the village on the opposite side. They lost everything they had in a split second.

The island was buried under a deep layer of heavy black ash. The following weeks were hot and dry, the dust burnt their eyes and choked their lungs and Tonga had only just begun to re-establish global communications after five days cut off from the rest of the world. Volunteers used wheelbarrows and shovels to clear the roads and airport runway. Chrissy and Shane both worked continuously cleaning "our" beach in Tonga and caretaking the reef and maintaining the safety of swimmers and surfers.

Shane established the Tonga Heritage Society in an effort to protect threatened heritage sites. He built and filled the Tonga Maritime Museum with artifacts and information and participated in three "Lapita" Conferences in Tonga, Vanuatu and Fiji. He has presented, lectured and shared his research in Tonga to open audiences and to notable academics in the field of Pacific studies.

"For the most part of my life, I was in the right place at the right time but I guess it was now time to pay the piper for all our good fortune."

Shane considers his life to have been a series of locations forming the fondest memories.

Elvina Bay and Narrabeen, in Sydney - Rainbow Bay and Currumbin, on the Gold Coast - Whangamata in New Zealand - Bali in the late 70's - close on 40 years in Tonga - and now back on the Lakes. Saltwater, sand, surf and natural scenery.

Shane said it was a serendipitous move for him and Chrissy coming back here, in February of 2022, having fortunately purchased a lakeside block back in 2006. In recent years Shane's mother and brother have passed away in Forster - but he still has extended family here. His mum's cousins and his second cousin Kevin, from Jungle Surf, all in Tuncurry.

Shane has enjoyed many achievements; In the early 80's Shane exhibited his art in the Sydney Opera House. "More recently I was honoured to be invited to exhibit in a retrospective at the Australian Surfing Museum, Torquay." Despite these achievements, Shane considers his kids to be, "our" greatest, combined achievement.

Asked who is Shane's biggest inspiration, "That would have to be J. R. R. Tolkien - creator of the Hobbit and Lord of the Rings. He fuelled my passion for fantasy by presenting a written world to explore and animate with my own imagination. Much of my artwork depicts fantasy scenes with wizards, swords, tree houses and dragons or just straight-out fantasy surf scenes with pristine scenery and perfect waves."

Shane's motto is, "If you can't leave the planet as a better place for having been here then leave no footprints".

What he loves about the Mid North Coast is the quiet and the unspoiled beaches, the lakes and bushlands, lots of water, (salt and fresh) and birds and wildlife. Winters could be a bit warmer (ha ha).

Gavin Scott from 'Sustainable Homes' said the following of Shane..

"Shane has lived an amazing life and was one of the most highly regarded airbrush artists and shapers in the surfing industry through the 70's and 80's. He's always been an innovator and known for his lateral thinking. His knowledge of surfing history is second to none and his art speaks for itself - with his early works in particular trading for high $ values in the field. I've known Shane for many years now and have always been amazed at the extent of his understanding of surf history, and in particular his strong interest in Tonga's connection with the development of the Polynesian connection to surfing. His talents are broad and his humour and good will are renowned."

"It's a special gift for our small little area to have people of Shane's wealth of experience and knowledge living here. He deserves more recognition."

Freemasonry in the Great Lakes ends after 70 years

After 70 years, the Masonic Lodge organisation on Lake Street closed on Thursday 23 April 2026. Secretary Robert McKinnon reflects on the history of why the lodge was built in Forster back in 1956.

By Robert McKinnon – Lodge Forster Great Lakes United

The Forster lodge was first consecrated on 17th November 1987, followed by an installation and Banquet at Club Forster (Memorial Services Club), attended by some 200 Masons.

The Daylight Lodge was formed to cater for those older members who were unable to drive or visit at night. It enabled them to retain their interest in Masonic ritual, fellowship, and charitable work. In the mid 1990's the active membership exceeded 100, but in recent years it has declined because of the age of the brethren and the high rate of attrition.

Without doubt one of the highlights of the Lodge was the Lodge Choir, which operated in the 1990's where the songsters, visited local aged care facilities as entertainers.

