

Art celebrated at
Pacific Palms p26

Visitor to Forster
Fleur McDonald p27



Star Pet
Brandi p23



Forster Fortnightly

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

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Wednesday 10 June 2026

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Circulation 7,000 No.148

Motorfest draws crowds

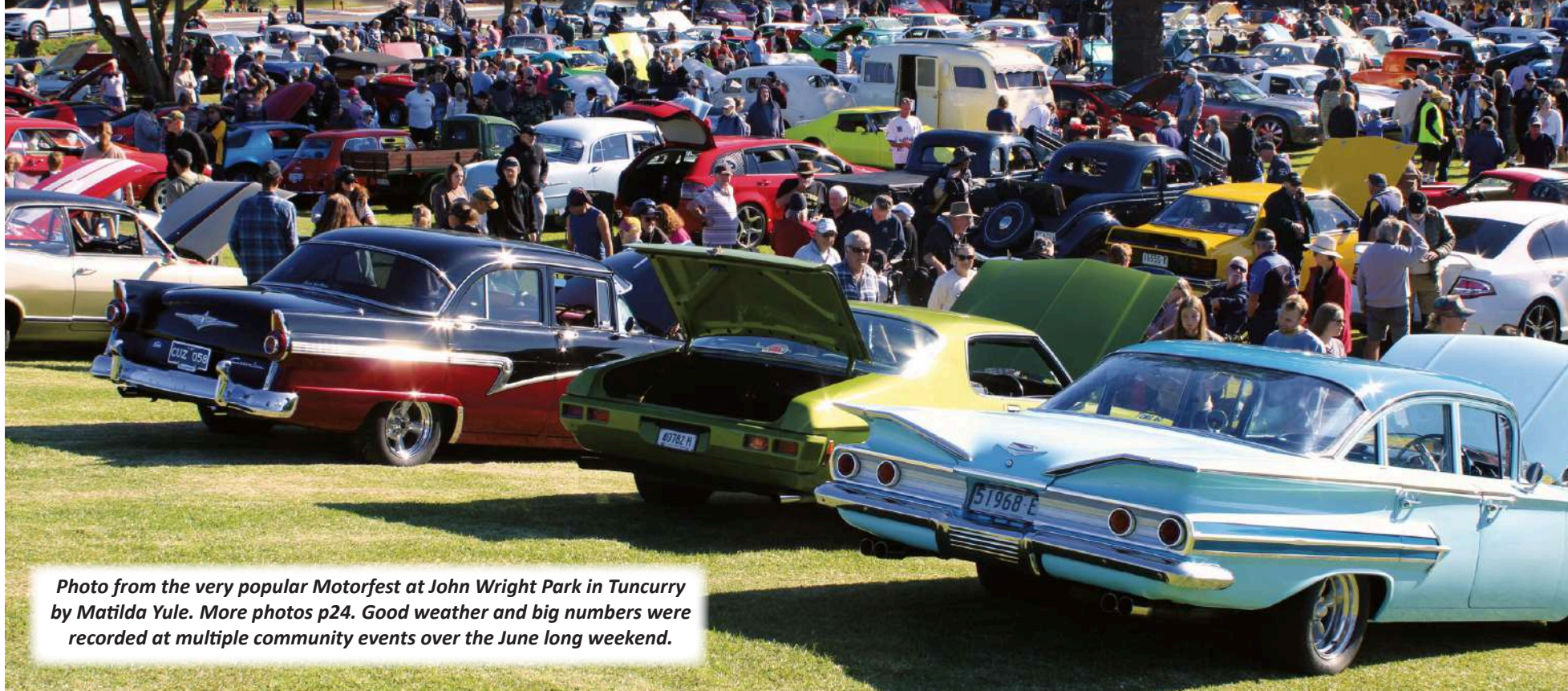


Photo from the very popular Motorfest at John Wright Park in Tuncurry
by Matilda Yule. More photos p24. Good weather and big numbers were
recorded at multiple community events over the June long weekend.

Vocational training services to close in Tuncurry

By Sophia McCaughan and Mary Yule –
Forster Fortnightly

Atwea College in Tuncurry will no longer be
offering vocational training services with plans
to phase them out by Thursday 30 June.

The not-for-profit organisation based in
Newcastle has college campuses in Tuncurry as
well as Cessnock and Raymond Terrace.

Courses at all three campuses will be
discontinued as the organisation focuses its

operations on their community courses and
secondary education across the Hunter and
Mid North Coast.

The ceasing of its delivery of Registered
Training Organisation (RTO) courses will affect
around 150 students enrolled at these colleges
and result in a loss of 21 jobs.

The closure has raised immediate concerns
for enrolled students in the Mid North Coast,
where vocational training options are limited.

29 courses will be phased out in total including
Certificate IV in Disability Support, Certificate
III in Hospitality, Diploma of Business, Diploma
of Beauty Therapy and Certificate IV in Retail
Management.

Certificate III in Individual Support and
Certificate II in Community Services can be
studied at TAFE at the Tuncurry campus while
other courses are offered at TAFE in Taree.

Non-accredited community courses known
as 'Learn for Fun' will continue to be offered

at Atwea College in Tuncurry, which are paid
courses covering areas such as languages,
wellbeing, creative arts and more.

Alesco Secondary College in Tuncurry and its
other locations will not be affected.

The Forster Fortnightly understands affected
students and staff have been informed of the
changes through its learning portal and will be
supported through the transition.

Continued on page 2.



A specially-curated 3-course meal presented by Chef Kingsley Saville

chef's table

Every Thursday 6pm

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We welcome your stories, photos & letters

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Great Lakes College Athletics Carnival. See p29 for more.

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Deadline Wed 15 July

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

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Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Vocational training services to close in Tuncurry



Above: Atwea College on Manning Street, Tuncurry, will phase out vocational training services by Thursday 30 June 2026. Photo by Mary Yule.

Continued from page 1.

This publication understands that every student will have the opportunity to complete their qualification, with Atwea working with a number of training providers and government organisations.

Atwea is hosting an information and transition expo in Newcastle on Thursday, June 11 with students invited to attend where information will be provided about transferring their studies to other RTO's.

The Forster Fortnightly understands concerns have been raised with Atwea College by students, with efforts to be made by the

organisation to ensure students can continue their studies with minimal disruption.

Students and affected staff believe they should have been informed earlier before enrolment this year with the decision coming as a part of Atwea's 2025-2028 Strategic Plan.

Atwea College has explained that affected staff will be supported through the transition with Fair Work and its Enterprise Bargaining Agreement compliant processes, entitlements and consultations.

If you have been affected by the phase-out of courses at Atwea College in Tuncurry please contact sophia@forsterfortnightly.com.au



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Politicians from all levels rally behind NBN

By Jack Seymour - Newy 87.8 FM Newcastle, 3 June

Local politicians from all levels of government have joined calls for the WIN Network to reverse its planned mass changes and cuts to NBN News.

After announcing its purchase of NBN earlier this year for around \$14.8 million, it's now been confirmed the region's local weekend bulletins will be scrapped from June 27, with its regular weekday broadcasts shifting to a 30 minute program from 5:30pm the following week.

It would then be followed by an hour long program sourced out of Sydney.

The announcement has sparked widespread outrage and disappointment from the community, fearing for the future of the region's local news service and for the workers who face the possibility of being made redundant.

Federal MPs Alison Penfold, Sharon Claydon, Dan Repacholi, Pat Conroy and Meryl Swanson have all commented on the news of the changes, saying it's a disappointing chapter in the region's history.

WIN releases statement after NBN cuts backlash

Newy 87.8 FM Newcastle, 4 June

After mounting public backlash against changes and cuts to the NBN news bulletins, WIN has released a statement addressing the matter.

It comes two days after the network announced it would be axing the regular weekend bulletins and cut down the weekday shows to start at 5:30pm before an hour-long national program starting at 6pm.

In a statement, WIN claims the amount of local news in the shortened bulletins will actually contain more content than the previous hour-long broadcasts.

"This new format will contain more local news than the current one-hour program. While the



existing hour-long bulletin includes a mix of local, national and international stories, the 30-minute bulletin will focus entirely on local news," the statement reads.

It also claims a new state-of-the-art control room will be built, which will see local news continue to be produced out of Newcastle.

Former NBN veteran and sport presenter Mike Rabbitt is among those who've voiced their concerns over the changes and what they will mean for the future of local journalism.

The longtime broadcaster and promotions manager spent over three decades with NBN, best known as the voice and face of its sport coverage.

With the axing of the weekend bulletins, including the popular Sunday program featuring a wrap-up of much of the weekend's local sport, he fears coverage of teams playing in local competitions will be left by the wayside.

Response from MP Alison Penfold
Office of MP Alison Penfold

In a statement, MP Alison Penfold said, "When WIN announced its acquisition of NBN Television, I made it clear that regional communities could not afford to lose local news coverage, local journalists or local camera crews. I also called on the ACCC to intervene. Unfortunately, the reports from WIN Network

suggest those fears are now our reality."

"People on the Hunter and Mid North Coast are not second-class citizens. We have our own rich tapestry of stories and issues to tell about our own local area, not forced Sydney traffic reports hundreds of kilometres away.

"Whether it is floods, bushfires, major accidents, community events, council decisions or local sporting achievements, regional communities rely on local news services to keep them informed and connected. A half-hour 5.30pm bulletin is no replacement, and useless for the many of us who will be in the car on our way home from work at that time."

Ms Penfold called on WIN management to provide certainty to staff and communities by publicly committing to:

- No forced redundancies of NBN News staff
- No reductions in local news crews across the Hunter, Northern NSW and the Mid North Coast

- The retention of dedicated local news gathering in regional communities; and
- The preservation of a strong, standalone local television news service.

"Regional Australians deserve better than a slow erosion of local media."

"WIN now has a responsibility to demonstrate that its acquisition of NBN Television will strengthen local journalism, not weaken it."

"I stand with the journalists, camera operators, producers, and support staff who work every day to tell our region's stories. WIN must guarantee their jobs and guarantee our communities will continue to have a strong local voice."



ALISON PENFOLD MP
FEDERAL MEMBER for Lyne

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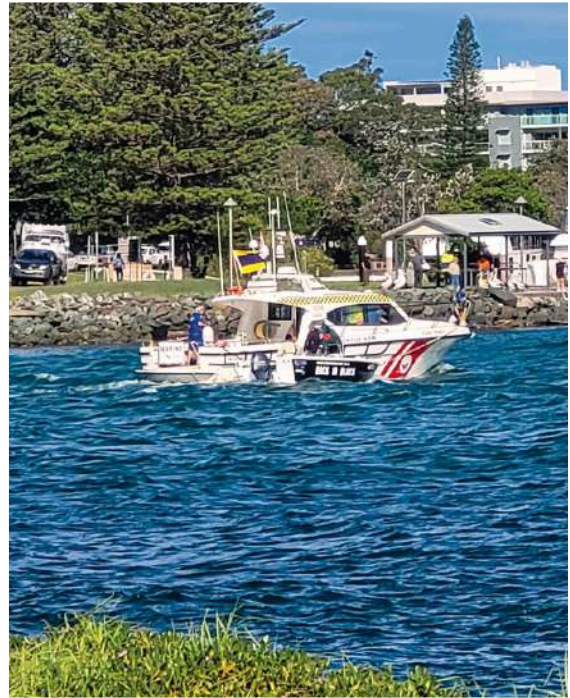
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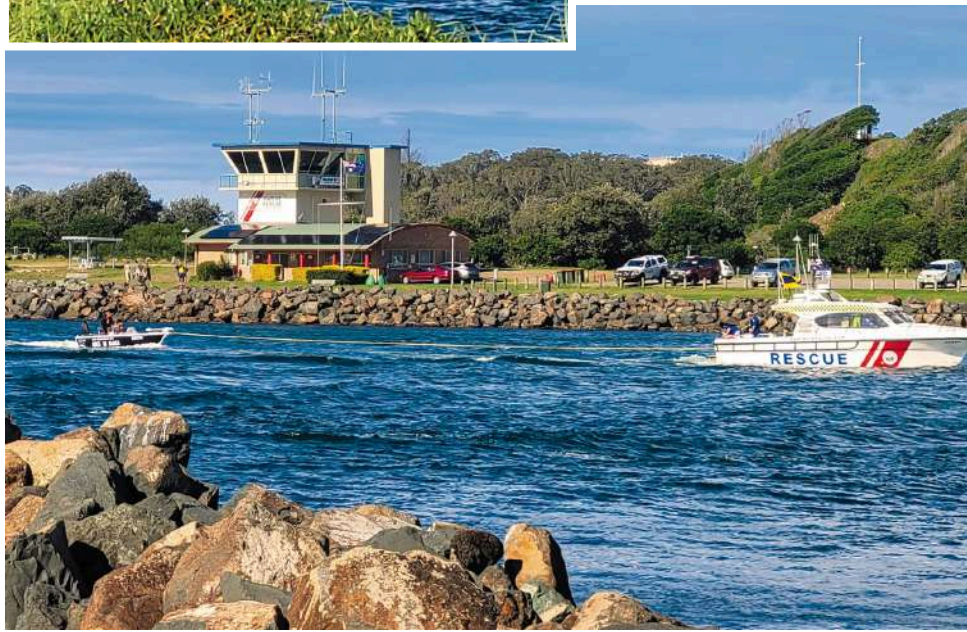
Authorised by Alison Penfold MP, 144 Victoria Street, Taree NSW 2430.



**Marine Rescue
Forster–Tuncurry
in action!**

These photos are of our wonderful Marine Rescue volunteers in action at 1:15pm on Tuesday 2 June. It was great to see the small stricken vessel towed safely into Wallis Lake.

**Photos and caption by
Gai Harman - Forster.**



**Last chance to enter
MidCoast Business Awards**

Applications for the Coastline Bank MidCoast Business Awards are open until this Sunday 14 June.

Don't miss out on this fantastic opportunity for your business to be at the forefront of community recognition and celebrate success alongside other industry leaders!

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Outstanding Community Organisation

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Best Retail Business

Best Trade Business

Best Hospitality Business

Best Health & Wellbeing Business

Best Innovation Business

Best Personal Services Business



Jessica Gray - President of Forster Tuncurry Business Chamber.

Excellence in Sustainability

Outstanding Visitor Experience (Tourism Business)

Outstanding New Business

Best Customer Service

People Choice (Service)

People Choice (Product)

Enter here

<https://midcoastbusinessawards.com>

Applications close: Sunday 14 June 2026

Finalists announced: 7 July 2026

Hallidays Point wins top NSW supermarket honours

By Mary Yule – Forster Fortnightly

Hallidays Point FoodWorks has been recognised as one of the state's leading independent supermarkets after taking home multiple awards at the 2026 Australian United Retailers (AUR) Store Excellence Awards in Melbourne.

Store owner Kasie Heathcote attended the awards ceremony at the Crown Palladium on 21 April and said she was overwhelmed by the recognition.

"We knew we were nominated for quite a few categories leading up to it, but we didn't know that we were getting an award," Kasey said.

"We went with no expectations on the day. It was a bit of a shock to win so many."

The store first won the Bakery Award, recognising a bakery introduced just 18 months ago after Kasie and her partner Adam Heathcote took over ownership of the business from her parents, Colin and Leanne Wessell.

"I thought the bakery one would be nice to get because we recently launched the bakery and it's been such a great success. Our customers love it," she said.

The celebrations continued when Hallidays Point FoodWorks received the Fresh Food Award, covering bakery, deli, meat, fruit and vegetables, and ready-to-go meals.

"That's quite a big award. It's a national award as well," Kasie said.

Before she had returned to her seat, the store was announced as the New South Wales Store of the Year.

"I'd barely gotten back to my seat and turned around and went back up again," she said.

The awards also recognised staff member Emma Garland, who received the Penny Chambers Award for Best Young Employee.

"We nominated her because she's just an absolute champion and a workhorse and such a great girl," Kasie said.

Since taking over the store, Kasie and Adam

have expanded the fresh food offering, introducing an in-house bakery, hot meals, sandwiches, sushi and ready-to-go options. They have also taken over a nearby shopfront to use as a food preparation area.

"It's made such a huge difference to the locals because they were still going into town every day to get bread," Kasey said. "They've all said to us, 'We don't have to go into town for anything now.'"

The business builds on the legacy of Colin and Leanne Wessell, who managed the store for 14 years and were recognised as joint Local Citizens of the Year in 2025 for supporting local charities and for becoming a major contributor in building Hallidays Point's community.

Kasie said the key to the store's success was listening closely to customers.

"Why do we do what we do? It's all around making it that central destination for the local community," she said.

"We take a lot of feedback from them in how we shape the strategy and what we do next. We're open to the feedback and seeking it out — what do you like, what do you not like,



Above: Hallidays Point Foodworks owner Kasie Heathcote (on the left) who won Best Supermarket for NSW, with Emma Garland (holding award) who won Best Young Employee (also at Hallidays Point Foodworks). Photo supplied.

what do you want more of and what do you want less of?"

