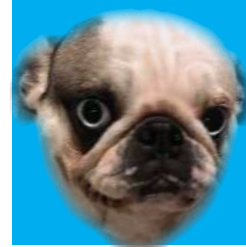


See p28 & 29 for
Solar, Battery & EV
incentives in 2026

Local Identity
Pat McGarry p25



Star Pet
Flossie p23



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Wednesday 22 July 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

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Calls for independent investigation into serious incident at Manning Base Hospital



By Mary Yule – Forster Fortnightly

Calls for greater transparency and accountability have intensified following a serious incident at Manning Base Hospital that left a patient with severe facial burns during what was expected to be a routine medical procedure.

On 13 July, Shadow Minister for Health and Regional Health Sarah Mitchell called for an urgent independent investigation after details emerged of an operating theatre fire that occurred in January 2026. According to reports published by The Sunday Telegraph on 12 July, the woman was undergoing a simple non-invasive procedure under local anaesthetic when the operating theatre caught fire, causing significant burns to her face.

Continued on page 14.



Above: (L-R) Levi Andrews, Kirra-Lee Fletcher, Lukah Walker and Belinda Walker (holding Jarli Davis) at Forster's NAIDOC Community Day Celebrations. Photo by Mary Yule. See p26 & 27 for more NAIDOC Day photos.

This edition has plenty of wonderful NAIDOC news including 'Worimi Royalty celebrate NAIDOC at NSW Government House' on p6 and 'Handmade quilts weave culture into Forster NAIDOC Week baby celebration' on p24

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Excellence in Surf Life Saving Awards. More photos p 31.

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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.

Mayoral column

As we begin a new financial year, we have recently adopted the revised four-year Delivery Program and our 2026-27 Operational Plan and Budget. I would like to thank everyone who took the time to read the draft documents and provide feedback during the public exhibition period.

These plans set out the services we will deliver, the projects we will undertake and how we will invest community funds over the next 12 months and beyond. Like many regional councils, we continue to face increasing financial pressures while managing almost \$6 billion worth of infrastructure across more than 10,000 square kilometres.

One of the strongest messages we continue to hear from the community is the need for better roads. We have worked hard to find savings across the organisation so we can direct more funding into our road network while continuing to deliver the many other essential services our communities rely on.

This year, almost \$149 million has been allocated to roads. That includes funding for road maintenance, capital works and more than \$90 million in natural disaster recovery works following the May 2025 floods. We know there is still much more to do, but this investment represents a significant commitment to improving our road network.

The budget also includes major investment in water and sewer infrastructure, environmental projects, community facilities and stormwater improvements, ensuring we continue to provide the services that support

our growing and diverse communities.

I encourage anyone interested in learning more about Council's priorities and planned projects to visit our website and view the adopted Delivery Program and Operational Plan.

I am also delighted to share some exciting news for our region. The Barrington Coast Airshow will be returning to the MidCoast this November. Council have committed to working with Paul Bennet Airshows to deliver this great event every two years through to at least 2030.

The airshow is one of the region's premier events, attracting thousands of visitors, showcasing spectacular aviation displays and delivering significant economic benefits for our local businesses and tourism industry. Just as importantly, it provides a fantastic opportunity for our community to come together and enjoy a unique family-friendly event right here in the MidCoast.

We look forward to welcoming visitors from across the region and beyond when the airshow returns, and I thank everyone involved in helping secure its future in the MidCoast.

Mayor Claire Pontin



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Tuncurry Brigade places at Hunter Area Championships!



Above: (L-R) Jed Palmer, Tanneil Hobson, Fallon (Ally) Allsopp, Keeley Taylor and Thomas Baker. Photos by Michael Fisher.

Tuncurry Rural Fire Brigade

What a fantastic weekend for Tuncurry Rural Fire Brigade as our members travelled to compete in the 2026 Hunter Area Championships on the 20th and 21st of June.

After plenty of fun, some friendly competition, and more than our fair share of amazing food - thank you Great Lakes Catering Brigade, we are incredibly proud to announce that Tuncurry Brigade finished 3rd overall!

Congratulations to NSW RFS - Vacy Brigade on taking out 1st place and NSW Rural Fire Service - Central Coast District Team on securing 2nd place. Well done to all teams who competed and made the weekend such a success.

Finishing on the podium means that Tuncurry Brigade has qualified for the 2026 State

Championships in Dubbo this September, and we can't wait to represent the Hunter Area on the state stage.

A special congratulations also goes to our friends from NSW RFS - Diamond Beach Brigade for their hard work, sportsmanship and camaraderie throughout the weekend.

Thank you to everyone who helped organise and support the championships. Thank you as well to all the people who showed up and were so kind. We had a great time and are already looking forward to Dubbo!



Continued work to get funding for damaged sites on MidCoast

MidCoast Council

Council is continuing to work with the NSW Reconstruction Authority (NSWRA), to obtain funding approval for a large volume of flood recovery work across many towns and villages.

So far, Council has submitted claims to the tune of more than \$102.2 million, with further submissions underway. This represents an incredible amount of work, with Council needing to do indepth investigations and prove eligibility for works. Over 4,738 damaged sites on 760 roads have been identified as eligible for DRFA funding.

Director Infrastructure and Engineering Services, Rob Scott said that a significant number of works were in preparation across slips, bridges, sealed and unsealed roads, reflecting the scale and complexity of the recovery effort.

"Obtaining funding and organising these flood recovery works is on a scale equivalent to several years of ordinary capital works on our transport network," commented Mr Scott.

"A lot has been happening behind the scenes in undertaking investigations, completing hundreds of detailed funding submissions, starting design and planning phases.

"With funding approvals beginning to come through from NSWRA, the community will begin to see more works occurring on the ground across affected parts of the LGA."

Bridges: The initial concept designs for The Bight and Tiri Bridges have been presented to NSWRA, with confirmation pending. The next phase of design and investigation for both bridges is underway. As part of the detailed design for The Bight Bridge, geotechnical investigations have recently been undertaken on site. This is an important milestone in the progress towards bridge reconstruction.

The design of permanent pavement approaches for Gloryvale Bridge is currently being finalised.

Three minor bridge replacements at Fordhams, Leslies and Browns Creek Bridges have been submitted

In total, 163 bridges were cleared of debris during the Emergency Works period. Council is submitting claims for damages to approximately 73 bridges; with 6 requiring replacement, and 67 with approach and in-stream or abutment scour requiring repair.

Browns Creek Pedestrian bridge has been separated out as an urgent submission due to the nature of the damage, and its importance as a pedestrian route.

Land Slips: Councils submissions for Thunderbolts Way at Mares Run and Baxters Ridge Slip, and River Road slip, Glenlouth are currently being assessed by NSWRA. In total, 107 separate slip locations are being prepared.

Sealed Roads: Council is awaiting submission outcomes for The Bucketts Way, Thunderbolts Way, and Manning River Drive. In Gloucester there are 1,375 separate damage locations on 108 separate roads, which are being submitted for NSWRA claims over coming weeks.

In Taree, claims on 1,864 separate damage locations on 380 separate roads are currently being prepared.

Unsealed Roads: Work on Belbora Creek Road has recently been completed, while work on a failed culvert on Dees Road, 6.5km from The Bucketts Way intersection, is set to begin on 27 July, weather permitting, with road closures in place between 9am and 2:30pm. Many more unsealed road repairs are needed, with Council seeking to fast-track claims.

To keep up to date with upcoming works please visit Council's Roads Hub at: <https://haveyoursay.midcoast.nsw.gov.au/midcoast-roads-hub>



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Blueys Beach design adopted

MidCoast Council
Two concept designs were developed for improvements to the Council owned amenities of the Blueys Beach shop area including footpaths, roads and gardens. Both were placed on public exhibition for community feedback.
MidCoast Council has adopted Option 1 of the Blueys Beach Village Concept Design at its June 2026 meeting. Feedback results showed that option one was preferred by 73% of people who selected an option.

Sections of the plan will be delivered by the developer of Blueys Estate and include a new roundabout on Boomerang Drive, a new access road and a medium sized car park.

Option one retains more parking spaces by locating pedestrian facilities in locations that don't take up as many spaces as the second option. It includes 36 car parks, four motorbike bays and a facility for safer pedestrian road crossing near the entrance of the post office and near the entrance of the news agency.

During the consultation period, Council staff had 145 conversations at two drop-in events to discuss the plans. 121 formal submissions were received, and staff had multiple meetings with stakeholder groups.

Director of Infrastructure and Engineering Service, Rob Scott, thanked the community for their feedback.

"Thank you to everyone who took the time to share their ideas and feedback," Mr Scott said.

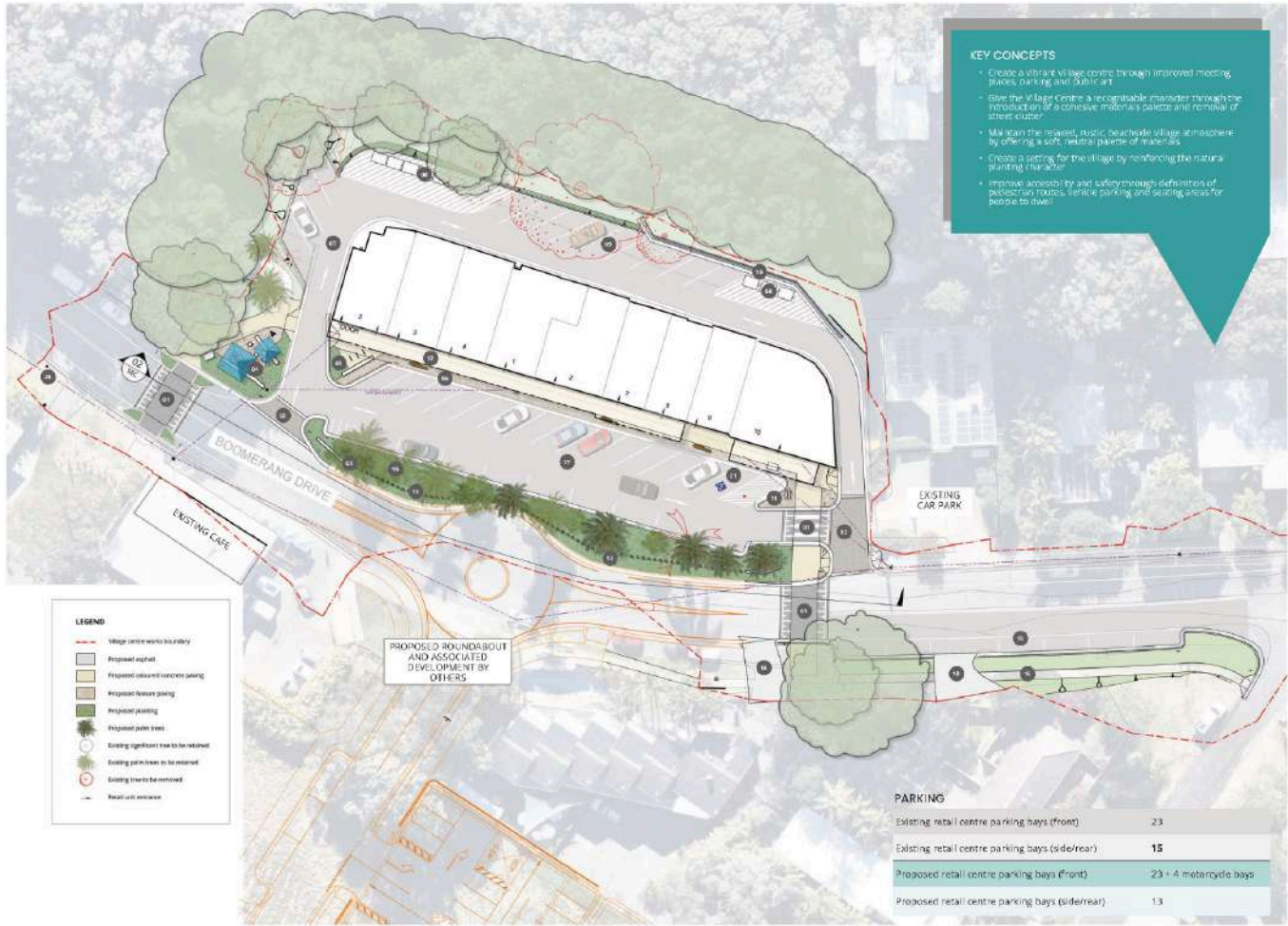
"We heard that pedestrian safety, parking and traffic speed were big concerns for people," said Mr Scott. "The concept would make the area suitable for a high pedestrian activity speed zone in the future".

