Open Day Celebrations 50 years - Great Lakes Historical Society p21

Connected Cathy & Alexa p27



Star Pet Lilly p25

Forster Fortnightly

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

FREE

Wednesday 13 May 2026 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No.146

Printing secured for Forster Fortnightly

In our last edition we notified readers that the Forster Fortnightly newspaper might experience disruptions due to the closure of ACM Tamworth Printing Press on 8 May. Good news - we have signed up with a family owned printing press in Albury Wodonga as well as a printing logistics company to continue the printing and delivery of your free Forster Fortnightly.

We have been able to secure the same publishing day (every second Wednesday) but do ask that submissions reach us via email by our deadlines (alternate Wednesdays) to avoid disappointment as we now have less time to turn each edition around with the further distance required by our delivery truck.

The truck from Albury Wodonga can get to Forster around 11am on a Wednesday (instead of the night before when from Tamworth) so we should be able to get your local newspaper into all the usual shelves by the end of Wednesday. We will also continue to refill the bigger supermarket shelves a few days later, ready for weekend shoppers.

If you want your news first thing on a Wednesday morning, please subscribe and/or visit our website to view the free digital version at www.forsterfortnightly.com.au

For details regarding submissions, advertising and deadlines, please see page 2.

Thank you for your support and kind messages.

Kind regards,

Mary, Geordie, Matilda and Ian Yule, and Sophia McCaughan – Forster Fortnightly.

Meet the Firies!



Locals had a chance to meet the firefighters at Forster Fire Station's Open Day on 9 May. Photo by Matilda Yule. More photos on p26.

New Pacific Palms RFS Station underway after 17-year wait

By Mary Yule – Forster Fortnightly

Construction has officially begun on a new Pacific Palms Rural Fire Service station, marking the end of a 17-year wait for local volunteers and the community.

Work started on Thursday 30 April at the corner of Macwood Road and Paradise Drive, near the turn-off to Smiths Lake from The Lakes Way. The new, more prominent location is expected to significantly improve emergency response times and raise the brigade's visibility.

Pacific Palms RFS Brigade President Mark Brown said the milestone moment had been a long time coming.

"Probably because of funding, and being out here in Pacific Palms we don't get looked after as well as people in the city," he said. "But it's eventually happened and thank goodness it's started. It's an amazing day."

Mr Brown said the new site would allow crews to respond to incidents much faster.

"By the time our members get in the truck, we'll be out on The Lakes Way and heading to a fire within a minute or two," he said.

The brigade has been kept busy in recent weeks, responding to 15 fires in just the past

Continued on page 3.



We welcome your stories, photos & letters

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

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



Mulga inspired artwork by Pacific Palms students. See p11.

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

Forster Fortnightly publishing dates

Edition 147: Wed 27 May (deadline Wed 20 May)
Edition 148: Wed 10 June (deadline Wed 3 June)
Edition 149: Wed 24 June (deadline Wed 17 June)

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

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We pay respect to their Elders past, present and future.

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Mayor's Column

Mayor Claire Pontin - MidCoast Council



It is the time of year for us to put our budget and operational plan out for public comment ahead of adoption in June.

Please have a look at it and give us some feedback, recognising, of course, that each year we must decide how to spread the money that we receive over a large geographic area and the over 31 services that we fund each year. And it is never enough to do what we would like to do.

The document (draft Delivery Program and Draft Operational Plan) also outlines our fees and charges for next year and most have been put up a bit to help cover the inflation costs of the goods and services we provide. This also means that the annual increase of 3.1% (recommended by the Independent Pricing and Regulatory Tribunal) has once again been built into our rates. This does not mean that everyone's rates will go up – the impact of the changes in property value (set by the State Valuer-General) between individual areas and properties often has a greater impact.

This is all set out in the documents that are now on public exhibition at:

https://haveyoursay.midcoast.nsw.gov.au/planning-ahead-our-4-year-plan-annual-budget

I should also mention that the uncertainty surrounding oil and fuel prices has made it difficult to set budgets, but at the end of the day we must make do with what we've got. If fuel prices surge higher, this could impact the amount we can deliver within the budget.

The good news is that due to disaster funding for our damaged roads network, we will be spending over $250m of new money on restoring our roads and bridges over the next few years. This will have a significant impact.

Councils in NSW, following the lead of the Country Mayors Association, have increased their advocacy to the Federal Government to increase the annual Financial Assistance Grants that go to Councils across Australia. The call is to increase it from 0.5% of tax revenue back to the previous level of 1%. Currently, MidCoast Council receives just over $20m each year through these grants, which are "untied", meaning they are not linked to specific projects, except that nearly half must be spent on roads. Doubling this amount would solve many of our budgetary issues.

I will join in and write to relevant Ministers (including the Prime Minister and Treasurer) and Federal MPs again asking them to help with rising cost of living increases by increasing funding to local Councils to reduce the need for squeezed Councils to constantly increase their fees and rates.

Given that this issue is currently being reviewed through a Federal Government inquiry, this is a perfect time for councils and residents to band together and let Federal Government know the importance of this issue to our community.

Visit the Country Mayor's Association to see how you can help at:

https://nswcountrymayors.com.au/invest-in-us-2

See p6 for summary from last Council meeting.

COMMUNITY CONVERSATIONS

GIVE THE GRAPEVINE A MISS - JOIN US AT A LOCATION NEAR YOU

You're invited to drop into your nearest community conversation. It's an open forum that gives locals a chance to hear from and talk to Councillors and senior staff in person.

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

There's no need to register, just turn up on the day. Every MidCoast resident is encouraged to attend.

JOIN THE CONVERSATION

Forster Civic Centre
Thursday 28 May 2.30 - 4pm

Pacific Palms Surf Life Saving Club
Thursday 28 May 5.30 - 7pm

Also coming to other locations across the region

FIND OUT MORE

Scan to learn more and for the full schedule of dates and locations.

midcoast.nsw.gov.au/conversations

MIDCOAST council

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New Pacific Palms RFS Station underway after 17-year wait



Pacific Palms RFS at the new site on the corner of Macwood Road and Paradise Drive.



Above: "Turning of the sod." (L-R) Mid Coast District Manager Superintendent Ugo Tolone, Pacific Palms Brigade Captain James Turner and MP Tanya Thompson. Photos by Mary Yule.

month, with volunteers often working from mid-afternoon through to the early hours of the morning.

Currently based at a little-known site behind a water tank in Smiths Lake, Mr Brown said many locals were unaware the brigade even existed.

"With the new station right out in the open, opposite the Pacific Palms Bowling Club and next to the Smiths Lakes Skatepark and Basketball Court, hopefully we'll attract more members," he said.

The upgraded facility will include three truck bays—future-proofing the brigade for expansion—along with a dedicated training space, improved amenities and modern equipment storage. At present the brigade has two trucks.

Mid Coast District Manager Superintendent Ugo Tolone said the $2.2 million project would deliver major benefits to both firefighters and the wider community.

"This is a great new asset for the southern part of the district, particularly given the number of fires we've seen in the last six to ten months," he said.

"The new location will allow volunteers to respond more quickly, support the community and be better prepared for future fire conditions."

The project is jointly funded by the NSW Government, the RFS and council.

Superintendent Tolone said the existing station was well past its prime and no longer suited to operational needs.

"The current site is beyond its use-by date by around 20 years and its location limits effective response times," he said.

The new station will feature expanded storage, parking, kitchen and recovery areas, giving crews a place to rest and regroup after attending incidents.

It is also hoped the modern facility will help attract younger volunteers.

"Young members are the future of the organisation," Superintendent Tolone said. "We need to encourage them to come along and be part of it."

Construction is expected to take around 24 weeks, with the new station anticipated to be operational before Christmas.

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"Not just scones"...
2026 CWA of NSW State Conference at Forster flourishing



Above: Winners of the Cultural Art Competitions (L-R) Linden Stokes, Catherine Milander, Donna Rankin (local artist who judged the artworks), Helene Lean, Rhonda Sellenthin, Kathy Jeanes, Margaret Peterson, Desiree Bickle and Shirley Urquhart. Photos by Sophia McCaughan.

By Sophia McCaughan - Forster Fortnightly

Over 450 women from across New South Wales were in Forster earlier this month for the 104th Annual Country Women's Association [CWA] of NSW State Conference. While known for their scones, the CWA gathered at Club Forster between Monday May 4 and Thursday May 7 where debates and discussion were held over a record number of policy motions from branches across the state.



On its final day of conference, more than 50 motions had been endorsed by CWA delegates and will now be carried forward as advocacy priorities for the next 12-months. The four-day conference consisted of hearing from key organisations that affect regional, rural and remote communities in NSW including the Royal Flying Doctor Service, Telstra and Rural Doctors Network.

Left: Thirroul Branch member, Helene Lean travelled to Forster for the event where her artwork won first place.



Above: Forster Branch member, Jan Sullivan was part of this year's organising committee for the state conference.

Forster Branch member, Jan Sullivan, was part of this year's state conference organising committee and has been part of the CWA for about four years.

Mrs Sullivan said a lot of hard-work went into the event.

"There are about six or seven of us on this committee, and we've been working very hard for the last 12-months to bring it all together," she explained.

While the conference is all about business, it also gives delegates an opportunity to catch-up with friends and explore the work of the various committees in the CWA.

Below: 2026 marks 75 Years of the prestigious Land Cookery Competition.



There are eight committees that delegates can join;

- Agricultural and Environmental
- Hospital Support
- International
- Show Catering
- Social Issues
- State Cultural
- State Handicraft
- The Land Cookery

Before it opened to the public, the Forster Fortnightly was given the opportunity to walk through the display of the State Cultural Committee where the various artworks were judged by local artist, Donna Rankin.

Committee Secretary, Desiree Bickle said the committee looks after everything and anything to do with Australian arts and culture.

"We look after literature, photography and the arts, we try to focus on Australian culture," she said.

"It's about our lives and how we are creative in our lives."

Ms Rankin said it was important that the CWA continued to be involved in the arts.

"To have the CWA involved in the arts, is a fantastic initiative," she said.

"It's really exciting for these ladies to see their works hung on the walls amongst their peers... the arts bring the community together."

SYDNEY WRITERS' FESTIVAL
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THURSDAY 21 MAY	FRIDAY 22 MAY	SATURDAY 23 MAY
10–10.55AM **THE FUTURE OF DEMOCRACY: FIGHTING AUTHORITARIANISM WITH A.C. GRAYLING** Hear how Professor of Philosophy A.C. Grayling outlines the fragility of democracy in the face of rising authoritarianism in *For The People*, followed by a discussion chaired by Nick Bryant and Rosalind Dixon. Presented in collaboration with the UNSW Resilient Democracy Lab. 12–12.55PM **YANN MARTEL: *SON OF NOBODY*** Unravel ancient traditions of storytelling with the Booker Prize–winning author of *Life of Pi*, Yann Martel, as he discusses his new novel, *Son of Nobody*. With ABC Radio National's Claire Nichols. Presented in partnership with ABC Radio National. 2–2.55PM **STEPHANIE ALEXANDER: *THE COOK'S COMPANION* 30TH ANNIVERSARY** Hear from Australia's beloved chef Stephanie Alexander on the 30th anniversary of her essential kitchen resource and one of our favourite cookbooks, *The Cook's Companion*. With chef Adam Liaw. 4–4.55PM **BRINGING THE PAST TO LIFE** Sink into stories from near and far in this Festival favourite event with Robbie Arnott, Yann Martel and Tasma Walton, in conversation with ABC Radio National's Kate Evans.	10–10.55AM **BIG HISTORIES** Revisit the past to find solutions for the present and future with bestselling author Amitav Ghosh and existential risk researcher Luke Kemp, with host Clare Wright. 11.30AM–12.25PM **SUSAN CHOI: *FLASHLIGHT*** Join 2025 Booker Prize–shortlisted writer Susan Choi as she discusses family, absence and alienation in her new novel *Flashlight*, in conversation with Beejay Silcox. Supported by the Literature Translation Institute of Korea and the Korean Cultural Centre Australia. 2–2.55PM **TRENT DALTON: *GRAVITY LET ME GO*** Join multi-award-winning writer Trent Dalton to discuss his latest novel, *Gravity Let Me Go*, and its themes of love, family, ambition and deception. In conversation with Cassie McCullagh. Supported by Vision Australia. 4–4.55PM **GREAT ADAPTATIONS** Get behind-the-scenes insight into adapting stories from page to screen with writers Mick Herron (*Slow Horses*) and Suzie Miller (*Prima Facie*) in conversation with Benjamin Law.	10–10.55AM **AMITAV GHOSH IN CONVERSATION** Join acclaimed writer Amitav Ghosh to explore the themes of history, post-colonialism and environmentalism behind his rich body of work, including his new novel *Ghost-Eye*, in conversation with Michael Williams. 12–12.55PM **THE FUTURE OF DEMOCRACY: TRUMP'S AMERICA WITH JON SOPEL** Join journalist and writer Jon Sopel as he considers how to withstand the forces eroding democracies worldwide, in conversation with Nick Bryant and Rosalind Dixon. Presented in collaboration with the UNSW Resilient Democracy Lab.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cooking/Baking Day	Activities and Games Day	Arts and Crafts Day	Fitness/Wellness Day	Community Outing Day
Time: 9am - 3pm **What to expect:** We will be offering a full day of cooking. This activity will include things like baking cupcakes, biscuits and slices.	**Time:** 9am - 3pm **What to expect:** Come and get competitive with some musical Bingo and other games. **Session One –** 9am-12pm. This will be for all the musical bingo. Prizes will be included for the winners! **Session Two –** 1pm-3pm. We will have game stations set up in the Hub (games, puzzles, video games, etc)	**Time:** 9am - 3pm **What to expect:** Put your arts and crafts skills to the test! **Session One –** Paper Mache! Get creative and choose your own inspiration for a Paper Mache object. **Session Two –** Experiment with the variety of materials available to you- drawing, painting or colouring in.	**Time:** 9am - 3pm **What to expect:** Come and join us to enhance your mental and physical wellbeing and enjoy a relaxing day. In the morning, we will be complete light exercise, a walk or swim on return to the Hub we will be engaging in an hour of mindfulness and chair yoga, or meditation	**Time:** 9am - 3pm **What to expect:** We will be journeying around Forster/Tuncurry for the day. This will include exploring the town, a walk along the beach or break wall and a BBQ lunch or picnic by the water provided.

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SUPPORTING YOUR INDEPENDENCE

MidCoast Council Meeting summary - 29 April 2026



Above: The popular Barrington Air Show will be back at Taree Airport.

Mayoral Minute

A Mayoral Minute called for MidCoast Council to join the Country Mayors Association of NSW to campaign for an increase in Federal funding for local Councils.

The campaign asks that the Federal Government restore payments to local governments across Australia to at least 1% of total taxation revenue as was the case in the 1990s.

Public exhibition of draft delivery program 2025-2029 and draft operational plan 2026-27

Councillors voted for the Draft Delivery Program 2025-2029, the Draft Operational Plan 2026-2027 and the Draft fees and charges 2026-2027 be placed on public exhibition for 25 working days.

