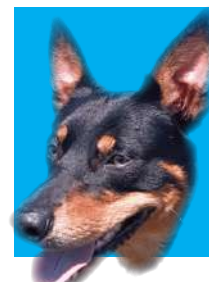


One year on from
May 2025 floods p3

Local Identity
Lydia Irving p23



Star Pet
Bruiser p21



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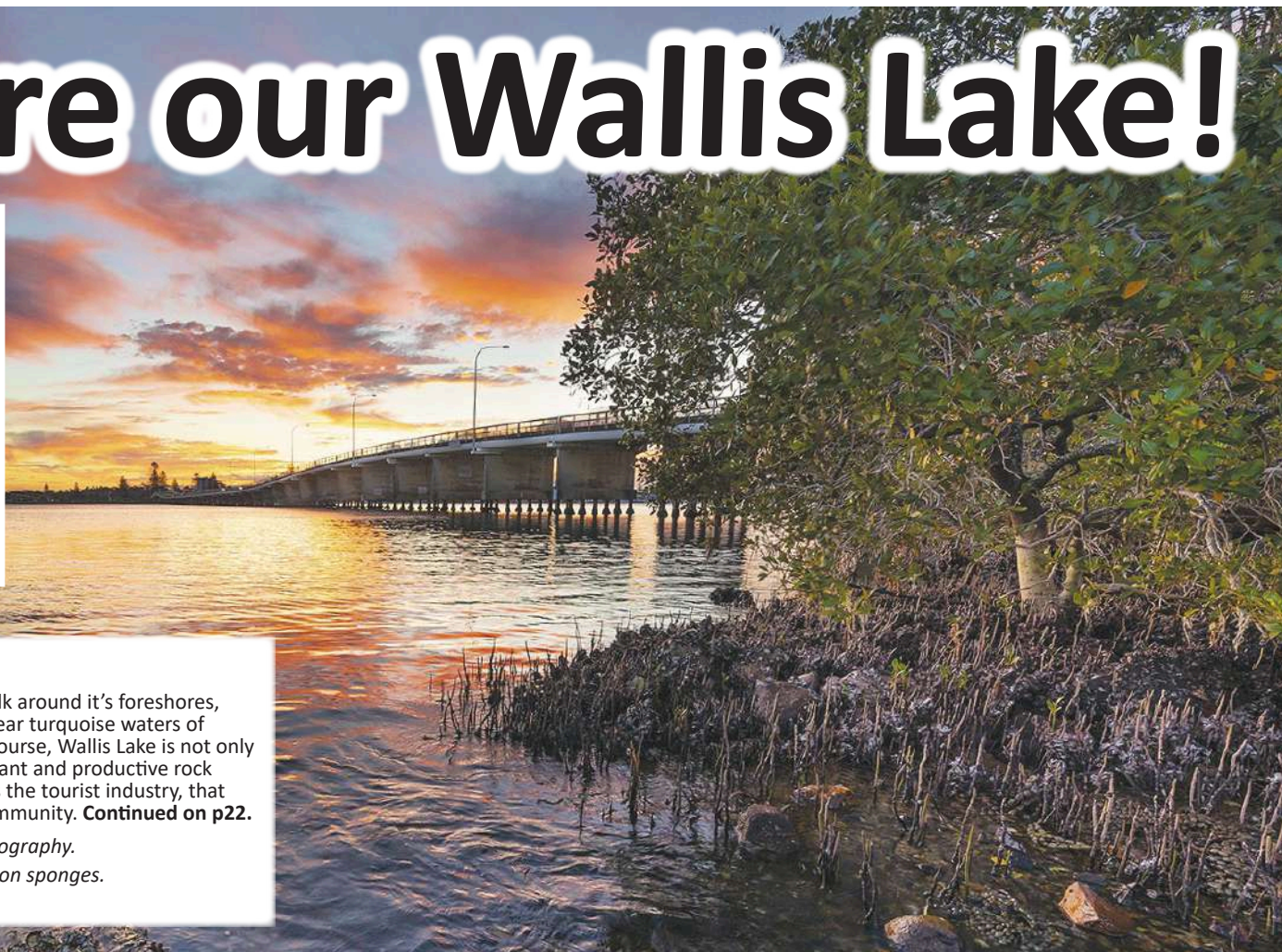


By Kym Kilpatrick – FAWNA, Halliday Point

Every time I cross the Forster-Tuncurry Bridge, or walk around it's foreshores, I am reminded yet again how beautiful the crystal-clear turquoise waters of Wallis Lake are and how lucky I feel to live here. Of course, Wallis Lake is not only picture perfect, it is the home of one of most significant and productive rock oyster aquacultures in the country. And then there is the tourist industry, that brings further significant economic wealth to the community. **Continued on p22.**

Stunning photo of Wallis Lake by Shane Chalker Photography.

Inset: A Nudibranch (sea slug) in Wallis Lake feeding on sponges.
Photo by Rachel Kulk.



Permanent site donated for new 'Great Lakes Regional Hub'

Forster Neighbourhood Centre

Finally! A "forever home" for Forster Neighbourhood Centre and a New Hub to radically expand services to Great Lakes residents

Forster Neighbourhood Centre (FNC) has supported the well-being of Great Lakes residents for over 40 years, walking alongside the community while advocating strongly to every level of government for much-needed

additional services to be based in Forster/Tuncurry and that they be accessible across the district.

In an area devastated by natural disasters including multiple fires and floods, FNC has known that the fallout for the community would be extreme, ongoing and demanding a strong response. So, after years of planning, advocacy and lobbying, we are thrilled to announce that benefactors who share our

values and our vision, have secured for FNC a site in Forster for a "forever home". That concept, due to demand has now expanded to encompass a multi-purpose Community Hub. This is only possible through the belief and generosity of a family residing locally, motivated to share God's love with everyone (in the most effective and practical way), purchasing two adjoining properties on which we plan to build our Neighbourhood Centre, expanded to incorporate a Mental Health/

Community Hub. This future resource will offer many other services and opportunities for the community's benefit for years to come.

What started over 5 years ago as a project to find a forever home for the Neighbourhood Centre has now expanded into a realistic ambition to become a Great Lakes Regional Hub, offering many new services and serving

Continued on page 2.



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Council invests in region

MidCoast Council

MidCoast Council is investing in the region's economic future through long-term support for three major events expected to inject an estimated \$34 million into the local economy.

Council will provide \$90,000 in funding support, with the events projected to deliver an estimated return of 379:1 to the local economy for every dollar invested. That projection equates to an estimated \$34 million flowing into local businesses and the wider visitor economy.

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

"By providing long-term certainty, we're giving organisers the confidence to grow these events, while helping local businesses plan for the increased visitation they bring. More visitors means more people staying in our accommodation, dining in our restaurants, shopping locally and experiencing what makes the MidCoast such a special destination."

The funding to support the events will come from Council's Grants, Donations and Sponsorship Program.

Right: The popular Barrington Air Show is coming back this year. Photo by Georgie Yule.



Tamworth printing plant shuts

The Coonamble Times, 6 May

ACM's (Australian Community Media) decision to close its Tamworth printing facility has sent shockwaves through regional media, leaving up to ten small independent newspapers racing against time to secure alternative printing facilities.

The Tamworth printing site is closing on 8 May, with ACM managing director Tony Kendall pointing to rising operational costs.

The Coonamble Times is among the 9 or 10 local independent newspapers, including Forster*, Manilla/Barraba and Quirindi that are scrambling to find alternative printing options and the timing couldn't be worse for the Coonabarabran Times, with change in ownership underway.

Around 11 of ACM's own mastheads will be now printed in Sydney, moving to News Corp's Chullora printery. The News Corp site will now have what amounts to a statewide monopoly.

The closure is having a broader impact across the north-west, acting as a tipping point with

one publisher already electing to close their publications.

Collective Media, owned by Susie and Mark Slack-Smith, has confirmed it will cease publication of its titles: The Courier which serves the Narrabri Shire, the Wee Waa News and The Gunnedah Times, along with the North West Magazine, from the same 8 May deadline.

The loss of these publications marks a significant shift in the state's regional media coverage, raising concerns about the future of local news and the communities that rely on it.

In Narrabri, Mayor Darrell Tiemens said the closure of papers in his shire will have a negative effect on the social fabric of the community.

"It is important for communities to have the likes of The Courier and I firmly believe that we need more independent journalism rather than less of it, and I think we are all going to be poorer for the loss of local content."

"There is accountability with community newspapers and I think the Social Media

companies need to be held to account, they are basically using content, driving opinion and are making all our communities poorer, and they need to start paying for what they are getting," he said.

Similarly in Tamworth MP Kevin Anderson took to Facebook to voice his disappointment in the loss of The Northern Daily Leader which will go online-only partnered with a new-look Weekend Leader newspaper set to launch in the future.

He said The Leader had been a media mainstay in the region for 150 years, giving locals the news they needed and providing jobs for generations.

"This is a sad time and devastating for local workers including the printers who have lost their jobs due to ACM's decision," he said. "Local stories are important, local news is important, I'll keep supporting local papers across the region."

Coonamble Times' publisher Lee O'Connor says the print site closure is an ill-timed blow to the locally-based business, coming on top of the fuel crisis, rising wage costs and a drought-affected local economy.

"We are in the process of preparing to hand the district's 140-year-old publication over to

its next caretakers so there are already a lot of balls in the air," she said. "We are coming at this latest challenge as creatively as we can to find a quick and sustainable solution but nothing is certain."

She says genuine local news in regional areas is the collateral damage as the big corporations manoeuvre to cut costs.

"If you have a look at the ACM Tamworth newspaper's online version, it's got stories about people in Melbourne and Mudgee – that is not local news, you can get that stuff anywhere."

"Real local news is vital – just ask any community where their newspaper has closed. It's not just the eleven print staff in Tamworth, journalist jobs are also being cut in country areas."

"We are doing our best to keep the Coonamble Times going so we can properly serve our communities."

"We will need the support of everyone involved, especially readers and advertisers, to keep it publishing."

***The Forster Fortnightly is now being printed in Albury Wodonga. Thank you to our many advertisers who are keeping this paper going!**

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Back from the South Pacific

By Gail Henley – Forster Shores Combined Probus Club

A group from Forster Shores Combined Probus Club have just returned from a trip to the islands of the South Pacific to enjoy the local culture and the warm waters of New Caledonia, Vanuatu, Fiji and New Zealand.

During our time ashore in New Caledonia, Vanuatu and Fiji, we visited the local markets and marvelled at the range of tropical fruits and vegetables that are not readily available in our local stores! There are so many cultural places and scenic beauty spots that you are spoilt for choices. Most of us had previously visited in the Pacific so we undertook shore excursions both planned and by local taxi, while some decided at some spots to relax on board and try out the day spa.

At our two stops in New Zealand, you can visit the geothermal wonderland of Rotorua or shop for souvenirs at the port shops! In Auckland it was a chance for a spot of retail therapy.



Above & left: Fun in the South Pacific. Photos by Robert Henley



Above all we enjoyed the time to relax and enjoy great company especially over afternoon cocktails and fine cuisine. We all returned ready to share our many new stories, except for the tales best left on board! This was just some of the many activities planned along with meetings and lunches.

For enquires about Forster Shores Combined Probus Club, contact Linda Lovell on 0477 473 510 or Colin Jay on 0448 918 645.

Despite some wins, this budget won't transform regional Australia

By Andrew Beer - The Conversation, 14 May

Since at least the early 1990s, much of regional Australia has felt overlooked by the rest of the country.