Council will consider other feedback themes like formal pedestrian crossings, timed parking and speed limits as part of the detailed design.

"This feedback was important as it will guide us while we get the project ready to build."

The project will progress as funding becomes available.

To learn more about the project visit haveyoursay.midcoast.nsw.gov.au/blueys-beach-village-concept-design.
Below: Blueys Beach Village Concept Design Option 1.



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Our Local wildlife



Southern Giant Petrel
by Mick Roderick.

By Kym Kilpatrick – FAWNA, Hallidays Pt

Southern Giant Petrel

Recently Southern Giant Petrels (Macronectes giganteus) have been featuring in our news for all of the wrong reasons – specifically because some, along with Brown Skuas, have been turning up sick in our coastal areas infected with the dreaded H5N1 clade2.3.4.4b avian influenza.

A quick note about this virus, H5N1: avian influenzas, or bird flus, have been around for several decades. Viruses are described as the ultimate intracellular parasites, they are essentially packages of genetic material, in varying protective casings, that require infiltration within their hosts' cells to be able to reproduce. And, if other viruses are also present in the host, say seasonal flu, they can potentially mix their genetic material to create or evolve new virus strains. Those different casings also have different spikes or knobs that make them more ideal to bind with certain 'host' (i.e. species) cells than others.

What is different about this particular virus is its ability to reproduce within so many different hosts, over 500 species of birds and 60 species of mammals at last count. Plus, it is highly contagious, transmissible through bodily fluids, including nasal discharges, faeces, contaminated water and surfaces, and dust.

Overseas it has infected domestic animals including dairy cattle, poultry, water birds including pelicans, eagles and other raptors, big cats, bears, foxes, domestic cats, sea-otters, penguins and seals causing mass mortalities

in some species – on Australia's Sub-Antarctic Islands of Heard and McDonald Islands 15,000 to 17,000 sea lion pups have died (30,000 in the Argentine sub-Antarctic Islands) and thousands of King Penguins.

Giant Petrels and Brown Skuas are both opportunistic predators and carrion eaters, and most likely feasted on these infected dying and dead animals and birds on Heard and McDonald Islands consequently becoming infected themselves.

Historically Giant Petrels have travelled along our coastlines but rarely came to ground unless sick. They are classified as pelagic seabirds, that is birds that spend most of their lives out over the deep oceans, rarely coming to land.

These are some of the largest of the migratory seabirds with wing spans between 185 to 205cm. One of their more distinguishing features are their large, fused pale yellow nostril tube that sits on top of their bills. As pelagic birds they are able to 'drink' salt water and have a salt gland situated above their nasal passages which they use to excrete high salt solutions and therefore desalinate themselves. They breed in colonies on the Antarctic coastline and Sub-Antarctic islands between August and March.

Giant Petrels were listed as an Endangered Species in the early 2000s although there were hopeful signs that their population had begun to recover. Of course, the emergence of H5 bird flu creates a whole new threat level to the species and, worryingly, to so many of our Australian birds and animals.

Editor's note: The Federal Department of Agriculture, Fisheries and Forestry (DAFF) have confirmed a further positive detection of H5 bird flu in a petrel, found at Hawks Nest, NSW on 16 July. There have now been 15 confirmed detections in Australia (all wild seabirds). There remains no evidence of any mass mortality events and there are no detections in poultry or in our agricultural production system. The risk to human health remains low.

If you notice sick or dead birds or other animals, you should not touch them or get too close. Record your location and report it to the 24-hour Emergency Animal Disease Hotline on 1800 675 888.

Worimi Royalty celebrate NAIDOC at Government House



Above: (L-R) Aunty Linda Olive, Aunty Nolene Lever, NSW Governor Margaret Beazley, Aunty Janice Paulson, Aunty Lyn Davis and President FNC Felicity Carter. Photo supplied.

By Felicity Carter – Forster Neighbourhood Centre

NSW Governor Margaret Beazley invited Aunty Lynette Davis, Aunty Janice Paulson and Aunty Nolene Lever to an official NAIDOC celebration at NSW Government House on 4 July following her visit to the regions last year.

Car packed to the gunnels, five of us drove down to Sydney for the 2 pm event which was attended by about 75 people, mainly First Nations luminaries. Setting the mood, we walked through healing smoke towards the gardens where we were offered a choice of champagne, wine, tea or coffee. The noise level increasing exponentially with the excitement of people re-acquainting with old friends and, perhaps the addition of a social lubricant or two.

After a warm Welcome to Country, Her Excellency spoke briefly about the value of

all First Nations languages, remarking that "Aboriginal English" was claiming certain words like "deadly" and "mob" to create unique First Nations meanings.

Needless to say, there were many shared stories and photographs with friends old and new and the Governor, while ensuring the bush tucker inspired canapes didn't go to waste. Her Excellency was keen to have a photo taken with the Mid Coast mob, after all, she does have a special relationship with Aunty Janice. You might also notice that Her Excellency is now an honorary member of the local Baraya Wakulda Choir (pictured above with scarf)!

Tired but happy, our drive home on Sunday was full of singing, laughter, stories and shared memories - and of course, stories told in the car, stays in the car!

Manning Great Lakes Police District



Dear Readers,

This fortnight I will detail two matters – one involving great teamwork between community members and police resulting in the arrest of an offender and the recovery of a stolen motor vehicle – and the other the outcome of investigations into the murder of a local man. I will then leave you – particularly male readers! – with some food for thought next time you get behind the wheel.

On Saturday 4 July 2026, local officers commenced an investigation after a man attended Forster Police Station to report his 4WD had allegedly been stolen from the carpark of a licenced premises in Forster.

The 4WD was allegedly used in a fail-to-pay incident at a service station that same day.

About 12.30am on Sunday 5 July 2025, police were driving north along the Pacific Highway at Possum Brush, when they sighted the vehicle travelling southbound.

Police followed the 4WD and attempted to stop the vehicle on Possum Brush Road; however, when the driver allegedly failed to stop as directed, a pursuit was initiated.

The pursuit was terminated on the same road a short time later and police lost sight of the vehicle.

About 2.35pm on Monday 6 July 2026, a 23-year-old man was arrested at Forster Police Station.

He was charged with four offences: Breach of bail, Steal motor vehicle, Police pursuit - not stop - drive at speed, and Dishonestly obtain financial advantage etc by deception.

The man was refused bail to appear before Bail Division Court 1 where he was granted strict conditional bail to appear before Forster Local Court on Wednesday 29 July 2026.

The 4WD was located on Brushgrove Park Road, Nabad, and has been returned to its owner.

About 4.45am on Monday 6 July 2026, local police and emergency services were called to a house on Ronald Road, Taree, following reports of a stabbing.

Officers arrived to find a 36-year-old man with critical injuries.

The man was treated by responding police officers and NSW Ambulance paramedics; however, he died at the scene.

Crime scenes were established on Ronald Road, which underwent forensic examination.

An investigation into the incident commenced, with assistance from the State Crime Command's Homicide Squad, under Strike Force Hexalon.

Following inquiries, about 2.55pm on Wednesday 8 July 2026, local Detectives arrested a 16-year-old boy at an address in Taree.

He was taken to Taree Police Station, where he was charged with murder.

The 16-year-old has been remanded in custody.

Food for thought:

In New South Wales, males are significantly overrepresented in road trauma, consistently accounting for roughly 75% to 80% of all road fatalities.

Despite making up a smaller portion of the total distance driven, men are consistently 3 to 4 times more likely to die in a crash than women.

Fatalities Breakdown

• **Males:** Account for approximately 77% of all NSW road deaths. They make up the vast majority of driver, rider, and motorcyclist fatalities.

• **Females:** Account for the remaining 23% of fatalities, typically involving a higher proportion of passenger deaths compared to drivers.

• **Historical Trends:** In recent 12-month periods, NSW recorded roughly 270 male road deaths compared to about 80 female road deaths.

Key Factors and Crash Profiles

• **Age Disparity:** The gender gap is most acute in the young driver demographic (17–25 age group), where young males are involved in a drastically higher rate of fatal crashes compared to young females.

• **Motorcycles:** Men represent over 90% of all motorcyclist casualties and fatalities.

• **Contributing Factors:** Speeding and risky driving behaviours like drink driving and fatigue are far more prevalent among male crash victims.

Please 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



National Aus Alert testing



Australian Government

AusAlert is Australia's new emergency warning system, using the latest technology to send alerts directly to compatible mobile devices during local and national emergencies. Aus Alert will be ready to use in October 2026, but before it launches, the system needs to be tested across Australia.

On Monday 27 July 2026, a test alert will be sent to all mobile devices in Australia (2pm for NSW). Everyone with a compatible phone or other device in Australia can expect to receive the alert. This includes most phones, and some smart watches and tablets.

Devices will vibrate and play a siren-like warning sound for about 10 seconds.

An AusAlert message will appear on device screens. It will clearly say it is a test.

If you receive the alert, there's nothing you need to do. It's simply a nationwide test.