The Delivery Program is a statement of commitment to the community from the elected Councillors and translates the community's goals from the Community Strategic Plan into clear actions.

The Operational Plan represents the second year of the Delivery Program 2025-2029. It details the principal activities and projects that Council will deliver in 2026 – 27 to achieve the commitments of the Delivery Program.

The draft plans reflect the reality of increasing financial pressures and the need to prioritise essential services and infrastructure across one of the largest local government areas in New South Wales.

The 2026-2027 budget is based on Council adopting a rate structure that will incorporate the 3.10% rate peg approved by IPART.

The draft 2026–27 budget includes total expenditure of $439 million. This year's budget has been boosted substantially as a result of disaster recovery funding.

Improving the region's extensive road network remains a key priority with over $58 million allocated to road renewals and maintenance. Council has undertaken a detailed review of its operations, identifying savings to redirect an additional $4.064 million into road funding. An additional $90 million is for natural disaster recovery works arising from the May 2025 floods. This brings a total of $149 million allocated to roads in 2026–27.

The Draft Delivery Program for 2025-2029 (revised 2026-27) and Draft Operational Plan for 2026–27 will be on public exhibition from 1 May to 4 June at:

https://haveyoursay.midcoast.nsw.gov.au/planning-ahead-our-4-year-plan-annual-budget

Development activity and assessment performance January – March 2026

MidCoast Council continues to perform strongly with the timeframes for development applications.

For the period Council assessed the most applications (646) of any regional NSW Council and Council's median determination time continues to improve with 36 days recorded.

Onsite wastewater management strategy 2026-2031 - adoption

The onsite wastewater management strategy was adopted following a public exhibition period of five weeks and attracted 186 submissions.

The strategy was largely adopted as exhibited except for a change to the funding model. Instead of moving toward a risk based model the current flat service fee of $92 a year will remain.

The option addressed the key community concerns raised during consultation, particularly in relation to cost, it avoids introducing a new revised fee structure and enables implementation of the proposed inspection framework within current financial settings.

Major event sponsorship

Council has estimated a return of 379:1 when it comes to their major event sponsorship.

Council committed to three years of major event sponsorship to the tune of $90,000 with a total economic impact for the region of more than $34 million.

The events include the Old Bar Beach Festival, Barrington Coast Air Show and the Barrington Coast Beach 5s at Forster Main Beach.

Tender for Cedar Party recreation reserve multipurpose building

The tender for the construction of the recreation reserve multipurpose building was awarded to Daniel Stallworthy Building. The amenities building was destroyed in the 2021 flood event. The new facility has been designed to meet the needs of the current and future user groups and has been intentionally designed as a simple, durable and low maintenance facility.

MidCoast Aquatics Strategy

The MidCoast Aquatics Strategy was adopted by Councillors. The strategy has been developed with a focus on financial sustainability through a practical plan that provides appropriate aquatic facilities across the LGA.

The strategy was on public exhibition for 25 days with a total of 132 submissions received from the community.

Implementation of the strategy will be heavily dependent on securing external funding to deliver the works

NAIDOC funding

Funding of $8000 will be granted to two local organisations to go toward NAIDOC Day celebrations.

Both Tea Gardens Hawks Nest Aboriginal Reference Group and Forster Local Aboriginal Land Council will receive $4000 each.

Stroud customer service point and library

The Stroud customer service point and library will now operate on reduced hours.

Opening hours will go from Monday to Friday 9am to 12noon to Tuesday to Thursday 9am to 12 noon.

This follows a three month trial of reduced hours and a period of community consultation with the Stroud community.

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

The next Council meeting is on 27 May at 1pm.





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Marine Rescue volunteers honoured amid reminder of risks

By Mary Yule – Forster Fortnightly

Four long-serving volunteers with Marine Rescue Forster Tuncurry have been recognised for their dedication, receiving 15 Years of Service Medals at a ceremony on Tuesday 5 May.

Peter Nash, David Gibson, Richard Neal and Henry Kocon were presented with their medals by Unit Commander Geoff Anderson and Federal MP Alison Penfold. Fellow volunteer Ray Mazurek was also acknowledged, receiving a NSW Premier's 2022–23 Flood Emergency Citation.

The ceremony came just hours after the tragic incident involving Marine Rescue volunteers in Ballina, casting a sombre tone over proceedings and underscoring the risks faced by those who serve on the water.

Mr Nash joined in December 2010 and progressed through roles including Boat Crew, Coxswain and Radio Watch Officer, while also contributing to community events such as the Tuncurry Markets.

Mr Gibson, who joined in October 2010, has held numerous leadership roles including Unit Commander from 2018 to 2023, as well as Deputy Unit Commander and Operations Officer Communications. He has also served as a WHS Officer and remains an active volunteer.

Mr Neal joined in October 2010 and has steadily built his qualifications from Radio Watchkeeper to Coxswain, also serving as a vessel trainer.

Mr Kocon, who joined in March 2010, has played a key role in communications and fundraising, including helping secure and operate the unit's BBQ trailer.

The ceremony also acknowledged broader contributions from volunteers such as Mr Gibson, who during his tenure as Unit Commander helped secure funding for major improvements, including a lift installation, the commissioning of rescue vessel FO20 Wallis Lake, and the replacement of a unit vehicle.



Above: (L-R) MP Alison Penfold, Peter Nash 15Yr, David Gibson 15Yr, Geoff Anderson (back), Richard Neal 15Yr, Henty Kocon 15Yr and Ray Mazurek NSW Premier 2022-23 Flood Emergency Citation. Photo by Mary Yule.

Speaking at the event, Ms Penfold said the timing of the awards highlighted the reality of the work carried out by Marine Rescue volunteers.

"I think it is a solemn occasion given events last night and it puts what you all do into very real perspective — one that perhaps more Australians should appreciate," she said. "We are an island nation, and there are many people using the water without always having the skills needed for the conditions they face. Without the work that you do, whether you're in the tower or out on the boat helping people, I want to say thank you on behalf of all Australians."

Ms Penfold also acknowledged the ongoing challenges faced by volunteer units, particularly around funding.

"I hope I can continue to support Marine Rescue. I know you don't have the financial support you need and rely heavily on fundraising just to keep the boats on the water," she said.

Marine Rescue NSW volunteers provide a 24/7 emergency response service, often in dangerous and unpredictable conditions.

At approximately 6.15pm on Monday 4 May, a Marine Rescue NSW crew from Ballina was responding to a distressed yacht off the South Ballina break wall when their vessel capsized in heavy seas while crossing the bar. Six crew members were on board, with four making it to shore. Sadly, two members died. Another person who had been on the yacht also died.

Marine Rescue NSW Commissioner Todd Andrews said the loss was a stark reminder of the dangers involved.

"These two men were serving their local community and have made the ultimate sacrifice to help others," Commissioner Andrews said. "Our thoughts and deepest condolences are with their families, fellow crew members, and the wider Marine Rescue community."



Manning - Great Lakes Police District Update



Above: Superintendent Grant Erickson (on right) welcomed Xavier, Sam and Blake to Manning Great Lakes Police District.

Dear Readers,

In my article this issue, I will highlight the great work your local police are doing with an external partner to help steer local youth towards good life choices. I will also introduce some new police faces and provide a few important road safety messages for the younger drivers out there.

'Sticks to Stadium' program

The Manning/Great Lakes Police District in partnership with NSW Rugby League and Penrith Panthers Rugby League Club provided the opportunity of a lifetime to ten Aboriginal school students from the Taree and Forster Aboriginal communities to firstly travel to Sydney Olympic Park as guests of the NSW Rugby League before travelling to Penrith to be a part of the Penrith Panthers Rugby League Football Club 'Sticks to Stadium' program which was conducted between 1 May and 4 May 2026.

Thse organisations have been proudly supporting the Manning/Great Lakes Police District Aboriginal youth for several years. Participation in the program is used as a reward for good behaviour and school attendance, the positive social and cultural experiences is transformative for the students making this journey to the Penrith Panthers Rugby League Academy to learn what it takes to be a NRL player under their pathways program as well as being a being a good person in the community.

Prior to arriving at Penrith, the school students attended the NSW Rugby League Centre of Excellence at Sydney Olympic Park. The school students were shown through the Centre by David Trodden, Chief Executive Officer of the NSW Rugby League.

After arriving at the *Nectr Penrith Panthers Rugby League Academy, the students were met former NRL player, Glen Liddiard. Glen is the Penrith Panthers Aboriginal & Indigenous Welfare officer and a proud Biripi man whose Aboriginal family came from Dingo Forest near Wingham. Glen outlined his Aboriginal heritage before describing how education is building a strong Aboriginal culture within the Penrith Club. Glen also spoke about the importance of attending school and obtaining a good education, making the right choices in life, as well as being a good role model on and off the field, even when the going gets tough.

Glen then showed the students through the Penrith facilities and outlined what it takes to be an NRL player, the sacrifices you must make to succeed at a first grade level, this includes being dedicated, maintaining good nutrition and looking after your sporting injuries through recovery and rehabilitation programs. The students were extremely lucky to watch the Penrith Panthers NRL team at the Academy before being given the opportunity to meet the team, including co-captains Isaah Yeo and Nathan Cleary.

On 2 May, the students engaged in a cultural Aboriginal enrichment activity and a yarn at the Warami Community Centre at Penrith before participating in a competitive Aqua-Golf session at Penrith Panthers Leagues Club.

On 3 May, the students went to Sydney Zoo Creek before travelling to CommBank Stadium, Parramatta for a private tour of the facility, then attended the NRL game between the Penrith Panthers and Manly Warringah Sea Eagles on 3 May.



Right: Forster and Taree students met some of the Penrith players.

New faces

Monday 4th May 2026, was the first day for three new Probationary Constables, starting a career in the NSW Police Force. This was the largest class of Probationary Constables in many years hitting the streets across NSW. These officers will be working from Taree and Forster, learning from experienced officers to prevent, disrupt and respond to crime and help the community in their time of need. Superintendent Grant Erickson welcomed Xavier, Sam and Blake to Manning Great Lakes Police District.

Road Safety tip of the fortnight

In NSW, P1 (red) and P2 (green) platers must follow strict safety rules: zero alcohol (0.00 BAC), a complete ban on mobile phone use while driving, speed limits of 90 km/h (P1) or 100 km/h (P2), and prohibitions on high-performance vehicles. P1 drivers under 25 also have late-night passenger limits.

Key Safety Rules & Restrictions (2026)

- **Alcohol/Drugs:** A strict 0.00% blood alcohol concentration (BAC) applies to all P1 and P2 drivers.
- **Mobile Phones:** Never use a mobile phone, even if stationary in traffic, via Bluetooth, or on loudspeaker.
- **Speed Limits:** P1 drivers cannot exceed 90 km/h; P2 drivers cannot exceed 100 km/h.
- **Passenger Limit (P1 Under 25):** Between 11:00 PM and 5:00 AM, you may only carry one passenger under 21.
- **Vehicle Restrictions:** You are banned from driving high-performance vehicles, including those with high power-to-weight ratios or modified engines.
- **Display Plates:** P1 (Red) or P2 (Green) plates must be clearly displayed on the front and rear of the vehicle.
- **Demerit Points:** P1 drivers are limited to 4 demerit points; P2 drivers are limited to 7. Exceeding this leads to suspension.

* Nectr is an Australian energy retailer.

And remember, please be kind to each other and say "G'day" to your local police!

Timothy Bayly - Chief Inspector & Officer in Charge, Forster Police Station

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MidCoast Business Awards are open for nominations

Business NSW - Mid North Coast

The Coastline MidCoast Business Awards are now open until 14 June 2026.

It's time to celebrate and recognise outstanding business achievements within the Mid Coast region.

This is a fantastic opportunity for your business to be at the forefront of community recognition and celebrate success alongside other industry leaders.



Key Dates

Applications Close: Sunday 14 June

Finalists Announced: 7 July

All submissions are to be lodged through the online portal at: https://midcoast.awardsplatform.com/

Award categories:

- Business of the Year
- Outstanding Business Leader
- Outstanding Community Organisation
- Employer of Choice
- Outstanding Employee
- Excellence in Diversity and Inclusion
- Best Construction, Industry or Manufacturing Business
- Best Education and Training Business
- Best Professional Services
- Best Retail Business
- Best Trade Business
- Best Hospitality Business
- Best Health & Wellbeing Business
- Best Innovation Business
- Best Personal Services Business
- Excellence in Sustainability
- Outstanding Visitor Experience (Tourism Business)
- Outstanding New Business
- Best Customer Service
- People Choice (Service)
- People Choice (Product)

Practical AI workshop for local businesses



Above: Megan Lewis from Resolution Network.



Above: Jake Dawson from Upbound.

Resolution Network

Artificial Intelligence (AI) is no longer something reserved for big corporations or tech companies. It's quickly becoming part of everyday life — helping businesses save time, improve customer service, and reduce pressure on already stretched teams.

But for many regional business owners, AI can still feel confusing, overwhelming, or even a little confronting.

At a time when local businesses are already dealing with staffing shortages, rising costs, increasing workloads, and constant change, finding the time to understand AI can feel like just another thing added to the list.

The reality, however, is that AI is already changing the way businesses operate — and the business owners who understand how to use it well are better positioned for the future.

That's why Megan Lewis from The Resolution Network and Jake Dawson from Upbound are hosting a practical, people-focused workshop designed specifically for regional business owners and managers.

This workshop isn't about complicated technology or technical jargon. It's about helping local businesses understand what AI actually is, where it can genuinely help, and how to introduce it into workplaces without losing the human relationships and personal communication that good businesses are built on.

The workshop also features a panel of local business owners sharing their firsthand experiences - Trent Chapman from Local Pest Experts and Meg Campbell from Coast to Country HR.

The workshop will be held on Wednesday 27 May from 8.30am – 11.30am at the Taree Universities Campus.

To purchase your tickets, visit: Resolution Network Workshops & Events

(See advertisement below)

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AI & YOUR PEOPLE getting the balance right
AI is no longer something corporates or multinationals are experimenting with - it's already shaping how regional businesses operate.
But with opportunity comes uncertainty.
How do you use AI without losing the human intelligence, judgement, and relationships your business relies on?
How do you protect your people while still staying competitive?
GET ON THE FRONT FOOT WITH AI AND YOUR TEAM
This practical, no-nonsense workshop is designed specifically for business owners, managers, and team leaders who want to get ahead of the curve without getting lost in the hype.
WALK AWAY WITH:
• A clear understanding of what AI actually is (and what it isn't)
• A simple framework to help you decide where AI fits in your business
• Real examples of how local businesses are using AI to save time, reduce pressure on their teams, and deliver great customer service
• Insights into the risks you need to manage - especially around people, culture, and communication
• Practical ideas you can implement immediately
EVENT DETAILS
WEDNESDAY 27 MAY 2026
8.30AM - 11.30AM
Taree Universities Campus, 2 Pulteney Street Taree
REGISTRATION ESSENTIAL
Register today!
resolutionnetwork.com.au/workshops-and-events
THE RESOLUTION NETWORK
Spaces are strictly limited. Registrations close 20 May 2026.