Much of that feedback comes through everyday conversations on the shop floor.

"Standing by the meat fridge when we're packing up and talking to customers about what they're doing for dinner — that's how we learn what people want," she said.

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Full-Day Workshop to bring women together in business

Barrington Coast Women in Business

Barrington Coast Women in Business is a growing community that brings women together through meaningful networking, open conversations, collaboration and accessible professional development opportunities across the Mid North Coast.

Founded by two local women, Lauren Calvert and Jodie Laraghy, Barrington Coast Women in Business was born from a desire to create something that simply didn't exist in town: a welcoming, pressure-free space for women to connect, learn and grow close to home.

Since launching this year, their events have attracted more than 100 women each, with a third event on the way. Alongside larger events, Barrington Coast Women in Business hosts monthly coffee catch-ups, creating opportunities for women to build genuine connections and expand their professional networks.

The response from the local community has made one thing clear: there is no shortage of incredible women in this town ready to connect, collaborate and support one another.

"We've seen so many women showing up, sharing openly and supporting each other in a genuinely meaningful way. It's reinforced



Above: Since launching this year, Barrington Coast Women in Business has attracted more than 100 women (previous event pictured).

what we suspected from the beginning, that many women were looking for this kind of community, and we're excited to see it evolve." — Jodie Laraghy & Lauren Calvert

The Collab Lab Series on Friday 19 June brings professional development directly to Forster-Tuncurry. The upcoming full-day workshop will feature high-quality speakers and hands-on learning to help you step back, refocus and get moving.

Thanks to the generous support of our partners, Lifestyle Group, Unscripted HR and Club Forster, ticket prices remain accessible to women across the community.

Whether you're a business owner, working professional, freelancer, returning to work or exploring what's next, you are welcome here.

(See advertisement on right.)

BARRINGTON COAST WOMEN IN BUSINESS

Collab Lab
Learning, strategy and growth workshops

Step back. Refocus.
Leave with clearer priorities, fresh ideas and a focused **90 day plan**

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Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will share with you results from a recent local police operation targeting e-mobility devices; the details of a massive drug haul arising from a routine traffic stop and images of great engagement between local police and school students.

Local police charged 11 people and issued 82 infringement notices during a four-day operation in the Forster and Tuncurry areas in May.

Operation High Voltage commenced on Thursday 21 May 2026 and continued through to Sunday 24 May 2026 targeting illegal e-bike and e-scooter users and antisocial behaviour. During the operation, officers attached to Traffic and Highway Patrol Command and Manning Great Lakes Police District charged 11 people with 17 alleged offences, issued 82 Traffic Infringement Notices and 70 e-bike/e-scooter related cautions. A further 199 roadside breath tests and 15 alleged positive roadside drug tests were conducted.

Incidents of note include:

- About 11.20pm on Friday 22 May 2026, a 17-year-old boy riding an e-scooter was stopped on Head Street, Tuncurry. During a search of the teen, police allegedly located a knife and a small amount of methamphetamine. The boy was subjected to a roadside drug test, which alleged returned with a positive reading to methamphetamine. He was taken to Forster Police Station, where



Above and right: Foster Police had fun participating in the National Walk Safely to School Day with Forster Public School.

he was charged with custody of knife in public place, possess prohibited drug, and breach of bail. He was refused bail to appear at Children's Court on 23 May 2026 where he was granted conditional bail to appear at Children's Court on Thursday 4 June 2026.

- About 8.30pm on Saturday 23 May 2026, police stopped a 40-year-old man allegedly riding an illegal e-bike on Manning Street, Tuncurry. He was taken to Forster Police Station, where he was charged with never licensed person drive vehicle on road, use unregistered registrable Class A motor vehicle on road, use uninsured motor vehicle on road, and driver or rider state false name or home address. He was granted conditional bail to appear at Taree Local Court on Monday 1 June 2026.

A man will face court after local police seized 30kg of cocaine following a vehicle stop near Forster.



About 10.30am (Thursday 29 May 2026), Manning-Great Lakes Highway Patrol stopped a Pantech truck on the Pacific Highway at Failford, about 5km north of Nabiac. Following inquiries, police established that the driver's licence had allegedly been suspended. During a subsequent search of the vehicle, police allegedly located and seized approximately 30kg cocaine, electronics, and \$1,302 cash. The cocaine has an estimated potential street value of \$9 million. The driver – a 28-year-old man – was arrested and taken to Forster Police Station. He was charged with four offences:

- Take part supply prohibited drug (greater than or equal to large commercial quantity)
- Recklessly deal with proceeds of crime (less than or equal to \$5,000)

- Possess prohibited drug, and
- Drive when driver visiting privileges withdrawn.

The man was refused bail.

Finally, it was a great honour (and fun!) for Forster Police to participate in National Walk Safely to School Day with Forster Public School on 22 May. It was a great opportunity to positively engage with students (and teachers) and to discuss road safety. Thanks for the invite Forster Public School!!

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



Right: (L-R) Jen Power and Trish Birrell.



(L-R) Laurence & Nikki Mearring and Summa-Lee Coafield.

Meet the Makers

The doors of the Forster Arts & Craft Centre were thrown open on "Meet the Makers" day for locals and visitor to experience local art and craft makers in action over the June long weekend. Many beautiful handmade items were on display and for sale. Photos by Geordie Yule.



(L-R) Carol and Sasa.



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Forster-Tuncurry is renowned for its relaxed coastal lifestyle, beautiful beaches, waterways, cafes, shops & welcoming community atmosphere.

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- Medical Centres & Services
- Shopping & Cafes
- Bowling Club & Sports
- Entertainment & Leisure



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Glaica Gardens is ideally located in Tuncurry, just moments from beaches, shopping, medical centres, clubs & all the local conveniences.

MEDICAL

- | | |
|-----------------------------|---------------------|
| 1. Tuncurry Medical Centre | 1.1km / 13 min walk |
| 2. Forster Medical Centre | 4.3km / 8 min drive |
| 3. Forster Private Hospital | 4.3km / 8 min drive |

SHOPPING

- | | |
|-----------------------|----------------------|
| 1. Woolworth Tuncurry | 1.2km / 14 min walk |
| 2. Stocklands Forster | 6.1km / 12 min drive |
| 3. Wharf Street Shops | 2.6km / 6 min drive |

ENTERTAINMENT & LEISURE

- | | |
|-----------------------|---------------------|
| 1. Tuncurry Beach | 1.6km / 18 min walk |
| 2. Tuncurry Rock Pool | 1.7km / 20 min walk |
| 3. Forster Main Beach | 2.9km / 6 min drive |
| 4. Forster Marina | 3.8km / 6 min drive |

CLUBS & SOCIAL

- | | |
|--------------------------|----------------------|
| 1. Forster Bowling Club | 3.7km / 6 min drive |
| 2. Tuncurry Bowling Club | 900m / 3 min drive |
| 3. Sporties Tuncurry | 1.5 km / 5 min drive |

ESSENTIAL SERVICES

- | | |
|-------------------------|----------------------|
| 1. Tuncurry Post Office | 980m / 12 min walk |
| 2. Forster Post Office | 6.5km / 11 min drive |
| 3. Forster Library | 3.3km / 5 min drive |



Small pets welcome
(subject to approval)

CONTACT CLAIRE TODAY
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Claire Brennan Client Relations Manager
clairebrennan@glatica.com.au

Glaica Gardens Independent Living - Over 55's
15-19 Cassandra Crescent, Tuncurry NSW 2428

GLAICA House
AGED CARE FACILITY

Summary - 27 May 2026 MidCoast Council meeting

MidCoast Council

Event Sponsorship Round 1 2026

Councillors voted to approve more than \$90,000 go to different community organisations for three separate grant opportunities as part of the Grants, Donations and Sponsorship Policy. Funding rounds include:

Event Sponsorships Round 1 2026 had \$36,500 in event funding allocated across 12 local events including Stroud International Brick and Rolling Pin Throwing Festival, SubSonic and Wingham Beef Week.

Community & Cultural Development Grant Program 2026 had \$76,084 allocated to 29 applicants including Cape Hawke Surf Life Saving Club, Harrington Resilience Association Inc and Manning Homeless Action Group.

MidCoast Arts Support Program 2026 had \$15,000 allocated to four applicants including Stroud Crowd Choir and Gloucester Arts & Cultural Council Inc.

May 2026 flood recovery transport update

Council is continuing work on a large and complex flood recovery program following the May 2025 flood event. The scale of the recovery program remains significant, including over 70 bridges requiring repair work; six bridges needing full replacement; over 100 separate landslip locations; and over 4,000 flood-damaged sections of road.

The remaining transport flood recovery program is estimated to cost around \$230 million, with the total expected to shift as specific works get approved for roads, bridges and landslip sites. To date, Council has submitted more than \$89 million in claims to the NSW Reconstruction Authority (NSWRA) for emergency works, immediate reconstruction works and major reconstruction projects.

This reflects an enormous quantity of work in investigating damaged sites, costing repairs, and preparing detailed claims.

Major projects currently progressing include:

Belbora Creek Road, which is now substantially complete

Design work for The Bight and Tiri Bridges

Repairs and reconstruction planning for Thunderbolts Way and The Bucketts Way

More than 100 landslip repair locations currently being prepared for construction packages

Repair planning across 760 roads, with 4,738 flood damaged sites, throughout the MidCoast region

Council is facing a range of challenges, including contractor and material shortages, weather disruptions, rising material costs and supply impacts linked to overseas events. To help reduce delays, Council is working closely with suppliers, contractors and the NSW Recovery Authority.

Taree Regional Airport Strategic Plan

Councillors adopted a strategy that guides the development and focus of the Taree Regional Airport for the next 10 years. Twelve



Above: Cape Hawke Surf Club was allocated a community grant in Round 1 2026.

submissions were made during the exhibition period, however none of these resulted in a need to change the strategy.

Revised Economic Development Strategy

Councillors adopted an updated the Economic Development Strategy 2023-2028 to make it more flexible and reflect emerging trends, challenges, and opportunities, and the evolving needs of our business community.

The revised strategy was placed on public exhibition from 15 December 2025 until 10 March 2026, during which time two submissions were received.

Urban Release Areas Report review to go to public exhibition

Councillors endorsed a revised MidCoast Urban Release Areas report for public exhibition.

The report aims to ensure future planning for housing and employment land reflects current infrastructure requirements, updated technical studies and regional planning priorities.

The review includes updates to background information, population and housing data, mapped constraints and the removal of areas that have already been rezoned or are no longer identified in the Hunter Regional Plan 2041.

It also considers findings from recent Hallidays Point technical studies relating to infrastructure and traffic impacts.

Southern Estuaries Coastal Management program

The Southern Estuaries Coastal Management Program has been adopted after extensive community consultation over the last few years. The 10 year program aims to protect the lakes, lagoons and river system from Wallabi Point to Karuah River.

The program helps us to identify, understand, prepare for and respond to the current

and emerging risks impacting estuarine environments.

The adopted Southern Estuaries Coastal Management Program will now be forwarded to the Minister for certification.

The certified Coastal Management Program will then be published in the Government Gazette in accordance with section 17 of the Coastal Management Act of 2016 once it is certified.

For full details: <https://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes>.

The next meeting is at 1pm on Monday 29 June.



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Warmer, drier winter forecast for much of Australia



Bureau of Meteorology, 28 May

The Bureau of Meteorology's latest climate outlook indicates much of Australia is likely to experience a warmer and drier than average winter from June to August 2026, with increasing signs that an 'El Niño event may develop in the coming months.

The forecast shows below average rainfall is likely across large parts of southern, central and eastern Australia, including much of New South Wales, Victoria, South Australia and south-west Western Australia. Many areas have a 60 to 80% chance of receiving less rainfall than normal during winter.

Parts of south-west Western Australia, southern South Australia and broad areas of the Murray-Darling Basin also face an increased likelihood of unusually low rainfall.

For most Australians, temperatures are expected to be warmer than average. Daytime maximum temperatures are likely to exceed normal winter levels across most of the country, while overnight minimum temperatures are also forecast to remain above average.

The Bureau reports that much of southern Australia has a greater than 70% chance of experiencing unusually warm winter days. Tasmania, Victoria, New South Wales, southern Queensland and parts of South Australia are among the regions most likely to see above-average temperatures.

Overnight temperatures are also expected to remain elevated, particularly across Tasmania, eastern Victoria, eastern New South Wales and parts of Western Australia.

Climate drivers continue to be closely monitored. The El Niño–Southern Oscillation (ENSO) remains in a neutral state, but sea surface temperatures in the tropical Pacific Ocean are warming and trending towards El Niño thresholds.

While atmospheric conditions have not yet fully responded, the Bureau says climate models suggest an El Niño event is increasingly likely to develop during winter. Forecasts indicate it could reach at least moderate strength, although there remains uncertainty about its eventual intensity and impacts on Australia.

The Indian Ocean Dipole (IOD) is currently neutral. However, some climate models suggest a positive IOD event could develop later in winter or spring, which would typically contribute to reduced rainfall across southern and eastern Australia.

Sea surface temperatures around Australia remain warmer than average, particularly along the New South Wales coast and around Tasmania, where ocean temperatures are currently 3 to 4 degrees Celsius above normal. Forecasts indicate warmer-than-average ocean temperatures are likely to persist through winter.

*Australia's weather is influenced by many climate drivers. El Niño and La Niña have perhaps the strongest influence on year-to-year climate variability in Australia. They are a part of a natural cycle known as the El Niño–Southern Oscillation (ENSO) and are associated with a sustained period (many months) of warming (El Niño) or cooling (La Niña) in the central and eastern tropical Pacific. The ENSO cycle loosely operates over timescales from one to eight years. El Niño typically means reduced rainfall and warmer temperatures.

Earn development points at builders workshop

Housing Industry Association

"The Housing Industry Association (HIA), in partnership with the MidCoast Council, is pleased to be delivering a free Erosion and Sediment Control training workshop this month to support building professionals protect local waterways and meet compliance requirements," said HIA Hunter Executive Director, Craig Jennion.

The workshop, taking place on Wednesday, 17 June at the Forster Civic Centre, will provide practical guidance on effective site management techniques to reduce sediment runoff and minimise environmental impact. Attendees will also earn 2 Continuing Professional Development (CPD) points.

"The training comes at a critical time, with increased enforcement and significant penalties now in place for water pollution incidents," said Mr Jennion.

"Smart site practices aren't just good for the environment - they are essential for avoiding costly fines."

"Recent changes mean on-the-spot fines of up to \$30,000 for corporations and \$15,000 for individuals can be issued for inadequate erosion and sediment controls. This training is designed to give industry professionals the knowledge and tools to stay compliant."

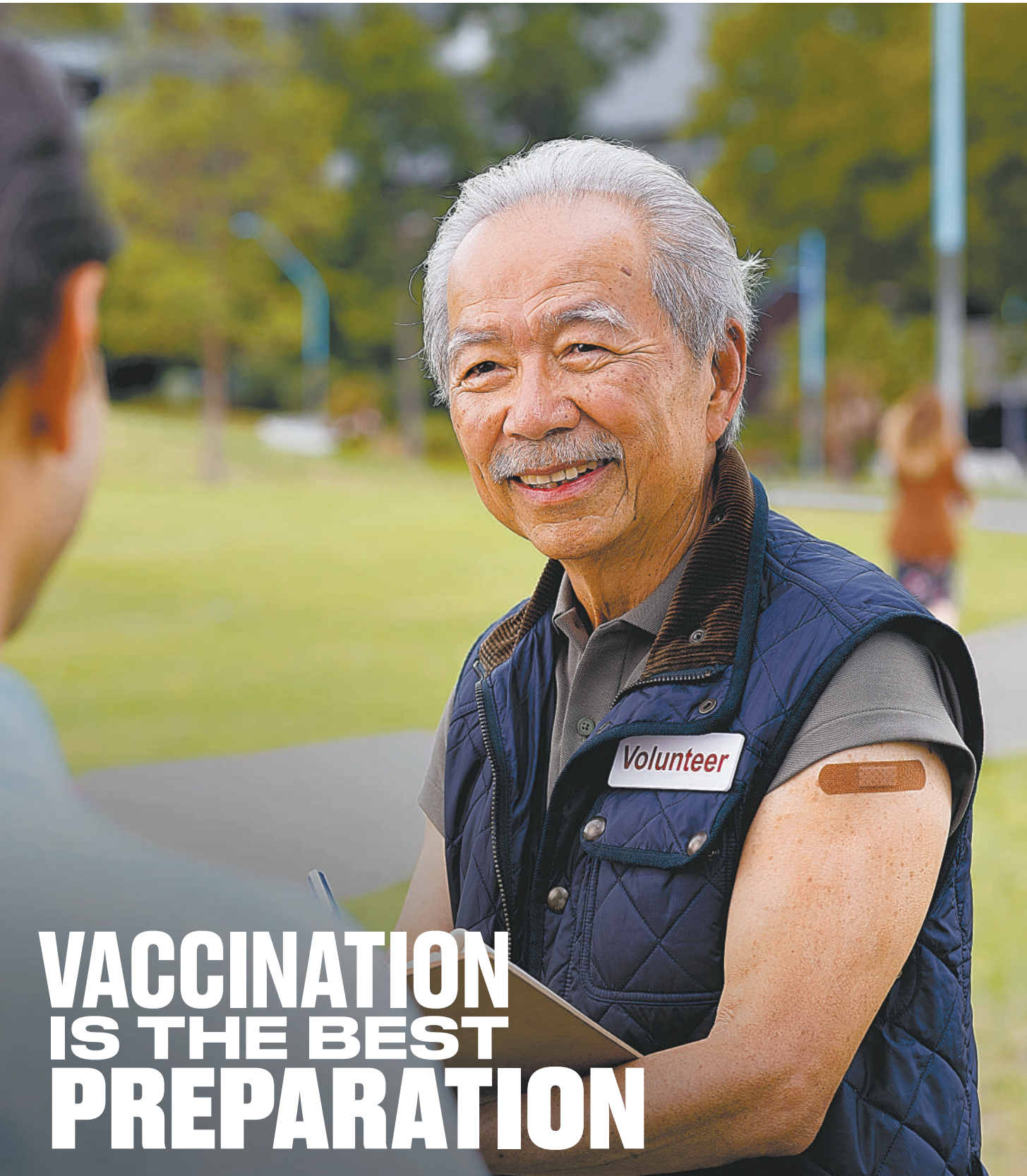
Date: Wednesday, 17 June
Time: 4:00pm – 6:00pm



Location: Forster Civic Centre, 4 Lake Street, Forster NSW

CPD: 2 points available

Participants are encouraged to register via the HIA website



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“Great Lakes Knit & Spin” Open Day
Great Lakes Knit & Spin held their annual Open Day on Saturday 6th June at the Forster Civic Centre. The Open Day gives members of the community the opportunity to view and purchase a variety of unique handmade items. Photos by Georgie Yule.