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13 Tea Tree Road, Forster

80m Pelican Boardwalk extension completed



MidCoast Council

The newest section of the Pelican Boardwalk on Memorial Drive, Forster is now complete, giving locals and visitors more space to enjoy this popular waterfront location.

The 80-metre over-water extension continues the boardwalk east towards the Red Spot boat shed. It builds on the recently completed additions along the Forster foreshore.

"This project is about supporting recreation, tourism and local business. At the same time, it's improving safe and accessible connections along our foreshore," said MidCoast Council's Executive Manager Public Spaces, Liam Bulley.

The latest works included construction of the suspended boardwalk section and provision for a future public marine effluent pump-out facility to help keep our waterways clean. Interpretive signage will be installed over the coming months for the community to enjoy.

The project is part of ongoing improvements to marine facilities and the Forster Tuncurry Foreshore Walk.

In addition to the new 80-metre section of boardwalk, completed works along this section of the foreshore in recent years includes:

- replacement of deteriorated timber decking
- a 120-metre suspended boardwalk
- a new low-level landing with improved water access for swimming and paddle boarding and
- a kayak launching system
- Signage explaining the cultural significance of the site, the ecological values of the waterways and the history of the area.

The project has been funded via the NSW Government's Regional Tourism Activation Fund Round 2 and a co-contribution from Council via Forster Development Contributions.

Forster Tuncurry U3A returns for Term 3



Forster Tuncurry U3A

U3A is open to retired and semi retired people 55 years and over.

What do we do? We have a vast variety of activities and presentations by our members and guest presenters.

Last term we had outings to the Manning Art Gallery to see the Dobell Drawing Prize and a visit to Wingham Brush and Wingham Museum followed by lunch, as well as our monthly lunches.

Presentations included important information on what and what not to do with lithium batteries, quirky things found when travelling Australia (who knew about flying poo spiders in the outback?) and weird jobs available in Australia such as

Koala poo collectors, roadkill clean-up workers and shark taggers.

All our regular activities such as walking, games/cards, gentle exercise classes, writers, philosophy/media, etc, continue Monday to Friday at our venue Cape Hawke Surf Lifesaving Club on One Mile Beach.

Come and join us for a Welcome Morning Tea on Monday 27th July (after the AGM which starts at 10am).

Membership for new members for Terms 3 and 4 is only \$30.

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

(See advertisement below)

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Working towards a welcoming site at Forster Community Garden

By Mary Yule – Forster Fortnightly

Some inspiring community regeneration work has been taking place at the Forster Community Garden over the past year.

On a rainy Friday morning in July, local volunteers have arrived to help Karuah & Great Lakes Landcare Coordinator Joel Dunne and Barray Alliance Rangers clear weeds and plant bush tucker species around Pennington Creek off West Street in Forster. Gloves, tools and guidance are provided for anyone who joins these working bees that are held every few weeks.

Joel Dunne said, "What we've been doing here is focusing our efforts on the regeneration of Pennington Creek, which is the creek that the original community garden was built around."

The Forster Community Garden was first established in 2008 by the Forster Neighbourhood Centre. Joel was the original part-time project manager and helped establish the garden.

"It was nice to have such an open and inviting space. It's on a high-traffic route between where most people live and the town centre Joel said, "It was going great. There was some scepticism about having it in such a public place, with concerns it would be damaged. There was a bit of that, but it wasn't a huge problem."

"When the old Neighbourhood Centre/CWA building and the Forster Information Centre were demolished, most of the community garden disappeared, including its water supply. Thankfully, the seven trees chosen and planted by seven Elders when the garden was first established are all still here."

Last year, Landcare and local Elders began discussing projects they could undertake together with the Aboriginal community.

Joel said, "Aunty Janice was there at the start, and it was her suggestion to do something again with the community garden. We just jumped on the idea. It was something we could do straight away under our own steam."



Above: (L-R) Barray Alliance Rangers Glen Cunningham and Katrina Blow, Great Lakes Landcare Coordinator Joel Dunn, and volunteers Tammy Robertson and John Hulme. Photo by Mary Yule.

"We started bush regeneration, managing weeds in the creek and planting local bush foods. The plants are propagated by Peter and Kim Gollan at the MidCoast Council nursery. They've been doing a fantastic job looking after the council nurseries and always include a range of local bush food species, so I knew we could rely on them to support the project."

"You can already see the difference. Near the footbridge there used to be a massive weed patch. The weeds have been cleared and a whole range of bush food plants have gone in quite recently. Today, with this lovely rainy

weather, we'll be planting even more further upstream and around the main garden area."

There are also plans to build some infrastructure to accompany the community garden.

"The Neighbourhood Centre has plans in the works and is seeking funding," Joel said. "There's going to be a shelter made from a retrofitted shipping container, along with a tool shed, kitchenette, toilet and water supply. Once that's in place, the community garden can really begin growing again, and we'll do what we can to support that."

"The vision is to have activity on this site all the time and create a welcoming community hub. In the meantime, we keep chipping away at the creek. That's our main focus at the moment."

Landcare and Barray Alliance have been working together on the creek restoration, supported by a steady stream of volunteers.

"It's a bit wet this morning and we've only got two volunteers so far," Joel said, "but it's been great and we'll certainly get some more work done today."

Barray Alliance, formerly known as Taree Indigenous Development & Employment (TIDE), takes its name from the local Gathang word Barray, meaning "country". The organisation focuses on caring for country through environmental management, training and community development.

"It's a great organisation and we're very pleased to be working with them again," Joel said.

Barray Alliance Ranger Katrina Blow said the organisation works on a wide range of conservation projects.

"We do a lot of conservation work, so any projects MidCoast Council, Local Land Services or National Parks have, they'll ask us to help out," she said. "At the moment we're doing dingo monitoring at Cape Hawke for MidCoast Council, and we also come here to help Joel with the planting and weed control."

"The water actually looks really good. I was noticing today that, for creek water, it's nice and clear. Every time I used to come past here you'd see slime, rubbish and all sorts of things floating around, but since Joel has been working here consistently, it looks so much better."

"We're hoping the bush tucker garden will attract more native wildlife, which in turn will help improve the health of the creek as well."

For enquires contact Joel Dunn at: greatlakes@midcoast2tops.org.au

GLAICA: Founded by the community 50 years ago



Inset: Doreen Swan was one of the original supervisors and then manager at GLAICA, and is now a board member.

(L-R) Board members Brian Wilcox & Chairman Bruce Parsons with GLAICA CEO Darran Paul at the 50th Anniversary Celebrations held on the Pacific Cape Lodge terrace.

By Mary Yule – Forster Fortnightly

Local aged care organisation GLAICA celebrated its 50th anniversary event at Pacific Cape Lodge on Kularoo Drive, Forster on Saturday 4 July, with further celebrations held at GLAICA House, Tuncurry on Saturday 18 July.

Over fifty years ago, Forster-Tuncurry was a thriving but relatively small coastal town, located off the main highway. Holiday makers came with their caravans and tents or stayed in modest fibro cottages built on the sand beside the sparkling waterways. The town was fairly isolated and residents had to rely on one another.

"In the late 1960s, the local community realised there was a need for residential aged care in the area," said Darran Paul, CEO of GLAICA Ltd. "So, in the early 1970s there were blue-painted Milo tins all around Forster. People took them home and everyone donated money. When we talk about the community actually building us, the community truly did build us!"

In 1976, local residents formed the Great Lakes Aged & Invalid Care Association Ltd (GLAICA), enabling the organisation to seek government funding for the project.

Darran said, "Today we're celebrating the fact that, 50 years ago, this group came together to create the region's first aged care service."

Half a century later, GLAICA continues to be overseen by a volunteer community board.

"All of our board members are local people. It's community driven."

Darran acknowledged the current board, led by chairman Bruce Parsons.

"Bruce Parsons is our chairman and Doreen Swan is a member of our board. She was actually one of the original supervisors and became hospital manager of the original GLAICA in the early 1980s. Brian Wilcox is also a board member, and we've recently welcomed Christine Shorley to the board as well."

Chairman Bruce Parsons said, "The first GLAICA House was built on the existing site at Tuncurry on Crown land under a government scheme where every dollar raised by the community attracted two dollars in government funding."

"The community raised \$280,000, which was a lot of money back then. We were still \$60,000 short, so we approached the then Great Lakes Shire Council for a loan, which was granted. It cost \$1 million to build and had 41 suites."

From those modest beginnings, GLAICA has expanded alongside the region's growing population.

"We set out on our journey of matching our population and growing with it," Bruce said.

The organisation's expansion has included a 14-villa retirement village at GLAICA Gardens in 1996, replacement of GLAICA House with a 146-suite residential aged care complex in 2006, and the purchase of a three-hectare site in Forster in

2013. That site became the foundation for today's integrated aged care and retirement community, which currently includes 88 suites. Bruce said further expansion is already planned.

"We have approved plans for a repeat building next to Pacific Cape Lodge in Forster," he said.

"It will be the same design but won't need the laundry, kitchen or maintenance areas because they're already provided in the existing building. That will increase the number of suites on this site in to around 200, up from the current 88."

Bruce said the design of GLAICA's facilities places residents' wellbeing and social interaction at its heart.

"The whole design here at Pacific Cape Lodge is built around the activities on the terrace. It's the same at GLAICA House in Tuncurry. Right in the middle is a large courtyard with gardens, barbecues and activity areas."

"It's about giving people choices. I've always maintained that if you've got no choice, your life's not good. Choice is everything. Whether it's activities or good food, people deserve that choice."

Today, GLAICA operates five facilities across Forster-Tuncurry, including residential aged care at Pacific Cape Lodge and GLAICA House, retirement living at Pacific Cape Village and GLAICA Gardens, and Lions Village, which provides affordable housing for seniors.

Board member Brian Wilcox said GLAICA's continued success lies in its strong community focus.

"The board has people who have been involved with the community for a long time before they join," Brian said. "The skills they bring are beneficial, but the most important thing is that they're here for the community, because that's what this place is all about."

Bruce agreed. "It all started back in the 1970s," he said. "It was simply about caring for our own."



The 50th Celebrations had a Winter Wonderland theme organised by the staff. Photos by Mary Yule.



Above & below: The first GLAICA House in Tuncurry was opened by MP Bruce Cowan on 31 August 1985. Photos supplied.



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Which supermarket has the cheapest groceries?



By Margaret Rafferty – Choice Magazine, 25 June

Our latest survey compares prices from Coles, Woolworths, Aldi and IGA.

Need to know

- In our latest supermarket basket comparison, we found Aldi had the best price for our basket of 16 items.
- This survey includes eight items you might buy during the colder months, along with the eight products in our base basket
- As always, we aim to compare like-for-like products across the major supermarkets to help you find the best value.