Four organisations bring lighting to Family Retreat



Above: (L-R) Lions member Dave Christ, Anna Grace-Leonard from Energetic Lighting and Rotarian Brad Fletcher combined efforts.

By Mary Yule – Forster Fortnightly

A collaboration between the Rotary Club of Lower Mid Coast, the Forster Tuncurry Lions Club, Cetnaj electrical products in Forster and Energetic Lighting in Coffs Harbour has resulted in much need outdoor lighting at the Ronald McDonald House Family Retreat in Forster.

The project came about after Rotary Club of Lower Mid Coast President Brad Fletcher noticed the lack of lighting during a volunteer visit.

"Rotary does the Meals from the Heart program at Ronald McDonald House regularly on a Tuesday night," Brad said. "I was there one evening and noticed the area where the kids were playing after the barbecue was very dark. It was difficult to see and potentially unsafe."

Brad raised the issue with Ronald McDonald House Charities Northern NSW Community Engagement Coordinator Sarah Wilkinson, who is based at the Family Retreat.

"She agreed the lighting was needed but said it hadn't been possible to organise," he said. "I work at Cetnaj, so I said let me see what we can do."

Brad then approached colleague and qualified lighting consultant Dave Christ, who is also a member of Lions Club. Together they assessed the site and determined that four floodlights would adequately light the area.

Brad said Energetic Lighting in Coffs Harbour, through Anna, generously agreed to donate the lights.

"She offered to supply all four floodlights at no cost, which was incredible," he said. "In return, she simply asked for a letter of appreciation she could share with her workplace."

The lights were installed by a local electrician organised through the Family Retreat, with the installation completed shortly afterwards.

"When I came back later, the lights were up and working perfectly," Brad said. "It's made a real difference to safety and usability of the space for families and children."

"It's a good example of Rotarians and Lions working side by side," he said. "People often joke about the rivalry, but in reality we collaborate very well when the opportunity arises."

The Rotary Club of Lower Mid Coast also contributes around $5,000 annually to support the Family Retreat as part of its ongoing community projects.

Vale John Lynch ESM - A Legacy of Service & Leadership

Diane Hallam - Marine Rescue Forster Tuncurry

Marine Rescue Forster Tuncurry and the wider Marine Rescue NSW community are mourning the loss of Life Member John Lynch ESM, who passed away on 1 May 2026

John's dedication to volunteer at marine rescue spanned more than three decades, shaping the organisation and the community it serves. He joined the Royal Volunteer Coast Patrol in 1995 as a Radio Operator, later serving as Watch Leader, Boat Crew, Coxswain, and Divisional Treasurer. In 1999, he became Divisional Commander, transforming the Forster Tuncurry division from a small team operating out of a four-square-metre room into a respected, capable rescue unit.

John envisioned a division recognised by the community, equipped with a proper rescue vessel and a permanent base. Through tireless effort and negotiation, he secured a six-metre Shark Cat on a peppercorn lease and a free mooring in the harbour, a milestone that marked the beginning of a new era for the unit. His leadership inspired members to prepare the vessel and respond to their first assist with pride.

He then led the design, funding, and construction of the permanent base that stands today, a state-of-the-art search and rescue coordination centre. Every dollar was raised by volunteers, guided by John's determination and belief in community service.

Over the years, John held numerous leadership roles, including Regional Controller (Mid North Coast), State Rescue Board Accreditation Team member, RVCP North Coast Delegate for 12 years, and Marine Rescue NSW Board Member for 11 years. His honours include the Emergency Service Medal (ESM) in 2016, 30-Year Long Service Medal, Commissioner's Commendation for Service, and Life Memberships of both Marine Rescue NSW and the Forster Tuncurry Unit.



In March 2025, John was presented with his second Marine Rescue NSW Service Medal Clasp for 30 years of service, along with a Commissioner's Commendation for Service, by then Commissioner Alex Barrell, Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, and Mr Dennis Wilson.

A tireless volunteer, John gave generously across Marine Rescue NSW, the RSL and the local RFS, contributing to fundraising, crew operations, and community leadership. He joined members of Marine Rescue and the RSL for Anzac Day 2026 at Tuncurry Lone Pine Memorial, his final public appearance.

Rest in peace, John. You will be greatly missed by your fellow volunteers, friends, and the greater Forster Tuncurry community.

See p23 for the funeral notice for John Lynch.



Big-name Artist brightens Pacific Palms School



Above: Mulga the artist with P&C President Rachel Walker.

Right: Students from Pacific Palms creating their own colourful gorilla masterpieces.



Pacific Palms Public School P & C

Pacific Palms Public School has been transformed by colour and creativity this term, with internationally recognised artist Mulga bringing his trademark vibrant style to the school through two custom-designed murals.

Organised by the Pacific Palms Public School P&C, the project was originally envisioned to bring colour to a quiet corner of the school grounds. But as ideas began to flow, so too did the scale of the project, growing into two large murals celebrating the local environment, culture and wildlife chosen by the children.

Painted over six days, the murals feature familiar local characters including the tawny frogmouth that lives near the oval, the cheeky kookaburras known for stealing lunches, Boomerang Headland, and even a diamond python—playfully depicted slurping on an icy pole. Watching over it all is Palmy the rainbow lorikeet, the school's colourful mascot.

A second mural takes viewers underwater, featuring the Worimi totem – dolphins, along with turtles and a whimsical octopus.

Students were also given the opportunity to take part in an artist workshop, where Mulga shared his creative journey and spoke about creativity, resilience and entrepreneurship. Each student had the chance to get hands-on and paint their own gorilla with some amazing paintings being produced.

During the mural painting, Mulga quickly became a schoolyard celebrity, with students surrounding him at lunch and recess, firing off the big questions like "Do you sleep here overnight?" and "Why is the sky lilac?"

"It was a full week of art and curiosity," P&C President Rachel Walker said. "The kids were completely engaged. It was such a special experience for our whole school community."

The P&C thanks Principal Mel Merchant for her enthusiastic support of the project, Pacific Palms Arts Inc for their generous donations, and the wider Palms school community for helping raise funds to make the murals possible.

Tanya's Community Update



I hope everyone across the Myall Lakes electorate had the opportunity to enjoy Mother's Day on Sunday and spend some quality time with family and loved ones. Mother's Day is always a wonderful reminder to recognise the incredible contribution mothers, grandmothers, carers and strong women make in our communities every single day.

Last week I was back in Parliament continuing to fight for our region and raise the issues that matter most to our local communities. I spoke on the importance of fuel security and stability, particularly for regional areas like ours where families, businesses, farmers and emergency services rely heavily on consistent and affordable fuel supply.

I also continued advocating strongly for fairer road funding for regional NSW. Our communities deserve safe and reliable roads, and it is vital that regional areas receive their fair share of infrastructure investment.

This week I return to Parliament to continue pushing for answers from the Health Minister regarding the Forster Urgent Care Clinic and redevelopment of Manning Base Hospital. I will also take up the fight to keep our local primary schools at Bobin and Upper Lansdowne.

As always, if there is anything my office can assist with, please do not hesitate to reach out.

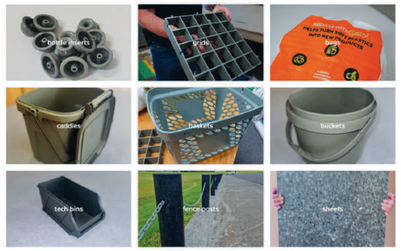
MP Tanya Thompson



Local soft plastic recycling

By Ingrid Horsburgh – Hallidays Point

After the collapse of the REDcycle program in 2022, recycling soft plastics became nearly impossible for most Australians. But that's changing — and Taree is at the heart of the solution.



Above: iQRenew at Kundle Kundle processes over 14,000 tonnes of soft plastics every year to be reused in manufacturing.

What can you recycle?

The simple rule is: if you can scrunch it into a ball and it stays scrunched, it's likely a soft plastic. Accepted items include grocery and shopping bags, bread bags, frozen food bags, chip packets, pasta and rice bags, cereal box liners, reusable eco bags made from soft plastic, and netted produce bags (remove any metal rings or ties). You can also include pet food and potting mix bags, nappy wipes packets (with any hard plastic removed), and rinsed yoghurt or baby food pouches. Plastic wrap, biscuit wrappers, and frozen food packaging are also accepted.

Items must be reasonably clean — other materials like paper bags, hard plastics, or nappies will contaminate the collection and may result in surrounding items being sent to landfill.

Where do you drop them off?

Woolworths stores at Forster, Taree, and Tuncurry are now accepting soft plastics as part of a national supermarket trial. Drop them in the collection bins at the front of these stores. Please only drop off household quantities — not large stockpiles.

What happens next?

Not all soft plastic recycling stays local. Soft plastics from these Woolworths drop offs are taken to the local recycler at Kundle Kundle, iQRenew who operates Australia's largest purpose-built soft plastics facility — the SPEC plant. It processes over 14,000 tonnes of soft plastics every year, shredding, washing, and sorting them into pellets, flakes, or shredded material for manufacturers.

What are they turned into?

Recycled pellets from the Taree facility are already being used by Australian manufacturers, including Trendpac on the NSW Central Coast, which has become the first company in the country to trial soft plastic content in bottles — with up to 60 million bottles per year potentially including recycled soft plastics. Other products include fence posts, park benches, and road asphalt.

Soft plastics still cannot go in your yellow-lid kerbside bin, so the supermarket drop-off points remain the best option for local residents. Contact Mid Coast Council if you would like to encourage them to fund soft plastic collection in our yellow bins.

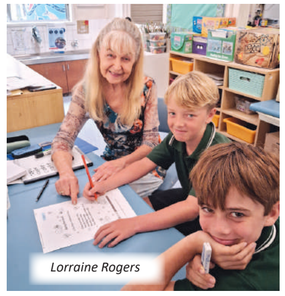
Volunteers Week: Honouring our wonderful Lorraines

Bungwahl Public School

As we celebrate Volunteers Week (18 - 24 May), we take a moment to pay tribute to two very special and dedicated volunteers who have been an integral part of our school community for many years – the two Lorraines.

Both Lorraines have generously shared their talents and care, supporting our students and staff in countless ways over the past eight years, and students from many schools over decades of working and volunteering in education.

Lorraine Rogers has been the inspiring coordinator of The Tell Me a Story writing competition, encouraging our students to craft interesting and accurate stories. She also works closely with individuals and small groups to enhance literacy skills through friendly, targeted programs that support reading and writing development. Lorraine also provides valuable assistance strategies to staff, deepening their understanding of reading challenges such as dyslexia, and helping all students reach their potential.



Lorraine Rogers



Lorraine Burns

Lorraine Burns has played another vital role behind the scenes bringing her beautiful art and organisational skills to the K-2 classroom. For many years, she has supported Mrs. Tuft and Ms. Noonan by preparing incredible individual craft activities designed to help students learn their single letter sounds. She also supports both staff and students by organising reading resources, classroom equipment, caddies, and student displays.

Both Lorraines dedicate many hours to preparing resources, planning with staff, working with students, and spending quality time at Bungwahl PS. Their quiet dedication is making a significant difference in the learning journeys of our students, and we value their commitment immensely.

On behalf of all the students and staff of Bungwahl Public School, THANK YOU, Lorraines, for your ongoing generosity and wonderful support.



Our Local wildlife

FAWNA

Wedge Tailed Eagle

By Kym Kilpatrick – FAWNA Hallidays Point



Above: Photo of a Wedge Tailed Eagle by Ian Bradshaw.

June the 5th is World Environment Day. Consequently, this article will focus on Australia's apex aerial predator, the magnificent Wedge Tailed Eagle.

Wedge Tailed Eagles (Aquila audax) are not only Australia's largest bird of prey, but one of the largest, most powerful eagles in the world. Females are larger than males with a full-grown female weighing between 3.0 and 5.8 kg to the male's weight of between 2 to 4 kg. Otherwise, sexes are similar. They are between 81 and 106 cm long. They are generally black-brown coloured but with russet napes, wings and under-tail coverts. Their bills are dull white with a dark tip and their eyes are hazel brown. They have long feathered legs, pale feet and long black claws. Their wingspan can reach between 182 and 232 cm and they have a characteristic wedge-shaped tail.

Before being legally protected in the 1970's Wedge-tailed Eagles were driven almost to extinction on the false belief that they took live sheep and lambs. A bounty system that rewarded shooting and poisoning resulted in around 13,000 killed each year. Now as a protected species their numbers are slowly increasing.

Wedge-tailed Eagles inhabit a wide range of environments including deserts, forests, grasslands and mountains. They are opportunistic generalist predators and will hunt a wide variety of prey including birds, reptiles, wallabies and even full-grown kangaroos. The introduction of the European rabbit has provided them with another common prey source with estimates that rabbits comprise up to 70% of their diets. They will, especially when young, also eat carrion and are frequently seen consuming road killed animals. They can lift 50% of their body weight and will sometimes cache food in trees.

Typically, they hunt from a soaring height and are able to spot potential prey from over a kilometre away. At times they will fly and pounce from a perch, often a dead tree. At times a mated pair will hunt together. However, their success rate is usually less than 50%.

Wedge-tailed Eagles reach maturity at around 5 years and can live upwards of 20 years. They mate for life and are territorial. Courting involves mutual soaring, undulating dives, and tandem flights with rolling and foot-touching.

Both contribute to nest-building, a large heavy structure (up to 400 kg) made of dead sticks with a diameter of 1.8 metres and a depth of 3 metres built on the highest tree or cliff in their territory. Nests are lined with fresh twigs and leaves each season and sometimes during the nesting period.

Breeding occurs between April to September with one to three eggs laid, 3 days apart. Incubation takes about 45 days with eggs hatching at different times. Both parents care for the chicks which hatch fluffy white before fledging in another 70 to 90 days. The eaglets will continue to be dependent on their parents for another 6 months before dispersing to find their own territory. It is at this stage that they are most vulnerable, including becoming victims themselves of vehicle strikes or secondary poisoning from poisoned rabbits.

Join community regen at Forster Community Garden



By Joël Dunn - Karuah & Great Lakes Landcare

Friday 29th May 2026 8.30am-11.30am, Forster Community Garden – end of West St, Forster

Join Barray Alliance Worimi Rangers to continue the fantastic regeneration work on Pennington Creek, from its mouth by the past and future Community Garden site, up to Macintosh St. We'll follow up and mop up the good work on weeds and plant some bush foods amongst the vegetation around the creek.

Light refreshments and basic regen tools and gloves provided.

No need to RSVP, just turn up in boots, hat and full-length protective clothes. BYO favourite tools and gloves if you like.

For more information, please contact Joël greatlakes@midcoast2tops.org.au





NSW Volunteer of the Year Awards open

The Centre of Volunteering

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

Is there a volunteer who inspires you? Submit a nomination today

There are 7 categories for the Awards.