Relationships top riches

By Brett Debritz - National Seniors Australia, 15 May

Long-running research shows you don't have to be wealthy to enjoy life.

In 1938, as the clouds of war gathered over Europe, a group of researchers at America's Harvard University began an ambitious project: to follow people through their entire adult lives and discover what really makes life satisfying, healthy, and meaningful.

Nearly nine decades on, the Harvard Study of Adult Development is the longest-running study of human wellbeing in history, and its lessons about ageing have become clearer, and more hopeful, with time.

The study originally followed two very different groups of young men: Harvard undergraduates

and boys from some of Boston's most disadvantaged neighbourhoods.

Over the decades, researchers tracked their physical health, work lives, marriages, friendships, and emotional wellbeing. Later, the study expanded to include spouses and more than 1,300 children and grandchildren, creating a rare multigenerational portrait of how lives unfold over time.

The most consistent finding has surprised even the researchers.

Good relationships – not wealth, status, or even genetics – are the strongest predictor of happiness and healthy ageing.

People who felt satisfied in their close relationships in midlife were healthier and happier in old age, with lower rates of chronic illness and longer life expectancy.

Loneliness, by contrast, proved to be as damaging to health as smoking or obesity.

Another important lesson is that life is not fixed early on. Childhood disadvantage did not doom participants to poor outcomes, nor did early success guarantee lifelong wellbeing.

Many people changed course, sometimes dramatically, well into midlife and beyond. Careers shifted, relationships healed or changed, and personal growth remained possible even in the later decades of life.

Ageing, the study shows, is not simply about physical decline. Those who stayed emotionally connected, maintained a sense of purpose, and adapted to change fared far better than those who withdrew or became socially isolated.

Taking care of relationships turned out to be just as important as taking care of the body – a message that resonates strongly in later life.

Now, the study has entered an important second major phase, focusing on the children

and grandchildren of the original participants.

This newer stage reflects a more diverse and modern world, examining how factors such as brain imaging and genetic markers, to technology, social change, and even the COVID 19 pandemic shape wellbeing across generations.

Researchers are also using new tools, such as brain imaging and genetic markers, to understand how social connections “get under the skin” to influence ageing.

The goal is not simply to add years to our lives, but life to our years.

For older people, the message from nearly 90 years of evidence is both comforting and empowering: it is never too late to invest in relationships, reconnect with others, or reshape the story of your later years.

A good life is less about what we accumulate and more about who we share it with.

CANBERRA FLORIADE COACH TOUR

25 to 28 SEP 2026

Australia's biggest celebration of spring, Floriade returns to Commonwealth Park. Featuring more than one million blooms, this flower festival is also renowned for its marketplace, food stalls, live music, and workshops. We will also enjoy **Lake Burley Griffin Cruise, Mt Ainslie Lookout, Old Parliament House Tour, Banquet at Waters Edge Fine Dining French Restaurant, National Arboretum and a lot more.**

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Coffs Harbour bypass hits new milestones



Minister for Roads, 1 June 2026

The Coffs Harbour bypass is powering ahead, with major construction milestones underway.

The 14-kilometre bypass project will allow motorists to avoid up to 12 sets of traffic lights on the Pacific Highway, cutting travel times by up to 12 minutes and easing congestion in Coffs Harbour's CBD.

Alongside the M1 to Raymond Terrace extension, the completed bypass will deliver a continuous motorway link between Sydney and Brisbane - no traffic lights, no stop-start bottlenecks. It marks a major shift in how people and freight will move along the east coast, cutting congestion and creating a faster, more reliable journey on one of Australia's busiest corridors.

Construction crews have begun work on the final bridge, which will form the future southbound Pacific Highway underpass, north of Opal Boulevard at Korora.

The bypass is expected to open to traffic in late 2026, with overall project completion scheduled for late 2027.

The project is a \$2.27 billion investment in regional NSW, jointly funded by the Federal and State Governments.

Sod turned at new Forster home construction

Advertorial Feature

Thyme Lifestyle Resort Forster

Home construction has officially commenced at Thyme Lifestyle Resort Forster, marking a significant milestone for the Mid North Coast and delivering a boost to regional employment and the local economy.

Serenitas Head of Sales and Marketing Holly Brennan and Head of Communities Jacqueline How turned the first sod at the site of the boutique over-50s community, which is set to become one of the region's most sought-after coastal lifestyle destinations.

Located on the NSW Mid North Coast, Thyme Forster will feature over 160 homes alongside a resort-style clubhouse and lifestyle amenities purpose-built for over-50s Australians.

"Our vision for Thyme Forster is to create a community where friendship and connection come naturally, set within an incredible coastal location," Ms Brennan said. "Every home has been designed for real life. Low-maintenance living gives residents more time to travel, explore or simply relax, all within a secure, gated community."

The future clubhouse will serve as the social heart of the community, featuring a cinema, bowling green, sports bar, art and craft studio, golf simulator, billiards room and workshop. Resort-style facilities will also include a



Above: First sod turn at Thyme Lifestyle Resort Forster (L- R) Bruno Garcia, MDE – Civil Project Manager, Mitchell Scheele, QMR – NSW Construction Manager, Jacqueline How, Head of Communities - Serenitas, Lee Bateman, Thyme Forster Development Manager, Holly Brennan, Head of Sales & Marketing - Serenitas, Max Roberston, Ditchfield Site Supervisor.

swimming pool and spa, gym, pickleball courts, croquet lawn and a variety of indoor and outdoor lounge spaces.

Serenitas CEO Von Slater said the Mid North Coast had established itself as one of Australia's most in-demand sea-change destinations.

"There is growing awareness of the land lease model as a long-term housing option that offers financial flexibility alongside a strong sense of community," Ms Slater said.

Under the land lease model, homeowners own their home outright and lease the land through a weekly site fee, while retaining 100 per cent of any capital gains on sale.

The commencement of construction coincides with the release of Thyme Forster's Foundation Sales Release, featuring seven new home designs built around lifestyle flexibility, modern finishes and low-maintenance living.

(See advertisement below.)

Discover a new era of over-50s living.

We're excited to invite you to the official launch event for Thyme Lifestyle Resort Forster, a brand new over-50s lifestyle community.

Friday 29th May 2026

SESSION ONE 10:00am – 11:30am
SESSION TWO 12:30pm – 2:00pm

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Community News

www.forsterfortnightly.com.au

Page 12

'Sea Shanties' on Historic Cruise

By Jacqui Costello - Forster District Combined Probus

On April 22nd a group from the Forster District Combined Probus took a two and a half hour cruise aboard the Historic 1922, Wangi Queen Showboat to explore the Western Harbour of the Port Stephens and Great Lakes Marine Park.

It was a fun day and a wonderful way to learn some of the history of the area, places like Tahlee, Carrington and North Arm Cove. A barbecue lunch and dessert were served; there was also a bar and cafe onboard. The staff made everyone welcome with smiles, laughter



Above: The staff made everyone welcome with smiles, laughter and they entertained us with Sea Shanties!

and they entertained us with Sea Shanties! One very popular song was Drunken Sailor and it was great fun singing along.

The weather was kind, a great day of fun, fellowship and friendship!

Forster District Combined Probus Club meet on the first Thursday of every month at Club Forster. To find out more about the club, contact Jacqui Costello on 0410 662 671.

Stay safe from scams

Learn how to Stop. Check. Protect.

STOP. Always take a moment before giving your money or personal information to anyone. Scammers will create a sense of urgency to pressure you into acting quickly. Don't rush to make decisions about money or sharing personal details.

What to do:

Say no, hang up, or delete suspicious messages. Take time to think before responding to unexpected requests. Don't let anyone pressure you into immediate action. Trust your instincts if something feels wrong.

CHECK. Make sure the person or organisation you're dealing with is real. Scammers pretend to be from organisations you know and trust. Always verify who you're really dealing with before taking any action.

What to do:

Contact the person or organisation directly using phone numbers or email addresses you find on their official website or app. Research investment opportunities or offers through official sources like ASIC. Get a second opinion from family, friends, or professionals.

PROTECT. Act quickly if something feels wrong. The sooner you act, the better you can protect yourself and others from scammers.

What to do:

Contact your bank immediately if you think you've lost money or shared financial details. Contact IDCARE (www.idcare.org or call 1800 595 160) if you want support to recover - they can help you create a plan to the limit damage of scams. Report to Scamwatch (www.scamwatch.gov.au) to help protect others. Report to police (www.cyber.gov.au). Change passwords and security details if you think they've been compromised. Monitor your bank statements and credit reports for unusual activity. Report the scam to the impersonated organisation and platform where the scam is happening. Being scammed can feel overwhelming - support is available at Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636.

Community News

www.forsterfortnightly.com.au

Page 13

Reconciliation Week acknowledged at Forster Civic Centre

By Mary Yule – Forster Fortnightly

National Reconciliation Week was acknowledged with a ceremony and performance by local choir Baraya Wakulda (Singing Together), led by conductor Sandra Kwa, at the Forster Civic Centre Atrium on 27 May. The event was opened with a Welcome to Country by Aunty Lyn Davis, a member of the choir, who warmly welcomed all attendees.

National Reconciliation Week is held annually from 27 May to 3 June, commemorating two significant milestones in Australia's reconciliation journey – the successful 1967 referendum and the High Court's Mabo decision. The week encourages all Australians



Guest speaker Sophia Remono.



Aunty Lyn with members of her Baraya Wakulda Choir.

to learn about shared histories, cultures and achievements while building stronger relationships with Aboriginal and Torres Strait Islander peoples and communities.

At the event in Forster guest speaker Sophia Remono, a Torres Strait Islander, World Vision employee and board member of the Forster Neighbourhood Centre, spoke about the importance of reflecting on the past while working towards a better future.

"I'm a Meriam woman from Murray Island, which is the same island Eddie Mabo came from," she said. "The work that I do is about community development and building the kind of Australia that we all want to be proud of."

Sophia spoke about the anniversary of the 1967 referendum, in which Australians voted overwhelmingly to amend the Constitution and enable the Commonwealth to make laws for Aboriginal people while including Aboriginal and Torres Strait Islander peoples in population counts, and highlighted the significance of the public support that led to its success.

"We wouldn't have gotten the 1967 referendum if 87 per cent of Australians hadn't voted for it. It remains the highest 'yes' vote ever recorded in an Australian referendum," she said. "We wouldn't have had that if it wasn't for the generations that had come before me."

Sophia encouraged attendees to share stories and resources with younger generations and to continue discussing Australia's history.

"We are the fabric of this nation. It's not the people in Canberra or Parliament, it's us," she said. "We're going to feel uncomfortable, but we have to have these conversations if we're

going to move forward into the society we want to be."

Event organiser Felicity Carter, a choir member and Forster Neighbourhood Centre board member, said reconciliation remained an ongoing commitment.

"The Bringing Them Home report [National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from their Families] was tabled in 1997 and made 92 recommendations. We've implemented five," she said. "What we're really saying as a group is there's a lot of work to be done and it's our job, when opportunities come up, to stand up for something. That's what reconciliation is about and that will really change our community, which is what we all want."

Following the speeches, the Baraya Wakulda Choir performed several songs in a mixture of English and the local Gathang language. The choir held a second performance for local schoolchildren later in the week.



Above: One song performed, My Land's Heartbeat, was composed by Sandra Kwa (on the left) and written by choir member Kerry Reynolds (on the right). Photos by Matilda Yule.

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Happy Hour 3pm to 5pm

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Sunday
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Kids Meals \$5 (16y) with Meal Purchase



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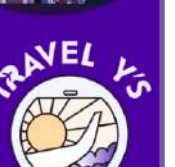
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TRAVEL YS

Smart drug that strips cancer cells of ‘invisibility cloak’ can shrink tumours by 30%, trial shows



By Andrew Gregory – The Guardian, 2 June 2026

Experimental tablet produces encouraging results in patients with world’s most common forms of disease

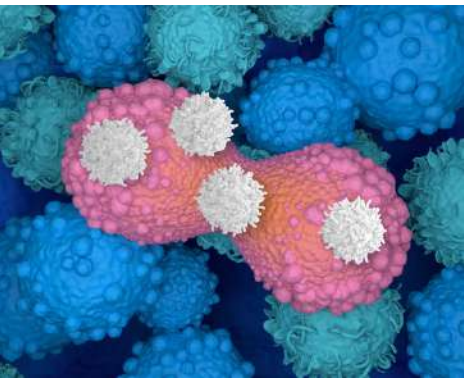
A smart drug that stops cancer cells “hiding” from treatment can shrink tumours by at least 30% in six of the world’s most common forms of the disease, early trial results show.

While immunotherapy treatments have improved survival rates for many patients,

their effectiveness can stall or fail when tumour cells hide and then spread.

Researchers in Oxford have developed a drug designed to stop cancer cells concealing themselves from the immune system, allowing immunotherapy treatments to identify and destroy them.

In a trial spanning the UK, France, Spain and Australia, 83 patients with cervical, bladder, liver, bowel, lung or head and neck cancers were given the experimental drug, GRWD5769, alongside the immunotherapy treatment cemiplimab.



Above: Immunotherapy struggles when tumours hide from the immune system. GRWD5769 solves this problem by making cancer cells (pink) visible to T-cells (white). Illustration: Nemes Laszlo/Alamy



Researchers, led by the Christie NHS foundation trust in Manchester, England, found that tumours shrank in 26 patients. Of those, 15 experienced tumour reductions of at least 30%.

All participants had previously failed to respond to treatment, and most had no options left when they joined the study. Crucially, immunotherapy had not worked or had stopped working.

The smart drug was able to remove “invisibility cloaks” from tumour cells, exposing them to the parts of the immune system that attack infections and diseases. This allowed the cemiplimab immunotherapy to pinpoint and destroy the cancer.

The findings were presented at the American Society of Clinical Oncology’s annual meeting in Chicago, the world’s largest cancer conference.

GRWD5769 was shown to shrink tumours in all six cancer types included in the trial. The drug halted progression of the disease for at least six months in 18% of cervical cancer patients, 32% of liver cancer patients, 36% of bladder cancer patients, 38% of those with neck and head cancer, and more than half of bowel (51%) and lung (55%) cancer patients.

Results from the phase 1 trial were presented at the conference by its principal investigator, Prof Fiona Thistlethwaite, a consultant medical oncologist and medical director of the Christie clinical research facility.

Speaking to the Guardian in Chicago, Thistlethwaite said: “For a drug that is given as a tablet, this is very impressive. It’s early days, and we need further studies, but this is a new drug with a new mechanism that clearly helps immunotherapy perform more effectively.”

The tablets, which can be taken at home, were developed by Oxford-based Greywolf Therapeutics and were tolerated well by patients. The trial remains ongoing, with a larger study planned.