Cheapest supermarket in our survey

Without including specials, our full basket of 16 items cost \$68.80 at Aldi, \$77.53 at Woolworths and \$78.58 at Coles. At IGA our basket cost \$91.65.

When you take into account the savings from the specials available when we shopped, the

but unit pricing lets you compare prices based on the price per unit e.g. 100g or 1L. All supermarkets are required by law to include this information in labelling, both online and in-store.

2. Shop around: Switching between stores and shopping at different supermarkets to take advantage of specials can deliver significant savings.

3. Change your routine: Swap expensive cuts of meat for cheaper alternatives, look at frozen fruit and veg, particularly if shopping for produce out of season, and give the ugly fruit and veg a go. Also, don't be afraid to try home-brand products. Our expert testing often finds these ranges often outperform more expensive options at all the supermarkets.

None of these things can change the fact that we are still paying significantly more for our groceries than we were just a few years ago, but making some small changes can add up to significant savings, without compromising quality.

New jetty improves access to Wallis Island

By Mary Yule – Forster Fortnightly

A new \$1.37 million public jetty has been built on Wallis Island, improving boat access, safety and accessibility for residents, visitors, emergency services and Traditional Owners.

Built by the NSW Government on the island's northern side, the jetty replaces informal landing points that had caused damage to the sensitive foreshore. The new facility includes a disability-accessible floating pontoon with a reinforced concrete shell, an aluminium gangway and a connecting footpath to the foreshore reserve. It can accommodate vessels carrying up to 20 people.

The project was delivered by Crown Lands in partnership with NSW Public Works and the Lakkari Traditional Owner Aboriginal Corporation, with construction completed by Port Stephens contractor M&J Marine Services. Solar-powered lighting has also been installed to improve night-time navigation and the visibility of moored vessels.

An Aboriginal artist will be commissioned to create artwork for the jetty, with designs to be displayed on aluminium panels along the gangway and a vinyl wrap on the pontoon piles. Lakkari Traditional Owner Group Director Donna Hall said Wallis Island holds significant cultural importance for the Worimi and Biripi people.



"Lakkari Traditional Owner Group has land on Wallis Island and has explored plans for eco-tourism, including a Cultural Centre," Ms Hall said. "The floating jetty is an important step in making the island more accessible for visitors and supporting our vision for the future."

She said the proposed Cultural Centre would showcase artwork by Lakkari artists, locally discovered artefacts and the rich Aboriginal history of the region.

Ms Hall recently passed the new jetty while taking part in an Aboriginal historical cruise to Coomba Park, where she spoke about the area's history, including its connection to her great-grandfather, "Kumba" George Simon.

"On the way back we were pleased to see tourists enjoying Wallis Island, with children happily swinging from ropes into the water near the new jetty," she said.

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Tanya's
Community Update

It has been another fantastic fortnight across the Myall Lakes electorate. While Parliament is on its winter break, I've been making the most of the opportunity to spend more time out and about in our local communities, catching up with people and attending some wonderful events.



Congratulations to Glacia House on celebrating their 50th anniversary, and to Club Forster on reaching the same incredible milestone. It was a pleasure to join in the celebrations and recognise the enormous contribution these organisations make to our community. Club Forster continues to give back through its support of local sport, community groups and the Great Lakes Women's Shelter.

I also had the pleasure of visiting Tinonee Fire Brigade to celebrate the outstanding contribution of its volunteers. Congratulations to all of the award recipients.

I recently attended Club Taree's annual Gala Dinner, where I announced that in October I'll be joining the Club Taree team on a fundraising trek through Tasmania. Together we'll be raising funds for Can Assist Manning Valley Branch and headspace Taree. Wish me luck!

This week you'll also find me at the Pacific Palms Markets. Please stop by for a chat if you have a question, concern or simply want to say hello.

As always, if there's anything I can assist you with, please don't hesitate to contact my office. My team and I are always here to help.

Tanya Thompson MP - Member for Myall Lakes

Calls for independent investigation into serious incident at Manning Base Hospital

Continued from page 1.

The patient was immediately transferred to Royal North Shore Hospital, where she was admitted to the intensive care unit and required a breathing tube before later being moved to the hospital's specialist burns unit. The incident has raised serious questions about patient safety and the condition of facilities at Manning Base Hospital.

It has also been reported that the damaged operating theatre remained out of service for several weeks, with replacement flooring only recently installed.

The incident comes amid ongoing concerns about staffing shortages, hospital resources and the future of the planned Stage 2 redevelopment of Manning Base Hospital. According to The Sunday Telegraph, earlier this year, emergency department staff reportedly warned that chronic understaffing, bed shortages and burnout had created an increasingly difficult and potentially unsafe working environment. Experienced nurses were said to have left the hospital, resulting in junior staff taking responsibility for multiple wards.

Concerns have also been raised following the Minns Government's decision to scale back the proposed Stage 2 hospital upgrade, citing escalating construction costs. Multiple media reports, including ongoing reporting by the Forster Fortnightly, have suggested the redevelopment has been significantly reduced from its original scope, prompting concern about the hospital's future capacity to meet the growing healthcare needs of the region.

As reported by The Sunday Telegraph, Hunter New England Local Health District confirmed hospital management apologised to the patient and her family following the incident. NSW Health notified SafeWork NSW, which commenced an investigation into the cause of the fire. A spokesperson said an internal review found no ongoing safety risks associated

with the hospital's operating theatres and that staffing or resource levels were not factors in the incident. However, NSW Health declined to provide further details about the cause of the fire, recommendations arising from the review or whether any disciplinary action had been taken.

Health Minister Ryan Park's office also declined to comment. Sarah Mitchell said regional communities deserved answers and questioned why the Minister had not publicly addressed the incident. She said regional people were tired of being treated as second-class citizens and called for greater accountability from the government.

Member for Myall Lakes Tanya Thompson echoed those concerns, saying Manning Base Hospital is the region's principal hospital and warning that scaling back the redevelopment while delaying the project risks undermining healthcare services for local patients. She said the community, along with doctors, nurses and

allied health professionals, deserved certainty and investment in quality regional healthcare.



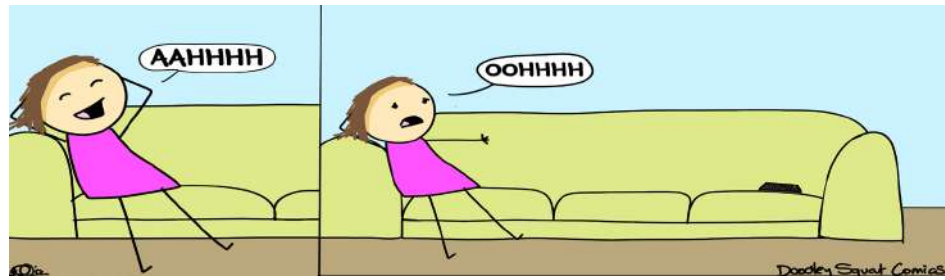
Above: (L-R) Sara Mitchell (Shadow Minister for Health, Regional Health & Mental Health), visited Manning Base Hospital in Taree with Tanya Thompson (local Member) in February this year calling for health upgrades to serve the Manning Great Lakes' population of 100,000 residents. Image credit: Office of MP Tanya Thompson.

Puzzles Page

The Grin Bin



Doodley Squat



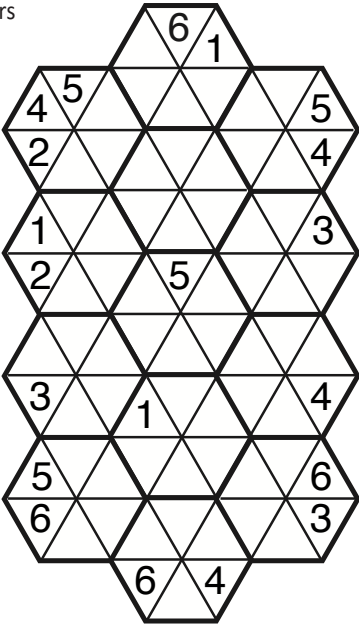
Sudoku

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

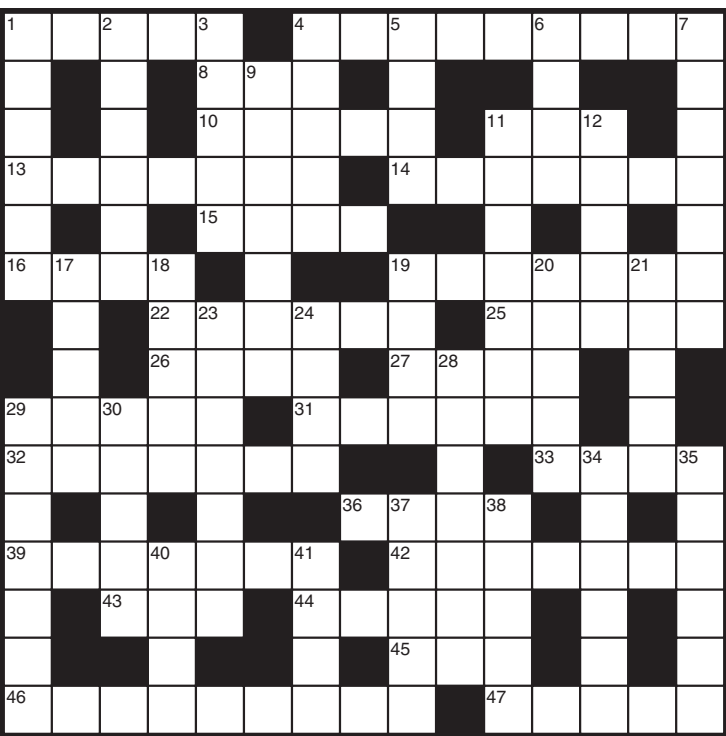
2		1		3				
				7				
		9	6		4		8	
						6		
	8		6	2				4
			1		5	9	3	
1	2	7	5					
8	3				1		2	