Our regions have seen themselves as disadvantaged compared to other parts of the nation, ignored when new policies are being developed and unable to access services that match the quality available in the big cities.

That sense of neglect has helped drive the rise of One Nation specifically and populist politics more generally.

So, what has the 2026 federal budget delivered for the regional First Nations communities, industries and country towns that make up about a third of Australia's population?

How will the regions fare under this budget's headline initiatives? And what impact will new, regionally focused programs have over coming months and years?

A place to call home

Housing and tax are at the centre of this year's budget. The government has closed off access to negative gearing on established homes (for purchases made from budget night onwards) while also changing the way capital gains are calculated and taxed.

The government's intention is to make investing in rental property less attractive – and by reducing investor demand, lower house prices and help more first home buyers into the market.

But these changes will affect urban and regional parts of Australia differently. Prices may be less likely to fall in regional areas where there's upward pressure due to the high cost of building, rather than speculation.

Some investors may leave regional housing markets, reducing the supply of rental housing. However, this impact is unlikely to be large given that rental returns are frequently higher in the regions than in the metropolitan centres.

The budget has set aside A\$2 billion to help local governments cover the cost of the infrastructure needed to develop land for new housing. A quarter of this (\$500 million) has been earmarked for the regions – recognising the depth of the housing crisis in regional Australia.

But this may still fall short of what's needed, without a more systematic approach to ensure regions can continue to provide housing as they grow.

Tax reform and a trust carve-out for farmers

Other budget measures will deliver small-scale benefits for regional Australians. The new \$250 Working Australians Tax Offset will have a bigger impact in regional areas, which have a higher proportion of low-income households than Australia's capital cities.

And many farmers will be breathing a sigh of relief, after Tuesday's budget confirmed farming family trusts would be exempt from a new 30% minimum tax rate on discretionary trusts.



We often think of trusts as something only wealthy Australians have. But they play a vital role in many farming regions. Trusts can help farming families manage the good years and the bad, while also helping with succession and the sustainability of the farm.

But farming and environment groups have expressed disappointment about funding cuts for agriculture, fisheries and forestry, including from pest management and weed control programs.

What's missing?

The 2026 budget is almost silent on some key concerns for regional Australia.

Immigration is important for the regions, with many crops and large infrastructure projects depending on migrants for their workforce. Regional businesses will be concerned their growth will stall unless there is greater certainty around migration targets and projects – particularly regarding low-skilled work.

Significant regional health initiatives are largely absent from this budget. The government has invested \$11.4 billion with plans to extend bulk billing to more than 90% of GP visits by 2030.

But this is unlikely to help regions where there are no doctors, or so few that lengthy wait times are inevitable. Only six new GP clinics will be established – all in one New South Wales region. (Editor: We need Urgent Care Clinics!)

Infrastructure priorities

Every budget includes funding announcements for new infrastructure projects. But relatively few initiatives have been included in the 2026 budget, and the most prominent new investments will not sit well with regional communities.

Last week's dumping of the northern half of the Inland Rail freight project was unwelcome news for many living in regional Australia.

This sense of not being a priority to Canberra was only heightened when, just days after that Inland Rail cancellation, the federal government announced it would spend another \$3.8 billion on Melbourne's controversial Suburban Rail Loop.

Impacted, but not transformed

The 2026 budget will be remembered for addressing the overly generous tax treatment of housing and compensating lower-income households for the rising cost of living. Australia's regions will be affected by these changes, but they will not be transformed by them.

Regional Australia needs policies and investments that boost new housing construction – more than this budget delivers – as well as better services and support to help businesses thrive. Perhaps those needs will be addressed in the next budget.

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Presentation made to Forster Private Hospital



Above: Julie Wilcox (Executive Asst Cape Hawke Health), Helen Duggan (GLPCS) Natasha Mackey (Regional CEO Healthcare) Roz Dreise (GLPCS) Darren Figallo (Director Clinical Services FPH) Sue Colditz, Helen Cramp and Deidre Stokes (GLPCS) Seated Helen Bryan (GLPCS).

By Deidre Stokes – Great Lakes Palliative Care Support

In collaboration with Cape Hawke Health, we purchased 2 new medication infusion pumps to be used by patients for end of life care.

Darren Figallo Director of Clinical Services made this request directly to Great Lakes Palliative Care Support advising us that "staff at Forster Private Hospital were increasingly caring for patients requiring symptom control where continuous intravenous infusion is clinically indicated, particularly for dyspnoea, pain, and anxiety management at end of life. Having a dedicated infusion pump available on site would significantly enhance our ability to provide timely, dignified, and consistent palliative care, aligned with best practice and patient-centred care principles."

"The availability of two infusion pumps at Forster Private Hospital at a total cost of \$9,650 would support seamless care delivery

Right: Recently, the Great Lakes Palliative Support group were presented a cheque for \$10,000 from Woolies Wheels & Walks and Tour de Cure after they conducted a three day cycle run from Forster to Sydney.

in collaboration with the Great Lakes Palliative Care Service and reduce unnecessary transfers for symptom management alone."

In collaboration with Cape Hawke Health, it was decided that we would provide one pump from each organisation.

Syringe drivers donated some years back are still in use in the hospital and able to be used for delivery of subcutaneous medications for palliative care patients as required.

This was great timing, just leading up to Palliative care week which we celebrated with our Annual Remembrance Service and Orange themed Trivia night.



Our Mother's Day raffle was drawn at the same meeting and was won by Felicity Carter. Thank you to all who sold tickets and supported us, we raised a total of \$1,758.



150 people turned out for the Orange themed Trivia Night on 15 May. Photo by Mark Davies.

Pacific Cape Lodge

Kularoo Drive Forster

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

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

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

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

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Saturday
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Sunday
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Manning - Great Lakes Police District Update



Dear Readers,

This fortnight I will share with you results from recent police operations conducted to prevent, disrupt and respond to crime – specifically domestic and family violence and acts resulting in road trauma.

NSW Police have charged over 900 people following a four-day statewide operation targeting offenders with a history of domestic violence.

Operation Amarok XIII

Operation Amarok XIII ran from Wednesday 13 May to Saturday 16 May 2026.

The operation is an intelligence-led, offender-focussed operation that aims to ensure the safety and wellbeing of domestic and family

violence victims and the broader NSW community.

The Domestic and Family Violence Command-led operation also involved officers from each regions' Domestic Violence High Risk Offender Team (DVHROT), along with specialist officers from State Crime Command's Raptor Squad, Youth Command, State Crime Command's Child Protection Register, Traffic and Highway Patrol Command, and the Police Transport Command.

Across the four days, 993 people were arrested and charged, with 299 arrest warrants executed.

Police laid 2,063 charges and conducted 1,847 bail compliance checks and 14,318 apprehended domestic violence order (ADVO) compliance checks with a total of 391 breaches identified.

Officers conducted 142 firearms prohibition order (FPO) searches, with 94 firearms and 48 weapons seized.

Minister for Police and Counter-terrorism Yasmin Catley said that Operation Amarok sent a clear message to the cowards committing domestic violence offences.

"Police target the people who pose the greatest risk: repeat offenders, wanted offenders and those with outstanding warrants," Minister

Catley said. "Domestic and family violence is a stain on our society. These offenders rely on fear and control, and Amarok is about turning that pressure back onto them. If you use violence, intimidation or coercive control, police will come for you."

Domestic and Family Violence Corporate Spokesperson, Acting Assistant Commissioner Paul Dunstan said officers were committed to identifying offenders, protecting victims and disrupting violent behaviour before it escalated.

"This operation is about holding perpetrators to account," Acting Assistant Commissioner Paul Dunstan said.

Too many people in our community are living in fear inside their own homes, and Operation Amarok is designed to intervene, support victims and ensure offenders are put before the court.

"Our focus is on removing violent offenders from homes and enforcing protection orders. This operation reinforces our ongoing commitment to tackling domestic and family violence year-round. Amarok may be a targeted operation, but our dedication to protecting victims and pursuing offenders occurs every day and never stops," said Paul Dunstan.

Local efforts on the operation saw 22 persons charged with 55 offences and a high number of high-risk offender compliance outcomes, with 14 breaches of bail and 13 breaches of Apprehended Domestic Violence Orders detected.

Victims of domestic and family violence can find information about support services by contacting 1800RESPECT (1800 737 732) or visiting: <https://www.1800respect.org.au>.

Reports of domestic and family-related crime or abuse can be made by contacting or attending your local police station. In an emergency, contact Triple Zero (000).

Anyone with information relating to domestic and family-related violence is urged to contact Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>. Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.

Operation RAID

Operation RAID - a state-wide high visibility and high-profile road policing operation specifically targeting major causal factors contributing to road trauma, particularly alcohol and drug driving and fatigue – was conducted from 7 May to 9 May (inclusive).

Local efforts on the operation saw the detection of 75 speeding drivers and just under 5,800 random breath tests conducted – resulting in three persons being charged with PCA offences and 19 persons returning positive roadside drug tests.

Don't forget to be kind to each other and to say "G'day!" to your local police!

Chief Inspector Timothy Bayly - OIC Forster Police Station

Local 'Tell Me A Story' competition is now open



Above: Stevie Hallam had her story 'The Book Ghost' published in the 2025 Tell Me A Story book.

By Lorraine Rogers – Tell Me A Story

Ghost stories can be spooky and scary... but not 'The Book Ghost' by Stevie Hallam, awarded Excellence in the 2025 'Tell Me A Story' competition. Stevie, then in year 5, at Holy Name school, chose to use her favourite ghost's name, Casper, in her story of a library ghost and a curious girl named Mia.

At home, Stevie enjoys much time writing stories on "a little old typewriter" and reading many books. Here comes a future author, inspired by a friend, her mother, a teacher and a story writing competition.

The story ends with a moral, something Stevie suddenly remembered while writing 'The Book Ghost' and something we can all be reminded of. (Read it here below.)

The 2026 'Tell Me A Story' competition is now open. Entries close on Friday July 31.

For all information, please visit: tellmeastory.org.au

'The Book Ghost' by Stevie Hallam

Once upon a time, in the little town of Willow Creek, there was an old library at the top of the hill. The library was big and beautiful, with tall windows and wooden floors that creaked when you walked. But hardly anyone ever went inside - because people said it was haunted.

Every night, lights would flicker, books would fall off the shelves, and strange whispers floated through the air. The grown-ups in town said, "That place gives me the shivers!" So the library stayed mostly empty.

But one day, a curious seven-year-old named Mia decided to find out the truth.

"I bet it's not even scary," she said, grabbing her flashlight and a peanut butter sandwich feeling it would give her good luck.

She tiptoed into the library after school. It was quiet... too quiet. The only sound was the ticking of an old grandfather clock.

A book flew off the shelf and landed at her feet.

Mia picked it up. "The Tale of the Midnight Ghost," she read. She opened the book, and - WHOOSH! - a cold breeze blew her hair back!

"Hi!" said a voice behind her.

Mia spun around. Floating in the air was a small, see-through ghost wearing round glasses and a bowtie.

"I didn't mean to scare you," the ghost said politely, "I'm Casper. I'm the Library Ghost."

Mia's eyes went wide. "You're real?"

"Very real," said Casper. "But I'm not spooky. I just love books. I knock them off the shelf when I get too excited reading! I chew on them too. It's the only food I've had in years. Wait, wow that's sad. Well I hope you have a nice time with books, friend."

Mia laughed. "That's kind of silly."

"I know," said Casper, blushing (as much as a ghost can). "But nobody ever stays long enough to read with me."