After the war ended and up to 1955 the numbers in Forster joining Lodge Manning No. 66 in Taree grew rapidly. The one big drawback, however, was the Punt, making its last trip at about 10.30pm. Quite often, due to Lodge Manning's large membership and a huge workload, returning members would miss the punt. This would mean having to "borrow" one or more row boats, row over to Forster, then row the boat back next morning in time for the first punt back to Forster.

Eventually it was obvious something had to be done to remedy the matter and so it was decided to build a Lodge in Forster. The ground where the present centre stands was purchased for 500 pounds, of which Bro. Harry Miles donated 400 pounds, a huge sum in those days. Lodge Forster was consecrated as an evening Lodge on 25th August 1956, by Grand Master MW Bro. Tom Warren.

The Lodge flourished for 50 years, but over the last several years it gradually faded, and it was decided to amalgamate with the Daylight Lodge. For some it was an ending, but many believed it was a new beginning, and the name says it well – "Forster Great Lakes United"

In November 2009 the Lodge consolidated and became a Daylight Lodge meeting at 9:00 am on the first Monday of the Month, however it still maintained its evening status to encourage younger members to join and met at 5:30 pm on the third Thursday of the third month.



A Scottish Burn's night of poetry and the 'cutting of the haggis' at the lodge. Photo by Ian Yule.

Only 8 members joined, and the lodge work became boring to many members by meeting twice a month.

In 2017 we changed our meeting times to meet only once a month starting at 6:00 pm on the third Thursday in order to retain our younger members who worked during the day, and that has been retimed to 7:00 pm to allow our members sufficient time to get home from work, see their family then come to Lodge. The lodge has had further decline in the current time only having 13 members at present with no potential prospects in the pipeline.

The membership group has members of all ages including some in their 90's, who come from various walks of life, bringing with them their own talents which are used as part of our charity work, where possible.

Modern Freemasonry today provides a framework of life by affirming philosophies and teachings based on self-respect and compassion for others. It builds morality and virtue, illustrating its teachings using symbols based on the working tools of the ancient guilds and lodges of Stonemasonry. It is a fraternity of men who meet in a play that acts out various aspects associated with the building of King Solomons temple.

However, within that play or ritual, are lessons about life and how to be a better person.

Freemasonry is often called a secret society. Freemasonry is definitely NOT a secret society.

Its members make no attempt to conceal their masonic affiliation, they proudly wear rings or other jewellery marking them as masons.

Group meeting places are prominently located and clearly marked. Dates and time are often advertised in Newspapers or posted on bulletin boards.

Someone many years ago made the following statement, "Masonry is not a secret society; it is a society with secrets." Freemasonry does have some secrets just like your family having secrets, by keeping or secrets we attempt to preserve them as a sign of our integrity.

Modern Freemasonry today can be related to a building company, the Lodge room being the building site.

Just like any Building company, the Master of the Lodge is the Company President, the Senior and Junior Wardens his vice Presidents, along with his officers being the Secretary and Treasurer, the two Deacons and Chaplain being his committee. The Director of Ceremonies his Architect of Co-Ordinator and the Inner Guard and Tyler his security officers.

Together just like a Company board of management, they open the meeting and confirm minutes, do correspondence, receive the Treasurer's report then carry out the work.

There are several degrees in Freemasonry, the Entered Apprentice, (1st year Apprentice) the Fellowcraft (2nd Year Apprentice) Master Mason (Qualified Builder). Then there is the Master or Master Builder who teaches and oversees all.





Left: Anzac Day Service at the Lodge. Photo by Mary Yule.



Subscribe for FREE at www.forsterfortnightly.com.au and receive local news alerts.

Our Local wildlife

FAWNA

By Kym Kilpatrick – FAWNA Hallidays Point

The Australian Paper Wasp



Above: Photo of Australian Paper Wasp by Danny Knight of Signal Hill Photography.

I know as I write this, that this particular critter is neither cute, cuddly or a favourite for most of us. However, in terms of epic mothering, and in honour of Mother's Day, the Australian Paper Wasp (Polistes humilis) is worth a mention.

The Australian Paper Wasp, is smaller (10 to 15 mm long) than the introduced and more aggressive European Wasp and Asian Paper Wasp. It has a small head, a slender body with a very narrow waist and an abdomen that is mainly reddish-brown with some yellow-orange banding. Its antennae are red-orange as opposed to black (European Wasp) and generally it is less brightly coloured.