Quick Workout

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

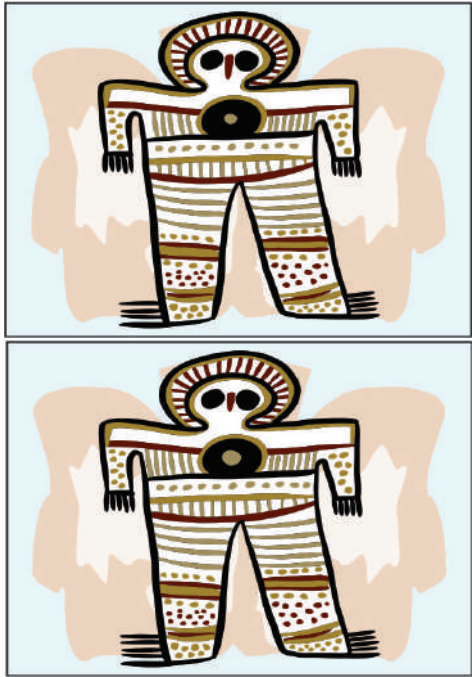


Crossword

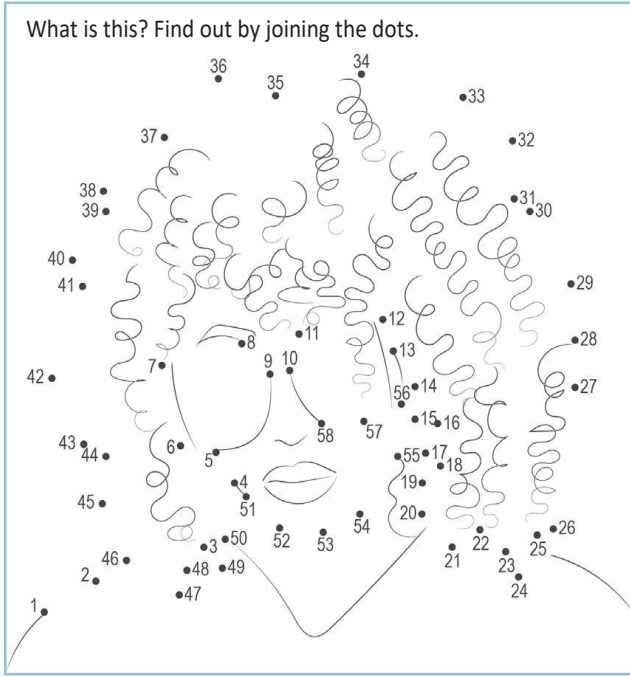


- ACROSS**
- Of sound waves
 - Made lawful
 - United
 - Make merry
 - Permit
 - Errand
 - Reduce to fine spray
 - Bird
 - Nidus
 - Poster
 - Come forth
 - Vocal sounds
 - Knot
 - Prayer ending
 - Rescued
 - Long pace
 - Express objection
 - Fine sediment
 - Cicatrice
 - Warded off
- DOWN**
- Fish
 - Unmusical sounds
 - Marine growth
 - Prise
 - Festive
 - Article
 - Protects
 - Nullified
 - Found the place of
 - Saturn's largest satellite
 - English composer
 - Dogma
- 19 Fruit**
- Ice-cream holders
 - Of the kidneys
 - Freedom from ostentation
 - Repose
 - Mosque tower
 - Stretches out ungracefully
 - Made solemn promise
 - Came into use
 - Threefold
 - Yielded
 - Tracking system
 - Utter gratingly
 - Dexterous

Spot the 5 Differences

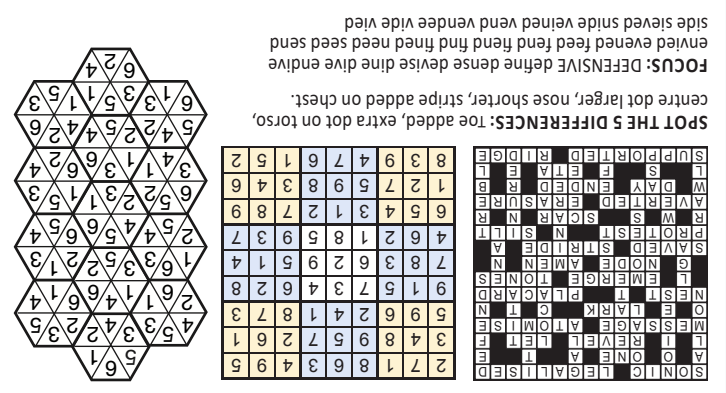


Join the Dots



Solutions

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Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements October 2025.

YOUR FORTNIGHTLY TV GUIDE

July 22 - 28

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 1.55 Ground Up. 3.00 Fake Or Fortune? 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Spicks And Specks. 9.00 New Zealand Spy. 9.25 Race Around The World. 10.25 News. 10.40 The Business. 11.00 Treasure & Dirt. 11.55 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Rage. 3.00 Gardening Aust. 4.00 Poh's On The Road. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 1.30 France 24. 2.00 PBS News. 3.00 Insight. 4.00 Going Places. 4.30 The Cook Up. 5.00 Cycling. Tour de France. 5.15 Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 Concorde: Days That Shocked The World. 9.30 Cycling. Tour de France. 2.00 Anne Boleyn. 2.55 Michael Mosley Secrets Of The Supersagers. 3.40 Ireland In Music: Scilpmini. 4.20 Ireland In Music: Scilpmini. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Clarkson's Who Wants To Be A Millionaire 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. 7.30 The 1% Club UK. 8.30 The Front Bar. (M) 9.30 Unfiltered. 10.00 The Agenda Setters. 11.00 The Fall And Rise Of Reggie Dinkins. 11.30 Stumble. 12.00 Everything I Know About Love. 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 4.45 Glasgow 2026 Commonwealth Games: Opening Ceremony.	6.00 Morning Programs. 1.00 Inside KOOZA By Cirque Du Soleil. 1.30 Destination WA. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Tipping Point: Celebrity Families. 8.45 MOVIE: The Dish. (2000) 10.45 9News Late. 11.15 The First 48. 12.05 Tipping Point. 1.00 GolfBarons. 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 Everyday Gourmet. 8.00 Ling. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Ling. 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 Boston Blue. (M) 9.40 News. 10.40 Cheap Seats. (M) 11.40 10 News+. 12.00 Shopping.
THURSDAY	6.00 Morning Programs. 11.25 Bad Company. 12.00 News. 1.00 Believe Me. 2.00 Back Roads. 2.30 Home Delivery. 3.00 Fake Or Fortune? 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 Back Roads. 8.30 Grand Designs. 9.15 Treasure & Dirt. 10.15 Twenty Twenty Six. 10.50 News. 11.05 The Business. 11.20 Frankie Drake. 12.05 Long Lost Family. 12.55 Rage. 3.00 Gardening Aust. 4.00 Poh's On The Road. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 1.30 Nula. 3.30 The Cook Up. 4.00 Michael Mosley Secrets Of The Supersagers. 5.00 Cycling. Tour de France. 5.15 Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Spain With Michael Portillo. 8.30 Searching For France. 9.20 Cycling. Tour de France. 2.00 Anne Boleyn. 3.00 Michael Mosley Secrets Of The Supersagers. 3.55 Ireland In Music: Scilpmini. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 8.30 Air Crash Inv. (PG) 9.30 Homicide: With Ron Idlles. (M) 10.30 Unbelievable Moments Caught On Camera. 11.30 Motorway Patrol. 12.00 Brave New World. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 4.45 Glasgow 2026 Commonwealth Games: Opening Ceremony.	6.00 Morning Programs. 11.30 9News Morning. 12.00 Tipping Point: Celebrity Families. 1.15 Getaway. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL . Eels v Penrith Panthers. 9.55 NRL Thursday Night Footy Post-Match. 10.40 9News Late. 11.10 Bad Blood. 12.10 Tipping Point. 1.00 Next Stop. 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 Everyday Gourmet. 8.00 Ling. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Ling. 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 NCIS: Sydney. (M) 8.30 NCIS. (M) 9.30 News. 10.30 Big Bang. (PG) 11.30 10 News+. 12.00 Shopping.
FRIDAY	6.00 Morning Programs. 10.30 Stuff The British Show. 11.00 Race Around The World. 12.00 News. 1.00 Portrait Artist Of The Year. 1.50 Treasure & Dirt. 3.00 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Monty Don's Rhineland Gardens. 8.30 Saint-Pierre. 9.15 Spicks And Specks. 9.50 Would I Lie To You? 10.15 News. 10.35 New Zealand Spy. 11.00 Murdoch Mysteries. 11.45 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.30 Nula. 3.30 The Cook Up. 4.00 Michael Mosley Secrets Of The Supersagers. 5.00 Cycling. Tour de France. 5.15 Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 The Quest For Camelot. 8.40 Rebuilding Notre Dame Cathedral Pt 2. 9.50 Cycling. Tour de France. 2.15 The Truth About Anxiety With Celia Paquola. 3.20 Michael Mosley Secrets Of The Supersagers. 4.20 Ireland In Music: Scilpmini. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Glasgow 2026 Commonwealth Games. Day 1: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 1: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 1: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 1: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 1: Pre-dawn. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: The PA And The Manhattan Prince. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL . South Sydney Rabbitohs v Melbourne Storm. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Death Wish V. (1994) (M) 12.40 Resident Alien. (M) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Morning Programs. 11.30 9News Morning. 12.00 MOVIE: The PA And The Manhattan Prince. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL . South Sydney Rabbitohs v Melbourne Storm. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Death Wish V. (1994) (M) 12.40 Resident Alien. (M) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Cooper & Fry. 2.00 Saint-Pierre. 3.00 Bill Bailey's Wild West Australia. 3.45 Griff's Canadian Adventure. 4.35 Kitchen Cabinet. 5.05 Aust Story. 5.35 Landline. 6.05 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. 7.30 Cooper & Fry. (M) 9.05 Doc Martin. (PG) 9.55 Believe Me. 10.40 Little Disasters. (M) 11.25 Rage. (M) 11.55 +	6.00 Morning Programs. 11.00 Cycling. Tour de France. 5.15 Highlights. 12.00 Cycling. Tour de France. 5.15 Highlights. 12.00 BBC. News At Ten. 1.30 France 24. 2.00 PBS News. 3.00 Following The Flow. 4.30 Grand Tours Of Scotland's Rivers. 