- Young Volunteer of the Year - up to 24 yrs
- Adult Volunteer of the Year - 25 to 64 yrs
- Senior Volunteer of the Year - 65 yrs and over
- Volunteer Team of the Year - Two individuals or over
- Emergency Volunteer of the Year - An individual or teams volunteering in emergency prevention, preparation, response, or recovery efforts.
- Volunteer Leader of the Year - A designated volunteer manager, a team of volunteer managers or a registered not-for-profit organisation
- Not-for-Profit Voluntary Governance Award - An unpaid board of directors or individual board member, who exemplifies excellence in governance

Nominations are open until Friday 29 May 2026.

For more information and submissions, please visit: https://www.volunteering.com.au/awards/about-the-awards/



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



Influenza and COVID-19 viruses are always changing, and the risk of serious illness goes up if you're over 65. By vaccinating regularly, you can protect yourself before a new strain goes around.

Speak to your health professional and book your vaccinations today or visit *health.gov.au/winter-vaccinations*

Australian Government

Authorised by the Australian Government, Canberra

Sprechen Sie Deutsch? Parli Italiano? Parles-tu Francais?



By Gai Hoddinott – Great Lakes Tuncurry Campus

Well actually, there's a few students at Great Lakes College who do. And there's others who speak Spanish, Japanese and Korean. Many, many more students in Year 7 have studied Japanese, currently 130 in Year 7 this year at Tuncurry Campus.

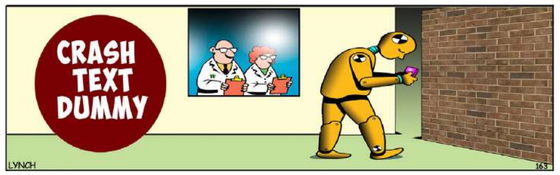
Great Lakes College makes provision for students who would like to study languages unable to run as electives in Stages 5 and 6. This is done through Distance Education courses, coordinated and supervised by GLC staff in conjunction with Camden Haven School of Distance Education. This allows committed students to currently study languages such as German, Italian, French, Japanese, Spanish and Korean, either as Beginners or Continuers, as well as other courses either not offered by the college because of small demand or conflicting subjects, as is currently the case with some students using Distance Education to study Commerce, Investigating Science and Legal Studies.

Australia is a richly multicultural and multilingual society, as highlighted by the latest national census data. Between 2016 and 2021, the percentage of people who reported speaking a language other than English at home, increased from 21.6% to 22.8% of the total population, in line with the increase in the number of overseas-born residents and their families. Nevertheless, the number of students studying languages in secondary schools has declined markedly in recent decades with many people asking 'what the dickens happened to language study in NSW'.

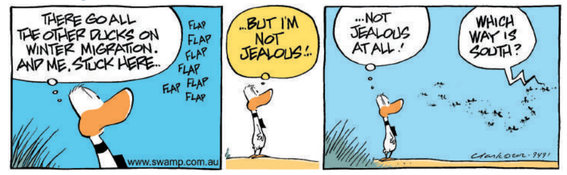
Bucking the trend, the extension of language study at GLC, with the senior campus this year offering a Stage 6 Japanese class and the number of students studying an eclectic mix of languages through Distance Education, may well be attributed to one firebrand teacher, Michelle Jones igniting in students a passion for language in her Stage 4 classes, as well as reflecting the changing demographic of our Forster-Tuncurry area.

The acid test will be if these numbers continue and, if so, what the results of their study will be in the Higher School Certificate.

The Grin Bin



Swamp



Doodley Squat



Bushy Tales



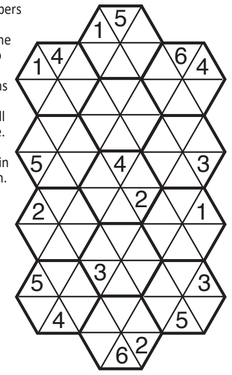
Sudoku

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

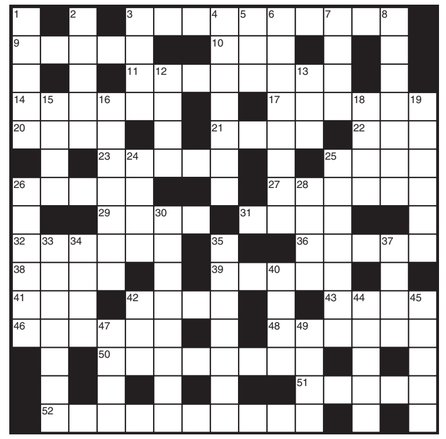
	8	6	2					
2			7	4			3	
					5	8		2
		9		1				4
		8	6	5				
3						5		
			3	7				
							6	
	3	7	4			9	5	

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 Vanishes
9 Papal authority administration
10 And not
11 Happening
14 Resist
17 Pamper
20 Shoal
21 Copied
22 Friend (Fr)
23 Primary
25 Prophetic sign
26 Direct a course
27 Departure
29 Coarse file
31 Utilised
32 Calm
36 Himalayan kingdom
38 Walked
39 Snake
41 Period of time
42 Festivity
43 Comfort
46 Border
48 Forced in
50 Praising
51 Large
52 Gives up

DOWN

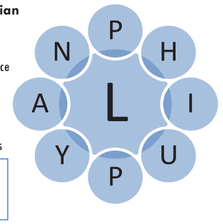
1 Thespian
2 Fruit
3 Speaker's platform
4 Give life to
5 School of whales
6 Goes before
7 Performs
8 Plots
12 Nigh
13 Indicate agreement
15 Raw hide
16 Tendered
18 Identical
19 Christmas decoration
24 Country
25 Commanded
26 Method
28 Unit of inheritance
30 Musical composition
33 Messages
34 Bellow
35 Warded off
37 Church recess
40 Chess piece
42 Repair
44 Concur
45 Prepares for publication
47 Equipment
49 Ova

Focus

An All Australian Word Game

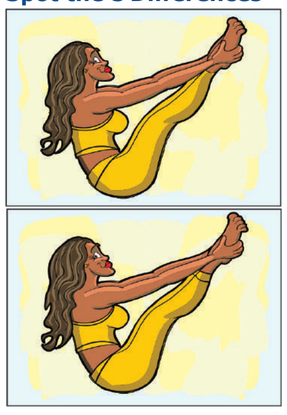
* Each word must contain the centre **'Focus'** letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words

TODAY'S FOCUS	Good: 9 words Very good: 14 words Excellent: 26 words



Reference: Macquarie Concise Dictionary
Focus No. 3984

Spot the 5 Differences



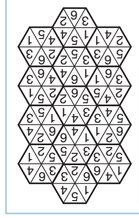
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



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



SPOT THE 5 DIFFERENCES: Hair changed, waistband smaller, extra toe, foot missing, ankle cuff on pants.

FOCUS: apply hail happily haul hula inlay lain liny lynch nail pail papi phial phyla pilau plain play pulp pulpy punily pupal pupil ulna UNHAPPILY

YOUR FORTNIGHTLY TV GUIDE

May 13 – 19

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 11.20 Back Roads. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 2.00 Parliament. 2.55 Grand Designs Aust. 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 Guy Mont Spelling Bee. 9.25 Urzila. 9.50 Bad Company. 10.15 Planet America. 11.25 You Can't Ask That. 11.55 Murdoch Mysteries. 12.45 Long Lost Family. 1.30 Parliament. 2.35 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 Alexander Armstrong In India. 8.30 The Trial Of Michael Jackson. 9.25 The Audacity. 10.30 SBS News. 11.00 Rise Of The Raven. 12.00 Blue Lights. 2.05 Classified. 3.45 Great Coastal Railway Journeys. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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. (PG) 10.00 The Agenda Setters. 11.00 Why Bridges Collapse. (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 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. (PG) 9.40 News. 10.40 Cheap Seats. (M) 11.40 10 News+. 12.10 Stephen Colbert. 1.00 Shopping.
THURSDAY	6.00 Morning Programs. 11.25 Urzila. 12.00 News. 1.00 Bergerac. 1.45 Tech Smart Agriculture. 2.00 Parliament. 2.55 Grand Designs Aust. 3.55 Frankie Drake. 4.40 Long Lost Family. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 Budget 2026: Opposition Reply. 8.00 7.30. 8.30 Grand Designs. 9.20 The Assembly. 10.05 News. 10.20 The Business. 10.35 Frankie Drake. 11.20 Long Lost Family. 12.10 Parliament. 1.10 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.05 Cotswolds And Beyond With Pam Ayres. 3.00 Living Black. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Rick Stein's Australia. 8.40 American Prince: JFK Jr. 9.30 A Gentleman In Moscow. 10.30 SBS News. 11.00 Under The Bridge. 11.50 DNA. 2.25 Great Coastal Railway Journeys. 4.10 Bamay. 5.00 Eurovision Song Contest.	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. 7.30 Highway Patrol. 8.00 Motorway Patrol. 8.30 Britain's Got Talent. (PG) 10.30 Unbelievable Moments Caught On Camera. 11.30 SAS: AUS v ENG. 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: Abducted On Prom Night. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL Women's State Of Origin. Qld v NSW. 9.35 NRL Women's State Of Origin Post-Match. 10.00 9News Late. 10.30 The Inheritance. 11.30 First On Scene. 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 Taskmaster Australia. (M) 8.40 The Claudia Winkleman Show. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Compass. 10.30 Stuff The British Stole. 11.00 Antiques Roadshow. 12.00 News. 1.00 The Assembly. 1.45 Bad Company. 2.10 Guy Mont Spelling Bee. 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 Gardening Aust. 8.30 Patience. (M) 9.20 Gruen. (PG) 9.55 Urzila. (M) 10.20 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. 2.05 Cotswolds And Beyond With Pam Ayres. 3.00 Nula. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Eurovision Song Contest. 10.00 Rock Legends. 10.30 SBS News. 11.00 The King. 11.55 Babylon Berlin. 1.50 Syndrome E. 3.55 Great Coastal Railway Journeys. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Malicious Motives. (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.** **7.30 Football.** AFL. Round 10. Sydney v Collingwood. From the SCG. 10.30 AFL Post-Game Show. 11.15 GetOn Extra. 11.45 My Reno Rules. (PG) 1.20 Quacks. (M) 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: Paris Can Wait. (2016) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. **7.30 Rugby League.** NRL. Round 11. South Sydney Rabbitohs v Dolphins. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Rambo: First Blood. (1982) (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Building The Dream. 11.30 My Market Kitchen. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Love It Or List It Australia. 8.40 Have You Been Paying Attention? (M) 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 Death In Paradise. 1.30 Patience. (M) 2.20 David Attenborough's Galapagos. 3.10 David Attenborough's Great Barrier Reef. 4.10 Long Lost Family. (PG) 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. **7.30 Death In Paradise.** (PG) **8.30 Silent Witness.** (MA15+) Nikki conducts an unusual post-mortem. 10.15 Bergerac. (M) 11.00 Rage. (MA15+)	6.00 Morning Programs. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Sailing. Sail Grand Prix. H'lights. 3.00 Stories From The Cities. 3.30 U-96, The True Story Of Das Boot. 4.30 Cycling. UCI World Tour. Giro d'Italia. H'lights. 5.35 Cold War Spies. 6.30 News. 7.30 Eurovision Song Contest. 10.00 The Wonders Of Europe. 11.00 Snowpiercer. 1.40 The Kingdom. 3.00 Great Coastal Railway Journeys. 4.10 Bamay. 5.00 Eurovision Song Contest.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Arrowfield Dark Jewel Classic Race Day, Andrew Ramsden Race Day and Doomben 10,000 Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Better Homes And Gardens. **8.00 Ooops! I Bought A Pub.** **8.30 MOVIE: The Day After Tomorrow.** (2004) (M) Dennis Quaid. 11.00 SAS: AUS v ENG. (M) 12.00 Devils. (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 12.30 Great Australian Detour Snow. 1.00 Explore TV Viking. 1.30 The Hundred With Andy Lee. 2.30 Scar Tissue. 3.30 Tasman Trails. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 Rugby League. NRL. Eels v Melbourne Storm. 9.40 NRL Saturday Night Footy Post-Match. 10.00 MOVIE: City Of Lies. (2018) 12.05 Law & Order: Organized Crime. 1.00 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 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) 11.30 Elsbeth. (PG) 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 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. 3.15 Joanna Lumley's Spice Trail Adventure. 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. 9.30 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. 12.30 PBS Washington Week. 1.00 Speedweek. 3.00 Gymnastics. Artistic World Challenge Cup Series. H'lights. 4.30 Cycling. UCI World Tour. Giro d'Italia. H'lights. 5.30 The Battle Of Crete. 6.30 News. 7.30 Eurovision Song Contest. 12.00 MOVIE: Hallelujah: Leonard Cohen, A Journey, A Song. (2021) 2.05 Matched. 2.55 A Certain Mother. 4.15 Great Coastal Railway Journeys. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 House Of Wellness. 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 Child Snatchers: A Day At The Fair. (MA15+) 10.50 24 Hours In Police Custody. (M) 12.00 A Friend Of The Family. (MA15+) 1.15 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 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy Show. 1.00 Drive TV: Drive Car Of The Year. 1.30 Fish Forever. 2.00 Oz Off Road TV. 3.00 Rugby League. NRL. NZ Warriors v Broncos. 6.00 NBN News. 7.00 The Floor. (PG) 8.15 60 Minutes. 9.15 To Be Advised. 10.15 9News Late. 10.45 The First 48. (M) 11.40 American Ripper. (M) 12.35 Oz Off Road TV. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Buy To Build. 8.00 10 Minute Kitchen. 8.30 My Market Kitchen. 9.00 Freshly Picked. 9.30 Travel Oz. 10.00 The Chef's Garden. 10.40 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 Taskmaster Australia. 10.30 NCIS: Origins. 11.30 10 News+. 12.00 Shopping.
MONDAY	6.00 Morning Programs. 2.00 Spicks And Specks. 2.30 Brush With Fame. 3.00 Grand Designs Aust. 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Todd Sampson's Why? 10.40 News. 10.55 The Business. 11.10 Murdoch Mysteries. 12.00 Long Lost Family. 12.45 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 3.00 Going Places. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Robson Green's Weekend Escapes. 8.40 Ancient Greece By Train. 9.35 Buzzcocks. 10.20 SBS News. 10.50 Sambre: Anatomy Of A Crime. 11.50 Gomorrah. 2.45 Off The Beaten Track With Kate Humble. 3.55 Great Coastal Railway Journeys. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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. 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. (PG) 12.10 New Amsterdam. (MA15+) 1.10 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 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. 12.00 Shopping.
TUESDAY	6.00 Morning Programs. 2.25 Brush With Fame. 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 Shaun Micallef's Going For Broke. 8.45 Murder In The Skies: Who Downed MH17? 9.30 Compass. 10.05 If You're Listening. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.45 Media Watch. 12.05 Murdoch Mysteries. 12.55 Long Lost Family. 1.45 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 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 The Negotiator. 12.00 World On Fire. 3.15 Off The Beaten Track With Kate Humble. 4.25 Great Coastal Railway Journeys. 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 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. 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. (PG) 8.30 Clarkson's Farm. (M) 9.30 9News Late. 10.00 The Grand Tour. (M) 12.00 Footy Classified. 12.55 Destination WA. 1.30 TV Shop. 2.30 Building Ideas. 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 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 8.40 Cheap Seats. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. 12.00 Shopping.