So Mia stayed. She and Casper read stories about dragons and dinosaurs, pirates and princesses. Every night after that, Mia came

back to the library, and more kids started joining too. The spooky whispers? Just Casper reading out loud. The flickering lights? Casper trying to turn the pages too fast. And the falling books? Well he was still working on that. From that day on, the old library wasn't scary

anymore - it was the coolest reading spot in town. And Casper the Library Ghost was finally never lonely again.

The moral of the story is don't judge a BOOK OR GHOST by its cover!



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Anne Masters honoured at Great Lakes Museum's 50th



Above: The recently named "Anne's Schoolhouse" at the museum.

By Mary Yule - Forster Fortnightly

Great Lakes Museum marked its 50th anniversary with a community Open Day on Saturday 16 May, featuring market stalls, food, entertainment by the Green Cathedral Choir and a special recognition for long-time volunteer Anne Masters.

During the celebrations, the museum's schoolhouse was officially dedicated to Mrs Masters in honour of her many years of service to the museum and local history.

Great Lakes Historical Society President Helen Duggan said the recognition was a fitting tribute to someone who had contributed countless hours behind the scenes.

"We invited everyone here to help us celebrate Great

Lakes Historical Society's 50th birthday," Helen said. "Over the years we have recognised people who've done a lot for the museum. You can walk around and see Bob's garden, Max's shed and Alan's room, so we thought we would do another one this year for Anne Masters because of all the work she has done over the years."

Helen said Anne had become known as "Mrs Museum" because of her extensive knowledge and dedication.

"You wouldn't be able to afford to pay Anne for the hours that she's put into this museum," she said. "When you

go around the museum and see all those little signs explaining things, she made those. She does the calendars and so much more. That's why we decided we'd dedicate the schoolhouse to her."

The schoolhouse was considered especially appropriate because Anne worked for many years at Pacific Palms Primary School.



Green Cathedral Choir

As part of the celebration, Anne was also made a life member of the museum.

Helen said both she and Anne joined the organisation in 2009 and that Anne had served in several important roles over the years, including director, treasurer and newsletter editor.

"If anybody needed to know anything, you'd get in touch with her," she said. "She's got a fabulous knowledge

of what's gone on here and she's been an absolute treasure to have at the museum. She's just done so much to keep it running and it's great to see her back."

The Open Day attracted many first-time visitors, with some locals admitting they had lived in the area for decades without realising the museum existed in Tuncurry.

Helen said the event was also about raising awareness of the museum and the work of its volunteers.

"We wanted to say to people, yes, we are here, come and visit us, because it is worthwhile. We're very proud of our museum," said Helen. "It's only a very small group of volunteers but boy they are workers!"



Above: Great Lakes Museum volunteers. Back row (L-R) Anne Masters (Life Member), Helen Duggan (President), Sandra McMahon and Sue Carmody. Front - Di Smith, Nina Morris, Lisa Pearce and Shirley Craig. Photos by Mary Yule.



Female athlete health workshop opens important conversations

By Mary Yule - Forster Fortnightly

Over 40 young athletes, their parents and coaches gathered at the Tuncurry Bowling Club on 13 May to learn about female athlete health and the menstrual cycle during an educational workshop presented by professional surf Ironwoman Lizzie Welbourne and the Kamana Community program.

Lizzie, who has competed professionally for more than a decade, said the program was created alongside fellow Ironwoman and exercise physiologist Harriet Brown to help young female athletes better understand their bodies and feel more confident discussing issues that can impact both health and sporting performance.

"When we first became professional athletes, we realised there were so many things we wished we had known when we were younger," Lizzie said. "A lot of the conversations we

had were around body image, nutrition, the menstrual cycle and the pressures female athletes face. We wanted to create something that gave younger athletes access to that knowledge much earlier."

Lizzie explained that Kamana, a Hawaiian word meaning "power", focuses on empowering athletes both in sport and in everyday life.

The workshop explored topics including menstrual health, sports performance, nutrition, recovery, contraception and Relative Energy Deficiency in Sport (REDs), a condition caused when athletes do not consume enough energy to match their training demands.

Lizzie said many young athletes still felt uncomfortable discussing menstrual health with coaches or teammates, despite it being a normal part of life.

"Getting your period is normal and natural, and it should be something we feel comfortable talking about," she said.

"Sometimes these things can impact training, performance or just how someone feels day to day, so having the confidence to communicate that is really important."

Participants were encouraged to track their menstrual cycles, understand what a healthy cycle looks like and seek medical advice if something did not seem right.

"Everyone is different," Lizzie said. "But if you are experiencing things that are really impacting your ability to train or even just go to school, there are now so many things that we can do to help manage those symptoms."

Left: Lizzie Welbourne competing in her sport.



Above: Over 40 young athletes from local sporting clubs participated in the female health workshop presented by professional surf Ironwoman Lizzie Welbourne (above in white shirt). Photo by Mary Yule.

Lizzie also shared her own experience with REDs during her professional career, admitting she once believed losing her period was a "badge of honour" because it meant she was training hard.

"I thought restricting food and becoming leaner would make me a better athlete, but it actually made me weaker, more anxious and affected my performance," she said. "It wasn't until I started fuelling myself properly that I realised how much better I could feel and perform."

"If you are not having regular periods, you're not getting exposure to oestrogen, which is what our bones need to develop and become stronger. Stress fractures and injuries are really common for athletes experiencing REDs."

She said education was one of the most powerful tools for helping young athletes avoid similar experiences.

"The more educated and empowered you are, the better equipped you are to understand your body and get help if you need it," Lizzie said.

The workshop also encouraged parents, teachers and coaches to become more informed in order to help normalise conversations around female athlete health.

The free workshop was sponsored by the Forster Tuncurry Athletics Club and Great Lakes Netball Club, with young female athletes from many local sporting clubs encouraged to attend.

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Teamwork saves entangled Humpback Whale near Forster

Department of Climate Change, Energy, the Environment and Water (includes NPWS)

An 8-metre humpback whale entangled in fishing gear off the Mid North Coast was successfully freed in the first disentanglement of the season.

The stunning result followed a coordinated three-day tracking and rescue operation by NSW National Parks and Wildlife Service (NPWS), SeaWorld Foundation, Marine Rescue NSW, Coffs Coast Wildlife Sanctuary, Department of Primary Industries and Regional Development (DPIRD) and ORRCA.

The whale was first sighted south of Coffs Harbour, on Thursday 14 May with ropes and buoys entangled around its head and body. It was heading south, which is unusual for this time of year.

The DPIRD Fisheries Compliance patrol provided the whale's speed, direction and position, which meant on-shore ORRCA volunteers were able to re-sight the whale from headlands and lookouts. However, it was too late in the day on Thursday to safely deploy a rescue team.

On Friday morning (15th May) the whale was found again just south of Port Macquarie off Shelly Beach, near Tacking Point Lighthouse, and the NPWS Large Whale Disentanglement Team deployed from Port Macquarie with Marine Rescue NSW to successfully remove most of the entanglement including 200 metres of rope, and dozens of hooks.

As end-of-daylight approached, the team attached a satellite tracker. The remaining rope with a metal rod and buoy weighing 10kg was still lodged in the whale's mouth, and a more powerful boat was needed for the team to dislodge it.

On Saturday 16 May, just before midday, a specialist boat and crew from Sea World Foundation and NPWS launched from Forster and successfully removed the remaining material from the whale's mouth.



Cheers from the team echoed across the water as this whale was freed to swim another day.

Disentangling marine wildlife is a complicated and dangerous operation. It is not always successful and requires highly skilled and trained operators as well as the right conditions to safely approach the animal. As such, these efforts can often run over several days.

Large Whale Disentanglement training and responses are supported by the NSW Marine Estate Management Strategy.

If you see an entangled whale, please report its location, direction and speed to NPWS on 1300 072 757 or the ORRCA Rescue Hotline on 02 9415 3333.



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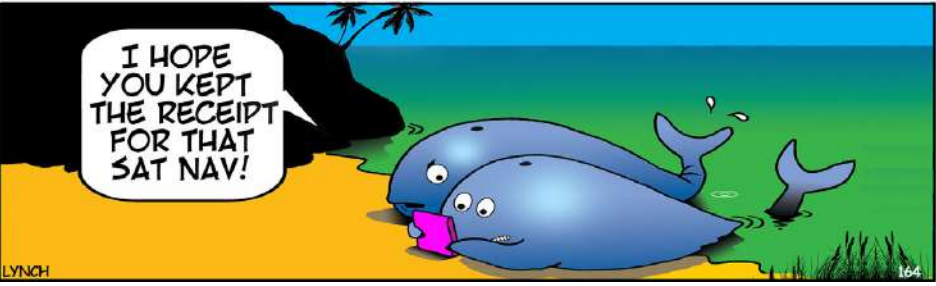
*Any household that currently receives a domestic waste collection service is eligible however, properties with six or more dwellings must arrange a combined Bulky Waste collection - contact your property's strata/body corporate or managing agent for more information

Influenza, COVID-19 and RSV 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



The Grin Bin

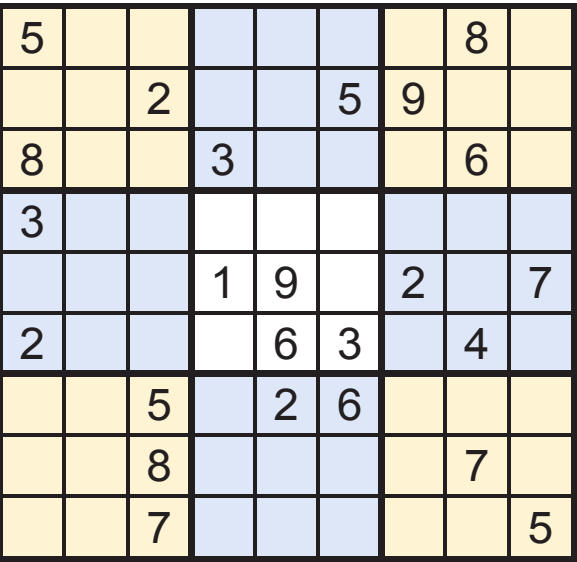


Doodley Squat



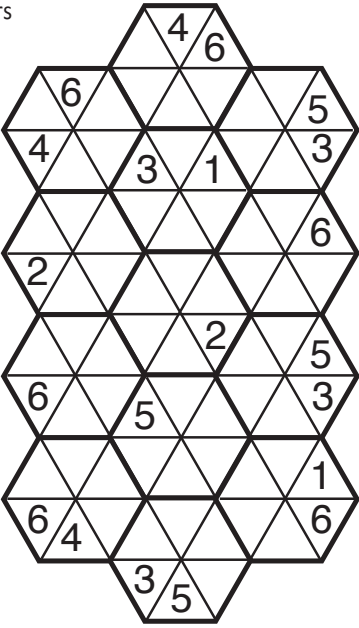
Sudoku

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

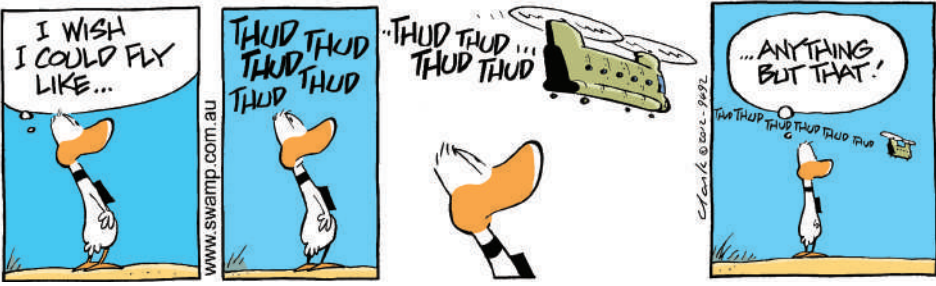


Quick Workout

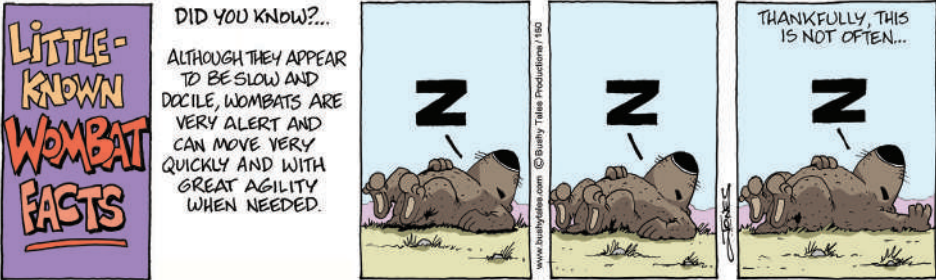
Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.