5.30 Cycling. Tour de France. 5.15 Highlights. 6.30 News. 7.30 Cycling. Tour de France. 1.00 Underground Army. 2.55 Michael Mosley Secrets Of The Supersagers. 3.50 Ireland In Music: Scilpmini. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 11.00 Glasgow 2026 Commonwealth Games. Day 1: Highlights. 5.00 News. 5.30 Border Security. 6.00 News. 7.30 Glasgow 2026 Commonwealth Games. Day 2: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 2: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 2: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 2: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 2: Pre-dawn. 4.00 Late Programs.	6.00 Morning Programs. 12.30 Rugby League. NRL . Women's Premiership. Canberra Raiders v Cronulla Sharks. 2.00 NRLW Wrap. 3.15 Rugby League. NRL . Women's Premiership. Canterbury Bulldogs v Dragons. 5.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 ACA. 7.30 MOVIE: Legally Blonde. (2001) 9.30 MOVIE: Crazy, Stupid, Love. (2011) 11.50 MOVIE: If I Stay. (2014) 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 7.30 Escape Fishing. 8.00 Fish. 8.30 All 4 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 Key Ingredient. 11.00 Intrepid Adventure. 11.30 Farm To Fork. 12.00 MasterChef Aust. 1.00 Good Food Everyday. 1.30 Next Gen Dairy. 2.00 Deal Or No Deal. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Ling. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 9.50 Ambulance Australia. 10.50 Ambulance UK. 12.00 FBI. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Offiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Monty Don's Rhineland Gardens. 2.30 Race Around The World. 3.30 The Assembly. 4.10 Grand Designs. 5.00 Back Roads. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Race Around The World. 8.30 Treasure & Dirt. (M) 9.30 Believe Me. (M) 10.15 Cooper & Fry. 11.55 Rage. 2.40 Poh's On The Road. 3.10 Doc Martin. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 11.00 Cycling. Tour de France. 5.15 Highlights. 12.00 Cycling. Tour de France. 5.15 Highlights. 12.00 BBC. News At Ten. 1.30 France 24. 2.00 PBS News. 3.00 Following The Flow. 4.30 Grand Tours Of Scotland's Rivers. 5.30 Cycling. Tour de France. 5.15 Highlights. 6.30 News. 7.30 Cycling. Tour de France. 1.00 Underground Army. 2.55 Michael Mosley Secrets Of The Supersagers. 3.50 Ireland In Music: Scilpmini. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 3.00 Better Homes. 4.00 Glasgow 2026 Commonwealth Games. Day 2: Highlights. 5.30 Weekend. 6.00 News. 7.00 Glasgow 2026 Commonwealth Games. Day 3: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 3: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 3: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 3: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 3: Pre-dawn. 4.00 Late Programs.	6.00 Morning Programs. 12.00 Rugby League. NRL . Women's Premiership. Eels v NZ Warriors. 1.30 Rugby League. NRL . Women's Premiership. Broncos v Knights. 3.30 Rugby League. NRL . Manly Sea Eagles v Cronulla Sharks. 4.00 News. 5.30 LEGO Masters Bricktacular. 8.30 60 Minutes. 9.30 9News Late. 10.00 The First 48. 11.00 Black Widow. 11.50 Murder In The 21st. 12.40 For The Love Of Pets. 1.30 TV Shop. 4.00 Skippy. 4.30 CampByMe. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Silvia's Italian Masterclass. 8.00 GCBC. 8.30 My Market Kitchen. 9.00 Cook With Luke. 9.30 Good Food Everyday. 10.10 MasterChef Aust. 12.00 Boating. Aust IRB C'ships. 1.30 The Dog Hospital With Graeme Hall. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Ling. 5.00 News. 6.30 10 News+. 7.00 MasterChef Australia. (PG) 8.15 FBI. (M) 9.15 FBI. (M) 12.00 10 News+. 12.30 Shopping.
MONDAY	6.00 Morning Programs. 2.00 Back Roads. 2.30 Home Delivery. 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 7.30. 8.00 Four Corners. 9.25 Media Watch. 9.40 If You're Listening. 10.10 Foreign Correspondent. 10.40 News. 10.55 The Business. 11.00 Murdoch Mysteries. 12.00 Long Lost Family. 12.40 Rage. 3.00 Gardening Aust. 4.00 Poh's On The Road. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 PBS News Compass Points. 2.30 Al Jazeera News Hour. 3.00 Going Places. 3.30 The Cook Up. 4.00 Michael Mosley Secrets Of The Supersagers. 5.00 Cycling. Tour de France. 5.15 Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Big Fat Quiz Of Telly 2026. 9.10 Alone Australia. 10.20 SBS News. 10.50 Gomorrah. 2.25 Merrill's Marauders. 3.00 WWII. 3.25 The Kim Dynasty: A Family Affair. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Glasgow 2026 Commonwealth Games. Day 4: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 4: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 4: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 4: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 4: Pre-dawn. 4.00 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 LEGO Masters Bricktacular. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Travel Guides. (PG) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Outback Opal Hunters. (PG) 11.10 Footy Classified. (M) 12.10 Tipping Point. 1.05 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Ling. 9.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Ling. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.40 Cheap Seats. (M) 9.40 News. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.
TUESDAY	6.00 Morning Programs. 2.25 Home Delivery. 2.55 Race Around The World. 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Kitchen Cabinet. 9.00 The Assembly. 9.45 Compass. 10.15 News. 10.30 The Business. 10.50 Four Corners. 11.45 Media Watch. 12.00 Murdoch Mysteries. 12.50 Long Lost Family. 1.35 Rage. 3.00 Gardening Aust. 4.00 Poh's On The Road. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Queens That Changed The World. 3.00 The Cook Up. 3.30 Ireland's Wild Islands. 4.35 Jeopardy! 5.00 Letters And Numbers. 5.30 North American Fan Feasts. 6.00 Mastermind Aust. 6.30 News. 7.35 Portugal With Michael Portillo. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Searching For Italy. 11.20 The Negotiator. 12.55 MOVIE: Julia. (2021) 2.40 A Certain Mother. 4.00 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Glasgow 2026 Commonwealth Games. Day 5: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 5: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 5: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 5: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 5: Pre-dawn. 4.00 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Missed Connection. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Live Aid: When Rock 'n' Roll Took On The World. (M) 9.25 9News Late. 9.55 A Killer Makes A Call. (M) 10.55 Footy Classified. (M) 11.50 Tipping Point. 12.40 Pointless. 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 Everyday Gourmet. 8.00 Ling. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Ling. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.40 Cheap Seats. (M) 9.40 News. 10.40 Big Bang. 11.30 10 News+. 12.00 Shopping.