May 20 – 26

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Spicks And Specks. 2.30 Brush With Fame. 3.00 Grand Designs Aust. 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gruen. 8.35 Guy Mont Spelling Bee. 9.25 Urzila. 9.50 Bad Company. 10.15 Planet America. 10.45 News. 11.00 The Business. 11.20 You Can't Ask That. 11.50 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 Alexander Armstrong In India. 8.30 The Trial Of Michael Jackson. 9.25 The Audacity. 10.30 SBS News. 11.00 Rise Of The Raven. 12.05 Golden Boy. 1.55 Classified. 3.35 Great Coastal Railway Journeys. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 Ultimate Crash Test. (PG) 1.00 Business Builders. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 The Hundred With Andy Lee. 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 NRL Origin Stories. 9.40 9News Late. 10.10 Freddy And The Eighth. 11.10 A Killer Makes A Call. 12.00 First On Scene. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 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 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 8.40 Elsbeth. (PG) 9.40 News. 10.40 Cheap Seats. 11.40 10 News+. 12.10 Stephen Colbert. 1.00 Shopping.
THURSDAY	6.00 Morning Programs. 10.00 Gruen. 10.35 Guy Mont Spelling Bee. 11.25 Urzila. 12.00 News. 1.00 Bergerac. 2.00 Spicks And Specks. 2.30 Brush With Fame. 3.00 Restoration Aust. 3.55 Frankie Drake. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Restoration Aust. 9.00 The Assembly. 9.45 Shaun Micallef's Going For Broke. 10.30 News. 10.45 The Business. 11.05 Frankie Drake. 11.50 Long Lost Family. 12.35 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 3.00 Living Black. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Rick Stein's Australia. 8.40 American Prince: JFK Jr. 9.30 A Gentleman In Moscow. 10.30 SBS News. 11.00 Under The Bridge. 11.55 DNA. 2.30 Off The Beaten Track With Kate Humble. 3.40 Great Coastal Railway Journeys. 4.15 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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. 10.30 Unbelievable Moments Caught On Camera. (PG) 11.30 TBA. 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 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love, Game, Match. (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. Canberra Raiders v Dolphins. 9.55 NRL Thursday Night Footy Post-Match. 10.40 9News Late. 11.10 The Inheritance. (M) 12.05 Tipping Point. (PG) 1.00 Fish Forever. 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 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Taskmaster Australia. (M) 8.40 The Claudia Winkleman Show. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Compass. 10.30 Stuff The British Stole. 11.00 Restoration Aust. 12.00 News. 1.00 The Assembly. 1.45 Bad Company. 2.10 Guy Mont Spelling Bee. 2.55 Restoration Aust. 3.50 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Shetland. (M) 9.30 Gruen. (PG) 10.05 Urzila. (M) 10.35 News. 10.50 Guy Mont Spelling Bee. (PG) 11.35 Love Me. 12.25 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 3.00 Nula. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 Paul Merton: Driving Amazing Trains. 8.30 China With Ben Fogle. 9.50 Rock Legends. 10.15 SBS News. 10.45 The King. 11.40 Babylon Berlin. 1.35 Syndrome E. 3.35 Great Coastal Railway Journeys. 4.10 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Hidden Family Secrets. (2021) 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 MOVIE: Ladies In Black.** (2018) (PG) Angourie Rice. 10.15 To Be Advised. 12.00 Quacks. (MA15+) 12.45 Dr Harry's Animal Encounters. (PG) 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: Listen Out For Love. (2022) 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. Canterbury Bulldogs v Melbourne Storm. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Rambo: First Blood Part II. (1985) (M) 12.40 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Building The Dream. 11.30 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Stephen Colbert. 11.40 10 News+. 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 Shetland. (M) 2.30 Mozart's Sister. 4.15 Shaun Micallef's Going For Broke. (PG) 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. **7.30 Death In Paradise.** (PG) **8.30 Silent Witness.** (M) A mysterious contagion spreads on a flight. 10.15 Bergerac. (M) 11.00 Rage. (MA15+)	6.00 Morning Programs. 3.00 Stories From The Cities. 3.30 Cleopatra: Mystery Of The Mummified Hand. 4.30 Cycling. UCI World Tour. Giro d'Italia. H'lights. 5.30 The Battle Of Crete. 6.30 News. 7.30 Jewels Of The Mediterranean. 8.20 Magical Train Journeys In Switzerland. 9.20 Elizabeth Taylor: Rebel Superstar. 10.15 The Wonders Of Europe. 11.15 Snowpiercer. 1.55 Matched. 2.45 Off The Beaten Track With Kate Humble. 3.55 Great Coastal Railway Journeys. 4.30 Bamay. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Sporting Chance Cancer Foundation Raceday, Sandown Saturday and Doomben Cup Day. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Better Homes. 8.00 Ooops! I Bought A Pub. (PG) **8.30 MOVIE: Armageddon.** (1998) (M) Bruce Willis. 11.35 TBA. 12.35 Motor Racing. Supercars C'ship. Tasmania Super 440. H'lights. 1.35 Devils. (MA15+) 2.30 Shopping. 4.00 It's Academic. 5.00 House Of Wellness.	6.00 Morning Programs. 1.00 Explore TV Viking. 1.30 Let's Eat With George. 2.00 Ready Vet Go: The Vet Paramedics. 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 VI – Return Of The Jedi. (1983) 10.10 MOVIE: Stargate. (1994) 12.20 Law & Order: Organized Crime. 1.10 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 Dogs Behaving (Very) Badly Australia. 11.00 Dog House. 12.00 GCBC. 12.30 Buy To Build. 1.00 Good Food Everyday With Gary Mehigan. (PG) 1.30 Frugal Foodie. 2.00 MasterChef Aust. (PG) 3.00 The Finish Line. 4.00 Lingo. 5.00 News. **7.00 To Be Advised.** 11.00 Building The Dream. 12.00 Ambulance Australia. (M) 1.00 Home Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 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. 3.15 Joanna Lumley's Spice Trail Adventure. 4.00 Restoration Aust. 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 Poh's Kitchen. 5.00 Insiders.	6.00 Morning Programs. 12.00 PBS News Compass Points. 12.30 PBS Washington Week. 1.00 Motorcycle Racing. ProMX C'ship. 4.00 Going Places. 4.30 Cycling. UCI World Tour. Giro d'Italia. H'lights. 5.30 The Battle Of Crete. 6.30 News. 7.30 Shut Your Big Fat Mouth John Safran! 8.45 Cannes Uncut. 10.15 Osher Günsberg: A World Of Pain. 11.25 The Rise And Fall Of Boris Becker. 1.15 Matched. 3.00 The Sculpture. 4.25 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 12.00 Sunday Footy Feast. 12.30 Football. AFL. GWS Giants v Brisbane. 3.30 Border Security: Int. 4.00 Better Homes. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The 1% Club. 8.00 7NEWS Spotlight. 9.00 The Real Adolescence: Our Killer Kids. 10.30 24 Hours In Police Custody. 11.40 Autopsy USA. 12.40 Motor Racing. Supercars C'ship. Tasmania Super 440. H'lights. 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 Fish Forever. 2.00 Oz Off Road TV. 3.00 Rugby League. NRL. North Qld Cowboys v South Sydney Rabbitohs. 6.00 NBN News. 7.00 60 Minutes. 8.00 The Michael Jackson Story. 10.00 9News Late. 10.30 The First 48. 11.25 American Ripper. 12.15 Oz Off Road TV. 1.05 Drive TV: Drive Car Of The Year. 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Buy To Build. 8.00 10 Minute Kitchen. 8.30 My Market Kitchen. 9.00 Freshly Picked. 9.30 Key Ingredient. 10.00 The Chef's Garden. 10.40 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 Taskmaster Australia. 10.30 NCIS: Origins. 11.30 10 News+. 12.00 Shopping.
MONDAY	6.00 Morning Programs. 11.40 You Can't Ask That. 12.00 News. 1.00 Landline. 2.00 Parliament. 2.55 Restoration 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. 9.20 Media Watch. 9.35 Planet America. 10.05 Todd Sampson's Why? 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 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 3.00 Going Places. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. H'lights. 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 Sambre: Anatomy Of A Crime. 12.05 Gomorrah. 3.00 Great Coastal Railway Journeys. 4.10 My Unique B&B. 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 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. 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. (PG) 12.10 New Amsterdam. (MA15+) 1.10 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 MOVIE: My Birthday Romance. (2020) 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 Michael Jackson Story. (M) 9.30 100% Footy. (M) 10.30 9News Late. 11.00 Outback Opal Hunters. (PG) 12.00 Footy Classified. (M) 1.00 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.
TUESDAY	6.00 Morning Programs. 2.00 Parliament. 3.00 Restoration 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 Shaun Micallef's Going For Broke. 8.50 Murder In The Skies: Who Downed MH17? 9.35 Compass. 10.05 If You're Listening. 10.30 News. 10.45 The Business. 11.00 Four Corners. 11.50 Media Watch. 12.05 Murdoch Mysteries. 12.55 Long Lost Family. 1.40 Rage. 4.00 Gardening Aust. 5.00 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Scotland's Extreme Medics. 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 The Negotiator. 12.00 World On Fire. 3.15 Finding Your Roots. 4.15 My Unique B&B. 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 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 Doc.** (M) 10.15 House Of Wellness. (PG) 11.15 The Agenda Setters. 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 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 The Hundred With Andy Lee. 8.30 Clarkson's Farm. 9.40 NRLW Wrap: Women's State Of Origin Special. 10.40 Freddy And The Eighth. 11.30 9News Late. 12.00 Footy Classified. 1.00 Destination WA. 1.30 TV Shop. 2.30 Building Ideas. 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 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 8.40 Cheap Seats. (M) 9.40 News. 10.10 Football Tonight. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.



What's on around town & beyond!

Local Calendar

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

May

1 May to 14 June - Sweet & Petite Exhibition
Fri, Sat & Sun 10am - 4pm at Forster Gallery, 34 Lake St Forster. (See ad opposite page.)



Above: Great Lakes Museum on Capel St.

Sat 16 May - Great Lakes Museum Open Day
Celebrating 50 years. 10am to 2pm on Capel St, Tuncurry. Market Stalls, Green Cathedral Choir. & BBQ. (See ad on page 20.)

Sat 16 May - Portrait Photography Workshop
by Craig Mason. 10am at Forster Library. (See ad on this page).

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

Wed 27 May - All In for Reconciliation
10am performance by local choir Baraya Walkulda, yarning circle & morning tea, at the Forster Civic Centre. (See ad opp page.)

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

June

Sat 6 June - Real Food Market
8am -11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

Sat 6 & Sun 7 June - Great Lakes Orchid Society Annual Winter Show. Saturday 9am to 3pm and Sunday 10 am to 2pm at the Forster Public School, Head Street, Forster.

Sun 7 June - Mid Coast Motorfest
8am to 2pm at John Wright Park, Tuncurry Classic cars, hot rods and motorcycles.
(See ad on p21.)

TUNCURRY MARKETS
John Wright Park
Saturday 23rd May
8am - 1pm
Bookings Essential
Enquiries
0417 400 994

Portrait Workshop & April Competition results



Above: "Wooly World" by Robyn Pascoe won the Judge's Choice for 'Rural Life' category.

The Judges Choice for Rural Life any Country was awarded to Robyn Pascoe for her superb image, Wooly World taken in Iceland. The Judges Choice for Open was awarded to Kathy Majewski for her beautiful image taken locally, North One Mile Beach Sunrise. Our congratulations to both members.

Rural life any country

Merits: A Wooly World by Robyn Pascoe (also Judges Choice), Stockyard Attendant by Yvonne Moule, Settling the Flock for the Evening by Grahame Wilson, The Winners by Marguerite Lamb

Credit: We Run the Farm by Lyn Wilson, The National Sheepdog Trials by Keith Pascoe, Show Cattle Judging by Kathy Majewski, End of The Day and The Way it Was by Janice Amato

Open Category

Merits: North One Mile Beach Sunrise by Kathy Majewski (also Judges Choice), Africulture Dancer and Cheeky by Lyn Wilson, Two Princes by Jane Hulme

Credits: OK Take the Photo Now by Keith Pascoe, Mardi Gras Harlequins by Grahame Wilson, Shore Line Dancing by Kathy Majewski, I Love a Peanut by Robyn Pascoe

By Keith Pearce – Forster Digital Photography Club

Flash Portrait Photography Workshop

On the 16th May we are holding a workshop for members on Flash Portrait Photography. Popular local professional photographer Craig Mason will be on hand to guide us through the ins and outs of flash photography showing how to take the perfect portrait photo.

The workshop will be held at the Council Library meeting rooms from 10.00 am to Noon. We plan to have a break around 11.00am as on that day the CWA ladies have their famous morning tea with yummy scones, jam and cream.

Members of the public are welcome to join us and perhaps have their portrait taken. (See advertisement below right.)

April Photography Competition results

For the month of April members entered 49 images for Rural Life any Country and 51 images for Open.



Above: "OK Take the Photo Now" by K. Pascoe.



Above: "Wooly World" by Robyn Pascoe won the Judge's Choice for 'Rural Life' category.

Below: "End of the Working Day" by Janice Amato.



Flash Portrait Photography Workshop
with local professional photographer
Craig Mason
10am on 16th May
Free Entry
at Forster Library
on Lake Street Forster
FDPC

Devonshire Tea & Crafts
16th May
Forster Civic Centre
Lake Street Forster
9:30 - 11:30 am

What's on around town & beyond!

Diverse perspectives on a theme

By Elizabeth Ho – Forster Gallery



"Main Beach" By Kathy Corner won The People's Choice Award.

People's Choice Awards

Crowds gathered at Forster Galley for the closing of The Forster Art Prize exhibition and the announcement of the People's Choice Awards, always a highlight of the annual exhibition. Friends and families compared notes, debated favourites, and shared a laugh before the big reveal. This year, the honour went to Kathy Corner for her painting Main Beach: Relaxing at the Beach — a sunny, nostalgic scene that clearly struck a chord with visitors.

Kathy was genuinely moved by the win. "I'm grateful someone loved the painting enough to vote for it," she said. "It's humbling to know people relate to my work. I love painting sunshine and moments that make people smile."

There were other winners too — Julia Davis was awarded second place in the People's Choice for her work 'Just One More … Please' and Alex and Kristen from On Time Painting walked away with the exhibition raffle prize, a Sydney Airbnb getaway kindly donated by Christine Crowe.

Sweet and Petite Exhibition

Meanwhile, the gallery's latest show, Sweet and Petite, is now open and bringing a fresh burst of colour to the space. This new members' exhibition coincides with Mother's Day weekend and invites artists to explore a theme of softness and charm — though, as exhibition coordinator Toni de Bruin explains, the brief is more inspiration than rulebook. "It's about the more delicate, feminine side in us all," Toni said, "but artists still have full creative freedom."