Immunotherapy enlists T-cells – immune system cells that attack infections and diseases – to hunt and destroy cancer. Although it has revolutionised cancer care, it fails in about two-thirds of patients. This is because immunotherapy struggles when tumours hide from the immune system.

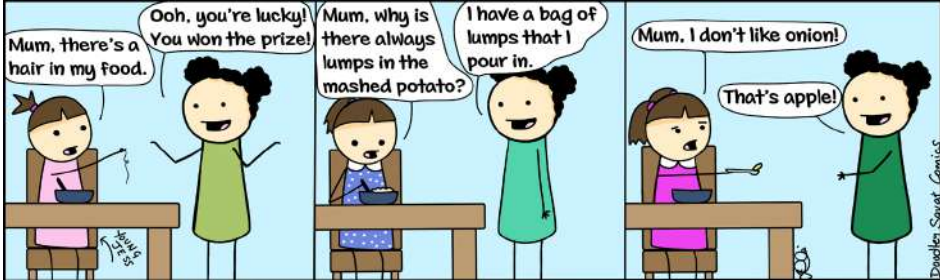
Tumours can evade the immune system by manipulating an enzyme called ERAP1 (endoplasmic reticulum aminopeptidase 1). By altering this enzyme, cancer cells can hide from a patient’s T-cells.

Puzzles Page

The Grin Bin



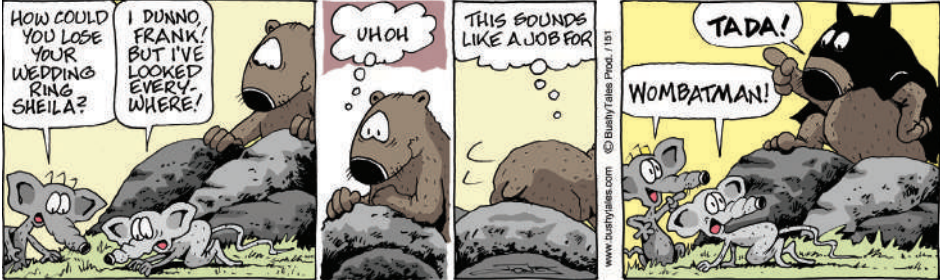
Doodley Squat



Swamp



Bushy Tales



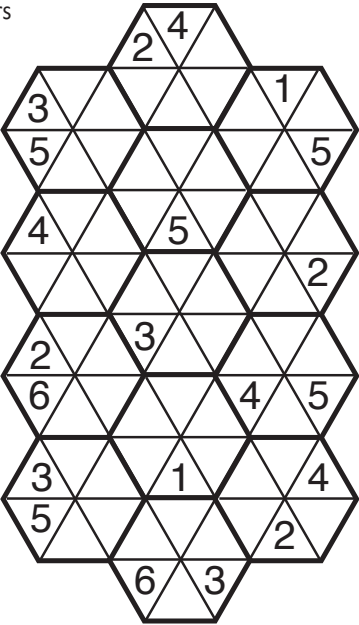
Sudoku

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

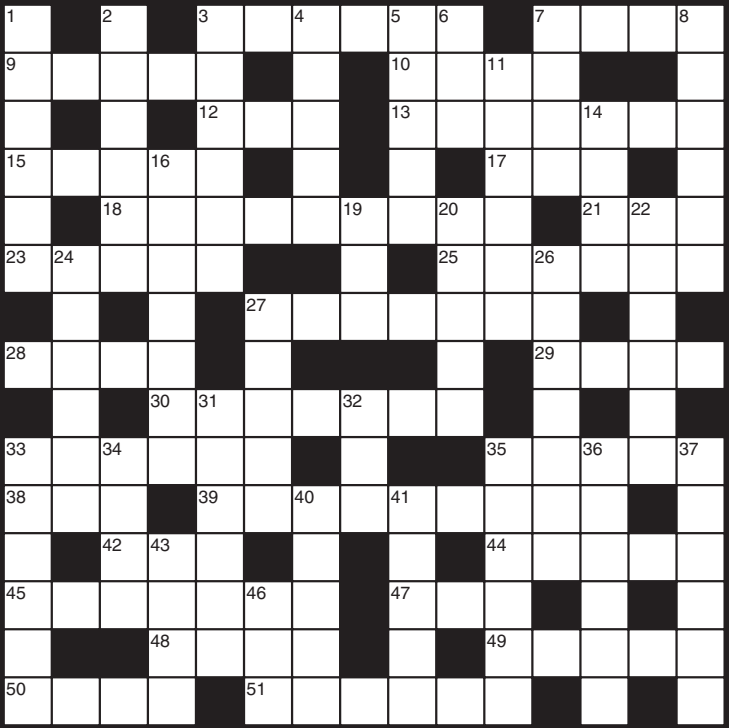
		3	5		6		7	
			2			1		
		7			1	9		8
			9			3	2	
					8			1
2				5				
5						6		
		2		9				
9	4		3	1				

Quick Workout

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



Crossword

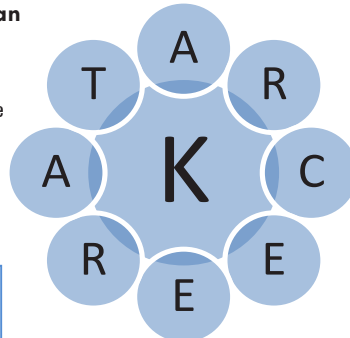


Focus

An All Australian Word Game

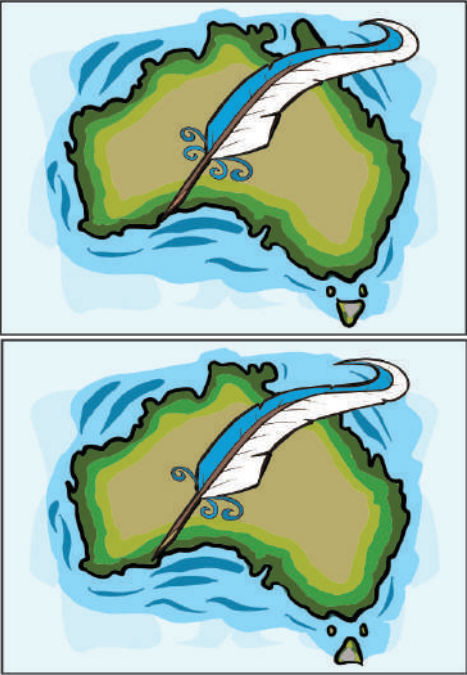
- * Each word must contain the centre ‘Focus’ letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in ‘s’
- * No proper nouns and no hyphenated words

TODAY’S FOCUS Good: 11 words Very good: 17 words Excellent: 26 words

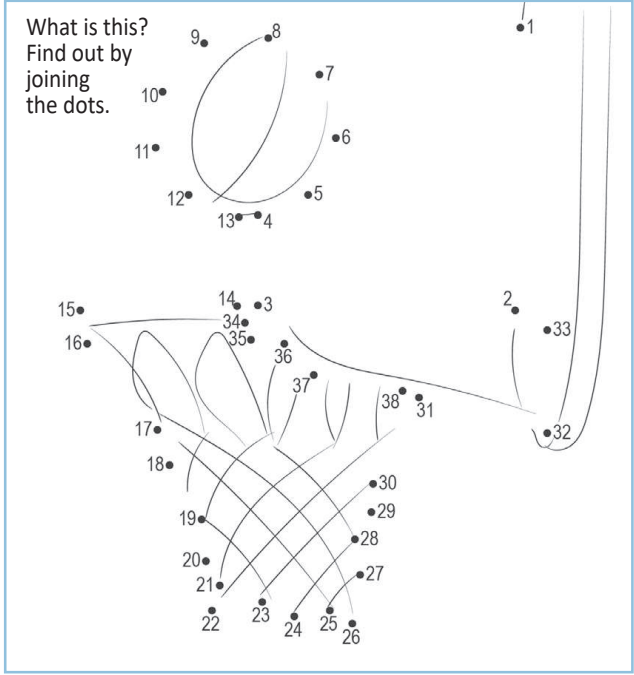


Reference: Macquarie Concise Dictionary Focus No. 3986

Spot the 5 Differences

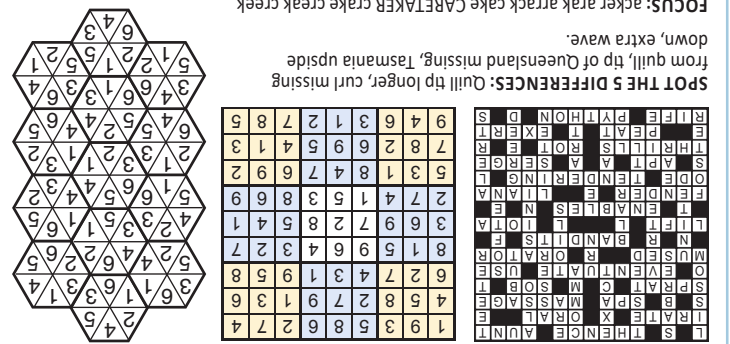


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June 17 - 23

ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 12.00 News. 1.30 Press. 3.45 Media Watch. 2.00 Spicks And Specks. 2.30 Brush With Fame. 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 Green. 8.30 Guy Mont Spelling Bee. 9.25 Twenty Twink. 10.25 Planet America. 11.00 News. 11.10 The Business. 11.30 TSA. 1.00 Murdoch Mysteries. 1.45 Rage. 4.00 Gardening Aust. 5.00 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 1.30 Soccer. FIFA World Cup. Group J. AUT v JOR. 4.40 Patagonia. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Eurostar: Minding The Gap. 8.30 Mysteries Of Sink Holes. 9.25 Coldwater. 10.20 SBS News. 10.50 FIFA World Cup 2026: Highlights Show. 11.20 Why Sharks Attack. 12.30 Weekend Escapes. 1.40 Railway Journeys UK. 2.15 Ran. 2.30 Soccer: FIFA World Cup. Group K. POR v COD. 5.30 Soccer: FIFA World Cup. Group D. ENG v CRO.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Time Is Money. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 SAS: AUS v ENG. (M) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Australia: Now And Then. (M) 12.00 New Amsterdam. (MA15+) 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBN Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 The Hunted With Andy Lee. 1.00 Taronga: Who's Who In The Zoo. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ABC. 7.30 Rugby League. Under-19s State Of Origin. NSW v QLD. 9.30 State Of Origin Post-Match. 10.00 9News Late. 10.30 Bad Blood. 11.30 Next Step. 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. 7.30 MasterChef Aust. 8.40 Kate & The Queen: A Special Relationship. 9.40 News. 10.40 Cheap Seats. 11.40 10 News+. 12.00 Shopping.	WEDNESDAY
6.00 Morning Programs. 12.00 News. 1.00 The Capture. 2.00 Spicks And Specks. 2.30 Brush With Fame. 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 Ground Up. 9.30 Twenty Twink. 10.00 Rolf Harris: Primitime Predator. 10.55 News. 11.10 The Business. 11.30 Frankie Drake. 12.10 Long Lost Family. 1.00 Rage. 4.00 Gardening Aust. 5.00 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 2.30 Soccer. FIFA World Cup. Group I. FRA v SEN. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Fortress Britain With Alice Roberts. 8.30 Saving Yellowstone. 9.25 A Gentleman In Moscow. 10.15 SBS News. 10.45 FIFA World Cup 2026: Highlights Show. 11.15 The Boys Who Said No. 12.15 Weekend Escapes. 12.50 Going Places. 1.30 Soccer. FIFA World Cup. Group A. CZE v RSA. 4.30 Soccer: FIFA World Cup. Group B. SUI v BIH.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Beat The Chasers UK. 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 Highway Patrol Special. (PG) 8.30 Air Crash Investigations. (PG) 9.30 Home: With Ron Iddles. (M) 10.30 Police Code Zero: Officer Under Attack. (M) 11.30 Autopsy USA. 12.30 Brave New World. 1.30 ICU. 2.00 Shopping. 4.00 NBN Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 MOVIE: Finding Love In Saint Lucia. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. Under-19s State Of Origin. NSW v QLD. 9.30 State Of Origin Post-Match. 10.00 9News Late. 10.30 Bad Blood. 11.30 Next Step. 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. (PG) 7.00 Millionaire Hot Seat. 7.30 Taskmaster Australia. (M) 8.40 NCIS. (M) 9.40 News. 10.40 Big Bang. (PG) 11.30 10 News+. 12.00 Shopping.	THURSDAY
6.00 Morning Programs. 10.30 Stuff The British. 11.00 Race Around The World. 12.00 News. 1.00 The Assembly. 1.45 Ground Up. 2.15 Guy Mont Spelling Bee. 3.00 Restoration Aust. 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Monty Don's British Gardens. 8.30 Shetland. 9.30 Race Around The World. 10.30 Green. 10.55 News. 11.00 Guy Mont Spelling Bee. 12.10 The Control Room. 1.10 Race New Music. 5.00 Rage.	6.00 Morning Programs. 4.30 WorldWatch. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Paul Merton: Driving Amazing Trains. 8.30 Record-Breaking Bridges. 9.30 Michael Palin In North Korea. 10.25 SBS News. 10.55 FIFA World Cup 2026: Highlights Show. 11.25 The King. 12.15 The Typist. 1.20 Shark Curry: A Cricket Delicacy. 1.50 Weekend Escapes. 2.25 Railway Journeys UK. 3.00 Going Places. 4.00 Soccer: FIFA World Cup. Group D. USA v AUS.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Your Money & Your Life. 1.30 Border Security: Int. 2.00 Bridge Of Lies. 3.00 Celebrity Specials. 3.30 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News v. 6.30. 7.00 Better Homes And Gardens. 8.00 MOVIE: Inferno. (2016) (M) Tom Hanks. 10.30 To Be Advised. 12.10 MOVIE: Lethal Weapon. (2021) (M) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBN Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The Better Man. (2025) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Rugby League. NRL: Knights v Dragons. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Lethal Weapon 2. (1989) 1.00 Movie Next. 1.30 TV Shop. 2.00 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. (PG) 7.30 Selling Houses Aust. 8.40 You See, I'm Having a Question? (M) 9.30 10 News+. 10.30 Big Bang. (PG) 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. 12.00 News. 12.30 Death In Paradise. 1.30 Shetland. (M) 2.30 Antiques Roadshow. 3.30 Shetland. 4.25 Stuff The British. 5.00 Aust. 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) Things come to a head for Sam at the docks. 10.05 The Capture. (M) 11.05 Rage. (MA15+)	6.00 Morning Programs. 3.35 Megasturcs: Knights Templar Castles. 4.35 Hitler: A Life In Pictures. 5.35 Underground Army. 6.30 News. 7.30 Soccer: FIFA World Cup. Group D. USA v AUS. 9.30 Shut Your Big Fat Mouth John Saffari. 10.45 FIFA World Cup 2026: Highlights Show. 11.15 Snowpiercer. 12.10 Weekend Escapes. 1.25 Railway Journeys UK. 2.00 Going Places. 2.30 Soccer: FIFA World Cup. Group F. NED v SWE. 5.30 Soccer: FIFA World Cup. Group E. GER v CIV.	6.00 NBN Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Civic Stakes Day. VRC Country Race Day and Ipswich cup. 5.00 News. 5.30 7News Local. 6.00 News. 7.00 Better Homes. 8.00 Border Security. (PG) 8.30 MOVIE: The Equalizer 3. (2023) (MA15+) 10.45 Motor Racing. Supercars C'ship. Darwin Triple Crown. 12.15 MOVIE: Nightmare Student. (2021) 2.30 Shopping. 4.00 It's Academic. 5.00 House Of Wellness.	6.00 Getaway. 6.30 ACA. 7.30 Weekend Today. 10.00 Today Extra: Saturday. 12.00 Surfing Aust. 12.30 Drive TV Presents. 1.00 Explore TV. 1.30 My Way. 1.45 Shark Week. 2.45 Shark! 4.00 Tasman Trails. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 MOVIE: National Treasure. (2004) 10.10 MOVIE: The Tomorrow War. (2021) 12.40 Law & Order: Organized Crime. 1.35 Explore TV. 1.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Tough Tested. 7.00 Reef Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 Cannonball Run Down Under. 9.00 All 4 Adventure. 10.00 4x4 Adventures. 11.00 Intrepid. 11.30 The Top Gun. 12.00 MasterChef Aust. 1.00 Good Food Everyday. 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. (PG) 7.30 Selling Houses Australia. 9.30 Ambulance UK. (M) 11.30 FBI. (M) 12.30 Shopping. 5.00 Hour Of Power.	SAURDAY
6.00 Morning Programs. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Monty Don's British Gardens. 2.30 Race Around The World. 3.30 Creative Types. 4.00 Restoration Aust. 5.00 Back Roads. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Race Around The World. 8.30 Antiques Roadshow. 9.30 The Captain. 10.30 Death In Paradise. 1.10 The Hardcades. 12.30 Rage. 3.00 Gardening Aust. 4.00 Movin' To The Country. 4.30 Poh's Kitchen. 5.00 Insiders.	6.00 Morning Programs. 4.35 Hitler: A Life In Pictures. 5.30 Underground Army. 6.30 News. 7.30 Mary Celeste: Solving The Mystery. 8.25 Titanic: Secrets Of The Shipwreck. 10.15 Rock Legends. 10.45 FIFA World Cup 2026: Highlights Show. 11.15 How To Make It In Comedy. 12.10 Weekend Escapes. 12.45 Group H. 1.00 Soccer. FIFA World Cup. Group H. ESP v KSA. 4.30 Soccer: FIFA World Cup. Group G. BEL v IRLN.	6.00 Better Homes. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Sunday Footy Feast. 2.30 House Of Wellness. 3.30 The Salvation Army: Red Shield Appeal. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Farmer Wants A Wife. 8.30 7NEWS Spotlight. 9.30 24 Hours In Police Custody. 12.05 Motor Racing. Supercars C'ship. Darwin Triple Crown. 12.15 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBN Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy. 1.00 GolfBarons. 1.30 Fish Forever. 2.00 Taronga: Who's Who In The Zoo. 3.00 Rugby League. NRL: Melbourne Storm v Canberra Raiders. 6.00 NBN News. 7.00 60 Minutes. 8.00 Boy George & Culture Club. 10.00 9News Late. 11.30 The First. 12.00 Pointless. 12.30 Tasman Trails. 10.5 Let's Eat With George. 1.30 TV Shop. 4.00 Skippy. 4.30 CampBMy. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Silva's Italian Masterclass. 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 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 Deal Or No Deal. 7.00 MasterChef Aust. (PG) 8.15 Watson. (PG) 9.15 FBI. (M) 12.00 10 News+. 12.30 Shopping.	SUNDAY
6.00 Morning Programs. 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 Deep End. The Scott Miller Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Planet America. 10.05 Stuff The British. 10.35 News. 10.50 The Business. 11.10 Rolf Harris: Primitime Predator. 12.05 Murdoch Mysteries. 12.50 Long Lost Family. 1.35 Parliament. 2.35 Rage. 4.00 Gardening Aust. 5.00 Late Programs.	6.00 Morning Programs. 3.40 Brooklyn Bridge: Engineering Masterpiece. 4.40 Patagonia. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 News In Emergency. 9.35 8 Out Of 10 Cats. 10.30 SBS News. 11.00 FIFA World Cup 2026: Highlights Show. 11.30 Niagara Falls. 12.30 Weekend Escapes. 1.40 Going Places. 2.10 Bammy. 2.30 Soccer: FIFA World Cup. Group J. ARG v AUSria. 5.30 BBC News At Six.	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 Farmer Wants A Wife. (PG) 9.10 The Rookie. (M) 10.10 The Agenda Setters: Rugby League. 11.10 The Agenda Setters. 12.10 New Amsterdam. (MA15+) 2.00 Shopping. 4.00 NBN Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Royal Makeover. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Hundred With Andy Lee. (PG) 8.30 Clarkson's Farm. (M) 9.35 9News Late. 10.05 The Grand Tour. (M) 11.20 Footy Classified. (M) 12.10 Tipping Point. 1.05 Destination WA. 1.30 TV Shop. 2.30 Building Ideas. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 GCBC. 8.00 Mixed Martial Arts. UFC Freedom 250. 9.00 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 MasterChef Aust. (PG) 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Big Bang. (PG) 11.30 10 News+. 12.00 Shopping.	MONDAY
6.00 Morning Programs. 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 Stuff The British. 9.30 TSA. 10.30 News. 10.50 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.10 Murdoch Mysteries. 12.55 Long Lost Family. 1.45 Parliament. 2.45 Rage. 4.00 Gardening Aust. 5.00 Poh's Kitchen. 5.30 7.30.	6.00 Morning Programs. 3.40 Brooklyn Bridge: Engineering Masterpiece. 4.40 Patagonia. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 News In Emergency. 9.35 8 Out Of 10 Cats. 10.30 SBS News. 11.00 FIFA World Cup 2026: Highlights Show. 11.30 Niagara Falls. 12.30 Weekend Escapes. 1.40 Going Places. 2.10 Bammy. 2.30 Soccer: FIFA World Cup. Group K. POR v UZB. 5.30 Soccer: FIFA World Cup. Group L. ENG v GHA.	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 Farmer Wants A Wife. (PG) 9.10 The Rookie. (M) 10.10 The Agenda Setters: Rugby League. 11.10 The Agenda Setters. 12.10 New Amsterdam. (MA15+) 1.10 The Outdoor Room. 2.00 Shopping. 4.00 NBN Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Royal Makeover. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 The Hundred With Andy Lee. (PG) 8.30 Clarkson's Farm. (M) 9.35 9News Late. 10.05 The Grand Tour. (M) 11.20 Footy Classified. (M) 12.10 Tipping Point. 1.05 Destination WA. 1.30 TV Shop. 2.30 Building Ideas. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 GCBC. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Everyday Gourmet. 12.00 GCBC. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. 8.40 Sports Tonight: The Weekly Kick Off. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.	TUESDAY