Its life cycle begins when a single fertilized female emerges after spending the cold winter months sheltering under bark, or within dense vegetation.

Come Spring she gets very busy, first searching for a suitable protected elevated nesting site, often attached to branches but sometimes under eaves. Once a suitable location is found she gets to work scraping up and collecting weathered wood fibres that she mixes with saliva, using her mandibles to build her hanging nest of open connected hexagonal cells.

Then she begins laying her eggs into the individual cells. Larvae hatch after 3 to 5 days and take about two weeks of intense feeding before entering pupation. Pupation lasts another week before finally the adults emerge.

She herself only consumes nectar, but for her larvae she needs to collect insects, a lot of insects, including caterpillars and harmful flies. As a huntress, she is strongly visually orientated and will stalk her prey by tapping along a leaf, provoking and searching for movement. Captured insects are chewed into a digestible pulp before delicately feeding them to her young.

She also uses her mandibles to carry water droplets back to the nest. In very hot weather she will fan the water droplets with her wings to cool the nest.

Once her first generation emerge as adults, after almost a month of her solitary intensive work, they take responsibility for food gathering, nest building, protecting the colony, and caring for subsequent cohorts of larvae. At this point, her duties become easier. Now a queen, she can primarily focus on laying her eggs, while the colony grows.

During this busy time, through excreting particular pheromones she represses her offspring from growing adults capable of reproduction. However, come late Summer and early Autumn, the Queen ages and her repression begin to fail, resulting in the development of potential new queens and drones (fertile males).

After mating, the drones die, while the fertilized queens search for sheltered locations to overwinter. By late autumn the old queen is dead, the colony failing, and the remaining workers perish.

Australia has more than 35 species of native paper wasps, all of them impressive architects and valuable garden companions. They are, of course, capable of stinging, and multiple times. Some people are highly allergic to them with the potential of anaphylactic shock. However, unless threatened and disturbed, unlike the introduced European Wasp, they are generally non-aggressive.

As adults, they are important pollinators, particularly as the varroa mite has weakened honeybee colonies. By preying on problem caterpillars and insects they are also valuable natural pest controllers.

Join the NSW Dolphin Census!

Dolphin Research Australia

Do you have a pair of binoculars, camera with a good zoom, or keen eyes?

Help fill vital knowledge gaps and improve our understanding of dolphins in New South Wales.

On 30th May 2026 we are calling on beachgoers and marine users to observe and count dolphins along the coast, bays, and estuaries as part of the first NSW Dolphin Census.



As a citizen scientist, your observations will provide a valuable snapshot of dolphin populations helping to improve our understanding of their status, distribution and conservation needs along the New South Wales coast.

Together, we can help fill vital knowledge gaps and strengthen dolphin conservation in NSW.

Who can take part?

Anyone can get involved — no previous experience required.

– All participants must attend a training workshop prior to 30th May

– Join on your own, with a friend, or as part of a group

– Participate from anywhere along the NSW coast, including ocean beaches, coastal headlands, harbours, bays and river estuaries

Register now at: https://www.dolphinresearchaustralia.org/.../new-south.../

The NSW Dolphin Census is a collaboration between Dolphin Research Australia | Ocean Conservation & Education and the NSW National Parks and Wildlife Service, proudly funded by the NSW Marine Estate Management Strategy.

Left: Photo from Cape Hawke Surf Club.

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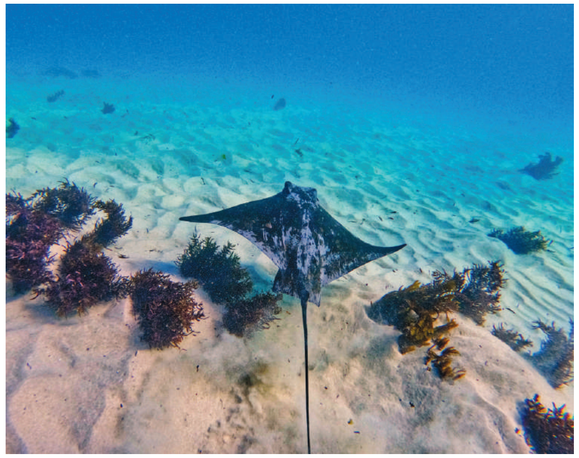
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Tuesday to Thursday
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240 The Southern Parkway, Forster









Stunning photos of our amazing local marine life in the waters off Forster by Steve White from the Forster Turtle Ocean Swim Club. Photos of the docile Grey Nurse Sharks, Green Sea Turtle and Southern Eagle Ray, were taken on 19 April 2026.