July 29 - August 4

	ABC TV	SBS	SEVEN	NBN	TEN		
	6.00 Morning Programs. 3.00 Race Around The World. 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Spicks And Specks. 9.00 New Zealand Spy. 9.25 Race Around The World. 10.30 News. 10.45 The Business. 11.00 Treasure & Dirt. 12.00 Murdoch Mysteries. 12.45 Long Lost Family. 1.30 Rage. 3.00 Gardening Aust. 4.00 Poh's On The Road. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.05 Ireland's Wild Islands. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 Titanic Sinks Tonight. 9.45 Six Four. 10.40 SBS News. 11.10 Forest Of The Missing. 2.55 Children Of Chaos: What Became Of WW1 Orphans. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Glasgow 2026 Commonwealth Games. Day 6: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 6: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 6: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 6: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 6: Pre-dawn. 4.00 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love, Fashion, Repeat. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Live Aid: When Rock 'n' Roll Took On The World. (M) 9.25 To Be Advised. 10.25 9News Late. 10.55 Freddy And The Eighth. (M) 11.50 Tipping Point. 12.40 Pointless. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 Attenborough's Parenthood. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Deal. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Dog House. 8.00 Bost. (PG) 8.40 Boston Bli. (M) 9.40 News. 10.00 Cheap Seats. 11.40 10 News+. 12.00 Shopping.		WEDNESDAY
	6.00 Morning Programs. 11.25 Dr Karl's How Things Work. 12.00 News. 1.00 Believe Me. 1.55 Back Roads. 2.25 Home Delivery. 2.55 Race Around The World. 3.55 Frankie Drake. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Grand Designs. 9.15 Treasure & Dirt. 10.15 News. 10.30 The Business. 10.50 Frankie Drake. 11.35 Long Lost Family. 12.20 Rage. 3.00 Gardening Aust. 4.00 Poh's On The Road. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 10.05 Canada's National Parks. 11.05 America's Great Trails. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Queens That Changed The World. 3.00 The Cook Up. 3.40 Ireland's Wild Islands. 4.40 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Spain With Michael Portillo. 8.30 Searching For France. 9.20 Say Nothing. 10.10 SBS News. 10.40 Bonn. 4.25 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Glasgow 2026 Commonwealth Games. Day 7: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 7: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 7: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 7: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 7: Pre-dawn. 4.00 Glasgow 2026 Commonwealth Games. Day 7: Early morning. 5.30 Late Programs.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love's Fast Lane. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL. North Qld Cowboys v Roosters. 9.55 NRL. Thurston & Night Footy Post-Match. 10.40 9News Late. 11.00 Bad Blood. 12.05 Tipping Point. 1.00 Next Step. 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 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 Attenborough's Parenthood. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Deal. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? 9.30 News. 10.30 Big Bang. 11.30 10 News+. 12.00 Shopping.		THURSDAY
	6.00 Morning Programs. 10.30 Stuff The British. 11.00 Race Around The World. 11.30 10.00 Portrait Artist Of The Year. 1.50 Treasure & Dirt. 4.00 Race Around The World. 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 Rhineland Gardens. 8.30 Saint-Pierre. 9.15 Spicks And Specks. 9.50 Would I Lie To You? 10.20 News. 10.35 New Zealand Spy. 11.00 Murdoch Mysteries. 11.45 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 10.05 Canada's National Parks. 11.05 America's Great Trails. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Queens That Changed The World. 3.00 Nula. 3.30 The Cook Up. 4.00 Garmia Festival 2026 Opening Ceremony. 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Mastermind Aust. 8.35 WW1 With Tom Hanks. 10.20 SBS News. 10.50 The King. 11.45 Breaking Point. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Glasgow 2026 Commonwealth Games. Day 8: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 8: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 8: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 8: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 8: Pre-dawn. 4.00 Glasgow 2026 Commonwealth Games. Day 8: Early morning.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Marry Me In Yosemite. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 A Current Affair. 7.30 Rugby League. NRL. Melbourne Storm v Canterbury Bulldogs. 9.55 NRL. Friday Night Footy Post-Match. 10.45 MOVIE: Rush Hour. (1998) (M) 12.40 Resident Alien. (M) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Deal. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? 9.30 News. 10.30 Big Bang. 11.30 10 News+. 12.00 Shopping.		FRIDAY
	6.00 Rage. 10.30 7.00 Wknd Brekky. 9.00 Rage. 12.30 Race Vault Guest Program. 12.00 News. 12.30 Cooper & Fry. 2.05 Saint-Pierre. 2.50 Bill Bailey's Wild West Australia. 3.40 Griff's Canadian Adventure. 4.00 Kitchen Cabinet. 5.00 Aust Story. 5.35 Landline. 6.05 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC World News. 7.30 7.30. 8.00 Portrait Artist Of The Year. (M) 8.15 Father Bonny. (M) 8.50 Doc Martin. (M) 9.50 Believe Me. (M) 10.35 Little Disasters. (M) 11.25 Rage. (MA15+)	6.00 Morning Programs. 3.00 WorldWatch. 4.00 Sailing. 5.00 Going Places. 5.30 Churchill's Bid To Abolish Britain. 6.30 News. 7.30 Dan Snow's Odyssey. 8.50 Breakaway Femmes: The Forgotten Tour De France. 10.35 Guillaume's Paris. 11.45 Cycling. Tour de France Femmes. 12.00 News. 12.30 The Great. 1.00 The Reichstag Fire. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 EuroNews. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 4.00 Glasgow 2026 Commonwealth Games. Day 8: Hlights. 6.00 News. 7.00 Glasgow 2026 Commonwealth Games. Day 9: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 9: Night. 10.00 Glasgow 2026 Commonwealth Games. Day 9: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 9: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 9: Pre-dawn. 4.00 Glasgow 2026 Commonwealth Games. Day 9: Early morning.	6.00 Morning Programs. 1.25 Rugby League. NRL Women's Premiership. Dragons v Roosters. 3.15 Rugby League. NRL Women's Premiership. Canberra Raiders v North Qld Cowboys. 5.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 ACA. 7.30 MOVIE: Legally Blonde 2: Red, White And Blonde. (2003) 9.30 Movie: Premiers. 12.00 11.50 Wild Cards. 12.40 Space Invaders. 1.30 Next Step. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 4x4 Adventures. 7.00 Real Action. 7.30 Escape Fighting. 8.00 Fish. 8.30 All 4 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 Key Ingredient. 11.00 Everyday Gourmet. 11.30 GCBC. 11.50 MasterChef Aust. 1.00 Pooches At Play. 1.30 Country House Facelift. 2.00 Deal Or No Deal. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 6.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? 9.30 News. 10.30 Big Bang. 11.30 10 News+. 12.00 Shopping. 5.00 Hour Of Power.		SATURDAY
	6.00 Morning Programs. 10.00 Officers. 10.30 World This Week. 11.00 Compass. 1.10 Praise. 12.00 News. 12.30 Landline. 1.30 Monty Don's Rhineland Gardens. 2.30 News. 3.30 The Assembly. 4.10 Grand Designs. 5.00 Back Roads. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Race Around The World. 8.30 Treasure & Dirt. 9.30 Believe Me. 10.20 Grantchester. 11.05 Father Bonny. 11.55 Rage. 2.40 Poh's On The Road. 3.10 Doc Martin. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 3.00 Garmia Bungul 2026. 4.00 Going Places. 4.30 Cycling. Tour de France Femmes. 4.35 WW1 Women On The Frontline. 5.30 News. 7.30 The Great. 1.00 The Reichstag Fire. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 EuroNews. 5.30 PBS News Horizons.	6.00 Morning Programs. 12.00 Sunday Footy Feast. 1.00 TBA. 3.00 Border Security. 3.30 Glasgow 2026 Commonwealth Games. Day 9: Hlights. 6.00 News. 7.00 Glasgow 2026 Commonwealth Games. Day 9: Evening. 8.30 Glasgow 2026 Commonwealth Games. Day 10: Late. 12.00 Glasgow 2026 Commonwealth Games. Day 10: Overnight. 2.00 Glasgow 2026 Commonwealth Games. Day 10: Pre-dawn. 3.00 Shopping. 3.30 Million Daily Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.00 NRL Sunday Footy Show. 11.30 Rugby League. NRL Women's Premiership. Canterbury Bulldogs v Broncos. 1.25 Rugby League. NRL Women's Premiership. NZ Warriors v Titans. 3.15 Rugby League. NRL. Tigers v Eels. 6.00 9News Sunday. 7.00 The Block. 8.40 60 Minutes. 9.40 9News Late. 10.10 The First 48. 11.10 Black Widow. 12.00 Murder In The 21st. 12.50 For The Love Of Pets. 1.30 TV Shop. 4.00 Skippy. 4.30 CampyMe. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Silvio's Italian Masterclass. 8.00 My Market Kitchen. 8.30 Food & Sails South Africa. 9.00 Cook With Lu. 9.30 10.00 Good Food Everyday. 10.40 MasterChef Aust. 1.00 The Dog Hospital With Graeme Hall. 2.00 Millionaire Hot Seat. 2.30 Deal Or No Deal. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 6.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 9.00 Have You Been Paying Attention? (M) 10.00 News. 11.00 Big Bang. 12.00 10 News+. 12.30 Shopping.		SUNDAY
	6.00 Morning Programs. 3.00 Race Around The World. 4.00 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Spicks And Specks. 9.00 New Zealand Spy. 9.25 Race Around The World. 10.30 News. 10.45 The Business. 11.00 Murdoch Mysteries. 11.45 Long Lost Family. 12.35 Rage. 2.45 Gardening Australia. 3.45 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 3.05 Jeopardy! 3.30 Letters And Numbers. 4.00 Mastermind Aust. 4.30 Cycling. Tour de France Femmes. 4.35 WW1 Women On The Frontline. 5.30 News. 7.30 The Great. 1.00 The Reichstag Fire. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 EuroNews. 5.30 PBS News Horizons.	6.00 Morning Programs. 12.00 News At Noon. 1.00 Clarkson's Who Wants To Be A Millionaire 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. 7.30 TBA. 8.50 Glasgow 2026 Commonwealth Games. A recap of all the golden moments for Aust. 10.20 The Agenda Setters: Rugby League. 11.20 The Agenda Setters. 12.20 New Amsterdam. 12.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.30 Find My Beach House Australia. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Outback Owl Hunters. (PG) 11.10 Footy Classified. (M) 12.10 Tipping Point. 1.05 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 TBA. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 MasterChef Aust. (PG) 9.00 Have You Been Paying Attention? (M) 10.00 News. 11.00 Big Bang. 12.00 10 News+. 12.30 Shopping.		MONDAY
	6.00 Morning Programs. 2.25 Home Delivery. 2.55 Race Around The World. 3.55 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Spicks And Specks. 9.00 New Zealand Spy. 9.25 Race Around The World. 10.30 News. 10.45 The Business. 11.00 Murdoch Mysteries. 11.45 Long Lost Family. 12.35 Rage. 2.45 Gardening Australia. 3.45 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 3.00 The Cook Up. 3.35 Jeopardy! 4.00 Letters And Numbers. 4.30 Tour American Fan Feasts. 5.00 Cycling. Tour de France Femmes. 4.35 WW1 Women On The Frontline. 5.30 News. 7.30 Spain With Michael Portillo. 8.30 Insight. 9.00 Dateline. 10.00 SBS News. 10.30 Searching For Italy. 11.20 Guillaume's Paris. 11.50 Cycling. Tour de France Femmes. 2.15 While The Men Are Away. 3.15 Before We Die. 4.10 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 Sunrise At Noon. 1.00 Clarkson's Who Wants To Be A Millionaire 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. 7.30 TBA. 8.45 Madonnas & Graham. (M) 10.00 Kitchen Nightmares Australia. (M) 11.00 The Agenda Setters. 12.00 Happy's Place. 12.30 New Amsterdam. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Space Invaders. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Outback Owl Hunters. (PG) 11.10 Footy Classified. (M) 12.10 Tipping Point. 1.05 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.20 MasterChef Aust. 11.30 Farm To Fork. 12.00 Everyday Gourmet. 12.30 TBA. 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 The Traitors Australia. (PG) 9.00 The Cheap Seats. (M) 10.00 News. 11.00 Big Bang. (PG) 12.00 10 News+. 12.30 Shopping.		TUESDAY

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.

July

Sat 25 July - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

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



August

Sat 1 August - Real Food Market
8am -11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

Sun 2 August - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

Sun 9 August - Forster Town Park Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.



Sat 15 August - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273

FAMILY | HEALTH | MUSIC | BIBLE

faith FM radio

POSITIVELY DIFFERENT

88.0

FORSTER-TUNCURRY

Celebrate 30 years of Company of Voices!

Company of Voices

Well folks it's official!

It is 30 years since Musical Director, Leigh Vaughan OAM, founded the immensely popular and much-loved local vocal ensemble, the Great Lakes' Company of Voices.

Come along, wear your party gear, and help us celebrate this milestone event.

Repertoire for this concert is based on favourites chosen by the singers, ones they love to sing, with some surprises to enthrall and entertain.

Giving multiple performances each year since inception, the Company has not only entertained and delighted audiences with their eclectic and vast repertoire, but they have also raised money from each performance for many local worthy causes and charities throughout our community.

Over the decades the singers have come from all walks of life and almost every profession, with the united aim of sharing their love of singing together.

A complimentary glass of sparkling wine (or sparkling water) on arrival. The bar will be open, and also during interval, for an additional tittle and a complimentary snack.

Profits from this event will be donated to the Tuncurry WW1 Memorial Hall.

An event not to be missed.



Above: Singers from Company of Voices are Celebrating 30 years with a Special Performance on Saturday 22 August.

When: 5pm Saturday 22 August
Please note new starting time

Where: The much-loved historic Tuncurry WW1 Memorial Hall, 7 Point Rd Tuncurry

Patrons are encouraged to book online for priority seating.

<https://events.humanitix.com/company-of-voices-30-years>

(See advertisement below)

Historic Stroud Tour
Wednesday 9 September

Join John Chadban on a guided coach tour to Historic Stroud and Gloucester.

Access to all historic buildings and places including convict built church. Includes morning tea and lunch.

Call John on 0438 822 738

TUNCURRY MARKETS

John Wright Park

Saturday 25th July
8am - 1pm

Bookings Essential
Enquiries 0417 400 994

Icons: Pizza, Ring, Drink, Cupcake

Company of Voices

30

YOU ARE INVITED TO SHARE OUR 30TH BIRTHDAY CELEBRATION WITH BEAUTIFUL MUSIC

Tuncurry Memorial Hall
Saturday 22nd August 5pm

Tickets - \$25
Concession - \$20
Wheelchair access
Complimentary Sparkling Wine upon arrival
Bar will be available

Scan QR code to book online for preferential seating
All profits go towards the Tuncurry Memorial Hall

What's on around town & beyond!

The Wolfe Brothers announce "Australian Made" National Tour

Australia's favourite country rockers, The Wolfe Brothers, are heading back out on the road on their "Australian Made National Tour," ending an 18-month break from touring. This tour follows their marathon 2023-2024 Livin' The Dream tour, voted Australian Tour Of The Year at the inaugural Countrytown Awards in March 2025.

Despite calling a hiatus on touring at the end of 2024, the Tasmanian based brothers Tom and Nick Wolfe stayed connected with fans throughout 2025 by performing at dozens of festivals around the nation. While delivering blistering, high energy shows to over 100,000 people at the festivals they were also busy writing and recording their latest album.

The new tour celebrates the band's most recent chapter, culminating in the release of their Australian Made album, which debuted at #1 on the ARIA Australian Album chart and the ARIA Australian Country chart upon its release on August 29, 2025. The success of the album paved the way for The Wolfe Brothers to become the most awarded act at the 2026 Australian Country Music Awards, earning 5 Golden Guitars: Album of the Year, Contemporary Album of the Year, Group of the Year, Collaboration of the Year with Zac and George, and Heritage Song of the Year. These wins lifted their career total to 15 Golden Guitars.

Tom Wolfe said: "The Australian Made concept really came from looking around at our lives and the people we grew up with. It's a reflection of where we are from, the stories, the landscapes, the proud communities and the spirit of Australia. We wanted to make a record



that felt honest, a record we would be proud of, without overthinking it."