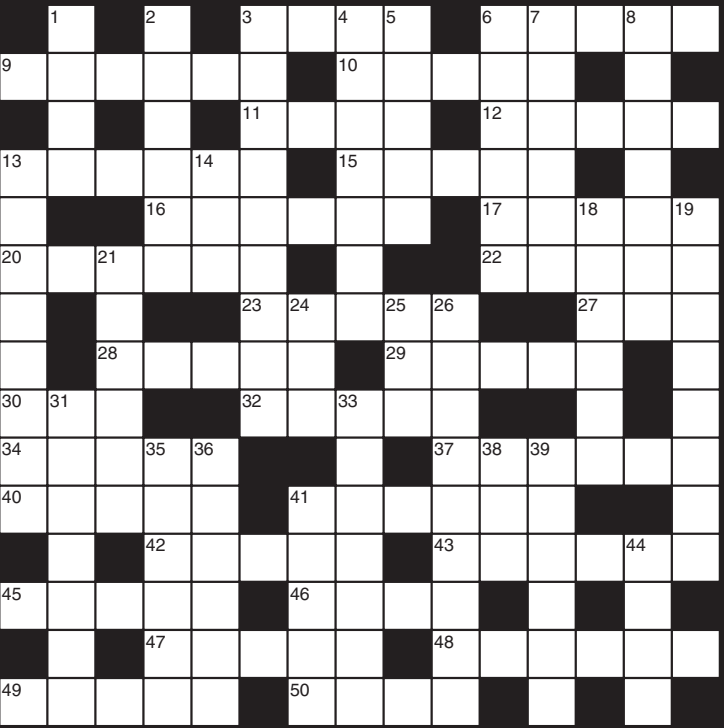
Swamp



Bushy Tales



Crossword



- ACROSS
- 3 Quantity of paper
 - 6 Chew steadily
 - 9 Ineffective
 - 10 Person under age
 - 11 In addition
 - 12 Entangle
 - 13 Governing body
 - 15 Citrus fruit
 - 16 Pungent spicy item
 - 17 Smoothly polite
 - 20 Mute
 - 22 Chemical compound
 - 23 Give out
 - 27 Metal-bearing rock
 - 28 Strong thread
 - 29 Garden pest
 - 30 Domestic animal
 - 32 Strong winds
 - 34 Inclines
 - 37 Pamper
- DOWN
- 1 Immense
 - 2 Optical illusion
 - 3 Feeling self-reproach
 - 4 Charms
 - 5 Scrooge
 - 6 Gloomily ill-humoured
 - 7 Planet
 - 8 Butcher's hatchet
- 40 Frozen shower
- 41 Took long steps
- 42 Confused fight
- 43 Jumpy state
- 45 Pancake
- 46 Man's name
- 47 Peruvian animal
- 48 In high spirits
- 49 South American mountains
- 50 Snow vehicle
- 13 Imagines guilty
- 14 Metal
- 18 Coral isles
- 19 Recluses
- 21 Small
- 24 Vast expanse
- 25 Employ
- 26 Hid securely
- 31 Wingtip flap
- 33 Following the letter
- 35 Place of worship
- 36 Knife sharpeners
- 38 Lyric poem
- 39 Story in instalments
- 41 Appears to be
- 44 Facial features

Solutions

Puzzles and pagination supplied by Auspasc Media



YOUR FORTNIGHTLY TV GUIDE

May 27 - June 2

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 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 Gruen. 8.35 Guy Mont Spelling Bee. 9.25 Urzila. 9.50 Bad Company. 10.15 Planet America. 10.50 News. 11.05 The Business. 11.20 You Can't Ask That. 11.50 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Rage. 4.00 Gardening Aust. 5.00 Poh's Kitchen. 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. 5.30 Antiques Roadshow. 6.30 News. 7.35 Alexander Armstrong In India. 8.25 The Trial Of Michael Jackson. 9.25 The Audacity. 10.20 SBS News. 10.50 Rise Of The Raven. 11.55 Golden Boy. 1.40 Classified. 3.20 Finding Your Roots. 4.20 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. (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 Australia: Now And Then. (M) 12.00 New Amsterdam. (MA15+) 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Hundred With Andy Lee. 1.00 Getaway. 1.30 Destination Wa. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. 8.00 NRL State Of Origin. 9.30 NRL State Of Origin Post-Match. 11.00 NRL Origin Story. 12.10 Tipping Point. 1.05 Explore TV Viking. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 Surfing Aust. 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. (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+. 12.00 Shopping.
THURSDAY	6.00 News Breakfast. 9.00 News. 10.00 Gruen. 10.35 Guy Mont Spelling Bee. 11.25 Urzila. 12.00 News. 1.00 Bergerac. 2.00 Parliament. 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. (PG) 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 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 2.00 Who Do You Think You Are? 3.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. 5.30 Antiques Roadshow. 6.30 News. 7.35 Alexander Armstrong In Moscow. 8.25 A Gentleman In Moscow. 9.30 SBS News. 11.00 Under The Bridge. 11.55 De Gaulle. 2.50 Finding Your Roots. 3.50 My Unique B&B. 4.25 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 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 Special. (PG) 8.30 Britain's Got Talent. 9.30 Police Code Zero: Officer Under Attack. (M) 11.30 TBA. 12.30 Brave New World. (MA15+) 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: Scented With Love. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. 8.00 Women's State Of Origin. 9.30 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 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. (PG) 8.40 NCIS. (PG) 9.40 News. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Compass. 10.30 Stuff The British Show. 11.00 Restoration Aust. 12.00 News. 1.00 The Assembly. 1.45 Bad Company. 2.10 Guy Mont Spelling Bee. 3.00 Restoration Aust. 3.55 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) 11.40 Love Me. (M) 1.15 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Land Wars. 3.00 Nula. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. 5.30 Antiques Roadshow. 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. 1.40 Syndrome E. 3.35 Finding Your Roots. 4.35 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 Mind Games. (2022) (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News At 6:30. 7.00 Better Homes And Gardens. 8.00 MOVIE: The Da Vinci Code. (2006) (M) Tom Hanks. 11.00 To Be Advised. 12.35 Quacks (MA15+) 1.20 Harry's Practice. 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: The Perfect Wedding Match. (2020) 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. 8.00 Cronulla Sharks v Manly Sea Eagles. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Rambo III. (1988) (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. 10.20 Taskmaster Australia. 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 Love It Or List It Australia. 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.
SATURDAY	6.00 Rage. 7.00 Wknd Brekky. 9.00 Rage. 10.30 The Vault Kung Fu Programmer. 12.00 News. 12.30 Death In Paradise. 1.30 Shetland. (M) 2.30 The Dark Emu Story. (PG) 4.30 Shaun Micallef's Going For Broke. (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. (MA15+) 8.30 Silent Witness. (MA15+) Nikki and Jack try to catch a gunman. 10.15 Bergerac. (M) 11.00 Rage. (MA15+)	6.00 Morning Programs. 2.55 Stories From The Cities. 3.25 Who Do You Think You Are? 4.30 Cycling. UCI World Tour. Giro d'Italia. 5.30 Sinking The German Fleet. 6.30 News. 7.30 Jewels Of The Mediterranean. 8.25 Magical Train Journeys In Switzerland. 9.25 Elizabeth Taylor: Rebel Superstar. 10.20 The Wonders Of Europe. 11.20 Snowpiercer. 2.05 Matched. 3.50 My Unique B&B. 4.25 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Surveillance Oz. 12.30 Border Security. 1.00 Football. AFL. Sydney. Richmond. 4.00 Enter The Heroes. 4.30 The Hunt For The Last Nazis. 5.00 Seven News. 7.00 Better Homes And Gardens. 8.00 Ooops! I Bought A Pub. (PG) 8.30 MOVIE: Gladiator. (2000) (M) Russell Crowe. 11.40 TBA. 12.40 Devils. (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 12.00 TBA. 12.30 Destination Wa. 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: Dune. (2021) 10.30 MOVIE: Species. (1995) 12.30 Law & Order: Organized Crime. 1.30 Soccer. UEFA Champions League. Final. Paris Saint-Germain v Arsenal. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Tough Tested. 7.00 Real Action. 7.30 Escape Fished. 8.00 I Feel. 8.30 On The Fly. 9.00 All 4 Adventure. 10.00 4x4 Adventures. 11.00 Roads Less Travelled. 11.30 Farm To Fork. 12.00 MasterChef Aust. 1.00 Good Food Everyday With Gary Mehigan. 1.30 Frugal Foodie. 2.00 Deal Or No Deal. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 Dog House. 7.30 Selling Houses Aust. (PG) 9.30 Ambulance Australia. (M) 11.30 Elsbeth. 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 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. 8.40 Bergerac. 9.40 Death In Paradise. 10.40 Silent Witness. 12.25 Rage. 3.00 Gardening Aust. 4.00 Movin' To The Country. 4.30 Poh's Kitchen. 5.00 Insiders.	6.00 Morning Programs. 1.00 Motorcycling Racing. Aust Superbike C'Ship. 4.00 Going Places. 4.25 Cycling. UCI World Tour. Giro d'Italia. 5.30 Marilyn Monroe: The Rise Of An Icon. 6.30 News. 7.30 The Hunt For The Last Nazis. 9.00 Mysteries Of Stonehenge. 10.50 Pan Am: Rise And Fall Of An Aviation Icon. 11.50 The Fastest Bicycle. 1.40 Matched. 3.25 U-96. The True Story Of Das Boot. 4.25 Bamay. 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) 8.10 7NEWS Spotlight. 9.10 How To Poison Your Husband. (M) 10.45 24 Hours In Police Custody. (M) 12.00 A Friend Of The Family. (MA15+) 1.00 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy Show. 1.00 GolfBarons. 1.30 Fish Forever. 2.00 Oz Off Road TV. 3.00 Rugby League. 3.30 Canberra Raiders v North Qld Cowboys. 6.00 NBN News. 7.00 Shark! (PG) 8.40 60 Minutes. 9.40 9News Late. 10.10 The First 48. (M) 11.10 American Lipset. (M) 12.00 Oz Off Road TV. 1.00 Let's Eat With George. 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 The Claudia Winkleman Show. 10.30 FBI. 11.30 10 News+. 12.00 Shopping.
MONDAY	6.00 Morning Programs. 2.00 Spicks And Specks. 2.30 Brush With Fame. 2.55 Restoration 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. 10.10 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 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 3.05 Arts Centres Keep Our Elders Connected. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. 5.30 Antiques Roadshow. 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. 12.05 Gomorrah. 2.45 My Unique B&B. 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. (PG) 7.30 Glenn And Mick's Celebrity Intervention. (M) 8.40 9+1. (M) 9.40 The Agenda Setters: Rugby League. 10.40 The Agenda Setters. 11.40 Happy's Place. 12.10 New Amsterdam. 1.30 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 Shark! 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 Shark! (PG) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Outback Opal Hunters. (PG) 11.10 Footy Classified. (M) 12.10 Tipping Point. (PG) 1.05 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. 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 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. 11.45 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. 2.00 Who Do You Think You Are? 3.05 Going Places. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia. 5.30 Antiques Roadshow. 6.30 News. 7.30 Glenn And Mick's Celebrity Intervention. (M) 8.40 9+1. (M) 9.40 The Agenda Setters: Rugby League. 10.40 The Agenda Setters. 11.40 Happy's Place. 12.10 New Amsterdam. 1.30 The Outdoor Room. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	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 My Reno Rules. (M) 9.15 House Of Wellness. (PG) 11.15 The Agenda Setters. 12.15 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 Shark! 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 Shark! (PG) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Outback Opal Hunters. (PG) 11.10 Footy Classified. (M) 12.10 Tipping Point. (PG) 1.05 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. 8.40 Cheap Seats. (M) 9.40 News. 10.40 Sports Tonight: The Weekly Kick Off. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.