Nations gather for first-ever conference on fossil fuel exit

The Globe Post, 20 April 2026

More than 50 nations are attending a world-first conference on phasing out fossil fuels in Colombia next week (24 - 29 April) as the Iran war underscores how dependent countries remain on planet-heating coal, oil and gas.

Ministers arrive in the Caribbean city of Santa Marta against a backdrop of wartime fuel shortages, soaring prices and a scramble for energy security in what the International Energy Agency has called the biggest oil supply shock ever.

The gathering was born out of frustration with consensus-based United Nations climate talks, where efforts to negotiate a fossil fuel exit strategy have stalled.

But organisers say the energy shock caused by Iran's chokehold on the Strait of Hormuz, the key transit point for Gulf oil and gas shipments, has strengthened the case for a fossil fuel phaseout, even as some countries look to coal in the short-term to secure supplies.

Concerns over energy security are expected to shape the high-level discussions as much as climate priorities, analysts say.

The meeting was announced months ago but has taken on "greater relevance" with the energy crisis, said Colombia's environment minister Irene Velez Torres, whose country is co-hosting with the Netherlands.



Major fossil fuel producing nations Australia, Canada and Norway are expected along with developing oil giants Angola, Mexico, and Brazil and coal-reliant emerging markets Turkey and Vietnam.

They will join dozens of other countries from small-island developing states to major economies Germany, France and the UK.

However the world's biggest coal, oil and gas producers – notably the US, China, Saudi Arabia, and Russia – are skipping the event.



'Honest Space'

It will be closely watched for political signals from an emerging coalition of fossil fuel producers and consumers pushing for a phaseout outside the UN process.

Colombia – a coal and oil exporter – said the "strategically important" participating countries accounted for one-fifth of global fossil fuel production and nearly one-third of consumption.

Fossil fuel interests have been accused of influencing UN negotiations on climate change and some governments and activists have questioned the involvement of producer nations in Santa Marta.

"The larger the group of countries, the more diffused the interests are and the less chance you've got of getting a sharp outcome," climate scientist Bill Hare, founder of Climate Analytics think tank, told AFP.

Velez Torres said, however, it was a "major step forward" to have producer countries present tackling this "taboo."

"We need to start a more honest space where we can discuss this more openly, and bring all cards to the table. Nobody is saying that the way to eliminating fossil fuels is easy. But we need to bring these people together," she said.

For some, the conference's appeal is partly its distance from the UN climate talks.

"I think the Santa Marta meeting is long overdue," Maina Talia, climate minister of low-lying Tuvalu, told reporters.

Energy Bind

Roughly twice as much investment goes into clean energy as fossil fuels, which are the primary driver of human-caused climate change.

But heat-trapping emissions from burning coal, oil and gas rose again in 2025 to a record high.

In response to the energy crisis, some countries intend to ramp up coal use to plug short-term supply gaps, underlining the challenge of reducing reliance on fossil fuels even in advanced economies.

Vanuatu's Climate Minister Ralph Regenvanu, whose Pacific Island nation is highly reliant on energy imports, told reporters the crisis was "unequivocally a call to lessen dependence on fossil fuels for everyone."

"We're very much looking forward to being first movers in this space," said Regenvanu.

Nearly 200 countries agreed at COP28 in 2023 to transition away from fossil fuels but efforts to turn that pledge into action have faced strong resistance since.

Tensions boiled over at COP30 in Brazil in November when nations could not even agree to include an explicit reference to fossil fuels in the final deal.

Santa Marta was less a rival to the UN talks than an opportunity for motivated nations "to take concrete steps forward", said Beth Walker, an analyst from the E3G think tank.

"There's a lot of difficult questions and issues to grapple with, but this is an important conversation and I think can start to create its own legitimacy and momentum in the long run," said Walker.