mss Personalised aged care at home and out in the community.

Everyday Living + Clinical Care + Community Connection

- Personal care
- Domestic assistance
- Meal preparation
- Home safety modifications
- Home maintenance
- Gardening
- Pre-prepared meals

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- Occupational therapy
- Restorative care
- Continence support
- Nutrition
- Advanced care planning

- Social support
- Transportation
- Group outings
- Shopping support
- Respite

For Support at Home and CHSP support recipients.
Manning Support Services (MSS) Inc. has been empowering people and strengthening the local community for more than 40 years.



New Forster office now open:
11-13 Lake St

Ph 6551 1800 or visit mssinc.org.au.

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.

June

Sun 14 June - Forster Town Park Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

Sat 20 June - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273



Sat 27 June - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 28 June - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

July

Sat 4 July - Real Food Market
8am -11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

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

FAMILY | HEALTH | MUSIC | BIBLE



A wonderful afternoon of music!



By Ken Heffernan – Great Lakes Band Committee

Once again, the Great Lakes Band will be offering a wonderful afternoon of music as we present our Annual Fund-Raising Concert at Club Forster. The repertoire will have something for everyone with great numbers from The Lion King, The Doors, Queen, The Rolling Stones, and, of course, some themes from those memorable James Bond movies – and more.

Our Concert will be on Sunday, 28th June commencing at 2pm in the Club Forster Auditorium. All tickets will be available at the Auditorium door. Admission will be \$15 for adults and FREE for all children of school age and under.

The Great Lakes Band is a friendly community Band that welcomes all who play Brass or Woodwind instruments. We meet Thursdays from 5pm to 7pm at Club Forster. The level of playing is not overly difficult, but we work hard at getting a great sound – as will be evidenced in our Concert!

The Band is most grateful to Club Forster for their ongoing generosity and support in providing us with a rehearsal room, storage, use of the auditorium for our Concerts and in so many other ways.

So, keep the date and time free to enjoy a great afternoon of cool music that will leave you feeling warm and cosy as we head into winter. And remember, your support helps us to keep doing what we love most...playing good music for our local community!

(See advertisement below)



What's on around town & beyond!

Dementia-friendly local club recognised

By Mary Yule – Forster Fortnightly

Tuncurry Beach Bowling Club has been named a finalist in the prestigious statewide ClubsNSW Clubs & Community Awards in the Social Inclusion category, recognising its commitment to becoming a dementia-friendly venue and supporting people living with dementia.

Initiatives included staff education workshops, consultations with people living with dementia and their families, and improvements to club operations and facilities.

The club has since been formally recognised by Dementia Australia as an organisation "working towards becoming dementia-friendly" through the national Dementia-Friendly Communities program.

Terry Green, Head of Community Engagement at Tuncurry Beach Bowling Club, said the project began more than a decade ago through an alliance involving former MP Stephen Bromhead, Father Greg from the local Catholic Church, MidCoast Council and community organisations.

"We identified that we needed to address dementia because it's so prevalent in our society, especially the Foster Tuncurry area," Terry said.

After extensive staff training and workshops, he said employees developed a greater understanding of dementia, often drawing on personal experiences with family members.

"It was an amazing result because our staff were a little bit hesitant at first but after a

few of the workshops, they began to say, I remember my mum or my dad or my nana or my pop saying or doing things like that. They could relate to what we're talking about from their own experiences."

"Our role now is that we can identify people with dementia in the club and, if they need help, we can provide that help for them," he said.

The club plans further training programs, including a workshop focused on head injury awareness, led by a medical professional and former NRL players. Another important part of the program will involve a local man living with early-onset dementia, who shares his personal experiences and answers questions about recognising symptoms, receiving a diagnosis and living with the condition.

Terry said hearing first-hand accounts helps build understanding and compassion within the community. He hopes the club's success will encourage other local businesses and clubs to become dementia-friendly.

Winners of the ClubsNSW Clubs & Community Awards will be announced at ICC Sydney on June 11.



Tuncurry Beach Bowling Club is a ClubsNSW Clubs & Community Awards Finalist.

Great Lakes Womens Shelter Fundraiser Lunch is back!



Photo from last year's Great Lakes Womens Shelter Fundraiser Luncheon at Tuncurry Beach Bowling Club.

Tuncurry Beach Bowling Club

2024 saw Tuncurry Beach Bowling Club host the inaugural Great Lakes Women's Shelter Fundraiser Sports Lunch with the support of our fantastic community. This support shown by the community has been integral and helped raise over \$50,000 in much needed funds – proceeds going directly to the shelter and the families in great need.

The Great Lakes Women's Shelter survives only with the support our community has shown since opening its doors in 2016. Since opening they have provided supported accommodation to over 644 Women and Children, providing 4,9291 safe nights in shelter.

The Tuncurry Beach Bowling Club are proud to be just a small part of the continuation of this amazing facility and the services they offer.

Fundraiser Sports Lunch is back!

The 2026 GLWS Sports Lunch is again locked in for Friday 3rd July and is gearing up to be the best one yet. And we are asking the community for their support again in 2026.

The day includes a wonderful two course meal with a beverage package. The fabulous Renee Gartner is back as MC, special guests in legendary footballers Daryl Brohman and Steve Roach plus Australian Olympic water polo goalkeeper, followed by comedian Greg Ritchie.

To book a table or purchase tickets, please call or email Melissa Payne on 0466 818 985 or melissap@tuncurrybowling.com.au

(See advertisement below)

Rotary Book Fair returns

Rotary Club of Lower Midcoast

The highly popular Rotary Book Fair, a Forster-Tuncurry tradition for over 20 years is on again!

Fri 10th to Mon 13th July Hours: 9:00 AM to 4:00 PM* daily Free entry (*Closing Hours may vary). Cash and EFTPOS are welcome Dedicated fiction and non-fiction

rooms and an extensive range of children's books

Children's books are only 50 cents each and other books are \$3.00 each.

Enquiries to Brian Leggott: 0422 365 256
<https://www.facebook.com/share/1UBVLPxiG5/>



SATURDAY 13 JUNE

Doors open 7.30pm for an 8pm Show

Tickets \$39 per person

Book NOW at reception or book online at www.sticktickets.com.au

*online booking fees apply



SATURDAY 27 JUNE

FREE in the Main Lounge

From 8pm



FRIDAY 3 JULY 2026

TUNCURRY BEACH BOWLING CLUB

Doors Open 11.45am – 4pm

RAFFLES AUCTION ITEMS LUCKY DOOR PRIZES

All proceeds raised will be donated to Great Lakes Women's shelter.

TABLES OF 10 \$1500 OR SINGLE SEATS \$170

TUNCURRY BEACH BOWLING CLUB

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



Mixed bag and Feedback

Letters to the Editor

‘Letter to the Editor’ is the place for our community to share their thoughts and feedback. Maximum 250 words unless prior arrangement. Material that is offensive, defamatory or overtly political will not be published. This newspaper intends to provide an opportunity of reply for any person/organisation involved before publication. The author’s name and town are required, unless specifically requested otherwise.
Send your letters to info@forsterfortnightly.com.au

Bloke who can’t commit to wife or party reckons women should be forced to make lifelong commitment

The Shovel

POLITICAL SATIRE:

Man of his word Barnaby Joyce, who would never so much even think of betraying a vow or going back on a promise, has spoken out against abortion, saying that women must follow through with the lifelong commitment of having a child.

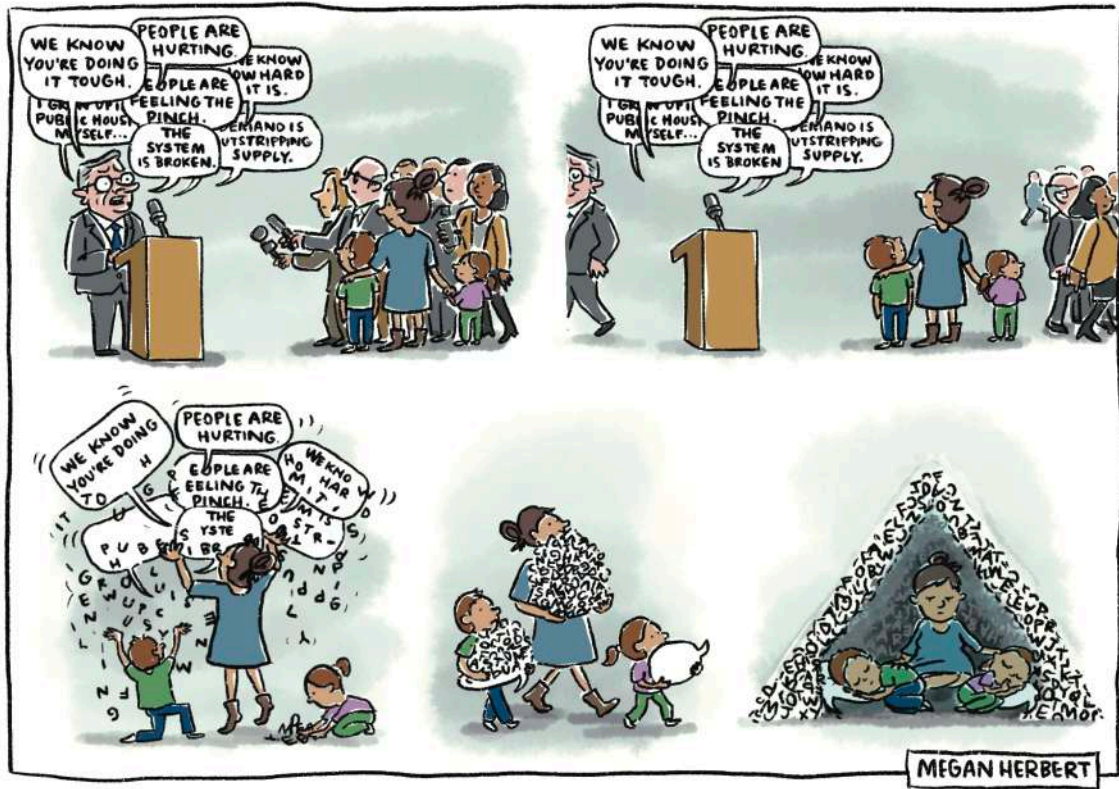
Speaking at an anti-abortion rally in Sydney recently, the Nationals-turned-One Nation senator said that having a child was “the right thing to do”. Unfortunately, Joyce didn’t clarify if conceiving that child in an affair with your

junior staffer was also the “right thing” or not.

“Having a baby is not like your wife or your political party. You can’t just leave it when you decide it’s not the one you want,” argued the senator.

Joyce also spoke against terminating a pregnancy on the grounds of sex-selection: “The only selection I make about sex is YES.”

The alliance with the pro-life movement highlights a first step into igniting culture wars for One Nation, which is a significant shift from their usual tactic of warring against foreign cultures.



Above: The Forster Fortnightly welcomes well-known Australian cartoonist Megan Herbert to our pages.

Book Review

Book Review by John King - Pacific Palms Librarian

Breakneck – China’s Quest to Engineer the Future

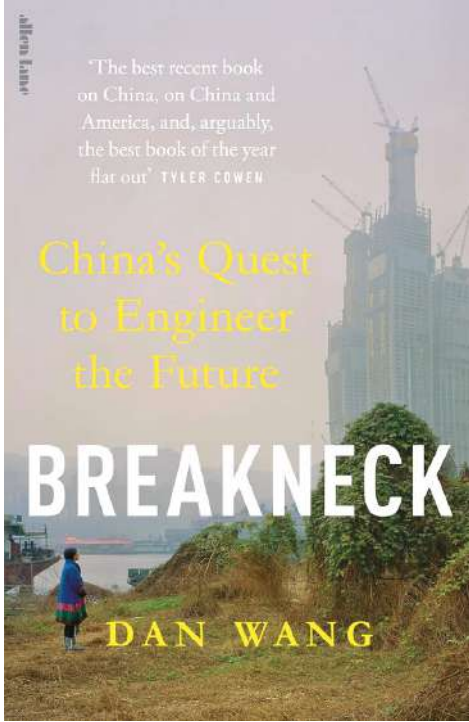
Dan Wang is a Chinese American born in Yunnan province of China. His parents emigrated to Canada when he was seven. Having worked both in the US and China, he has a special insight into both countries. (He regards Europe as a mausoleum society, with the possible exception of Germany.) In Breakneck – China’s Quest to Engineer the Future he sees that America has declined from an engineering nation into one of lawyers better qualified to obstruct than to build, whereas China is a country of engineers with few legal constraints. Indeed, he points out that all members of the Politburo are engineers of one sort or another. In contrast, the last US President to be an engineer was Hoover (think Hoover dam) and many since then have been lawyers. (Does Australia have any Cabinet members who are engineers or even scientists?)