June 3 - 9					
ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 11.00 Restoration Aust. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 2.00 Parliament. 3.00 Restoration 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. 10.50 News. 11.05 The Business. 11.20 Murdoch Mysteries. 12.10 Long Lost Family. 12.55 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 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 Women. 5.30 Antiques Roadshow. 6.30 News. 7.35 Wonders Of Volcanoes With Dara O'Brian. 9.20 The Audacity. 10.30 SBS News. 11.00 Rise Of The Raven. 12.30 Golden Boy. 1.25 Classified. 3.05 My Unique B&B. 4.15 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. 8.05 v ENG. (M) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Australia: Now And Then. 12.00 News. 1.00 The 11.59. 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Hundred With Andy Lee. 1.00 Explore TV: Western Australia. 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 Story. 9.35 9News Late. 10.05 TBA. 11.05 Freddy And The Eighth. 12.00 Tipping Point. 1.00 Destination WA. 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. (PG) 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. 8.40 Eishen. (M) 9.40 News. 10.40 Cheap Seats. (M) 11.40 10 News+. 12.00 Shopping.	WEDNESDAY
6.00 News Breakfast. 9.00 News. 10.00 Gruen. 10.35 Guy Mont Spelling Bee. 11.20 Urzila. 12.00 News. 1.00 Bergerac. 2.00 Parliament. 3.00 Restoration Aust. 4.00 Frankie Drake. 4.45 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. (PG) 9.45 Shaun Micallef's Going For Broke. (PG) 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 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 2.05 The Lost City Of Ramses. 3.00 Living Back. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia Women. 5.30 News. 6.00 Mastermind Aust. 6.30 News. 7.30 Rick Stein's Australia. 8.40 Saving Yellowstone. 9.35 A Gentleman In Moscow. 10.30 SBS News. 11.00 Under The Bridge. 12.10 De Gaulle. 3.05 My Unique B&B. 4.15 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 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 Special. (PG) 8.30 Britain's Got Talent. 9.30 Police Code Zero: Officer Under Attack. (M) 11.30 TBA. 12.30 Brave New World. (MA15+) 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: Infamously In Love. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Manly Sea Eagles v South Sydney Rabbitohs. 9.55 NRL Thursday Night Footy Post-Match. 10.40 9News Late. 11.10 The Inheritance. 12.05 Tipping Point. 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. (PG) 7.00 Millionaire Hot Seat. 7.30 Tasmaster Australia. (M) 8.40 NCIS. (M) 9.40 News. 10.40 Big Bang. (M) 11.30 10 News+. 12.00 Shopping.	THURSDAY
6.00 News Breakfast. 9.00 News. 10.00 Compass. 10.30 Stuff The British Story. 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. 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gardening Aust. 8.35 Shetland. (M) 9.35 The Business. 10.30 News. 10.45 The Business. 11.05 Frankie Drake. (PG) 11.40 Love Me. 1.30 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 3.00 Nula. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. Giro d'Italia Women. 5.30 News. 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. 11.45 The Typist. 12.10 Who Do You Think You Are. 1.00 The 11.59. 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Sinister Cover-Up. (2023) (M) 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 News At 6.30. 8.00 Better Homes And Gardens. 8.00 MOVIE: Angels & Demons. (2009) (M) Tom Hanks. 10.00 Get It? Powder Milkshake. (2021) (MA15+) 1.00 Quacks. (MA15+) 2.00 Home Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The Marry Me Pact. (2023) 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 14. Canberra Raiders v Sydney Roosters. 9.55 NRL Friday Night Footy Post-Match. 10.30 Seal. (PG) 11.30 9News. (MA15+) 12.00 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. 10.20 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. 8.40 NCIS. (M) 9.40 News. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.	FRIDAY
6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 11.00 News. 11.40 Death In Paradise. (M) 12.30 MSO. 1.00 50 Years Of ABC Classic. 4.10 Shaun Micallef's Going For Broke. (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. (M) 8.30 The Hardcades. (PG) 10.05 Bergerac. (M) 11.00 Rage. (MA15+)	6.00 Morning Programs. 3.05 Stories From The Classics. 3.35 Cecil: The Real Lion King. 4.05 Cycling. UCI World Tour. Giro d'Italia Women. 5.30 The Day Of The Soldiers' Story. 6.30 News. 7.30 MOVIE: Next Goal Wins. (2023) 9.25 Elizabeth Taylor: Rebel Superstar. 10.20 Princess Anne: The Pilot To Kidnap A Royal. 11.15 Snowpiercer. 1.50 Who Do You Think You Are? 2.50 The Murdochos: Empire Of Influence. 4.25 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Racing. Bob Charley 10 Stall Free , VRC Competition 12.00 Back 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 10.00 Backs 1			

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.

Sat 30 May - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

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

June



Sat 6 June - Meet the Makers (above)
See craft demonstrations and displays from 9am to 3pm at Forster Art & Craft Centre on Breese Pd, Forster (See ad opposite page)

Sat 6 June - Great Lakes Knit & Spin Open Day
10am to 1:30pm in Wallamba Room at Forster Civic Centre. Demonstrations and displays. (See ad on right.)

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 (above)
8am to 2pm at John Wright Park, Tuncurry
Classic cars, hot rods and motorcycles. (See ad opposite page.)

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FORSTER-TUNCURRY

"Great Lakes Knit & Spin" Open Day - 6 June



View and purchase a variety of unique handmade items at the Great Lakes Knit & Spin Open Day.

Great Lakes Knit & Spin

Great Lakes Knit & Spin will be holding their Open Day on Saturday 6th June, from 10.00am and 1.30pm, located in the Wallamba Room, Forster Civic Centre - 4 Lake Street Forster.

Our Open Day gives members of the Community the opportunity to view and purchase a variety of unique handmade items.

Great Lakes Knit & Spin comprises a group of ladies who meet each Wednesday between 10.00am and 12.00 noon in the Wallamba Room, Forster Civic Centre, 4 Lake Street Forster for a morning of knitting, crochet and other handicrafts and of course chatting and making like minded friends. Ladies of all skill levels are welcome.

Each year we support various local charities.

Enquiries: Kayleen McGowan (President) 0416 184 684

(See advertisement on right.)



Pacific Palms Art Festival - 5, 6 & 7 June

Pacific Palms Arts Inc

An enduring winter cultural event

For more than 30 years, the Pacific Palms Art Festival has been far more than an art exhibition — it has been a vital community event supporting local artists, local business and creative arts programs at Pacific Palms Public School.

What began in 1992 as an initiative by then principal Ken Pares to inspire students through art has grown into one of the areas best-loved cultural events. Held annually over the June long weekend, the Festival now showcases more than 220 artworks from around 100 artists and attracts hundreds of visitors to the area during the quieter off-season period.

Since 2018, the Festival has sold 216 artworks and raised \$60,000 for the school's creative arts programs including music, drama, ceramics,



Pacific Palms Arts Inc. provided funds for students to create ceramic totem poles.



visiting artists, workshops and creative learning opportunities that many regional schools struggle to fund.

In 2024, Pacific Palms Arts Inc. provided the funds for ceramics artist and teacher, Tracie Bertram, to work with students from years 5 and 6 to create these dynamic ceramic totem poles. Depicting creatures from the sea, the poles are installed at the school, turning the playground into a vibrant and immersive creative space.

Most recently, Mulga the Artist painted two murals and ran a workshop with the students. Lizzie Cannon, P&C Treasurer said "Mulga was

amazing. The kids loved the art workshop he ran and then spent all their breaks watching his creations come alive. The school now has the most amazing murals to enjoy for years to come. Thanks, Pacific Palms Arts Inc. with your support for this initiative!"

Supported by dedicated volunteers, generous sponsors, passionate patrons and artists, the Festival continues to demonstrate the important role the arts play in strengthening regional communities.

The committee extends a warm welcome to all art lovers and look forward to seeing you there. (See advertisement below.)

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

What's on around town & beyond!

Mid Coast Motorfest - 7 June



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.

(See advertisement below.)



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



Supporting



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



Meet the Makers - 6 June



Forster Arts & Craft

All welcome to come along and see how our members create their beautiful handmade items. Enjoy browsing in our centre at your leisure. Stay for refreshments including cakes and scones along with tea and coffee.

Members will be demonstrating their crafts including pottery, both wheel and hand building, quilting, card making, crochet, knitting, China painting, beading and jewellery making.

All our crafts are of the highest quality, made locally and make excellent and unique gifts crafted with love.

Fabric remnants and haberdashery goods will be for sale so come along

on June 6th to see what great bargains are available. Tea/coffee plus cakes/scones \$5.00

(See advertisement below.)



FORSTER ARTS & CRAFTS - BREESE PARADE SATURDAY 6th JUNE, 2026

OPEN DAY TO MEET THE MAKERS



9AM - 3PM FREE ENTRY TEA/COFFEE + CAKE/SCONES - \$5

ENJOY BROWSING IN OUR CENTRE WITH DEMONSTRATIONS THROUGHOUT THE DAY OF VARIOUS CRAFTS & THE OPPORTUNITY TO MEET THE MAKER OF YOUR FAVOURITE ONE. YOU CAN ALSO SIGN UP FOR ONE OF OUR CURRENT WORKSHOPS.

ALL OUR CRAFTS ARE OF THE HIGHEST QUALITY, MADE LOCALLY & MAKE EXCELLENT GIFTS THAT ARE UNIQUE & CRAFTED WITH LOVE.

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

The opportunity the Budget presentation missed

In changing world circumstances, resilience and sustainability are key to Australia’s future. The government has a good story to tell here. Framing the presentation of the recent Budget in these terms would have had more punch and more credibility in refuting puerile arguments about broken promises. We trust governments to look to Australia’s future interests in ways profit-making companies do not. Failure here really is to break trust with Australians. Emphasise the positives of the Budget: -

1. It has acted to secure energy with

- Immediate fuel supplies, belatedly as that is, and for the longer term

- Gas reservation

- Support for renewable energy especially solar and wind power and storage – batteries,
- Essential with Australia’s reliance on land transport, starting the electrification of the transport fleet.

2. It is supporting Australian industries

- Producing critical minerals and

- Important basic industries threatened by so-called free-trade.