No major announcements are expected but the conference's recommendations will feed into a voluntary "roadmap" away from fossil fuels being led by Brazil.

Social Golf Club results



By Warren Warner - Club Forster Social Golf Club

Our most recent game of Aggregate Stableford 2 Players was at the Tuncurry Golf Course on the 19th of April. There was a good turn up of players, the weather was mild and the course good.

Results

1st. Tom Welch & John O'Keefe on 68

2nd. Jim Lovegrove & Paul Nicholas on 66

3rd. Pete Wilson & Darryl Fahey on 66

Nearest to pin 2nd shot

Hole 4. Paul Nicholas, Jim Lovegrove, Marlene Meyer

Hole 9. John O'Keefe, Les Cawthorne

Hole 14. Ken Woods, Tom Welch Marlene Meyer

Hole 16. Ken Woods, Jeff Coleman, Alana Pitkethly

Next Game

The next game is on the 17th of May at Forster Course. 7.30 am for a 8am hit off.

For all enquiries contact Ken Woods on 0401 767 257.

Left: Linda Barr winding up.Photos supplied.

Below: A couple of hopefuls. Pete Wilson & Tom Welch.



Annual Webber Palmer Trophy



Above: (L-R) Murray Ward, Rod Lance, Mark Risely and Kim McMahon. Photo supplied.

By David Blanchard - Forster Men's Vets Golf

On the 20/4/26 we had 84 players hit off a shotgun start at the Forster course to compete for the annual Webber Palmer Trophy. The game was played in a 4 person Ambrose format and as usual was played in a very competitive spirit. The winners romped in with a very respectable score of nett 51.75.

The day was sponsored by the club's great caterer, Bukos Bistro, who provided a great lunch selection in the clubhouse after the game and many thanks go to Ashleigh and her team.

Following a monster raffle we welcomed member Terry Dunn to speak on the history of the Webber Palmer connection who were both longstanding development members of the Vets Golf and was greatly appreciated by all.

Each week when we play, we are welcoming new members who joined to have some fun and great golf with all our team so should you wish to join us the only requirement is to be over 55 and a playing member of the main club. Please contact the Forster Clubhouse for further information and they will put you contact with a committee member.

Pacific Palms Bowling Club

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

Monday
Monday Curry Night $20

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

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

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

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

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

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



Slam Tango
Fri 1st May



North Street Avenue
Fri 8th May

Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
Courtesy Bus from 4pm
8 Paradise Drive, Smiths Lake
Ph: 6554 4333
www.pacificpalmsbowlingclub.com.au
Follow us on Facebook, Instagram and Twitter.







"Rescue Ready" IRB skills put to the test at Cape Hawke



Front Row (L-R) Zach Forrester, Nicole Cooney, Ross Blowers, Neal Lyons, Hannah M, Ben Stevenson, Karen Rands and Tristan Marshall.

Back Row (L-R) Ben Forrester, Jerrad Allen, Kevin Watt, Levi Dodds, Greg Woods, Eric Neuman, Joe Dunne and Reece Dodds.



By Karen Rands – Cape Hawke Surf Club

Over the weekend of April 18-19, Surf Life Saving NSW hosted an Inflatable Rescue Boat (IRB) Advanced Skills Development Program at Cape Hawke Surf Life Saving Club, bringing together members from clubs across the Lower North Coast branch.

The two-day course was designed to build confidence, refine existing techniques, and push limits by introducing participants to advanced rescue skills in a supportive, hands-on environment. Under the guidance of experienced trainers Greg Woods, Nicole Cooney, Eric Neuman, and Reece Dodds, IRB Drivers and Crew had knowledge and skills challenged on land and in the water.

Day one began with dry training before moving into practical wet sessions, where participants practiced wave negotiation in large swells, making timing of paramount importance. In addition to safe positioning, experience with precision manoeuvres such as in-shore parallel runs were also in focus. The afternoon session, led by Forster local, Reece Dodds – who has rescue experience at One Mile beach – focused on water-to-rock rescue techniques, including safely accessing and assisting stranded or injured "patients". This training extended to the remote "Fairy Pool", a difficult to access adventurer hot-spot, where participants applied their skills in a more advanced setting – much to the surprise of a swimmer who witnessed multiple surf lifesavers emerging over the rocks from the water below. Additional skills covered included deep-water boat re-entry techniques and reversing IRBs, which are both critical in real rescue operations, particularly in challenging coastal conditions.