Renowned artist Gail Sue is displaying her vibrant works on the gallery's feature wall with this exhibition. With an array of styles and subjects, there's truly something to catch every eye.

If you're feeling lucky, don't miss the raffle — a bold abstract painting by Kaz Green, generously donated by Jackie Williams. Grab a ticket when you visit; you might just take a little piece of the gallery home.

Find Forster Gallery at 34 Lake St where there is ample parking and easy disability access. The exhibition is open Friday through to Sunday 10am - 4 pm. The gallery holds regular classes and workshops so come on in if you see the flags flying or check the website if you're looking for a class. Gallery entry is free and all works are for sale.

Forster Gallery 34 Lake St
www.forstergallery.org

(See advertisement below.)



Artist Gail Sue with her feature wall.



Sweet & Petite Exhibition
Friday 1 May – Sunday 14 June 2026
FORSTER GALLERY
34 Lake St, Forster — Open Friday, Saturday and Sunday, 10am – 4pm
or when the flags are flying, all works for sale
www.forstergallery.org

Last chance to purchase your tickets!

Forster Neighbourhood Centre

Calling all Great Lakes residents: Join us for a fun night out for a great cause. The Kahi Simon Fund are hosting an Annual Fundraising Ball on 30 May in Newcastle, raising funds for a new Mental Health Hub here in Forster. Grab your tickets here: https://events.humanitix.com/kahi-simon-suicide...

(See advertisement below.)

Suicide Prevention Fundraiser
6-11pm on Saturday 30 May
NEX (Newcastle Exhibition & Convention Centre)
Join us for a special Fundraiser Evening supporting the Kahi Simon Fund - a night of connection, purpose, and community.
The evening will feature guest speakers, live and silent auctions, raffles, and music, all coming together to raise awareness and support for mental health and suicide prevention.
KAHI SIMON FUND
Tickets can be purchased through Humanitix at:
https://events.humanitix.com/kahi-simon-suicide-prevention-fundraiser

Voices unite for Reconciliation Week



Local Baraya Wakulda Choir will be singing in the Atrium on 27 May.

Forster Neighbourhood Centre

The community is invited to come together for a special National Reconciliation Week event at the Forster Civic Centre later this month.

A performance by the Baraya Wakuda Choir will be held from 10am on Wednesday, 27 May in the Atrium, offering a powerful celebration of culture, connection and shared history. The event will also include a yarning circle, providing an opportunity for attendees to discuss issues surrounding reconciliation, followed by a morning tea.

Baraya Wakuda,"Singing Together" in the local Gathang language, brings people of all backgrounds together through music. The choir performs songs in both English and Gathang, encouraging social participation and fostering a deeper understanding of Aboriginal culture and local history.

The group's inclusive approach creates a space where Aboriginal and non-Aboriginal community members can connect, reflect and learn from one another.

National Reconciliation Week is held annually to encourage all Australians to learn about the nation's shared histories, cultures and achievements, while considering how each individual can contribute to reconciliation.

The 2026 theme, All In, calls on Australians to commit wholeheartedly to reconciliation every day. It reinforces the message that reconciliation is not passive but requires active participation and meaningful action from everyone.

(See advertisement below.)

VOICES UNITE
JOIN BARAYA WAKULDA FOR A FREE RECONCILIATION WEEK EVENT.
10AM WED 27 MAY - FORSTER CIVIC CENTRE
FORSTER NEIGHBOURHOOD CENTRE
NATIONAL RECONCILIATION WEEK 2026
27 MAY – 3 JUNE
ALL IN
FOR RECONCILIATION
#NRW2026
RECONCILIATION.ORG.AU
RECONCILIATION AUSTRALIA
25 YEARS OF RECONCILIATION AUSTRALIA
FOR MORE INFO CONTACT FNC: (02)6555 4351 OR EMAIL: programs@fnc.org.au

What's on around town & beyond!

2026 Pacific Palms Art Festival Opening Night - 5 June

Pacific Palms Art Festival Committee

A Winter Warmer

The reputable Opening Night of the Pacific Palms Art Festival is a must for all art lovers, and we are excited to announce its return this year. Pacific Palms Art Festival committee is proud to host this celebrated and much-loved winter event.



Above: This year's raffle is "Gone In A Flash" by Anne Pollard.

Held annually on the June Long Weekend the Exhibition & Sale commences with a night of awards and celebrations. This year's major Art Awards will be presented by Sydney based landscape and abstract painter Steven Harvey. Steven has worked as a lecturer at the College of Fine Arts (UNSW) and is currently a painting lecturer at the National Art School, Sydney. We look forward to welcoming Steven to our beautiful area and showcasing our talented artists.

Last year's acquisitive major prize was awarded to Anne Pollard by judge James Drinkwater. This year's raffle is her beautiful new painting titled 'Gone in a Flash'. Raffle tickets can be purchased on the night.

All our sponsors come from far and wide to make this night a wonderful success. Pacific Palms 'Blueys Cellars' provides the bar and 5 star winery 'Brokenwood' supply the wine. Find comfort in the aromatic flavours of our popular 'Kembali Cafe' curries and then indulge yourself in the decadent edible art desserts by 'Nadine the Cake Queen'.

The Pacific Palms Art Festival attracts many local and regional artists. Cath Bennett, President of the organising committee said "Many people have commented about how much they missed the Opening Night last year, it's the highlight for many artists, sponsors and art lovers, and has such a vibrant atmosphere. As the entries are coming in, the committee is preparing for another successful year."

The Opening Night is the first opportunity to meet artists and purchase artworks. The Exhibition & Sale continues over the June long weekend on Saturday 6h & Sunday 7th 10am-4pm ($2/adult, children free)

The Pacific Palms Art Festival is held at Pacific Palms Public School, Boomerang Beach.

Opening Night is on Friday 5th June 7pm-10pm. Tickets are $60/person early bird until 15th May and then $75/person available at www.pacificpalmsartsinc.org.au Ticket price includes food & drinks (sorry no children)

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

Pacific Palms ART FESTIVAL

EXHIBITION AND SALE

at Pacific Palms Public School

June Long Weekend

Friday 5th OPENING NIGHT 7pm -10pm

Tickets $75 includes Light Supper and Drinks

Saturday 6th Sunday 7th June 10am-4pm *Entry $2 Adults - Children Free*

Opening Night Tickets available now at www.pacificpalmsartsinc.org.au
Earlybird Discount tickets available before 15th May $60
Funds raised go towards creative arts programmes at Pacific Palms Public School

Mid Coast Motorfest is coming to Tuncurry - 7 June



Below: The very popular 'Rocker Cover Racing' is making a welcome to Mid Coast Motorfest.

By Brian Payne – Great Lakes Historic Automobile Club

Arguably one of the largest and most popular events in the Great Lakes Manning Valley area is the Mid Coast Motorfest, having been with us some 30 years. Conducted annually by the Great Lakes Historic Automobile Club (GLHAC), this year will be held on Sunday 7th June at John Wright Park in Tuncurry. Major sponsor this year is First National Real Estate supported by a wide range of other local businesses and Midcoast Council. In recent years the event has drawn close to 300 vehicles including an extensive range of Classic and Veteran cars, motor bikes and hot rods…so there's lots to see, and what's more there is no entry fee for the public! However, a gold donation to their chosen charity is always welcome. This event is supported by our local car enthusiasts as well as visitors from regional NSW centres and our major metropolitan cities, seeking to win one of numerous trophies.

GLHAC has been providing social interaction of car enthusiasts for the past 35years. They welcome those who love cars. At the club's gazebo, on the day, you can get information about the club. You don't need to have a historic car to join. Their social events at venues locally and in our region are offered each month for members to gather and indulge their passion for driving and chatting. Membership enquiries are welcome.



The very popular 'Rocker Cover Racing' introduced only last year is making a welcome return, with many increasingly more sophisticated models expected to front the starting line, two at a time, before their release down the ramp…bit like drag racing in miniature! Should you require any further information, please call Derek on 0421 441 997, or visit the website glhac.org or find them on Facebook.

Great Lakes Historic Automobile Club Inc. Presents

MID COAST MotorFest 26

Sponsored by: firstnational REAL ESTATE

Sunday 7th June – 8am-2pm

John Wright Park, Tuncurry

FREE Public Entry $15 to Display Vehicle

» Veteran, Vintage & Classic Cars
» Hot Rods » Motorcycles
» Stationary Engines
» Street Machines
» Rocker Cover Racing

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ENQUIRIES: 0421 441 997 (Derek) 0412 621 970 (Hilton)

www.glhac.org

MIDCOAST council

What's on around town & beyond!

Celebrating 50 years of the Great Lakes Historical Society

Great Lakes Museum

The Historical Society Formation

On 20th June 1975, a meeting was held to discuss the formation of a historical society steering committee. Those present were J Penson, G Miller, Dr Joan Renshaw, N Avery, B Higgins B & C Kingcott, M Mayers, V Amata, G Johnston, N Roberts and L J Constable.

On the 10th of November 1975 a motion by Mrs Godwin and seconded by Keith Dee that the steering committee attendees be listed as Foundation Members. Keith Dee, Sister M Wright, Sister Patricia, Vivian Wright and Mrs Nicholas were added to the list.

President: Mr Mick Constable

Vice President: Mr G Godwin, Mr B Higgins and Mr Miller

Secretary: Mrs N Roberts

Treasurer: Mrs V Amata

Patrons: Mrs M Wright and Mrs A Piper

On the 1st of March 1976 the historical society was named The Wallamba and District Historical Society. A block of land became available in Capel Street Tuncurry from the Department of Lands and also acquired was the National Bank building in Forster, which was to be replaced. The building was cut in half and transported across the bridge, put in place, given new foundations and rejoined to become the main museum to house their growing collection of artifacts and historical data, with the main themes of timber-getting, ship building and fishing, the 3 main industries of the pioneer families.

One of the founding members, Mick Constable and his many volunteers were instrumental in setting up the museum and he also designed the logo for the society (see below right) and started the first newsletter.

The Aims and Objectives of the Society were:

- To encourage the study of the history of the Great Lakes District
- To promote the safe keeping of authentic records relating to the Great Lakes District
- To publish journals, books and publications
- To acquire and preserve artifacts and other such objects and materials having a bearing on the Great Lakes history
- To establish and maintain a museum, library and picture gallery in honour of the pioneer families of the district.

During the 1980's considerable work was carried out by the members of the Historical Society to convert the bank building into a museum. On the 5th of April, 1987 the museum was opened to the public during Heritage week.

Keith Dee donated the original Tuncurry School building, which was taken to Minimbah in 1924 and was moved in 1984, after all those years, to the museum site.

The next addition in 1986 was the Cheers' cottage, built in 1948 by Joe Cheers and moved from Peel Street Tuncurry to its new site adjacent to the renovated bank building. The two buildings were joined with a verandah and centre walkway.

In 1990 the Sinclair family donated the lock-up which was attached to the Tuncurry Police Station (1949-1959) and used to hold offenders overnight who were waiting judgement.

The Southern Cross Windmill was donated by the Mead Family and was transported from their farm at Darawank.





Above: In the early 80s Keith Dee donated the old school house (on the left) to the museum. It was originally built by John Wright as a school house for his and the worker's children in Tuncurry. It was moved to Minimbah for use as a school for several years before it was moved again to Keith's property out near Nabiac. The renovated school house can be seen today at the Great Lakes Museum in Capel Street, Tuncurry (far left building in top photo).



Above: Helen Duggan is the current President of the Great Lakes Historical Society.



Above: Mick Constable was the first President of the Great Lakes Historical Society.

Below: Early day activities by the Great Lakes Historical Society. Photos supplied.



The flagpole was first used as a mast on the tugboat " John Gollan" built in Tinonee in 1889. It also has history in the fishing industry in Tuncurry which is another story to be told.

With the later addition of the machinery shed, saddlery and landscaped grounds, the museum became an interesting and pleasant place for visitors, and on the 21st of November 1997 stage 2 of the museum was opened to the public.

On the 29th of November 1997, the society name was changed to The Great Lakes Historical Co-Operative Society LTD.

Over the years the Museum continues to grow, thanks to the efforts of the Society's small band of members dedicated to preserving the history of our great area.

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

Open Day at Museum

The Great Lakes Museum

Celebrating 50 years of the Great Lakes Historical Society

When: Sat 16th May 2026
Where: 1 Capel Street, Tuncurry
Time: 10am - 2pm

Free Entry Various Stalls
Green Cathedral Choir@1pm
Coffee Van

Morning Tea
BBQ
Raffle

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

Government defends NDIS cuts: "It's not natural gas. We can't just give it away."

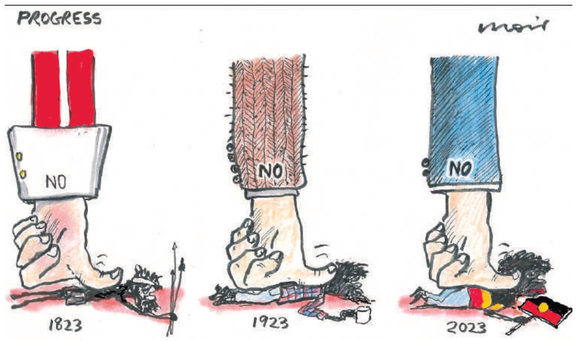
The Shovel



POLITICAL SATIRE: The Federal Government has moved swiftly to defend criticism of cuts to the National Disability Insurance Scheme, saying that disability support was not something that could just be drilled out of the ground and given away for nothing.

"I think some people are getting a little confused here," Treasurer Jim Chalmers said at a media conference today. "Getting something for nothing really only applies if you're a multi-billion-dollar multi-national company. The idea that you'd be able to access essential health care without having to pay for it is a bit ridiculous. What do you think this is? Some sort of national fuel resource?"

Chalmers reassured Australians that the Government had not given up on the NDIS. "Look, supporting vulnerable people remains an important theoretical idea for us. But we need to do that in the context of ensuring that multinational corporations don't feel uncomfortable or mildly inconvenienced".



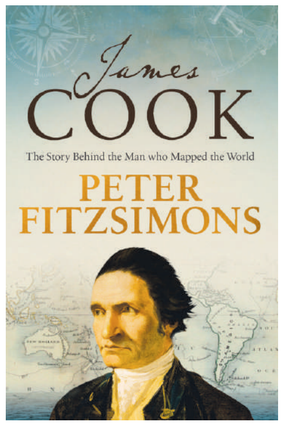
Ladies Race Day at Tuncurry Forster Jockey Club. More photos p28.



Book Review

Book Review by John King - Pacific Palms Librarian

James Cook – The Story Behind the Man who Mapped the World



History. Yawn. Another book on Cook. Double yawn. But wait. This is by Peter Fitzsimons, the former Wallaby footballer who says he writes history more like a novel, and he does. His book James Cook – The Story Behind the Man who Mapped the World is very readable.