So, the Chinese government thinks in engineering terms, both physically and socially with people simply the means of production, of manufactures and, with the failure of the one-child policy, of children. Chinese women, he says, don’t agree except in rural communities.

Wang examines how it is that China is now the factory of the world. In essence, the US moved its manufacturing to China because it was cheaper and without legal and environmental constraints. With rapid production, reserves became a cost not a benefit, which the US is now finding out to its concern, as too its dependence on a country it is competing with and may be a war with.

Yet, to re-establish the US manufacturing base is not so easy. The reason lies in the loss of know-how, what Wang calls technological knowledge that underpins manufacturing development. Moreover, the centres of excellence and competition in China act as accelerators, as symbiosis. Silicon Valley does that for software, but with a few exceptions, of which Tesla is one, not hardware. Even Nvidia relies on multiple overseas sources for its products. China now dominates in perhaps eighteen of nineteen key technologies and is surging ahead with solar and coal power (it has large reserves) to circumvent as far as it can imported energy as energy underpins its manufacturing and thence a military advantage.

For the future Wang sees China doing more of the same, using large engineering projects,



both for employment but also that Chinese people can take pride in. Conversely, he says, American infrastructure is old, tired, and dilapidated urgently needing renewal. He believes each country should learn from the other. That said, he gives no grounds for believing so. Trump’s tariffs, designed to bring manufacturing back into the US, fail to recognise the lost know-how and synergy in industry. Germany, on the other hand he admires for its technology, both physical and in its culture.

Wang does not mention Australia. But he does not need to. Though it was the University of NSW, Sydney, that in 1983 invented the PV cell now used in 85% of solar PV panels, it was taken back to China where they outcompeted Australian manufacturing by BP in Sydney. It is a sad commentary that the Federal Minister in giving out an award to BP did not even understand that PV cells produce DC electricity and need an inverter to produce AC power.

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

Screen Reviews

TV Show Reviews by Leon Batman - Forster

Remarkably Smart Creatures - Netflix Movie 110 minutes released May 2026

An American mystery drama starring Sally Field as Tova and Marcellus, a Giant Pacific Octopus with Alfred Molina providing the voice for Marcellus. Tova works as an elderly cleaning at the Aquarium where Marcellus is housed. There is a bond of sorts between the pair with Marcellus giving a running commentary of his thoughts on humans. Whilst being a mystery drama the movie has a feel good vibe to it with the interactions between Tova and Marcellus. A really enjoyable movie to watch.



Americana - Netflix Movie 150 minutes released August 2025

A rather different type of crime drama Americana leaves you thinking how are all the different parts of the movie connected. You are halfway through the movie and a good number of violent murders before it all makes sense, but it’s not who you think comes out as winners. A down-on-his-luck veteran Lefty and his stuttering waitress girlfriend Penny combine to come away with the “prize” - but wait, more things



will happen before the movie is over. Whilst this movie is certainly different it is worth watching if you don’t mind a bit of violence.

Twister - Netflix Movie 120 minutes released July 2024

An American disaster film which is a sequel to Twister (1996). A young storm chaser sees her friends killed in a Tornado and retires to work for the National Ocean and Atmospheric Administration. 5 years on in her new job a friend from her storm chaser days catches up with her, wanting her to come and help in testing new a Tornado scanning system. Initially she believes she is on the side of good in the developing the new technology but eventually she falls for a Tornado Wrangler looking to capitalise on the developing tornadoes. She begins to see the wrangler in a different light as they go chase a tornado. Plenty more action happens in this movie, and it is worth a watch if only to see the antics of all the tornado chasers.

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The Late Lorraine Frances Mason (nee Knight)
Known as 'Loz'
13 April 1944 - 3 June 2026
Passed away peacefully, Aged 82
Formerly of Tuncurry
Cherished wife to John
Loved mother to Darren, Donna & Tania
Adored grandmother to Arthur, Mother-in-law to Chris & David
Sister to Kenny & Christine
Sister-in-law to Lana & Aunty to Steve, Tim, Korryn & Jason
Will be sadly missed by all.
Forever in our hearts Forever smiling
Family are holding a private funeral service
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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 Prewett 0455 157 785

Forster Family History Research Service

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

Forster Hospital Pink Ladies

Meetings held the 2nd Monday of each month
Forster Palms Motel at 1.30 pm. Afternoon tea
afterwards. Contact Pat on 0412 684 044.

Forster Tuncurry Lions Club

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

Forster Tuncurry Men's Shed Inc.

48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 02 6515 2249

Get Active Coomba Park exercise

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

1st Forster Tuncurry Scout Group Cub Section

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

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

Great Lakes Evening VIEW Club

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

Great Lakes Ladies Probus Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglfoster@gmail.com

Manning Great Lakes Parkinson's Support

Group, Last Monday of the month
1.30pm Club Forster.
Contact Ken, 0427 021 877, Phil 0439 418 478

Mixed Social Tennis

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

Mid North Coast Bootscooters

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Shores Combined Probus Meeting

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

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

1st Forster Tuncurry Scout Group Venturer

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

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month
7pm Club Forster.
Email: jjpatchwood@gmail.com

Hallidays Point Combined Probus Meeting

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

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.

Surfing Mums around MidCoast Beaches

Take turns surfing, swimming, walking, etc.
From 9:30am. Enquiries Vanessa 0452 247 440

The Coomba Mens Shed

Open Every Tuesday 8.30am - 12pm
86 Mooroooba 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 Kal 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
Kayeleen 0416 184 684.

Great Lakes Suicide Prevention Network

Meet third Wednesday of every month at 6pm
Tuncurry Beach Bowling Club & on zoom. Email
greatlakesppn2428@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 0431 766 582

Surfing Mums Hallidays Point

Take turns surfing, swimming, walking, etc.
From 9:30am. Enquiries Vanessa 0452 247 440

The Sunrise Club

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

Twin Towns Tennis Club

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

Westpac Rescue Helicopter Service

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

Women's Shed Forster Tuncurry - Meets
fortnightly 11:30am in Wang Wauk Room at
Forster Civic Centre. Closed school holidays.
Updates on Facebook. 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 Mooroooba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Forster District Combined Probus Club

9.45am First Thursday of every month at Club
Forster. Contact Jacqui Costello 0410 662 671

Forster Keys Progress Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout

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

Great Lakes Concert Band

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

Great Lakes & Manning Stroke Recovery Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglfoster@gmail.com

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Forster Country Women's Association (CWA)

3rd Friday of the Month, 10am to 11:30am
Coolongolook Room at Forster Civic Centre,
Lake Street. Contact: Annette 0411 028 857

Forster Tuncurry Men's Shed Inc.

48 Midge Orchid Rd Darrawank
Open 8am to 5pm Monday to Friday.
Contact Richard 02 6515 2249

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Get Active Coomba Park exercise

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

“Quilts of Love” Forster Arts & Crafts

Breese Parade, Forster 10am-12noon.
Last Friday of every month Feb-October.
Contact Christine 02 6557 5627

Surfing Mums Hallidays Point

Take turns surfing, swimming, walking, etc.
From 9:30am. Enquiries Vanessa 0452 247 440

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

Wallis Lake History Group

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

Saturdays

Alcoholics Anonymous

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

Community News

www.forsterfortnightly.com.au

Page 23

Star Pet

Name: Brandi**Age:** 4 years**Breed:** Maltese/Shih
Tzu**Likes:** Playing ball,
destroying her stuffed
toys, meeting new
doggy friends and
people. She loves
cuddles with mum and
going for walks and
seeing all her human
friends in Woolworths
and Stockland.**Dislikes:** The sand on
the beach and water.**Claim to Fame:**

Everyone in Forster
knows her for her
friendly nature and
cute hairstyles - she
stops everyone in
Stockland.



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

Pet of the Fortnight

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

**Meet super affectionate
Suzie!**

Suzie is 13 weeks old but is tiny! Don't let
that fool you though - she is a very active
little girl. She is also super affectionate and
has loved sleeping on the bed with her carer
and other cats.

Pop into Windan'Sea Vet Hospital at 112
Macintosh Street, Forster for a meet and
greet or ring 02 6555 2275.

All of her vet work is now complete and she
is ready for her new home. Suzie is \$150.

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Graffiti Buster Hotline



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

Community Meals
& Pantry

Forster Community Lunches

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

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

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

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

**Tuncurry Community
Morning Tea & Lunch**

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

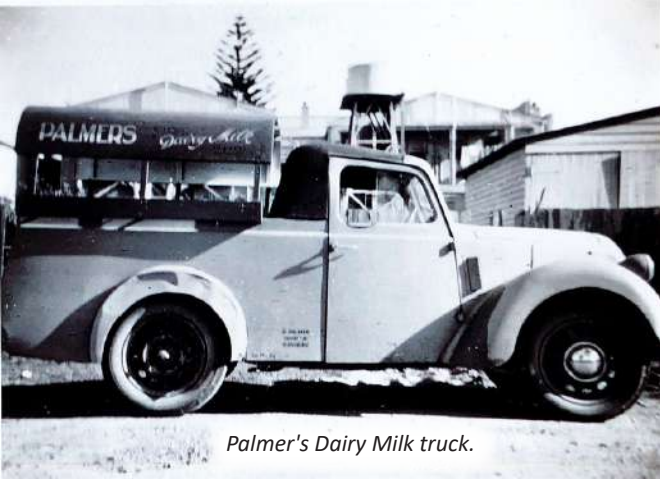
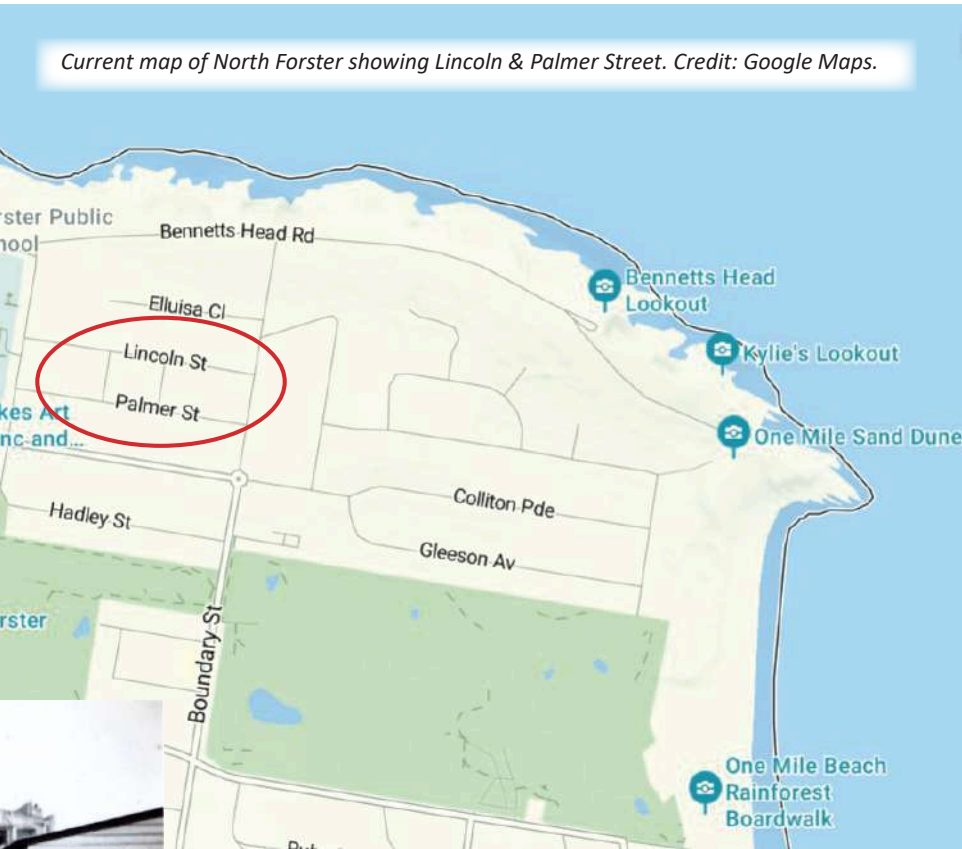
What's in a name? Lincoln & Palmer Street

Great Lakes Musuem

Alfred Edwin Palmer 1889-1965 (known as Lincoln) was a defining figure in the early development of Forster. Born in Bibby Harbour to Septimus and Lydia Palmer, daughter of William and Lydia Bramble, pioneers prominent in the Bungwahl area. One of 9 siblings Lincoln, along with his 3 brothers, James, William and Thomas (Uncle Tom) worked on the family cattle property at Kataway (Neranie) and caught and broke wild brumbies which they sold. The boys had bullock teams and pulled in timber to the mills, mainly Croll's at Bungwahl.

After Alexander Croll died, Alexander Jr in early 1920's sold the mill site to Lincoln who also purchased 40 hectares of land behind the Bungwahl Church. The mill was later sold to William and Edward Thomas. Lincoln married Ida Lillias Gray daughter of Charles and Lillias Gray, on the 11th December 1916.

Lincoln and Ida moved to Forster purchasing James and Christina Hadley's 100 acres and established a major dairy farm at Bennett's Head, a coastal landmark in Forster. Lincoln also purchased another large parcel of land known today as the Fairways incorporating Strand and Boundary Street. The family farm



Palmer's Dairy Milk truck.

was a primary source of milk for the growing Forster Tuncurry settlement. During this era, the Palmer family also operated bullock teams, which were essential for transporting timber from the surrounding forests to the local mills. Alfred Edwin and Ida Lillias Palmer raised 9 children and are buried together at the Forster Cemetery.

As Forster evolved from a rural outpost into a holiday destination the vast dairy tracts of the area were eventually sub-divided. These subdivisions facilitated the residential expansion of the town towards the coast. Present day Lincoln and Palmer Street run parallel to each on the flat near the base of Bennett's Head.

As a matter of interest: In the 1950-60's the goat herd roaming Bennett's Head was a very popular tourist attraction. The herd originally belonged to the Palmer's farm. The goats were



Above: Alfred (known as Lincoln) and Ida Palmer. Lincoln was a defining figure in the early development of Forster.

eventually transferred to Regatta Island and then on to Tarbuck Bay.

The "Palmer Road:" The rugged track leading up to the headland from the main township of Forster was referred to by locals as Palmers Road before it was formally registered and modernised as Bennett's Head Road.

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



Photos from Motorfest on 6 June in Tuncurry by Matilda Yule.



Landcare projects receive more than \$585,000

Member for Myall Lakes, Tanya Thompson has welcomed more than \$585,000 in funding for MidCoast 2 Tops Landcare Connection through the NSW Landcare Enabling Program.



The funding will support two major projects focused on climate adaptation and culturally informed landscape management across the Mid Coast and Hunter regions.

The first project, Climate-Resilient Landcare: Building Adaptation Capacity Across the Hunter and Mid Coast, has received \$410,870 to strengthen collaboration between Landcare groups, councils, technical experts and Hunter Local Land Services, while helping communities better respond to changing climate conditions.

A further \$174,257 has been awarded for Listening & Learning Together: Building Strong Aboriginal-Landcare Partnerships across the Hunter & MidCoast, which will deliver

on-Country learning experiences, cultural heritage immersions and workshops with Aboriginal communities and stakeholders.

Ms Thompson said the funding was a significant investment in local environmental stewardship and community resilience.

"Landcare volunteers play an enormous role in protecting and improving our local environment, and this funding will help ensure that work continues well into the future," Ms Thompson said.

MidCoast 2 Tops Regional Landcare Coordinator Justine Thompson said the projects would deliver lasting benefits for both communities and the environment.

"We are excited to begin this work with our Landcare volunteers, coordinators, landholders, Aboriginal partners and local organisations," Ms Thompson said.

"These projects will help strengthen our landscapes, build community resilience, and support long-term environmental outcomes across the Mid Coast."

Our Local wildlife



Photo of Lathan's Snipe by Ian Bradshaw.