3. Self-reliance in defence support is in hand – eg. drone and missile manufacture.

4. We are encouraging a regional architecture for South Pacific nations’ resilience.

5. Measures are in hand to promote inter-generational equity thereby encouraging younger Australians to feel positive, including owning one’s own home.

6. Assisting in that fundamental security – owning one’s own home.

And to pay for these investments in Australia’s future, it is

1. Acting to get value adding on our mineral exports rather than giving it to overseas countries,

2. Rebalancing the tax system to remove the inequities for those who actually produce real stuff and will be paying tax instead of subsidising landlords drawing down the tax system

3. Ensuring that high value industries are sustained thereby providing good levels of company and personal tax rather than giving that opportunity to overseas competitors, and

4. Using tax windfalls to reduce future national debt interest payments thereby enabling productive investment, and most importantly of all

5. Prospectively making overseas companies pay their fair share of tax – we shall see what the current Parliamentary investigation recommends – instead of being ripped off by profit shifting on both tangibles and intangibles, tax on turnover would be a good start.

John King - Boomerang Beach



Huge spike in searches for ‘How do I become a gas company’ after other tax loopholes closed

The Shovel

POLITICAL SATIRE: Google has reported a massive surge in Australians searching for information relating to registering as a liquefied natural gas extractor, following the Federal Government’s announcement that it would be closing tax concessions available to property investors.

“It’s really the only remaining way to massively reduce your tax bill,” said 38 year-old Jessica Marsden, now known by her new name, Jessica Marsden Natural Gas Pty Ltd.

“I had planned to just have a few investment properties to set me up for retirement, but I guess now I’ll be operating an offshore LNG platform instead”.

Some say owning your own fossil fuel exporting business on the side will now become much



more common. “It’s the new Australian Dream,” social commentator Jodie Horanz said. “It used to be a quarter acre block and a negatively-geared investment. Now it’s a one-bedroom flat and a Petroleum Exploration Permit”.

Screen Reviews

TV Show Reviews by Leon Batman - Forster

Sheriff Country - Prime Released October 2025 Season 1, 20 Episodes

An American police procedurals drama centred around the small town of Edgewater California and its female Sheriff Micky Fox who juggles family conflict with the demands of motherhood, community politics and a past that won’t stay buried. An interesting drama the demanding life of the (female) sheriff who “fell into the job” when the previous sheriff suddenly passed away. Multiple story line running simultaneously make the show interesting viewing.



Legends - Netflix Released May 2026 6 Episodes Mini Series

British Crime Drama. It’s 1990s and British Customs and Excise are losing the battle against the illegal import of hard drugs into the UK. This mini series is based on the true story of British undercover Customs investigators who infiltrated the drug world in the 1990s. Following a number of tragic deaths due to illegal drugs, at the behest of the government, Customs and Excise are forced to take drastic action,

with limited resources and time to develop from scratch a group of undercover agents to infiltrate the drug barons. This IS their story. This series is well worth watching.

The Gray House - Prime Released February 2026 8 Episodes Mini Series

American historical series based on a true story set in Richmond Virginia during the American Civil War when Elizabeth Van Lee ran a network of spies for the Union. A very interesting and intriguing series starring Mary Louise Parker as Eliza Van Lee, the mother of Elizabeth. The Van Lee’ family play their part in the high society of Richmond by day and help the Union of a night spying on the confederates and helping slaves escape to the north. If you like history, you will certainly like this great series.



A yacht came adrift overnight in high waters from the Forster Tuncurry Channel (Cape Hawke Harbour) and ended up on Main Beach with the outgoing tide on 18 May.

Photos supplied.



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ANDERSON, Bruce William
Late of Forster
Passed away peacefully on Saturday 9th May 2026
Aged 71 years
Loving Husband to Susan
Father to Clare & Nicholas and Sister to Helen
Bruce was farewelled at a Funeral Service held at Great Lakes Funerals Chapel, Forster on Monday 18th May 2026

Great Lakes FUNERALS
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85 The Lakes Way, Forster

greatlakesfunerals.com.au
OUR CARING ADVICE AND GUIDANCE IS AVAILABLE TO YOU 24 HOURS 7 DAYS
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Community News

www.forsterfortnightly.com.au

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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 Pretwell 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: jipatchwood@gmail.com

Hallidays Point Combined Probus Meeting

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

Hallidays Point Surfing Mums

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

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

Rotary Club of Lower Midcoast

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

The Coomba Mens Shed

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

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

Meet 10am 2nd Tuesday of the month
Tuncurry Beach Bowling Club
Enquiries Gail 0421 965 885

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

Each week new players welcomed.
6 - 9pm. Contact Harold 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 Sporties in Tuncurry.
Talk to Derek Hinde 0421 441 997

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 Ellisse 0411 476 063.

Westpac Rescue Helicopter Service

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

Women's Shed Forster & Tuncurry

Meet fortnightly 11:30am in Wallambi Room
at Forster Library. Closed during school
holidays. Enquiries Cheryl 0448 237 918.

Thursdays

Al-Anon Family Groups

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

Codependents Anonymous

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

Coomba Mens Shed

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

Forster District Combined Probus Club

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

Forster Keys Progress Association

Dad's Army/Navv 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 Ellisse 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
Coolonglook 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 Ellisse 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

Community News

www.forsterfortnightly.com.au

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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, Coolonglook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Forster parkrun community 5km run/walk

Pebbley 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



The significance of Wallis Lake

Continued from page 1.

Wallis Lake and its catchment areas is big, covering an area of approximately 1,292.2 square kilometres and with a total water area of 91.24 square kilometres, including the lake and its tributaries to the tidal limit. It is recognised as having one of the purest water ratings in the country, and indeed the world, with very high clarity and very low nutrient levels.

There are several reasons that Wallis Lake continues to have such pristine water quality. Not the least of these is that the Lake itself and its tributaries have protective forests on their shorelines including the swamp sclerophyll and littoral rainforests that comprise Booti Booti National Park, Wallingat State Forest, Bachelor State Forest, Crown Lands and Nature



Above: Photo of Wallis Lake by Shane Chalker Photography.

Reserves. Saltmarshes line sections of the lake, and despite some lands have been historically cleared for agricultural grazing, there are still significant coastal wetlands.

Within the Lake itself there are a diversity of very special but vulnerable eco-systems including mangroves, saltmarshes, coffee rock shelves and seagrass and macroalgal meadows that not only rely on the water's clarity and low nutrient qualities but also contribute to it. And, all of these eco-systems in turn provide for the necessary survival of the extremely rich biodiversity of the Lake itself, including endangered and threatened species such as green and hawksbill turtles, White's Seahorse, Grey Nurse Sharks and others.

All of these eco-systems are important, but none more so than the seagrass and macrophyte meadows. Macrophytes are aquatic flowering plants that stay fully submerged rooted in the sediments of wetlands and estuaries. Both seagrass and macrophytes require clear waters with low nutrient and chlorophyll concentrations to grow and thrive.

Around 20% of all of the seagrass and macrophyte meadows in NSW are in Wallis Lake. All are listed as vulnerable eco-systems. Multiple plant species are included in these meadows, including the northern most distribution limit of one, the Posidonia australis (also known as strapweed), and a relatively recently identified sea-grass, Halodule tridentata, that is considered to be at its southern most distribution limit in Wallis Lake.

Seagrass meadows are vitally important for providing habitat and breeding grounds for aquatic macroinvertebrates which in turn are the basis of much of the food chain of the complex eco-system of the Lake. Some macroinvertebrates feed on the seagrass directly, while others feed on algae that grows on their leaves. These macroinvertebrates are then preyed upon by several species of fish which then provide food for larger fish, fish-eating mammals (dolphins and rakali), rays and shark species. Macrophytes are themselves a major food for plant eating fish whilst herbivorous waterbirds such as black swans and Eurasian coots are also dependent on them.



Above: Photo of seagrass meadow in Wallis Lake by Rachel Kulk.

One particular animal group that has scientists excited are the many species of marine sponges found in Wallis Lake. It is hard to believe that sponges are considered animals but they are classified as such because they are made up of collagen, the same substance as human skin, and feed and defecate waste by maintaining a constant water flow through their bodies.

Wallis Lake has the largest diversity of marine-sponges of all of NSW Lakes and Lagoons by over 50%, many of which are found nowhere else. Other species of sponges have yet to be properly identified and named.

The place of marine sponges in the ecosystems is not yet fully understood, however it is known that Marine sponges are food sources for sea snails, nudibranchs and monacanthid fish (leatherjackets) and habitat for seahorses and pipefish. In other parts of Australia, dolphins have also been observed using marine sponges as tools to protect their sensitive snouts when bottom trawling for fish.

What is known is that the marine sponge population and diversity of Wallis Lake is such that it has been recommended as a marker for the need to have this water way protected as a high conservation area. Combined with its other high conservation eco-systems, Wallis Lake has been recommended as a waterway of not just national but international significance.

Like any waterway however, Wallis Lake is vulnerable to human damage. Excess land clearing would cause siltation and nutrient pollution loading that would impact the water purity and the eco-systems that rely on it. Inappropriate boating and fish-netting activities can cause real harm to the seagrass and macrophyte meadows which in turn would impact on a range of species, the extent of which is not fully understood. There is always the potential for weed species and other biothreat invasion. Then there is the impact of bushfires and floods. Wallis Lake has shown it can be resilient, but in my mind, we need to actively protect and guard it for the treasure it is.

Local Identity - Lydia Irving

Interview by Vanda Gooley - Forster

I recently attended one of Lydia's workshops 'Eat Well Age Well.' I was impressed by her energy, enthusiasm, passion and knowledge, plus her 'down to earth,' 'realistic' approach to nutrition. Lydia Irving, 33, born in Taree, is a true local identity. She is a nutritionist and Psychology of Eating Coach, though her daily life also involves being a hobby farmer and a Permaculture fledgling. She is deeply passionate about community education through workshops, "and laugh too much and too loudly at my own jokes! I also think being 6ft 2 is a huge part of my personality."

Food and community run in Lydia's blood. Lydia's late father, John Irving, worked in Public Relations and was a small business owner; he had some great small businesses once moving to The Mid North Coast: Goodness Gracious, How Herbaceous, (selling herb seeds) and with Lydia's mum, Janece Irving, they owned the Bobin Bush Cafe. They also started Mag Pies, shipping biodynamic pies all over Australia. Her mother is a brilliant cook and cafe owner (It's Only Natural - Taree, The Wild Fig - Taree and now Mobile Coffee Van) and is a Greens Mid Coast Councillor.

Lydia's grandparents on her mum's side, Alan and Elaine Young, moved to the Mid North Coast when her "Pop" got a teaching job, he was a much-loved Science teacher. Lydia's mum grew up in Cundletown. Her Dad moved to Bobin in the late 80s - early 90s - following his sister, Kim Gollan, to Bobin. Lydia's parents met while her mum owned It's Only Natural and her dad was a host on 2BOB radio. He went in for regular veggie burgers and the rest is history. "I suppose It's Only Natural I'd end up as a nutritionist with a love for public speaking!"

Lydia has two older siblings: her sister, Ashari Hudson, who is a 'Living in Your Flow' coach and yoga teacher, and her brother, Liam Emery, a local electrician.

Lydia reflects on growing up in Bobin as being incredibly wholesome and bohemian. The family lived in a mudbrick house her parents built, right on Bobin Creek. Lydia's parents ran the Bobin Bush Cafe from their property until Lydia was 13. She grew up surrounded by world music, storytelling, and delicious food. She went to the very small and lovely Bobin Public School - often as the only student in her year! "I think that's why I've always been more connected to adults; I grew up loving witty banter and the art of an enthralling story." Bobin in the early 2000s was full of life! There were loads of community events, markets and there was always someone playing a djembe drum and loads of local musicians performing. "I had freedom to run around Bobin with my friends, I had a horse and would go riding through friend's properties. I spent a lot of time day-dreaming, climbing trees and swinging off a rope swing into our large creek pool."