James Cook is a tall, dour, Yorkshireman, who learnt his trade on a North Sea collier, known as a Whitby cat, which is what the Endeavour is, shallow draught, sturdy, flat-bottomed boat ideal for inshore surveying and passage round Cape Horn through the roaring forties. Cook cares about his men and loses not a single man by sickness (his solution was sauerkraut, cleanliness, and activity) until they reach Batavia (Jakarta), that cesspit of disease and death.

He cares, too, about the natives that he encounters, in Tahiti, in New Zealand, and Australia, and publicly upbraids an officer when that man kills a native when simple buckshot would have sufficed as a warning against attack. It is notable also that he observes in his journal how the locals live in harmony with their country without the edifices and consumption that Europeans are accustomed to. (p376). Banks, too, sees the virtues of a simple life. (p375).

The differences between the Polynesians in Tahiti, the Maori in New Zealand, and the Australian aborigines, are highlighted. They have with them a Tahitian holy man, Tupia who is of great value in meeting the Maori since they have great similarity in language, a similarity that does not exist in Australia. The former are open to trade and trickery, but not the latter who do not seek contact and simply want the intruders to go away.

The treasure is in the detail, the human account of the people onboard. Joseph Banks looms large especially with the ladies of Tahiti where the transit of Venus which was the prime purpose of the voyage takes place. The three measurements of the transit do not agree.

The second objective was to ascertain the validity of the claims of a great southern land which Cook establishes does not exist in his first and second voyages. He maps the South Pacific, proving that New Zealand is not part of a great southern land, and establishes that Australia and New Guinea are separate by sailing though what he called Endeavour Strait (now Torres Strait). In his third voyage, he maps 3500 miles of the west coast of America and Bering Strait showing that a NW passage does not exist.

Banks is one of those people with so much connection with the powers that be that he must be accommodated in all his wishes including taking over the great cabin and much of the ship for his extensive collection of plants and animals especially from Australia – so extensive that not all have yet been catalogued. The natives around the Endeavour River are upset about the captive parrots and release them. They are also so concerned about the number of large female turtles that the intruders gather, far beyond their needs in their view, that they set fire to the grassland around the landing parties to drive the ship away.

That Cook rises from being a humble seaman to a Royal Navy Captain is a measure of the man. It is 'in the how' that Fitzsimons excels and brings what might otherwise be a dry and dusty bit of history alive.

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

Crime 101 - Movie, Prime Released April 2026, Crime Thriller



Crime 101 stars Chris Hemsworth and Halle Berry. Hemsworth plays Davis, an elusive and disciplined jewel thief who meticulously plans robberies to avoid violence and incriminating DNA evidence. After a big diamond robbery where he is wounded, Davis declines his next assignment forcing his fence to find a volatile bikie to do the job. Add to this a LA Detective who is investigating the jewel thefts plus a fed-up middle-aged insurance broker called Sharon (played by Berry). This all adds up to an action-packed movie.



Mercy - Movie, Prime Released January 2026, Science Fiction Crime Drama

Set in the future, the judicial system is run by AI and punishment is immediate after being found guilty. A police detective is before the AI court accused of murdering his wife. If he fails to prove his innocence within 90 minutes he will be executed on the spot. This detective also championed the AI court system when it was first introduced, now he has to battle it to prove his innocence. A deep look into the future of what could happen if AI takes over our legal system. Interesting to watch.

Margo's Got Money Troubles - Series, Apple, premiered April 2026, 8 episodes, Comedy Drama



This recently released series centres on college girl Margo, the result of her Hooters waitress mother's one night fling with a professional wrestler. Margo finds herself in a similar situation, pregnant to her English professor. Now with a baby daughter to raise and needing money she turns to internet site Only Fans (a subscription-based platform made famous by its adult content) to earn a living, achieving remarkable success. She also reconnects with her estranged father who offers wisdom gleaned from his wrestling days whilst her mother, trying to build a more stable life, prepares to marry a Youth Church Minister. This entertaining series of this dysfunctional family provides a good laugh as well as drama with Margo struggling to make it as a single mother.

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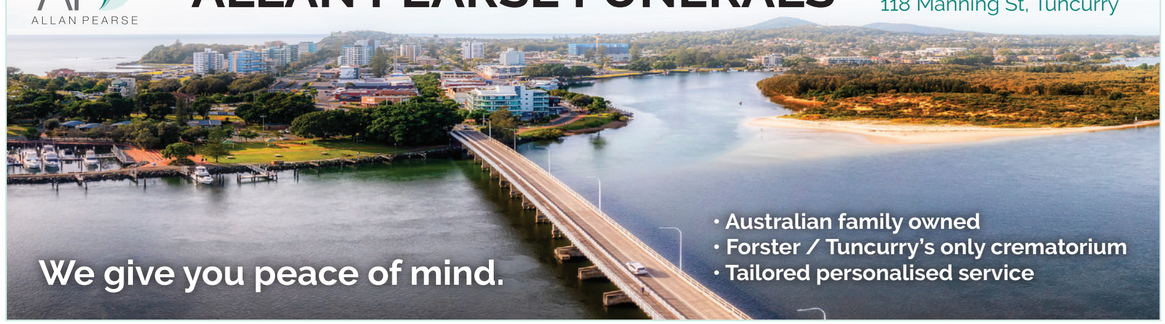
Vale
The family of the late Tony Bailey, would like to express our deep appreciation to those who have offered such kindness, support and messages of sympathy in our recent bereavement.
'May Tony, Dad, and Pop, now have the peace and rest that he so deserves'
Shalom
Please accept this as our personal thanks.

John David Lynch ESM
Late of Forster
30 Oct 1937 - 01 May 2026
Cherished Husband to Sylvia (dec). Devoted Father to Glenn (dec), Sharon (dec), Jodi, Jennifer & Susan. Beloved Pa to Melissa, Kimberley, Olivia, Tiffany, Jasmin & Hugh. Great Grandpa to Hunter.
Deeply invested in his family & community
A rare treasure whose legacy is everlasting.
Will be greatly missed.
A funeral service will be held in the Wallis room, Club Forster.
Thursday, 14th May 2026
Commencing at 11am
Livestream will be made available via the Allan Pearse Website.
APF ALLAN PEARSE 6554 5433

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0403 586 342

Anne Mary Parkinson
(nee McGee)
16 October 1963 - 29 April 2026
Aged 62yo
Daughter of Gregory (dec) & Kathleen (dec). Passed away peacefully at St George Hospital in Kogarah, with family by her side. Anne will be sadly missed by her family, friends and community.
Sydney Funerals Co. 02 8328 0700

APF ALLAN PEARSE
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Weekly Diary

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

Mondays

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

Al-Anon Family Groups
Does someone you love drink too much?
7:00pm 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

Great Lakes Prostate Cancer Support Group

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

Next meeting 26 May

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

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

Proudly sponsored by the Prostate Cancer Foundation of Australia.

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

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.

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

Star Pet



Name: Lilly

Breed: She is a Kelpie Cross (with Cocker Spaniel)

Age: 15 years 7 months

Likes: Walks on North One Mile Beach, naps in the afternoon with Dad and treats in the evenings

Dislikes: Cats and having her nails trimmed.

Claim to Fame: Looking much younger than her real age, lovely soft coat and gentle nature.

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

Pet of the Fortnight

Great Lakes & Manning Branch of AWL NSW

Affectionate Miffy



Miffy will win your heart in 10 seconds flat. She is a very friendly, affectionate girl who is looking for someone who will make her the centre of their world.

Miffy has recently done an amazing job raising her puppies and now it is her turn to find a loving family. She is house trained and loves nothing more than snuggling up on the lounge getting all the attention.

She has never walked on a lead so her new owner will need to keep the training up to help her learn new things. She needs a home where she is the only pet.

Miffy is about 4 years old. Her adoption fee is $550 She is desexed, microchipped, vaccinations/flea/tick/worming/heart worming is up to date.

Please phone our dog welfare officer on 0456 935 423. Rehoming number R251000222

Roxy & Atlas are still needing homes





Roxy is a sweet senior lady (9.5 years) who is looking for the farm life.

Atlas is a beautiful 3 year old male Dalmatian who lives life to the fullest.

Midcoast ANIMAL HOSPITAL where care comes naturally

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









Forster Fire Station on Lakes Street, Forster held its annual Open Day on 9 May. Visitors were able to meet the firefighters, see their specialised equipment and fire trucks - all while learning about how a working smoke alarm can help save lives this winter. Photos by Geordie Yule.







Connected – Catherine & Alexa

Interview by Vanda Gooley - Forster

Alexa Moses and Catherine Jinks recently visited the Forster Town Library to promote their book, 'Dreamwives.' Their author talk was very entertaining and enlightening. They shared stories about their 'Connection,' their similarities, differences and passions. It is the first time Catherine and Alexa have joined forces as Claire Novak, to pen a funny, moving and wise mum-com. They are good friends and adore a chat.

Alexa Moses

Alexa Moses graduated with a masters degree in screenwriting at the Australian Film Television and Radio school, thinking she wanted to write comedy, but got a job as a journalist at The Sydney Morning Herald instead and worked as an arts and entertainment reporter. In 2007, she won the Varuna HarperCollins fellowship for her first manuscript, and now writes books, and some television, mostly for children. The first book of her tween Twinning series (Scholastic Australia) was a CBCA Notable for 2025, and her picture book, Bat vs Poss (Hachette Australia) was a CBCA Notable Book for 2020. She also authored the Michaela Mason (Scholastic Australia) and Slave Girl (HarperCollins Australia) books for tweens, and contributed to CBCA Notable children's poetry book A Boat of Stars (ABC Books). Currently, she's moonlighting as one half of the adult rom-com team, Claire Novak.

When Alexa first spotted Catherine (who she fondly refers to as Cathy) – she saw a very pretty, blinky, petite blonde woman, wearing a prim outfit – "I was worried I'd offend her." However, as soon as Cathy opened her mouth, Alexa realised she was in the presence of a fierce mind. "Despite appearances, there was nothing delicate about her at all." Alexa recalls they discussed cults, serial killers, and books. Alexa found Catherine razor-sharp and hilarious.

Catherine and Alexa came up with the idea for Dreamwives over one of their 'gabby lunches,' then decided to plunge in and write it.

Asked what Alexa admires about Catherine, she said, "Her character. Not only is Cathy kind and honourable, but she's the most loyal person you'd meet." Alexa said, Catherine is an astonishingly good writer – "She knows how to slip inside a character and see through their eyes better than any other writer I know. She also has a wonderful facility for nailing a description, and understands instinctively how to lead a reader through a scene at the correct pace. Cathy is also an exacting writer, which is good, but it also means she hates change."

Alexa said their time together is special. They spent hours burbling with laughter as they plotted the book, via online video calls using a shared document, and they met up occasionally – "That was also a lot of fun. We've done Claire Novak events together, including Forster."

Alexa said Catherine and she have many similarities. They share a sense of humour, they are both fascinated by the darker side of human nature, and they mostly like the same kinds of books. Alexa has been less into crime fiction and thrillers, but is starting to read them again, "guided by Cathy who suggests what I should read (her suggestions are bangers)." However, Alexa said "Cathy is kinder than me, and more introverted."



Above: Alexa Moses and Catherine Jinks recently visited the Forster Town Library to promote their book 'Dreamwives.' Photo supplied.

Alexa said "It's wonderful to collaborate with a writer of Cathy's calibre. Not only does she understand where I'm coming from, but we care about our shared project like two parents raising a child."

Only a short stay in Forster but Alexa said the coffee at Beach Bums café was excellent, and the people who came to their talk at the gorgeous Forster Library were a delight. "It was a real privilege to meet them."

Catherine Jinks

Catherine Jinks, is a highly respected Australian writer known for her wide-ranging fiction for children, young adults and adults. She's one of Australia's most prolific and awarded contemporary authors. Alexa Moses, is an Australian children's author, screen writer, and former journalist, best known for her books and television writing aimed at young readers and kid's TV.

Catherine Jinks was born in Brisbane, grew up in Papua New Guinea and later studied medieval history at the University of Sydney. After working for several years in a bank, she married Peter Dockrill, a Canadian journalist, and lived for a short time in Nova Scotia, Canada. She is now a full-time writer and has published 53 books in a dozen different countries. Catherine is a four-time winner of the Children's Book Council of Australia Book of the Year award, and has also won a Victorian Premier's Literature Award, the Adelaide Festival Award for Literature, the Ena Noel Award for Children's Literature and an Aurealis Award for Science Fiction. In 2001 she was presented with a Centenary Medal for her contribution to Australian Children's Literature. For the last few years, she has concentrated on adult thrillers, which have been shortlisted for the Colin Roderick Award, the Danger Prize and the ARA Historical Novel Prize.

Catherine and Alexa were introduced by their mutual agent, Margaret Connolly, at a pre-event dinner over ten years ago. Margaret assured both authors that we would like each other, and they did. "Margaret is an excellent matchmaker."

When they first met, Catherine enjoyed talking to Alexa because "She's so energetic – such good value." Catherine vaguely remembers thinking she was a, 'slip of a thing ...'

Today, they are good friends who always enjoy a chat and share many characteristics. Sometimes they stay at each other's houses overnight (because they live a couple of hours apart).

After being friends for years, they finally decided to collaborate on a book they dreamed up while having lunch at a café one day – a romcom called 'Dreamwives.' It was published in January by Harper Collins. So, they are now co-writers and work-wives.

Catherine admires Alexa's astonishing energy, her kindness, and her humour, as well as the knockout skills she's honed around story structure. Catherine said, Alexa takes criticism really, really well. She also said Alexa is a workhorse, and always cheers Catherine up. 'She doesn't dump her moods on other people.'

Catherine said, a weakness of Alexa is she doesn't always nail the pacing of her first drafts.

Catherine said writing a book together was a first for both of them, and 'SO much fun.' Their road trip to Forster was also their first "Middle-aged Lady Road Trip, and it went remarkably well, I thought."

Catherine said she and Alexa share many similarities. They both admire and understand what good writing is, even though they aren't always satisfied with their own attempts. She also said, they have an identical sense of humour, appreciation for good books and crime podcasts, and a love of gossip.

They do however have some differences. They're not hugely far apart on the political spectrum, but there is a slight difference, which 'doesn't matter in the least.' Catherine likes thrillers; Alexa's not a big fan. Also, Alexa's energy levels vastly outstrip Catherine's. "I don't know how she manages three kids, I really don't."

They share a dream of collaborating on a screenplay of 'Dreamwives' for any production company that might be interested in making a film.

Catherine said Alexa has taught her a lot about structure, she's made many of Catherine's workdays SO much fun, and Alexa is a willing ear when Catherine wants to moan about being a middle-aged woman.

Catherine and Alexa are currently very connected through promoting 'Dreamwives' – and they are talking about collaborating again!

Unfortunately, Catherine and Alexa didn't get to see much of Forster – just a glimpse in the morning and evening – but they sure LOVED their accommodation! Beachside luxury! "Plus, I was enchanted by the brush turkeys all over the beach. I've never seen that before."

'This funny, insightful story is for anyone who needs a laugh and a good dose of empowerment'

Kimberley Allsopp

'Clever and dry with an undercurrent of heartache Dreamwives had me smiling and fuming, laughing and cheering. It also left me contemplating the many unpaid domestic tasks so often called women's work. For at the heart of this deceptively light read is an astute study of how a house becomes a home and just how we value those who make it happen.'