On day two, trainers stepped back to allow participants to take the lead. The morning was dedicated to repetitive skill drills before teams were put to the test in two realistic search and rescue scenarios. The first involved retrieving a stranded fisherman from rocks at the southern point of One Mile Beach, while the second simulated a suspected missing person after a paddle was discovered on Burgess beach by a "concerned member of the public" who also saw something floating behind the break. Participants conducted a coordinated line search across Burgess beach before being stood down after advice the "paddle-boarder" was safely on-shore. During the return-to-base, by happenstance, a surprise third scenario unfolded (planned by trainers to test participants) with the IRBs being waved down from the Burgess beach rocks by the friend of a young patient who was rock-jumping at another local hot-spot and had injured himself. The patient was carefully retrieved from the water with a "broken leg and suspected spinal injury" before being conveyed back to One Mile beach for emergency medical treatment.

Trainers praised the teamwork, communication, and efficiency displayed during the Search and Rescue Exercises (SAREXs), noting the high standard of rescue execution across all three potential real-world scenarios.

The program concluded with a feedback and reflection session, giving participants the opportunity to review performance and identify areas for improvement. Participants returned home with increased confidence, some new techniques, and a renewed enthusiasm to share their knowledge within their own surf clubs.

Hosting opportunities for similar programs are available through SLSC education officers, with Cape Hawke SLSC's event highlighting the significant value of advanced, practical training in surf lifesaving.





Top, above and left: Wave break negotiation and water to rock training. Photos by SLS Trainers.



Inaugural Pink Up Race Day fundraiser



Photos from Pink Up Race Day by Geordie Yule.

By Mary Yule – Forster Fortnightly

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

The event aimed to raise awareness and vital funds to support McGrath Breast Care Nurses, who provide free, expert care and support to individuals and families experiencing breast cancer across Australia.

Pink-themed festivities transformed the racecourse, with locals and visitors embracing the spirit of the day while contributing to an important cause.

Pink Up Forster Tuncurry organiser Jess Gray said the event demonstrated the strength of community collaboration.

"The success of Pink Up Race Day highlights the power of community partnership — local businesses coming together to deliver real outcomes," Ms Gray said.

"These vibrant and inclusive events show what's possible when we collaborate. This model is not only supporting our community, but actively shaping a stronger, more connected and economically resilient future for Forster Tuncurry."

Ms Gray said she was proud to be involved in an initiative driven by passionate locals committed to making a difference.

"I am so proud to be part of such a great group of people who are passionate about giving back," she said.



(L-R) Matt & Jaime Manning and Matt Kirkland donated their $1000 winnings from the local Rowdy Championships to the Pink Up Day.



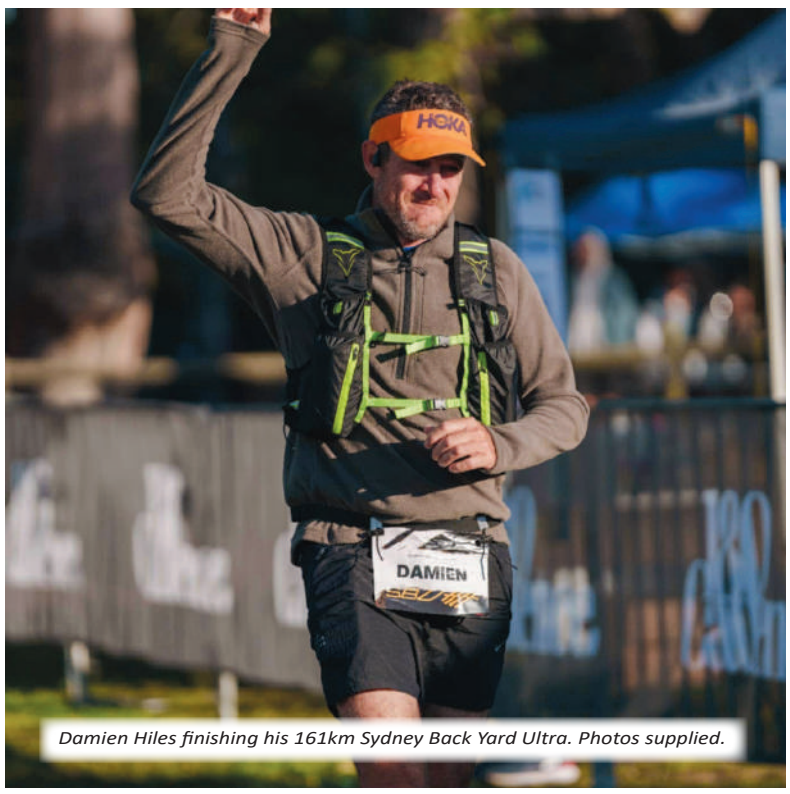
Right: (L-R) Simon Gould, MP Tanya Thompson, Jessica Gray and Chris Garroway from Solaris Evermore. Photo supplied.