Lydia also reflects fondly on the years prior to her father's passing when she was 16. "They are definitely 'rose-coloured.'" Lydia said, that childhood in Bobin, filled with nature and bike-riding holidays, shaped exactly who Lydia is today. Lydia's father was from Melbourne originally, so he was learning how to live a country lifestyle later in life. "He would often be on his old Ferguson tractor; he loved tending to the property and trying to figure out how to

fix things. He also had strong values in manners and was a great public speaker." Lydia loved the contrast of them working together in the paddock, in dirty farm clothes while he would attempt to teach her elocution - "The Rain in Spain falls mainly on the plain" etc, etc .

In so many ways, Lydia is wanting to recreate her upbringing, which felt magical. She had a lot of family around her - her Nan and Pop lived on Deans Creek Road in Tinonee - her Pop was an organic farmer later in life. "We would have huge family gatherings at their property, loads of laughing and great story telling."

Lydia lives with her fiancé, Alex, and a very busy household of animals. They purchased 26 acres at Coomba Park two years ago and love building and living their life together out there. Alex is from Whoota, his parents escaped Sydney to raise their sons in the country. His parents also have built a mudbrick home!

Lydia attended Bobin Public, Wingham Brush, and Wingham High, before finishing at Mosman High in Sydney. Her professional training was through the Endeavour College of Natural Health and the Institute for the Psychology of Eating.

Lydia has been a Nutritionist for 10 years and a Psychology of Eating Coach for five. "My journey has been a humbling one." Lydia spent five years at Wingham Wellbeing alongside her own business, 'Internal Instinct.' While she has worked with clients globally online, her true love has become community connection.

After a decade of 1:1 consultations, Lydia has shifted her focus toward group workshops, which she's been running for ten years on and off. She's doing more of them now. "There is something magic about teaching people how to master sourdough or understand gut health in a group setting. It's about making health sense-able and community-driven."

Lydia is passionate about helping people feel safe in their bodies and releasing the "dogma" that often makes nutrition feel like a chore. On the home front, Lydia and Alex have a

hobby farm where Lydia milks their cow every morning and they raise pigs and chooks. They've even started processing their own



Nutritionist and hobby farmer Lydia Irving.

of him suddenly gone, she still struggles to comprehend. "The grief of losing dad never gets easier, it is more that I get more comfortable with the pain and that love, joy and pain can all exist together."

Lydia studied Psychology of Eating and understands how losing her dad and the way she was raised has influenced her relationship with food and body. "Which is another challenge I have faced - a challenge that is a bit more "not a big deal" but can totally destroy many people's lives and happiness."

Like many, Lydia has had her own struggles with body image and a complicated relationship with food. She said that perhaps her biggest professional challenge was "un-learning" the rigid health dogmas she was originally taught. It takes a lot of humility to go back to clients and say, "Actually, I've learned a better way." "Overcoming that "saviour complex" and learning to trust the body's wisdom - rather than pathology textbooks - changed how I am able to move through my life." Lydia believes health should be a way to feel safe, strong and free

Asked what Lydia loves about the Mid North Coast she said, the nature here feels like home. She loves being so close to Wallis Lake and the beaches at Pacific Palms. "Seeing the forest meet the sea at Elizabeth Beach is a frequent reminder of how lucky we are. Can Wallis Lake get any bluer!?"

Lydia also really loves being close to family. "That is also what keeps me, to have a sense of community and belonging. My mum really loves the Mid North Coast and growing up, I couldn't wait to leave. So I left - I lived in Sydney for 7 years and travelled Europe and America for extended periods of time. Both my siblings did the same thing as did many of my cousins. But we all found our way back - drawn by the beautiful beaches, the community, the feeling of home and family".

Hayley Watt, close friend said this of Lydia....

"Lydia is someone I have known for most of my life, and she has always been a person I've admired as we grew up. As we became closer friends, she was the person I went to for most of my life advice. She's the kind of friend who creates a space where nothing ever feels off-limits. Whether it's something light and funny or deeply personal, she is always so present and understanding.

Her knowledge around food and nutrition is incredible. As a nutritionist, she has this amazing ability to make healthy living feel approachable and realistic, and has taught me so much along the way. She brings so much creativity, strength and resilience into everything she does and it's genuinely inspiring to watch.

Lydia is a combination of such a strong and powerful woman, while having this ability to be vulnerable and gentle at the same time. She's stubborn in the best way, and her abilities and talents are endless. She is kind in the most effortless way, and her sense of humour makes even the hardest days feel lighter.

Lydia is someone I'm endlessly grateful to have in my life and I can't wait for the endless years of friendship we have ahead."

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A year on from record floods, Mid North Coast residents are returning home

Continued from p 3.

like that again in my lifetime" and has taken simple flood-protection measures such as installing more water-resistant flooring.

"This house was actually built by my parents after the big '78 flood, which was as close to a record as any," Mr Trotter said. "So it was built on silt from that flood, well above the flood level in 2021."

"You could be here for another 100 to 200 years and not see anything like it again, or it could happen next year ... it's just one of those things."

Residents yet to return home

Across the Mid North Coast, many other flood survivors are still finding their feet, with some yet to move back into their homes.

For those residents, the focus remains on making properties habitable, with flood proofing often limited to using more water-resistant materials in rebuilds.

Wingham was one of the worst-hit areas, and the local Manning Valley Neighbourhood Service, funded by the NSW Reconstruction Authority, has so far supported more than 600 people.

A year after the natural disaster, it is still taking on new cases.

"In February and March alone we had 14 new intakes," centre manager Kate Darnell said. "We have people to this day that are still couch surfing, are still technically homeless;



The swollen Manning River. Photo by Stan Groves.

still bathrooms and kitchens that are not habitable."

Wingham resident and SES volunteer Bruce Sanders said he initially felt reluctant to seek help, considering others to be in greater need, and spent months using a caravan bathroom.

"My house has still got no kitchen and no bathroom, but I've now got an ensuite that works so we don't have to go outside to go to the loo anymore," he said.

Farmers stay and rebuild

Just north of Taree on the Manning River, Croki on Jones Island was hit hard.

Fifth-generation dairy farmer Craig Emerton and his wife Debbie were forced to swim to an oyster barge with their dog to be evacuated.

They lost 80 cows and it was four months before they could move back into their home.

"It's been tough," Mr Emerton said. "Our total losses, probably estimate half a million dollars; we're only a very small dairy."

Craig and Debbie Emerson were rescued by oyster farmer Ian Crisp, who said he rescued "19 people, nine dogs and two parrots".

Mr Emerton said he was slowly building back his herd, but was still about 25% down on milk production.

"The rain stopped at the end of August and hasn't started properly again ... we're basically in drought. We've got a green drought," he said. "We've been flat out sowing our winter feed. Now with fuel prices, fertiliser prices, it's just making it harder and harder."

The Emertons have weathered a number of floods over the years, but have decided to stay.

"We love the area. We couldn't sell at the moment if we wanted to. There are places for sale, but nothing is selling on the flood plain," Mr Emerton said. "I've lived in this house all my life. My great-great-grandfather bought the original farm in 1856."

Mr Emerton has created an additional raised flood mound for his cattle, above the 2025 flood level, and they have made some

adjustments to their home, including higher storage areas.

"It's starting to feel a bit like home. We've been very cared for, and we can feel it," Ms Emerton said.

The cost of catastrophe

In April, an extra \$56.3 million in federal-state disaster recovery funding was announced, including an extra \$25,000 grant for directly impacted small businesses and non-profit organisations.

The MidCoast Council said the total flood recovery cost was estimated to be about \$281 million.

It has spent \$49 million so far, with some key public infrastructure, including bridges that link communities, yet to be replaced.

The council's director of infrastructure and engineering services, Robert Scott, said flood mitigation work was primarily being done at a grassroots level by residents using recommended materials in rebuilds.

"It was an extreme flood event, a one-in-500-year flood event, and it means trying to predict and protect properties in such an event is very costly," he said. "So it's very difficult for broad-scale measures to be implemented."

"I think what the last year has taught us, is by being more prepared, by being more resilient in our approach as individuals...having a clear view of when you're going to leave...we are able to mitigate the impact of the floods."



Craig Emerton has built a larger cattle mound (behind Craig). Photo by Emma Slossian.

Surfing Mums expands to One Mile Beach, Forster

By Vanessa Lima – Surfing Mums

Surfing has always been part of who I am. I moved from Brazil to Australia to study surfing because I was already a surf coach in Brazil and wanted to improve my English so I could teach international students back home. I also competed in longboard and stand-up paddle divisions and was part of the early development of SUP wave surfing in Brazil around 2008. Since then, it has become my favourite style of surfing.

I surfed until I was eight months pregnant and, even before my son Fenix was born in 2022, I was already wondering how I would be able to return to surfing without family support nearby.

Surfing Mums started for me and my friend Khali when we began meeting with our babies, first at the pool and later at the beach, taking turns surfing while the other stayed with the children. What started as two mums reconnecting with the ocean grew into a beautiful and supportive community.

Now, after four years coordinating Surfing Mums around Hallidays Point, I'm very excited to also run Surfing Mums at One Mile Beach in Forster every Friday from 1pm.

Surfing Mums One Mile Beach started very naturally. Through my work at Belgravia Great Lakes Aquatic Centre, I've met many local mothers and families from the Forster area. I usually finish work around lunchtime and always have my son Fenix with me after work.

Many of these mums live around Forster and told me it was difficult to make it to the Hallidays Point meetups, so I decided to start Surfing Mums at One Mile Beach to make it easier and create another opportunity for local families to connect.

I love One Mile Beach because it has everything — the beach, playground, café, Surf Club, toilets and showers. For me, it's the perfect place to bring families together. It also gives me what I need most: more time at the beach doing what I love, surrounded by people who share the same positive vibe, connection and love for the ocean.

Right: Vanessa Lima and Fenix. Vanessa in action.

Our first One Mile meetup on 15 May was magical. After a week of storms and rain, the sun came out just in time for our meeting. Mums and children connected beautifully throughout the afternoon, and we finished the day with a beautiful rainbow over the beach. It felt very special and confirmed how important these gatherings are for local mums and families. We felt truly blessed.

Surfing Mums is a national organisation that helps mothers continue doing what they love while supporting each other through a simple "swap" system. While one mum surfs, another stays with the children, and then they swap. It's not only about surfing — mums can also take turns walking, swimming, meditating, exercising, or simply enjoying time for themselves in nature. Membership includes insurance, as well as access to official Surfing Mums meetups and communities around Australia. While the organisation is called Surfing Mums, it's not only for mums — dads, grandparents, and other carers of the children are welcome too.

My MidCoast meetups are:

- Tuesdays from 9:30am around MidCoast beaches
- Wednesdays from 9:30am at Hallidays Point
- Fridays from 1pm at One Mile Beach, Forster

For more information or membership details, visit: surfingmums.com

Or contact: Vanessa Lima - Coordinator of Hallidays Point and One Mile Beach, Surfing Mums on 0452 247 440.