Suzanne Leal









Ladies Day glamour shines at Tuncurry Races

A glamorous and fun-filled Ladies Day was held at the Tuncurry Jockey Club on Saturday 9 May.

The feature Glitz & Glamour Race added extra sparkle to the afternoon, with Steel Rain taking first place ahead of Dancing on the Rosso and King Soleil. Patrons who drew the winning horses also shared in a range of prizes, adding to the festive atmosphere.

Left: Prize winners of the Glitz & Glamour draw with volunteer committee members from the Tuncurry Jockey Club - Mel Payne (far left), Mick Summers (top left) and Julie Manning (far right).

Photos by Geordie Yule.

Great Lakes Pearl Dragons extraordinary campaign!

By Narelle Sinclair - Great Lakes Pearl Dragons

What an extraordinary campaign across the 2026 State and National Championships. Our regional dragon boat club continues to defy expectations by consistently performing above expectations.

In 2025, our group of determined and supportive senior paddlers earned selection to represent Australia at the Club Crew World Championships in Taiwan. It was an exciting and proud moment.

To confirm our place, we needed to qualify at the National Championships. Adding to the challenge, we qualified in Senior A Open—an over-40 category with no restriction on male paddlers in a 20 seat boat. A notable contrast for our club, where the average age is 64 and men make up less than 25% of the crew.

State Championships – Sydney International Regatta Centre

Racing at the Sydney International Regatta Centre (SIRC) in challenging, windy conditions, we entered three 500m events on Saturday with the following results:

- Senior A Open (20s): 2:24 – 4th place
- Senior B Mixed (20s): 2:29 – 4th place
- Senior C Mixed (20s): 2:31 – 5th place

Sunday brought 200m racing—and even stronger winds:

- Senior A Open (20s): 0:58 – 4th place
- Senior B Mixed (20s): 0:58 – 4th place
- Senior C Mixed (20s): 0:56 – 5th place (an outstanding time)
- Senior C Open (10s): 1:01 – Bronze Medal

A bronze marked our first State medal in some time, and with relatively new crews, it was a significant achievement.

Australian Championships – Lake Kawana, Sunshine Coast

Just weeks later, we took that momentum north to the Australian Championships at Lake Kawana—six intense days of racing against clubs from across Australia and New Zealand.

Representative highlights:

- Caitlyn competed in the newly formed youth Kangaroo Squad, progressing to semifinals in Mixed 10s. The team also reaching the 500m final in Small Boat Women. A strong performance at a national level.
- Marika and Mike, representing the Northern Region, delivered exceptional results at the State vs State competition—2 gold and 1 silver, contributing to NSW retaining the perpetual trophy.
- Club President Michelle earned selection into an elite NSW Premier Development Squad (future Emerging Athletes pathway to the Auroras). Her crew outperformed multiple state and development teams.

These achievements highlight our growing strength beyond club racing and should challenge others to step forward for regional and state selection.

Club Crew competition results:

Tuesday – 500m Events

- B Mixed Small Boat: 5th place – 2:32
- C Women's Small Boat: Semi-finalists – 4th place, 2:41
- A Open Standard Boat: Bronze Medal – 2:24

Wednesday – 200m Events

- C Mixed Small Boat: 3rd in semi-final – 1:00
- B Women's Small Boat: 1:08 (repecharge)
- A Open Standard Boat: Bronze Medal – 0:58 (continued improvement across rounds)

Thursday – 2000m Turn Racing

In difficult wind conditions and tight turning courses, this race demanded composure and technical precision—particularly from the sweep. Under the guidance of Peter Reed, the crew navigated superbly to secure Bronze. In a race where many crews struggled, this was a standout performance.

Right: Three representatives of the Pearlers in the state team for Day 3 of Auschamps: (L-R) Mike Wyatt, Michelle Richardson and Marika Koroi. Photos supplied.





Great Lakes Pearl Dragons team with their medals.

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

Seven clubs compete at Open Bowls Challenge





Above: (L-R) Ingenia Lifestyle Kokomo Representatives Peta Cooke and Sharon Clifton with winners Kevin Robinson, Chris Williams, Jason Morse (Skipper) and Ian Lawrence from the Forster Bowling Club. Photos supplied.

By Michael Collins – Pacific Palms Men's Bowling Club

Our club recently held the Ingenia Lifestyle Open Challenge on Monday 13th April 2026, the day being fully sponsored by Ingenia Lifestyle.

A fine morning greeted 64 bowlers from across our region who competed in two games of fours and two games of pairs, all games consisting of twelve ends.

The number of winning games is of the essence in the final wash-up, so are the margins by which teams win by. Most games were very tight with a lot of small margins overall.

However, as does so often happens, one team stood out and won all four games finishing with 4 wins and a margin of +40, a great result overall.

So, congratulations go to the team from Forster Bowling club of Kevin Robinson, Chris Williams, Jason Morse (Skip) and Ian Lawrence.

Finally, a big thank-you to Ingenia Lifestyle for their sponsorship of our day and the wonderful bowlers from the following clubs: Bulahdelah, Forster, Halliday's Sports, Harrington, Pacific Palms, Tuncurry Beach and Tuncurry Sports for contributing to a fantastic day both on and off the green.

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

Monday
Monday Curry Night $20
THE PALM BISTRO

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

Soul Station
Fri 15th May

Rueben Carr
Fri 22nd 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.

Award Winning "Perfect Plate"
Thai-Infused Sesame Crusted Salmon

Sunday "Chill Around the Green" is back
Outdoor Bar From 2pm
+
Live Music From 3pm
Donation Bowls from 1pm and Hot from the Bistro











Social Bowl Days & BBQ Lunches

By Judi Wilkinson - Golden Ponds Bowling Club

Golden Ponds have a great little Bowling Club with nice grass greens so if you're interested in playing lawn bowls, come along to one of their Social Bowls Days on Monday and Saturday mornings commencing at 9.30am.

They have a special day coming up on Saturday morning 30th May with a barbeque lunch. Anyone interested in playing can call Wendy on 0439 442 093 or Keith on 02 6554 9497. So come along for a great fun day of lawn bowls.

Ninja Nannies kick goals at Taekwondo grading



Above: Ninja Nannies with their certificates and belts from recent successful grading. Photos by Mary Yule.

By Mary Yule - Forster Fortnightly

There was plenty to celebrate at Lone Pine Memorial Park in Tuncurry on Tuesday morning, 6 May, as the region's much-loved "Ninja Nannies" received new belts and grading certificates after successfully completing their Taekwondo assessments.

The certificates recognised the group's progress through a modified Taekwondo program designed specifically for older participants. Despite their age, the Ninja Nannies still complete many of the same practical skills required in regular Taekwondo training.

Instructor Master Fay Goodman said the achievements were well earned.

"They're graded, so they do a modified form of Taekwondo. It's nationally accredited," she said. "We've got three groups that train at different times during the week. This is one of the three. They love their training."

Master Fay said participants had to work hard to earn their certificates and belts.

"They've got to break boards, they've got to understand blocks, they've got to do kicks," she said. "The only things they don't do is patterns."

The Ninja Nannies program attracts participants from across the region of all ages.

"The youngest is about 65, although I've had a couple around 55 who wanted to join," Master Fay said. "My oldest is Jackie. She's 101."

The group has become a crowd favourite at local Taekwondo demonstrations and competitions.

"They've done demos at Stockland and people love them because they're having a go," Master Fay said.

Beyond fitness, the classes have created strong friendships and support networks among members.

"They look out for each other," she said. "One of the ladies lost her husband very suddenly and the girls have all supported her. It's a kind group."

Among those celebrating their return to training was Ninja Nanny Christine Harrison, who suffered serious injuries after being hit by a wave on the Tuncurry breakwall during dangerous surf conditions last year.





"The waves came over from the Tuncurry Beach side and washed everybody down the breakwall," Christine said. "I broke my leg in two places."

Christine spent months in hospital and rehabilitation before returning to Ninja Nannies in February.

While she is still recovering, Christine said the training has helped rebuild her strength and confidence.

"I was very fit when it happened," she said. "Now I'm happily back at Ninjas since February and I'm back walking at parkrun."



Above: Grand Master Fay, Ambassador of Australian Taekwondo, recently met Choue Chung-won, President of World Taekwondo, for the 20-year anniversary celebration of Oceania Taekwondo Union in Sydney on 27 May 2026.

The week of celebrations included the 2026 Oceania Taekwondo Championships and highlighted two decades of growth and collaboration across the region.

Photo supplied.

PBs and National medals

By Mary Yule - Forster Fortnightly

Forster swimmer Chris Sefton has returned from the 50th Masters Swimming Australia National Championships in Brisbane with a gold medal haul and an achievement she values even more — seven personal best (PB) times from seven events.

Representing Myall Lakes Masters Club at the Brisbane Aquatic Centre from 28 April to 1 May, Sefton competed against some of the country's top Masters swimmers in the highly competitive 55–59 age group.

Despite entering the championships ranked outside the medals in several events, she exceeded expectations with a standout performance.

"I was pleasantly surprised because there are so many good swimmers in the age group currently," Chris said. "I felt like it would take either for me to do something exceptional or for one or more of those people to not do so well. If you just looked at the entry times, I wasn't going to make it."



Chris Sefton with her National medals. Photos supplied.

Chris won gold in the 400m breaststroke (7:18:59), silver in the 100m breaststroke (1:28:76) and bronze medals in three shorter breaststroke events, while also finishing fifth in freestyle.

"Getting a medal is great but I would rather be fifth with a PB in my freestyle than third with a poor swim," said Chris.

The championships attracted around 1,500 competitors from 130 clubs, including about 30 international swimmers, with athletes competing across dozens of heats each day.

"There's no finals, so you don't know your final result until all the heats are finished," Chris said. "It's super organised considering how many swimmers and events there are."

A highlight away from her own racing was watching Olympic sprint star Cameron McEvoy compete for Brisbane Barbarians, where he broke the world record for the 25m freestyle in 9.26 seconds.

"It was amazing to watch him and meet him," Chris said. "There were a lot of elite swimmers there as well as age groupers. It was a great atmosphere."

Chris credits her most successful national championships yet to a renewed focus on strength training.

"I have been seeing Hayley Moriarty for a personal training session once a week for nearly a year now, and I think that's the difference," she said.



"I swim twice a week at the Great Lakes Aquatic Centre with Ged Crowe, who is very encouraging."

Looking ahead, Chris plans to keep training consistently both in the pool and the gym.

"I'm really just trying to work on my bone strength," she said. "So just keep it up. Just don't stop."

Jesse's Taekwondo journey

By Mary Yule - Forster Fortnightly

When Jesse Gowing first walked into Taekwondo classes as a six-year-old, few would have predicted the path ahead.

Now in Year 12, Jesse is a respected Junior Instructor, a multiple award winner and a role model for younger students at Master Fay's Taekwondo club — but his success did not come easily.

Master Fay recalls that in Jesse's early years, his behaviour almost saw him asked to leave.

"When he was younger, he was about five minutes away from me saying, 'I can't train you,' because he was disruptive," she said.

"But he's a really good example for kids that you can turn things around. Once he decided he wanted to be here, he just started trying."

That determination has led to an impressive list of achievements. Jesse has won two Rising Star Awards at the annual State Development Invitational Taekwondo Competition, received gold medals, competed closely against national competitors and earned the Senior Member Award across all of Master Fay's clubs.



Above: Jesse Gowing with Grandmaster Fay.

He has also earned his second Dan belt, recognising his progression through the ranks.

In recognition of his dedication, Master Fay awarded Jesse a Lifetime Scholarship last year.

"I've taught thousands of students and some are good for five or six years, but he's stuck to it for nearly 12 years," she said. "I love helping him because he deserves it. He's come a long way."

Outside Taekwondo, Jesse balances gym training, two jobs and demanding Year 12 studies. He is studying advanced mathematics, physics, engineering studies, metalwork and English, and is currently coming first in three subjects.

"At the last merit assembly I got a merit award for everything but English," Jesse said with a laugh.

He credits the structure of training with helping him stay organised and motivated.

"Tuesday and Thursday are pretty scheduled because I know exactly what I'm doing," he said. "After school I go to the gym and then I come to Taekwondo."

Jesse works at Pacific Palms Bowling Club making pizzas and also helps family members with cleaning, gardening and labouring work.

Despite his busy schedule, he says Taekwondo has been one of the biggest influences on his confidence and personal growth.

"When I first started school, I was pretty awkward. I didn't have many friends and I didn't really do sports," he said. "It's definitely helped me with my confidence. I feel like I can defend myself if I need to and it's just become part of my routine."

As a Junior Instructor, Jesse now helps guide younger students through classes.

"The kids just love him," Master Fay said. "They follow him everywhere."

Jesse says leading by example is important.

"If I'm enthusiastic, then the younger kids tend to want to do it as well," he said.

Looking ahead, Jesse hopes to study mechanical engineering at the University of Newcastle next year, while continuing Taekwondo wherever possible.

He hopes his story encourages other young people who may be struggling with confidence or direction.

"It wasn't fast changes," he said. "I just slowly started eating healthier, focusing more at school and behaving better. Doing all those little things over a few years just made me feel better."



Left: Jesse doing push ups with 6 year old Elijah Sorbello, the same age as Jesse when her started. Photos by Mary Yule.



Forster home to Bowls NSW Women's State Carnival for next three years!

By Sophia McCaughan - Forster Fortnightly

Forster Bowling Club will be the main host of Bowls NSW Women's State Carnival for the next three years, with the Carnival returning to the Barrington Coast - boasting record participation numbers.

Over 1,150 women from all corners of the state descended onto Forster Bowling Club from Monday May 4 to Friday May 8.

Bowls Coordinator at Forster Bowling Club, Jason Morse said the quality of play has been exceptional.

"All the ladies that played in the semi-final and the final, they are all high quality bowlers, with many playing at state level and things like that," he said.





Mr Morse said the Carnival also plays an opportunity for bowlers across NSW to meet-up with friends and have a good time.

"A lot of the bowlers that come for the whole week come for a good time, it doesn't matter if they are winning or losing, they come to have a drink, explore the area and head back home."



Bowlers were aged from 18-years-old to the most seasoned participant aged 93-years-old.

The Carnival was staged across 12 venues throughout the Barrington Coast with supporting venues including Bulahdelah, Club West, Hallidays Sports, Harrington, Manning Point, Old Bar, Pacific Pals, Taree Leagues, Taree Railway, Tuncurry Beach and Tuncurry Forster Sports.

Left: South Tamworth (left) and Neutral Bay battled it out in the final. Photo by Sophia McCaughan.

Other photos supplied.

Mr Morse said the event is good for tourism in Forster and Tuncurry especially as the weather begins cooling down.

"It's good for the tourism side of things. We also host the New South Wales Police Bowls Championships in August, which a lot of the ladies here this week will have participated in," he explained.

"When they come here, they're familiar with the area and they love it."

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