Bring it on! The running season has started



Damien Hiles finishing his 161km Sydney Back Yard Ultra. Photos supplied.

By Dave Hughes – Forster Runners

Annual Beer Mile

The annual "Beer Mile" took place on Saturday afternoon (18th April) on the Lake Street oval. The rules are simple. Each contestant must consume a 355ml beer with at least an alcohol content of 3.5 before setting out on a 400-metre run. Sounds easy? Up till this point it's a breeze... but then it gets serious, you need to repeat this procedure three more times. Before running each 400-metre dash, one must hold the bottle upside down over their head to demonstrate the bottle was empty. It would seem the same repeat offender, no names mentioned Aaron Eichner, was at it again. He was drenched by the second round.

Aaron Eichner had been sprouting all week that he was clearly the favourite and was looking forward to a tenth consecutive title. Local runner (Mark Fletcher) had other ideas and maintained a great pace eventually knocking the champ off his perch.

The enthusiastic crowd rallied behind Mark urging him to cause an upset. And he did just that. The event was celebrated at Club Forster and the stories got better as the night wore on.

Aaron has vowed to win the "Beer Mile" championship back and has embarked on some regular counselling. He has increased his exercise routine (especially the 400 metre sprints)… this time without vomiting.

Sydney Back Yard Ultra

This is a more serious event and in fact attracted a world record of 645 participants. The race commenced on Saturday 18th of April and finished over three days later.

What is a Backyard Ultra? The concept was dreamt up in 2011 by an eccentric American by the name of Gary Cantrell (better known as Laz). It is a relatively new form of racing and has increased in popularity if recent times.

Runners must complete a fixed loop of 4.167 miles (6.706 km). A new loop starts every hour, on the hour. You must finish each loop within that hour to continue

How it works: If you finish early, you can rest, eat, or recover until the next hour starts

If you fail to finish a loop in time, you're out. The race continues until only one runner is left.

Winning: The last remaining runner must complete one more loop than everyone else

All others are considered DNF (Did Not Finish)

Why it's tough: There's no set distance or time limit—it could last for days. Sleep deprivation becomes a major factor. Strategy matters as much as endurance. A lot of runners aim for personal milestones like a marathon or 100 km or 100 miles.

Well into the third day the field was narrowed down to just a handful of runners. By 10 am on the fourth day, the second last person was eliminated leaving Tim Kacprzak the eventual winner with an impressive total of 75 yards (502km).

Forster was represented by Jesse Roche who completed 16 yards (117km) and Damien Hiles 24 yards (161km).

In Damien's own words…"BYU is like nothing else I've raced in and the concept is different from a normal marathon which makes it more challenging. The atmosphere on the day is unmatched and having a great support crew and family there all thru the 24hrs kept me going and is essential. Can't wait to return to the event next year"

Coffs Harbour will be holding its third BYU on the long weekend in June. It is a sold-out event however interested persons can be added to a "waiting" list.

Newcastle Running Festival

Sunday 18th of April saw the running of the very popular Newcastle Running Festival.

Local Forster Runners Birte Richardson completed the half marathon in an impressive time of 1h 52minutes (15/133 in age group), Mandy Brooks 1h 49m (13/132 in age group) and Lauren Braid 1h 42m (5/132 in age group).



(L-R) Birte Richardson, Mandy Brooks and Lauren Braid.