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Let’s hit those trails - Ultra Trail Australia



By Dave Hughes – Forster Runners

The largest trail running series in the world is called UTMB (Ultra Trail Mont Blanc). To guarantee entry to this prestigious race you must qualify in one of the feeder races held in different locations around the world. One such race was held over four days (14-17th May) in the picturesque town of Katoomba in the Blue Mountains. It is every trail runner's dream to either place top ten overall or win their age division and automatically qualify for UTMB. With over 8,000 runners from 63 countries and prize money of \$73,000 the competition is extremely competitive. A surprising statistic is that 49% of participants were entering this year's event for the first time. The UTA offers 5 distances (11km, 22km, 50km, 100km and 161km).

The Mid North Coast was well represented with over 20 participants competing at each of the distances on offer. Training for such an event takes months and months of dedication and commitment. Attempting to replicate the environment and terrain of the Blue Mountains with our local landscape is difficult. Specific training for this event generally commences in early January and includes running up and down hills and sand dunes with head torches at 5 am. The North One Mile sand dune has looked "alien like" very early on a Wednesday morning with a dozen or so diehards only seen by their headlamps doing up to 20 circular repeats with the mantra "what doesn't kill you makes you stronger". Early Friday morning has seen the group test themselves for hours on end running and hiking the McBrides Beach and Cape Hawke hills hoping that the more you hurt now, the easier the race will be. That did help but the race was still extremely difficult. The only respite and reward during these long efforts was the coffee from the local cafe. Would they train so hard if there was no coffee? Probably not.

Thursday 14 May was the beginning of the 5 major races. It was the 11km event and young Ella Whight finished in 1h 25m to take out the overall 6th position (female) and 3rd in her age group (14-15 years old). Ella is an all round accomplished athlete having represented the state at 300 metre hurdles and 50m breaststroke at the NSW country short course. Well done Ella.



Above: Dave Hughes came first in the 50km (70-74 age group) after a double knee replacement last year!

Friday 15 May saw the start of two races. The 22km course is brutal. It starts at the old Queen Victoria Hospital site and encompasses an immediate steep decline of 8 km. Some runners were seen going backwards to save their burning quadriceps. This is followed by a slight reprieve at the base before a never ending (well it just seems like that) uphill climb to the finish line. There is not too much to like about this part of the track...just one long hard muddy slog. And just when you think you've got it conquered you then need to climb the famous Furber stairs, all 963 of them. Matthew Whight (3rd in age group with 2h 07m) and Linda Mcdonell (2nd in age group with 2h 58m) powered through the course in under 3 hours. Dave Isbel planned to run in his ordered trail shoes from a non-existent foreign company (gotcha.com) that nobody has ever heard of. Surprisingly the shoes never arrived so he persevered with his zero tread golf/work/road shoes. An absolute miracle that he finished (12th in age group with 2h 54m) considering the conditions.

The epic Miler (161k) on Saturday 16 May had a strong international flavour with two Soviet runners, one Australian (Chris Lenkic from Hallidays Point) one Polish and one Frenchman taking out the top five positions. Chris Lenkic continued to show why he is one of Australia's premier trail runners having previously won this distance at Kosciuszko and top ten at the UTMB in Chamonix, France. He came 3rd overall in a time of 18h 34m.

Saturday also had two other events. The 50km and the 100km trail race. There were plenty of spills and thrills in both races. The weather was perfect for trail running and the spectators were out in full force. There were more cow bells than a dairy farm and the enthusiasm of the young children was something to behold. Mark Fletcher was the fastest runner from the Mid North Coast finishing in 5h 40m (50km). David Hughes won the 70-74 year age group in a time of 8h 52m, in his third time completing this UTA event (50km). Remarkably, David had an operation to replace both his knees in January last year. He was advised by his surgeon to find another sport (lawn bowls, croquet perhaps?) His first placing in his age group guarantees an invite to the world renowned UTMB race in France next year. After his race he said "never again" however those who know him are betting otherwise...

Ash Montesin entered the 100km event under an injury cloud. He bravely managed 60km before succumbing to his back injury.

This UTMB event is going from strength to strength and is now in its 18th year. The organisers (Ironman) must be applauded for the smooth running of this world class event.

Further results of local runners at Ultra Trail Australia

11.5k: Jess Van Den Brink 1h 53m (9th)
22k: Tina Stalls 3h 07m (34th), Joel Stallworthy. 3h 37m (98th)
50k: Gavin Morgan 6h 31m (27th), Jess Whight 7h 34m (35th), Aaron Lea 7h 40m (41st), Kyah Jones 8h 13m (37th), Mark Jones 8h 13m (125th), Katie

Schielzeth 8h 21m (50th), Marc Schielzeth 8h 27m (86th), Katie Hickman 8h 38m (47th), Timmy Richmond 8h 45m (163rd), Paul Martin 9h 46m (191st), Lisa Hewitt 9h 51m (81st)



Above: Happy at the finish of the 50km. (L-R) Linda Mcdonell (2nd in age group) and Dave Isbel with Andy Mcdonell. Photos supplied.

Runaway Sydney Half Marathon

Two local Forster Runners competed in this event on 3 May. Lauren Mellor came 74th/759 in her age group in 1h 50m and Nick Fell came 137th/685 in 1h 49m.

Sydney 10k

Local running group Forster Runners had three entrants at the track event, the Sydney 10K on 17 May. There were 1,391 entrants. Congratulations to the for achieving personal records in this event - Jake Myers 25th in 31m 37s, Bray Smith 153rd in 34m 36s and Brock Jagoe 277th in 36m 45s.



Three personal records in the Sydney 10km (L-R) Brock Jagoe, Jake Myers and Bray Smith.

School State Championships success for local swimmers



Above: Sebastian House



Above: Jayden McDonald.



Above: Rinchendolma Dhondub.



Above: Dane Clayton.



Above: Dante Parker



Above: Hudson Keegan.

By Mel Westaway – Forster Aquatic Swim Club

Forster Aquatic Swim Club swimmers have once again made waves on the big stage, proudly representing the Hunter Sports Association Team at the NSWPPSA (Primary Schools) and NSWCHS (Highschools) State Swimming Championships in early at the Sydney Olympic Aquatic Centre. The championships brought together some of the best school-aged swimmers from across New South Wales, with FASC members producing impressive performances, personal bests and strong placings across a range of events.

At the NSWPPSA Championships, Sebastian competed strongly in the 12 years age group, recording personal best performances in both the 50m Freestyle and 50m Butterfly. He placed 27th in the 50m Freestyle, 27th in the 50m Breaststroke and 21st in the 50m Butterfly.

Rinchendolma also achieved excellent results in the 8-10 years division, placing 25th in the 200m Individual Medley and swimming a personal best in the 50m Backstroke to finish 21st.

Dante delivered a standout performance in the Multi Class events, achieving a personal best and 19th placing in the 50m Freestyle, while also finishing 11th in the 50m Backstroke.

Jayden competed in the 12 Boys 50m Freestyle, placing 28th, while Dane finished 19th in the 11 years 50m Breaststroke and was also a member of the Small Schools Relay team that placed 18th alongside teammate Layla. Hudson also represented strongly, placing 28th in the Junior Boys Breaststroke event.

At the NSWCHS Championships, Toby Westaway produced an outstanding meet, achieving personal best times in all four of his events. Toby claimed gold in the 50m Freestyle and also placed 4th in both the 100m Freestyle and 100m Backstroke, along with 5th in the 200m Freestyle. As a result of his performances, Toby has now qualified for the NSW All Schools Secondary Swimming Championships later this month (see over).

Forster Aquatic Swim Club congratulates all swimmers on their efforts and achievements, with the club incredibly proud of the way each athlete represented their schools and region with determination, sportsmanship and pride.

NSW All Schools Swimming Championships

The NSW All Schools Swimming Championships bring together the top student-athletes from across the state, representing the three major school sectors — CHS, CCC and CIS — making qualification alone an incredible achievement.

Competing in the 13 Boys Freestyle events for the CHS Team, Toby stepped up on the big stage and delivered two fantastic PB swims on 21 and 22 May, again at the Sydney Olympic Aquatic Centre.

- 100m Freestyle – PB swim, placing 7th
- 50m Freestyle – PB swim, placing 4th



Above: Toby Westaway competed at NSW CHS and NSW All Schools. Photos supplied.

75 golf players compete



Above: Fabulous hot dogs and a magnificent BBQ lunch were served up by (L-R) John Cullerton, Colleen McNeill, Jenny Newton and Michelle Hodgson.

By David Blanchard – Forster Men's Vet Golf

On 18 May we had 75 players compete in a 18 hole single stableford event played at the Tuncurry Championship course from a 8.30am shotgun start. The weather was quite wet with drizzly rain but playable and as expected the game was hotly contested in 3 grades for the great prizes on this occasion provided by the Vets Golf Club.

The winners were:

A Grade: David May with 41 points

B Grade: Ernie Mathews with 41 pts

C Grade: John O'Conner 39 pts

Once again, we were treated to a great hot dog half way and then a magnificent BBQ hamburger for lunch followed by a mega wine and meat raffle and prize presentation.

A special mention for this edition goes to our superb team of volunteers, headed up by Kerry and Elizabeth Matheson, who undertake the catering for these days, with an early start and late finish, and all our members are very appreciative of their efforts over a long period of time.

Our next 18 hole day is on 15 June for the John Cribb Memorial Day and once again our Club would welcome any new golfers who might have just moved in to our great town or anyone who wants to come along and have some great fun (T&C apply).

We also play every Monday morning for 9 holes, 8.30am shotgun start at either Forster or Tuncurry course followed by a very popular meat raffle provided by Wharf Street Butchery.

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Great Lakes Pearl Dragons officially open new boat shed!



Above: The cutting of the ribbon (L-R) John and Dot Monks from Forster Tuncurry Lions Club (representing the sponsors who support the club), President Michelle Richardson, MP Tanya Thompson and Mayor Claire Pontin.

Right: Club members and supporters in front of a specially designed mural on the "short end" of their new large boat shed. The shed is located next to the Breckenridge Channel off Little Street, Forster. Photos by Mary Yule.

Great Lakes Pearl Dragons

The Great Lakes Pearl Dragons proudly celebrated the official opening of their new Boat Shed on 16 May with a special ceremony and dinner attended by members, supporters, sponsors, past office holders and invited guests.

The event marked a significant milestone in the club's history, recognising 8 years of planning, fundraising, volunteer work and community support that helped bring the project to life. The large new shed has been cleverly constructed using 7 shipping crates with a uniform roof and well thought out interiors.

Club President, Michelle Richardson, said the new Boat Shed represents far more than just a building.

"This Boat Shed is a reflection of the incredible spirit, dedication and teamwork within our club and wider community," Michelle said.

"It will provide a home for our members, support the growth of dragon boating in our region and create opportunities for connection, health, friendship and competition for many years to come."

The official opening ceremony included speeches, acknowledgements of sponsors and supporters, and a ribbon-cutting ceremony attended by the Mayor, Councillor Claire Pontin, Tanya Thompson MP, community representatives and club members.

During the celebrations, the club also recognised the contributions of past Presidents, office holders, volunteers, coaches, sweeps and members whose commitment over many years helped build the strong foundation the club enjoys today.

Special thanks were extended to the club's sponsors and supporters for their generous

contributions toward the development of the facility and ongoing support of the club.

Guests enjoyed an evening celebrating the club's achievements, history and future, while reflecting on the strong sense of community that continues to drive the success of the Great Lakes Pearl Dragons both on and off the water.

The Great Lakes Pearl Dragons continue to grow as one of the region's most active and community-focused sporting clubs, welcoming paddlers of all ages and abilities.

For more information about the club, upcoming events or membership opportunities, please contact Michelle Richardson on 0477 773 886.



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