By Kym Kilpatrick – FAWNA Hallidays Point

Latham's Snipe

The east coast of Australia, including our area, is an important wedge of a huge migratory path for seabirds, particularly shorebirds, known as the East-Asian Australian Flyway. The Flyway includes Siberia, Alaska, China, Taiwan, Japan, New Zealand, and of course here, and every year millions of birds make a monumental journey, flying thousands of kilometres, between their breeding grounds in the arctic tundra and their wintering grounds in Australasia.

These birds are the best long-distance flyers in the world; some migrate 11,000 kilometres non-stop through night and day. One tagged godwit 'E7' was tracked flying 11,700 kilometres non-stop from Alaska to NZ in 9 days. Over their lifetimes, all going well, some will have effectively flown from here to the moon and back.

What is also amazing, is they are predominantly small wading birds, weighing less than 150 grams, their feathers are not waterproof and they can't swim.

Sadly, they are also the most endangered species group on the planet, with their rapid decline primarily driven by the loss of their feeding and resting grounds, wetlands, marshes and muddy inter-tidal zones. Seven of Australia's migratory waders are on the list of threatened species. For example, Bar-tailed Godwits are listed as Vulnerable, whilst Beach-stone curlews have lost 80% of their population and are now Critically Endangered.

To make these marathon migrations, they need to put on heaps of weight so that they can fly at least 5 days without eating or drinking. They feed primarily on small crustaceans, beachworms and other invertebrates

with different species having different bill 'equipment' to do so. The process of gorging results in their hearts and livers growing larger to cope with the calorie input, their pectoral muscle increasing massively and then, once ready for take-off, their digestive organs shrinking.

The Latham's Snipe (*Gallinago hardwickii*) is one of the migratory species that 'over-winters' here on the marshy edges of Wallis Lake. It is a slightly larger shorebird at just under 30 centimetres long, weighing between 150 to 230 grams. It is coloured black, brown, buff and white, with black streaks and tan flecks. The top of the head is black-brown while the sides of the head are pale-buff and there is a narrow black stripe running from the eye to the bill. It has short legs and short broad, pointed wings, between 50 to 54 centimetres, and a long tail. The bill is long and straight. Male and female are similar.

Latham's Snipes breed in Japan and Eastern Russia where they build ground nests, hidden in vegetation. This bird's primary defence is camouflage and stillness, which makes it one of the more secretive, elusive birds to see. Consequently, sightings tend to get bird watchers very excited!

Most often they are spotted hunting in swampy marsh and lake edges. Making it even more difficult to see them, they primarily hunt at night or during dawn and dusk.

Latham's Snipes were once hunted as gamebirds but the main driver of their Vulnerable Status has been the drainage of wetlands, encroaching urban development, and increasing drought and bushfire events. It is definitely worthwhile looking out for this remarkable but hard to spot little bird, and if you do see it, consider reporting it on Birdlife Australia's mobile phone app, birdata.

Whales are on the move

NSW Government, 1 May 2026

The whale watching season has officially arrived in NSW, underscored by the early appearance of humpback whales along the coast.

Each autumn, around 40,000 humpback whales leave the krill-rich waters of Antarctica and travel north along the NSW coastline to warmer waters off NSW and Queensland to mate and calve.

Their epic 10,000-kilometre round trip is one of the longest migrations undertaken by any mammal.

These journeys are essential for survival, connecting feeding grounds and breeding grounds in a cycle as old as the species themselves.

Growing up to 16 metres long, these ocean giants are a breathtaking sight, delighting onlookers with breaching, tail slaps and playful behaviour close to shore.

While the migration is awe-inspiring, people are reminded to keep their distance to protect both whales and themselves.

Vessel collisions and near misses occur every year, and risk injury to whales, but also damage to vessels and potentially the safety of vessel crew and occupants.

Drones and watercraft, including surf craft, stand up paddleboards (SUPs), kayaks and boats, must stay at least 100 metres from whales, or 300 metres if a calf is present or 300 metres from any whales when using a jet ski.

Whales are also put at risk becoming entangled in rope, fishing lines or net.

When this happens, NSW National Parks and Wildlife Service's Large Whale Disentanglement Teams may be called on to respond.

Right: On 16 May 2026, a specialist boat and crew from Sea World Foundation and NPWS launched from Forster and successfully removed from a Humpback Whale's mouth.



Operating only when conditions are safe, these highly trained crews work from small boats in open seas to carry out complex and dangerous rescues of 25-40-tonne animals.

Investment through the NSW Marine Estate Management Strategy (MEMS) has positioned NSW as a national leader in whale disentanglement training, response and research.

Anyone who sees a distressed or entangled whale is urged to contact NPWS on 13000 PARKS (1300 072 757) or ORRCA on (02) 9415 3333 immediately.



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Bedazzled, buzzing & beautiful: Pacific Palms Art Festival 2026



Overall Winner: Tracie Bertram - Cactus Crown.

By Rhonda Andrews – Pacific Palms Art Festival Inc
Opening Night this year bedazzled our regional art lovers. After a hiatus last year, the hall buzzed with excitement, connection and inspiration. Many new artists were welcomed this year, wine was flowing and conversation warmed our hearts.

Judge Steven Harvey, painting lecturer at the National Art School Sydney, said it was his absolute pleasure to be invited here to judge, in his speech he encouraged budding artists and was impressed by those already well established.

We spoke with some regular attendees who said this was the best show yet. Emma Tiaree who comes up from Sydney every year said “This is the highlight of my social calendar, I love the ritual of the evening; the curries, the wines and cakes. It is always interesting to see the new works of artists I have come to love. And of course, catching up with old friends.”

The Pacific Palms Art Festival is held every June long weekend, the goal is to raise funds for creative arts programmes at the Pacific Palms Public School. The Festival this year has been a huge success with 97 artists participating and over 180 artworks on display. Tickets to Opening Night were sold out with over 200 people.

As another successful year comes to a close artists are already planning their next piece and attendees locking in the date.

Art Awards

Overall Winner of Pacific Palms Art Prize: Tracie Bertram - Cactus Crown

Oil/Acrylic

- 1st: Donna Rankin - Mother Rock
- 2nd: Shelley Bedford - Breathe

Watercolour/Pastel

- 1st: Christine Marlow – Rusty Pig
- 2nd: Phillip Koether - Dawn

Open (includes mixed media)

- 1st: Paula Koert-Bain – White Gums
- 2nd: Stephen Cavanagh – Sunset Wallis Lake

Photography

- 1st: Kian Bates – Aurora Australis - Seal Rocks Lighthouse
- 2nd: Lynda Love – River Pebbles

Pen/Pencil/Ink

- 1st: Jake Billinghamurst – In Our Hands
- 2nd: Peggy Eather – Bountiful Banksia

Environmental ‘Nature Vs Man’

- 1st: Elizabeth Grimshaw – Symbiosis
- 2nd: Bec Adams – Found Objects, Lost Ocean

Many Highly Commended were also given out on the night. The People’s Choice Award was decided on 8 June.



Above: Judge Steven Harvey and Paula Koert-Bain, First Prize Open.



Above: Steven and Christine Marlow, First Prize Watercolour/Pastel.



Above: Steven Harvey and Jake Billinghamurst, First Prize Pen/Ink/Drawing.



Above: Steven and Donna Rankin, First Prize Oil/Acrylic.



Above: Pacific Palms Art Festival Committee members (L-R) Rhonda Andrews, Juliet Miller, Wayne Beaton, Cath Bennett (Organiser) and Cheryl Ashwin. Front row: Rose Mahar and Julie Plasto.



Above: Dr Gillian Courtice and Elizabeth Grimshaw, First Prize Environmental.



Visitor to Forster – Fleur McDonald

Interview by Vanda Gooley

I recently attended an Author Talk presented by Fleur McDonald at the Mid Coast Civic Centre. Fleur had a genuine connection with the audience with her storytelling, humour and sharing her adventures. Fleur has balanced life with writing, farming, parenting and advocacy work. She is also a qualified pilot. A truly dynamic and inspirational woman.

Fleur McDonald is a bestselling Australian author known for her rural fiction and crime and suspense novels, often set against the backdrop of the outback and farming communities.

Fleur has written over 27 books, writing two novels yearly, with more than 1,000,000 copies sold. Fleur, often drawing on her life as a farmer in Western Australia, her highly engaging stories are set against the backdrop of the Australian outback. Her stories feature strong, tenacious characters inspired by the tough, complex and genuine people she’s met during a life time living in remote Australia.

Fleur was raised in Ororoo, a historic town in the Mid North region of South Australia. She grew up in a strong rural environment and worked as a jillaroo, farming the land for more than 20 years. She spent decades farming in Western Australia. Her stories draw heavily on her life on the land in Western Australia. Fleur now lives in Esperance, Western Australia, with her two children, Rochelle and Hayden and an energetic border collie called Shadow. Fleur loves the open roads, red dust and magical sunsets. She has built a strong following of loyal readers with an insatiable appetite for her craft and characters, most notably Detective Dave Burrows, who appears across many of her books, traversing rural landscapes and overcoming adversity.

Some of her well-known titles include The Prospect, The Missing and more recently The Witness, Deception Creek, Without a Doubt and Starting from Now as well as ebook exclusives I Wish You Were Here and A Farmer’s Choice. She has also written two children’s books, one that was short listed for the national Speech Pathology Awards.

Fleur spends much of her year, transversing our big country, scouting inspiration and potential storylines for future books. Fleur is also a sought-after public speaker, particularly at regional events, country shows, ladies’ days and writers’ festivals.

Fleur founded DVassist which provides free, specialist family and domestic violence phone counselling and support for people in regional, rural and remote Western Australia.

Fleur became a writer when her children were young. Raising her two children had many challenges. Fleur and her then husband was living in a ‘donga’, a little demountable tin structure, usually used in mining or on construction sites as accommodation blocks. It was open to the elements and had holes in the walls that Fleur had stuffed up with steel wool so the mice couldn’t get in. Fleur was often struggling to make ends meet. The closest town was 110k away, hence Fleur and her new baby, Rochelle, were extremely isolated.

Hayden came along only 13 months later and Fleur suffered postnatal depression. But raising two young children in a remote donga, while working long, tiring days on the farm as one of the only jillaroos in the area, was only the start.

Pretty soon it became evident that both children were going to have very different and complex needs as both had developmental and speech delays. Rochelle was diagnosed with dyspraxia (a breakdown in speech and gross

By the time Rochelle was 9, Fleur was the highest selling debut author in 2009 with her novel Red Dust. It was a major success and launched her career. It is an outback novel of love, intrigue and redemption. Her original books typically feature life in rural and regional Australia, crime and mystery plots, strong resilient female characters, overcoming adversity, drawing inspiration from her own experiences, and realistic depictions of farming

like LEGO pieces. She said whenever she looks outside her door or is working in sheep yards, she gains more fodder for her stories. “I get so much joy from watching lambs and calves play, sunsets and sunrises and being outside. Fleur said, one of the best questions she can ask herself as a writer is ‘What if?’

Fleur has led a massively busy life as a farmer, mother and carer for her mother-in-law, so time to write was always challenging but she



Above: Fleur has balanced life with writing, farming, parenting and advocacy work.

believes that if you want to do something badly enough, you will always find the time. Whether it’s scribbling something while in the ute shifting sheep or having to pull over on the side of a road to write a thought down, or running to Perth with her mother-in-law while she was dying. Fleur always made time.

Fleur McDonald’s latest novel, The Witness, is set in the gold mining town of Kalgoorlie, Australia. The story revolves around midwife Molly who witnessed the murder her mother at aged five. As her adoptive parents ask for a reinvestigation into the Sammi’s murder, they are killed in a car accident. The subsequent investigation by Detective Jack Higgins finds that it wasn’t an accident. Is Molly in danger too?

The novel explores themes of secrets, mystery, and the impact of drug use on young lives. Readers will discover Kalgoorlie’s quirks and mysteries. It is part of McDonald’s transition away from her popular Dave Burrows series and is expected to be a compelling read for fans of rural crime fiction.

Apart from writing, Fleur loves reading and photography, volunteering in the community, walks on the beach with her dog.

Rachel Nicholson, President of NSW Women in Dairy and Bale up Conference said this of Fleur...

“Fleur’s authenticity shone through every story and anecdote, resonating deeply with the women in the room and creating a lasting impact that continued well beyond the event. She was extremely well prepared, professional, and easy to work with.

Fleur’s generosity with her time and attention to detail made the entire process seamless. As MC, she kept the Bale UP conference running smoothly and on time, balancing confidence with a gentle and caring presence. Her keynote address was powerful and heartfelt, leaving attendees moved and inspired.”

Fleur finds inspiration for her stories by watching the way people interact. She loves writing about the way we all fit together – a bit

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Tanya's Community Update

After a busy fortnight in Parliament, it was wonderful to return home to the Myall Lakes and get back out across our communities.



While in Parliament, I again raised the need for support for the dredging of Wallis Lake through a Notice of Motion. Our waterways are vital to local jobs, tourism, recreation and the environment, and I will continue to push for action on this important issue.

I have also been fighting to save Bobin Public School and Upper Lansdowne Public School alongside those communities. These schools are more than just places of learning. They are the heart of their communities. Rural families deserve access to local education, and I encourage everyone to scan the QR codes on this page and sign the petitions to support the campaign to save these important schools.

One of the highlights of returning home was attending the awards presentations at both Forster and Black Head Surf Life Saving Clubs. It was a privilege to celebrate the dedication of so many volunteers who give up their time to keep our beaches and communities safe. Congratulations to all award recipients on their achievements.

As always, if there is anything I can assist with, please contact my office. My team and I are always here to listen and to help our community.

Tanya Thompson MP - Member for Myall Lakes

State Soccer Titles for Kalani and Will



By Jeff Summers – Forster

Local footballers, Kalani Ryan and Will Kauter from Great Lakes College Senior Campus recently represented Hunter CHS Region at the New South Wales CHS State schoolboys/ schoolgirls titles.



Left and above: Kalani Ryan and Will Kauter. Photos supplied.

Kalani and Will's teams both won their respective competition, so they are now State Champions.

This is the first time since 2022 that both the Hunter boys and the girl's teams won their respective competitions at the state titles.

Kalani's team convincingly won their Grand Final against Sydney West Region 4-1 in Newcastle. Kalani, who is in Year 12, scored

three goals for the tournament, including a cracker from just inside the box and proved to be an instrumental part of her team's success.

Will, who is in Year 11, scored three goals during his tournament in Sydney, including one that was a contender for goal of the tournament. Beating Sydney North Region in the final 1-0, the match proved to be a nail biter until the final whistle.

Records tumble as music pumps at Great Lakes College Carnival

By Gai Hoddinott – Great Lakes College

The Great Lakes College Athletics Carnival saw many longstanding track and field records broken. A curated playlist by Vincent Jensen and Matt Horne, including Queen, Led Zeppelin, ACDC, Dire Straits and John Mellencamp, provided the soundtrack for the day, pumping up competitors and entertaining the crowd at Tuncurry Oval on 1 May. In all, 11 records were broken on the day, with Marlo Tompson breaking three and equalling a further one.

Champion of Champions in the 100m dash went to Cooper Tonks, who was the fastest boy in the college and Jayde Roberts, the fastest girl.

In track events, the record tumbled in the boys' 17-19s 100m dash. Josh Cross achieved a time of 11.43, breaking Winston McBride's 2017 record of 11.53. In the 13s boys' 200m dash,

Marlo Tompson ran a time of 26.97, breaking Josh Walpole's 2006 record of 27.03. In the 16s girls' 400m dash, Jayde Roberts finished with a time of 69.93, breaking the 2016 record of 71.45 set by Melissa Winter. In the boys' 16s 800m run, Matthew Lindenmeyer ran a time of 2:24.04 to break Jackson Summers' 2021 record of 2:26:87. In the girls' 15s 1500m run, Rachael Rebbeck ran a time of 6:14:03, breaking the 2015 record of Chelsea Herb at 6:32:00. In the 16s boys' 1500m run, Matthew Lindenmeyer ran 5:00:76 to break the 2012 time of 5:05:00 set by Jake Schumacher.

In field events, in the 13s boys' high jump, Marlo Tompson jumped 1.50m to equal the 2011 record of Max Winter and the 2022 jump of Buddy Schubert. In the 14s girls' high jump, Ella McDonald set a record of 1.60m, breaking Ginger Harrison's 2019 previous record of 1.58m. In the 13s boys' long jump, Marlo Tompson set a record of 4.73m, to pass Ricky Carrington's 2019 record of 4.50m. In the 13s boys' shot put 3 kg, Marlo Tompson again proved his athletic ability with a throw of 11.88m, smashing Logan Boyd-Skinner's 2021 record of 10.17m. In the 13s boys' discus throw 1 kg, Ashton Sutherland blitzed the 2017 record of Dylan Payne at 21.34m, with his 26.88m throw.

The day was action-packed for the competitors. Girls' age champions and individual rankings in the 12s was Cora Ellis, 13s Imam Thompson, and 14s Ella McDonald, all finishing on equal points for their respective age groups. The 15s girls' age champion was Sarah Whitbread, 16s girls' champion was Abigail Allard, 17s girls' champion was Kentia Ede, and the 18s girls' champion was Evie East.

Boys' age champions and individual rankings in the 16s saw Matthew Lindenmeyer top the field overall with his cumulative

points, followed in the 13s by Marlo Tompson and in the 14s by Hugo Travis, reflecting their versatile and elite athletic ability. The 15s boys' champion was Braxton Bolt, the 12s was Lukah Walker, the 17s was Kayle Williams and the 18s was Hunter Barberio.

The success of the day was a mammoth team effort led by Jack Webb, PD/H/PE Teacher/ Sport Coordinator GLC, "Days like this don't happen without a huge team effort and it really showed". Special thanks must also go to Gemma Tyrie and Christina Whitbread for coordinating everything so effectively at their campuses, as well as Michelle Jones and her team for their fantastic morning tea, and the SRC for running the canteen and providing the barbecue.

Athletics Carnivals are notoriously fickle. Prior rain can result in wet ground and lead to postponement. Intermittent rain on the day will inconvenience and even stymie events. Many athletic carnivals are weather affected and end up as competitor-only events to select representation for the zone carnival.

On that Friday the college got lucky and after a night of light spasmodic rain and an overcast autumn morning, the sun broke through the cloud, giving rise to a gloriously fine day.

For me and for many, the standout event was the high jump. My earliest memory of athletics was formed in a relative's backyard with a make-shift high jump rigged up for the family

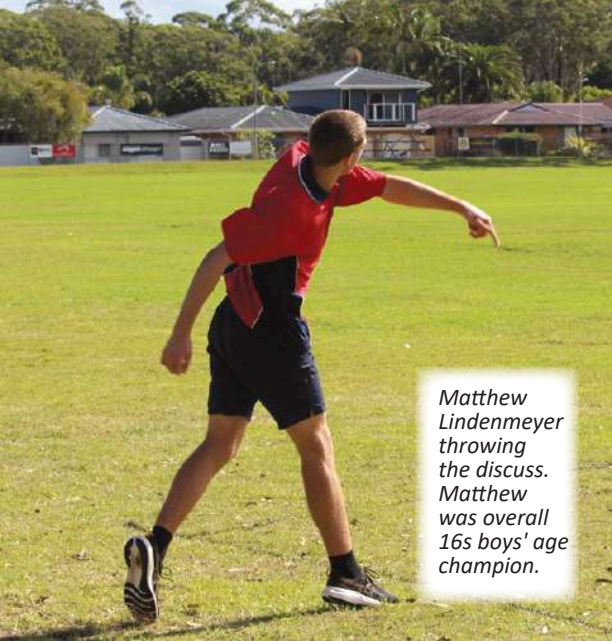


Marlo Tompson equalled the high jump record.

of svelte, vertically-blessed, gravity-defying girls to efficiently convert horizontal speed into vertical height. From an early age I was in awe. I couldn't envisage propelling my thicker limbs off the ground at any height, and because I couldn't imagine it, I couldn't do it.

Fortunately, that wasn't a problem for the impressive springbok-like students who graced the high jump crossbars with Mitchell Wolfenden clearing 1.75m, Matthew Lindenmeyer 1.65m and Ella McDonald 160 cm; much to the delight of students and staff alike.

No, they weren't students from a sports high school, but many took advantage of the chance to showcase their undoubted track and field talent; with or without music.



Matthew Lindenmeyer throwing the discus. Matthew was overall 16s boys' age champion.

Tanya THOMPSON MP

Member for Myall Lakes

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Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements June 2026.

NSW public schools

Inspiring excellence

Forster Aquatic Swimming Club going from strength to strength

By Xanthe Vicary - Forster Aquatic Swimming Club

Now in its 69th year, Forster Aquatic Swimming Club is going from strength to strength with 37 competitive team athletes competing at the club's Short Course Carnival at the Great Lakes Aquatic Centre on 31 May 2026 with a total of 165 competitors overall.

Club Forster competitors were awarded a total of 57 medals showing casing short and long distance swimmers in a variety of age groups ranging from Vinnie Croad and Dante Parker's first carnival at the age of 8 and 9 to blisteringly fast swims in the Club's Dash for Cash with Byron Vicary and Toby Westaway winning in the senior and junior boys divisions with a number of gold and silver medals across a range of other events. Toby Westaway's success consolidated his recent outstanding performance at the NSW All Schools State carnival while Byron was very happy to be back in the pool after a season off due to illness. The prize pools for the carnival for senior aged swimmers totalled \$1150, and another \$200 for Dash for Cash winners sponsored by Forster Kebabs. There were many happy and proud faces bearing shiny medals or cash prizes.

Other notable achievements of the carnival included brother/sister duo, 12-year-old Lhamo Dhondub and 10-year-old Rinchendom Dhondub, with Lhamo winning 3 golds and placing in another 3 events and Rinchendoma winning gold in the 100m backstroke and fiercely competing and in another 4 events. Siblings Harper, Levi and Miles Dodds, also had great success in the pool achieving medals and personal bests throughout the day. Sebastian House, aged 12, showed never-ending capacity as he competed in 7 events on the day, including time trials in the 800m freestyle earning him 6 personal best times and a 1st place in the 50m butterfly, 2nd in the 200m individual medley and 3rd in the 50m breaststroke.

Coach Adel commented:

"The momentum and culture of the club was at an all-time high on the weekend as the team celebrated milestones like little 6-year-old Zayd Keegan first carnival where he proudly walked away with 4 medals in 25m freestyle, backstroke butterfly and breaststroke. It also brought a tear to my eye when the young ones loudly sung celebrating Kelvin Giles 49th birthday. Kelvin has been a member of the club for many years and recently won 2nd place in the Disability Club Championships at the club's presentation night."

An official list of all results from the Short Course Carnival can be found at [https:// www.facebook.com/ForsterAquaticSwimClub](https://www.facebook.com/ForsterAquaticSwimClub)

Presentation Night

The camaraderie between the team amongst all age groups will ensure the Club's continued longevity as it swiftly approaches celebrating its 70th year next year. A prime example of this was recently at the Club's Presentation Night where Murphy Ralson, aged 15, won the Coaches Award (Senior) with Peter Sanders, Head Coach, noting 'Murphy's humour and dedication to his sport and teammates with a smile for everyone'. The Club was very proud of Murphy at this carnival achieving a gold in 50m freestyle, silver in 50m backstroke and bronze in 200m and 100m freestyle. The Club's highest point score award of the year went to Liam Lenkic and who consolidated this performance with 5 personal bests at the carnival.

Special Awards from the recent Presentation Night were also given to Ky Westaway, Hudson Keegan and Rinchendolma Dhondub (Most Improved), Max Underwood and Maddie Keegan (Sportsmanship Award), Levi Dodds (Coaches Award - Junior), Sara Uprety (Club Spirit Award), Michelle Scislo (Club Person of the Year Award) and Relay of the Year to

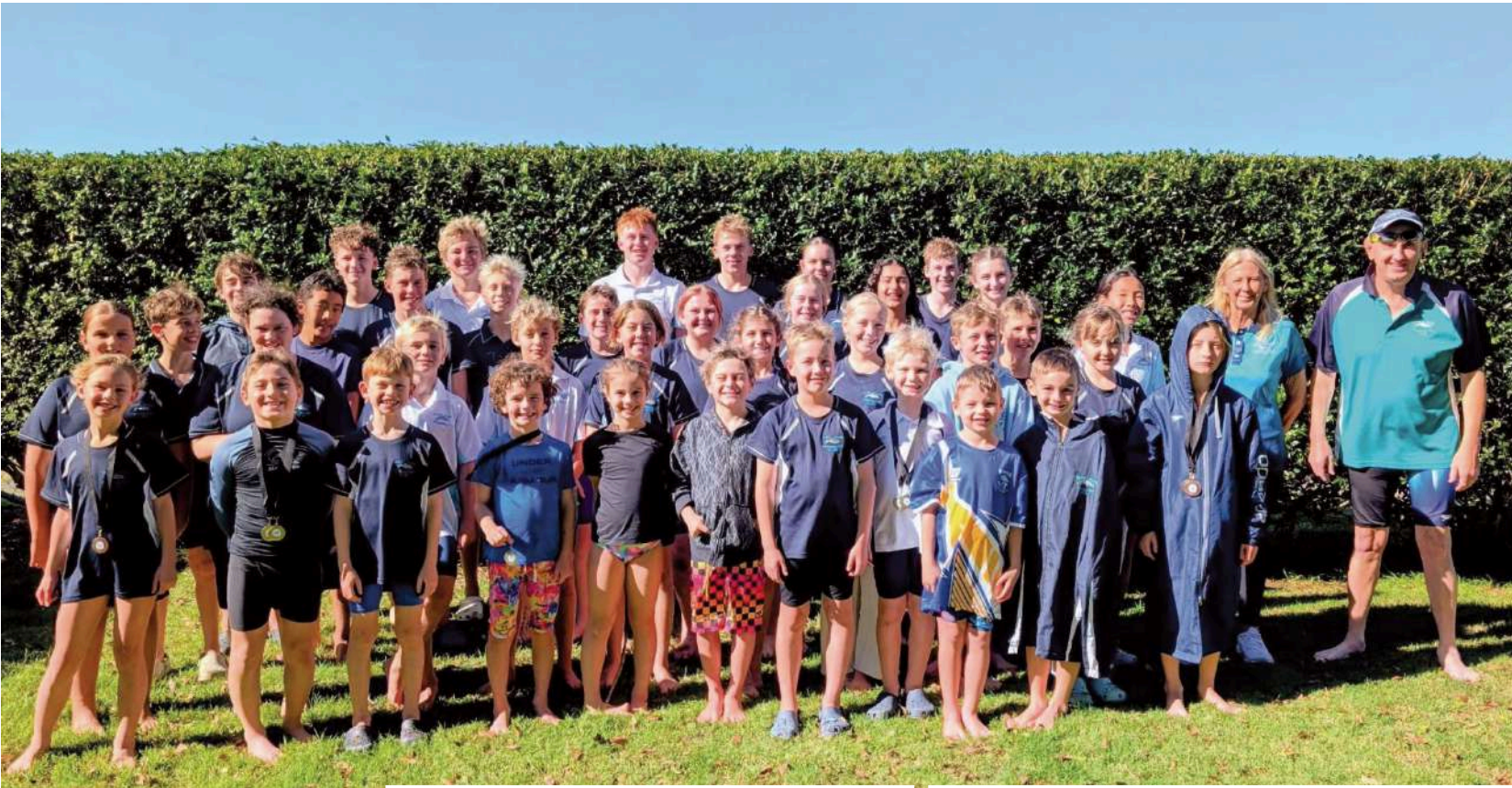
the 'Baked Bean Machine', the Junior Boys Relay Team at the 2025/26 NSW Country Swimming Championships - Toby Westaway - Sebastian House - Lucas Lenkic - Dane Clayton. The Club is also very proud of Kiara Gaul who was awarded 1st place and the Disability Club Champion. Kiara recently swam in the State Special Olympics in Maroubra achieving a first place finish in 50m freestyle.

AGM

The Club recently held its Annual General Meeting and is extremely grateful to Michael Summers now entering his 20th year as its President. Michael expressed his eternal gratitude to our amazing coaches Peter Sanders, Adel Gregory and Jacqueline Taylor for leading our team of champions. Special thanks also goes to our other Directors, Rachel Lenkic (Vice President & External Race Secretary), Wendy Davey (Treasurer) Michelle Scislo (Registrar & Club Night Race Secretary), Emma Dodds (Secretary, Public Officer & Officials Accreditation Officer), David Underwood (Member Protection Officer), Melissa Westaway (Uniform Officer), Xanthe Vicary (Publicity Officer) and Jacqueline Taylor who is heading the Sponsorship and Donations sub-committee.

Thank you to sponsors

The Forster Aquatic Swimming Club is nothing without its sponsors and we have been very grateful to work with amazing local businesses in the last year which include the always tasty and generous Forster Kebabs, the Great Lakes Aquatic and Leisure Centre, Wharf Street Gourmet Butchery, BWS Forster, Foodworks Hallidays Point, Wallis Lake Fisherman's Co-Op, Surf Dive n' Ski, Farmers Patch, Forster Surf & Sport, Schibello's Coffee, Intersport, Forster Entertainment Centre, the Lenkic Family and our very own Coach Adel Gregory. Thank you to all our sponsors, from providing prizes and feeding our athletes and subsidising financially, you are all very valued and as the team continues to swim, we know we couldn't do it without such a supportive and friendly local network.



Above: Amelie and Beau Johnstone with their medals.



Above: (L-R) Miles and Levi Dodds with their medals.

Next season

Looking ahead to next season, Forster Aquatic Swimming Club is excited to move forward through the short course season into the long course season, bringing with it a renewed focus on developing talent and fostering a culture of excellence. With strong foundations already in place and a growing pipeline of dedicated

young athletes, the Club is poised not only to compete, but to produce future champions at local, regional state and national levels. Backed by passionate coaches, supportive families, and a clear vision for success, Forster Aquatic Swimming Club is ready to make a powerful splash on the competitive stage and establish itself as a force to be reckoned with.

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Overseas soccer education tour taken by local coach

Jeff Summers Football Coaching

Forster based soccer coach Jeff Summers has just completed a third overseas coach education tour to Europe in the last 18 months where he spent time working with several top European and Asian clubs and elite academies.

Travelling to countries including France, Italy, England, Turkey and Croatia where he has just returned from, he has been working with some of the world's best youth coaches and also had an opportunity to actually coach their players in these respective clubs.

This is in an effort to develop his coaching of which he is accredited by Asian Football Confederation & Football Federation Australia with the second highest coaching Diploma being an Advanced B Licence and has been invited to complete his Advanced A Level coaching diploma

The aim of these trips has been to benefit the local youth players in his soccer academy, Jeff Summers Football Coaching, which is based in Forster and Tuncurry.

As a result of these trips, he has had many of his academy players progress to representative, state and international levels.

Although being approached by several A-League youth academies along with several top European Clubs, he has chosen to remain in Forster, Tuncurry and surrounding areas.

His passion is developing the local players to progress to higher levels, but he also enjoys working with grassroots and local players as well who simply want to enjoy their footballing experience.

Summers, who is a former U/20 Australian Young Socceroo and Australian Schoolboy international was also able to catch up with former Australian Socceroo legend Mark Viduka whilst in Croatia at his Coffee Shop in North Zagreb where he now resides.

Summers had not caught up with Viduka in over 25 years since sharing the field together many times at youth level.



Above: Jeff (on the left) said, "It was awesome to catch up with Socceroo legend Mark Viduka (on the right) at his coffee shop in Zagreb."

Right: Jeff working with the Under 14 squad from the French Football Federation's (FFF) Elite Urban Jeunesse Academy in Paris, where many French National players have been developed. Jeff said, It was an incredible experience to coach such high-level players including 3 current U15 France representatives. Coaching with a translator was a new experience also."

While Summers and Viduka shared old stories of their playing days together, they also discussed and compared footballing pathways and youth development in Croatia.

Whilst in Turkey, he was also able to have dinner with top FIFA and UEFA referee Umut Meller to chat about his football experiences officiating matches with the world's best players.

Summers is excited to be back home in Forster to be able impart his new ideas and methods with his local Jeff Summers Football Coaching academy players.



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Local young soccer players get Matilda’s halftime opportunity



By Mary Yule – Forster Fortnightly

Ten young soccer players from Forster Tuncurry were given the chance of a lifetime when they took to the field during halftime at the Australian Matildas soccer team’s friendly match against Mexico in Newcastle on 6 June.

The children, aged between six and 12, were selected from a local soccer program run through Northern NSW Mid Coast Football and

Right: Ten local soccer players visit Newy to watch the Matildas play. Kyla Simon is on the far left and Marley Currie is on the far right.

supported by Tobwabba Medical Centre in Forster.

Tobwabba Medical Centre’s Marley Currie and Kyla Simon accompanied the group to Newcastle. Marley said the invitation came after organisers became aware of the positive impact the program was having on local children.

"We’ve been running a soccer program with Mick Hugo from Northern NSW Mid Coast Football and local coach Jeff Summers," Marley said. "The organisers in Newcastle caught wind of what we were doing and invited us down to play on the pitch at halftime with some other teams."

While a larger group had participated in the program, 10 boys and girls were chosen to attend the event, with the youngest participant aged six.



The young players were provided with uniforms and the opportunity to run onto the field during halftime, playing alongside children from other clubs in front of thousands of spectators.

"We picked the players we thought would get the most out of it and who were really engaged in the program," Marley said.

The experience left a lasting impression on the young players.

One participant said, "I felt a bit shy at the start, but when I started playing on the field in front of heaps of people, I felt like a superstar."

Another described the event as unforgettable, saying, "This is the best night of my life. I got to see Sam Kerr and Mary Fowler."

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