Nick Wolfe expressed the band's excitement to be touring again with their new show and new album: "Those couple of hours on stage is where we feel most alive. We don't take for granted that most people never get to experience playing to a crowd that has lived the songs you have written and sings them back to you. There is no greater feeling".

The Wolfe Brothers play at Club Forster on Friday 7 August with special guest Abbie Ferris.

(See advertisement below)

NAIDOC Stories woven through generations

MidCoast Council

The whole community is invited to experience a powerful celebration of Aboriginal culture, creativity and connection through a new exhibition by local artist Kaylah Slater Mitchell, presented as part of NAIDOC Week 2026.

'Always Here: Woven Through Time' is inspired by this year's NAIDOC Week theme, 50 Years of Deadly, and showcases Kaylah's contemporary weaving practice, honouring the strength, resilience and continuity of Aboriginal culture.



The exhibition will be at Forster Civic Centre from 27 July to 15 August.

Blending traditional weaving techniques with contemporary expression, Kaylah's woven works reflect deep connections to family, community and Country. Using natural fibres alongside modern materials and approaches, her pieces celebrate cultural knowledge and stories passed down through generations while demonstrating the continued evolution of Aboriginal cultural expression.

The exhibition The exhibition is supported through the NAIDOC Indigenous Art Scholarship, proudly funded by the Coastline Bank Community Foundation. The scholarship helps create opportunities for Indigenous artists across the region and supports the continued sharing of culture through the arts.

Left: Kaylah Slater Mitchell's Exhibition 'Always Here: Woven Through Time' is at the Forster Civic Centre from 27 July until 15 August.

What's On club forster

19 STRAND ST FORSTER NSW
WWW.CLUBFORSTER.COM.AU/SHOWS

THE WOLFE BROTHERS

LIVE & LOUD AT CLUB FORSTER

FRIDAY 7TH AUGUST 2026

Australia's top country rockers are bringing their electrifying live show to Club Forster.

On Sale NOW!

BOOK NOW!
clubforster.com.au
(02) 6591 6591

The Beach Boys Experience

FRIDAY 21 AUGUST 2026

WWW.CLUBFORSTER.COM.AU/SHOWS

Wild Things Run

FRIDAY 11 SEPT 2026

California Legends

PERFORMED BY **Wild Things Run**

Step back into the golden age of the California singer-songwriter era in this powerful live theatre celebration of the music that shaped a generation.

Featuring the legendary songs of:
FLEETWOOD MAC • America • Linda Ronstadt
JONI MITCHELL • James Taylor • CAROLE KING
JACKSON BROWNE • THE DOOBIE BROTHERS
CROSBY • STILLS • NASH & YOUNG • EAGLES

WWW.CLUBFORSTER.COM.AU/SHOWS

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

Infrastructure not keeping up with number of dwellings

ABC news online recently (26/6/2026) had a story regarding the number of over 50's lifestyle community dwellings approved and being developed on the Capricorn Coast. It noted concern regarding the lack of increased infrastructure and in particular at Yeppoon which only has a 22-bed hospital.

Perhaps the same concern relayed in that story could be attributed to the Great Lakes, Forster Tuncurry area also, when you consider that in the past 15 years or so we have had the arrival of Evermore, Glacia in Forster, Solaris, Palm Lakes Resort, Lakeside Village and still to come (that we know about) Kokomo Ingenia Lifestyle and Thyme. Then there are other major projects such as the large housing development near the High School at Tuncurry, and of course

the multi-story developments that are being constructed on land which once had one or two houses. Add to this the at least two new preschools that have been constructed recently in Forster.

At the same time there has been absolutely no new infrastructure (water, sewerage and HEALTH! (aka Manning Base Hospital).

We should not be part of Hunter New England Health; we are on the Mid North Coast, not in the Hunter or New England area. Note how much money has been spent on the Coffs Harbour, Port Macquarie, Grafton and Tweed Heads hospitals whilst poor old Manning Base Hospital received a pittance.

Everybody shout out loud the song Big Yellow Taxi by Joni Mitchell!

Patsi Sladen - Forster



Black Head roundabout woes

I was happy to see that others are becoming dismayed at the length of time the roundabout at the intersection of Diamond Beach Road and Blackhead Road is taking.

I was told there are now t-shirts available voicing objection. As well, an A-frame sign was put in place recently showing someone's dissatisfaction. It stated what many of us are thinking – it's taken far too long. Surely it didn't need to be so enormous and, with no garden, the extraordinary amount of concrete is bordering on disgraceful.

Let's not allow such mistakes to become the norm.

Geof Maher – Hallidays Point

Screen Reviews

TV Show Review by regular visitor to Blueys Beach - Harriet Kelly

The Crash: Netflix, 2026

Netflix are on a roll with award winning crime documentaries where nothing is quite what it seems in the beginning.

The difference with this crime documentary is that the audience are given very early hints and insights as to who is responsible and what may have happened leading into this fatal crash – insights that then make the images of this young woman being initially supported by the parents of her victims, unbelievable chilling viewing.

Talk of audiences and a story line do not do this documentary justice – these are two young lives lost to 17-year narcissistic criminal whose extreme and self-absorbed behaviour has led to their deaths.

The detective work is outstanding and the officers involved completely dedicated to seeking justice for these two young lives lost. The evidence which is slowly uncovered by these officers and carefully threaded through this documentary is both captivating and clever, cumulating with her appearance at court.

It is here that we also meet her parents and get an insight into what may have contributed to this tragedy. In front of the families of her victims, her mother pleads for the rights of her daughter – someone who has apparently been misunderstood and is simply another victim of this tragic crash.

And there it is, indulged to the last – this young woman is encouraged by her parents not to take responsibility for her actions even when found guilty.

Provocative viewing and one of the most outstanding documentaries of the year.



Couple mix things up by going out to restaurant to scroll through phones

The Shovel

A Sydney couple who usually spend Friday nights at home on the couch scrolling through their phones have decided to do something a little different this weekend, heading to a cool little restaurant to scroll through their phones there.

The couple said that with their busy lifestyles it was important to schedule one-on-one time to just catch up. "That's what these date nights are all about – catching up on the notifications that have come through in the

twenty minutes or so since we left home," Bridget, 29, explained.

"You get so used to just sitting looking at your phone at home all week. It's great to see what you phone looks like in a totally different setting".



Book Review

Book Review by John King - Pacific Palms Librarian

Clancy of the Overflow

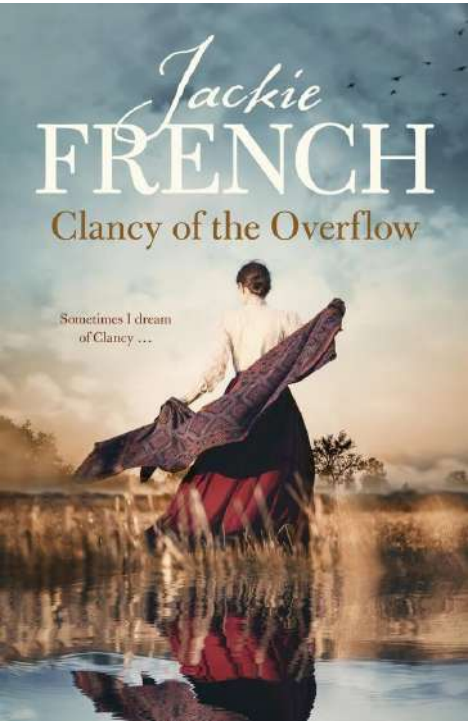
Wombats love carrots, and to sit on the hilltop sniffing the messages the breeze brings over time and over land – so Jackie French's children's books tell us. Her Clancy of the Overflow is no children's book. Yet as with her wombat, she takes us through time and country. It is part of the Australian story; an odyssey covering five generations in the outback in NSW, moving back and forwards between 1869 and 1988.

She does indeed draw on A.B. Paterson's poem Clancy of the Overflow and sets it down at the outset. Her book has been described as a love story. At another level it is a tragedy.

Ezekiel Clancy is the first generation squatter, ex-convict, with aims to establish a respected dynasty. To this end he arranges a marriage for his son, known simply as Clancy, with an "Honorable" daughter from England. With the wealth from the wool clip on his property Overflow, he builds them a magnificent house in Sydney. A flood destroys almost all his sheep. The neighbouring property, Drinkwater, with aboriginal foresight, avoids that disaster. The Sydney house has to be sold and the new wife is totally unprepared for a crude life in the bush – and cannot cope nor adjust. Tragedy continues.

A young aboriginal girl, at the wife's insistence, is shackled to be brought up, civilized, as her maid. She is named Rose. Further tragedy intervenes but Rose escapes to team up with some drovers driving the long paddock. Later so does Clancy.

The story of the generations is told through Rose's granddaughter, Nancy, to the daughter, Jed, of the adjoining property, Drinkwater. Both just survive the Federation drought. Many did not. Half of Australia's sheep and cattle died. Jackie French introduces us to the wider family, which includes a botanist fascinated with Australia's unique botany and a doctor. Both strong women. Therein lie more tales of love and tragedy.



We finally reach the youngest generation: Mattie, aged ten and three-quarters, granddaughter of Matilda of Drinkwater, and Clancy, great-grandson of Clancy of the Overflow, aged nineteen who has minded her since she was a toddler. Mattie is obedient but does things such as climbing the cliffs to see the eagle's nest that no one had thought to say no to. She tells Clancy that when she is older, they will marry.

The book is an odyssey to the land, to aboriginal knowledge, to surviving (mostly) the vicissitudes of the Australian climate out on the land, and to peoples' resilience (mostly) underpinned by love down through the generations. It is, perhaps, not too much to call it an emotionally profound and insightful book. And, yes, the wombat, called Batbat by the little girl, does have a walk-on part.

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Community News

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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 0466 153 785

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: vvagf@forster@gmail.com

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

Mixed Social Tennis

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

Mid North Coast Bootscooters

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Shores Combined Probus Meeting

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

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake - 1pm
Contact Bruce 0466 153 616

1st Forster Tuncurry Scout Group Venturer Section

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

Great Lakes Prostate Cancer Support Group.

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

Hallidays Point Combined Probus Meeting

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

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 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

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

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dementia Information drop in at Forster Library

4th Wed of the month 9.30 - 11.30am. Speak with local Dementia Alliance representative on local services.

Forster Digital Photographic Club (FDPC)

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

Forster Tuncurry Evening View Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park exercise

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

Great Lakes Breast Cancer Support Group

Meet on the first Wednesday of the month at the Tuncurry Beach Bowling Club at 4pm.
Contact Lorraine 0410 588 736

Great Lakes Historic Automobile Club

First Wednesday monthly (not January) at Sporties in Tuncurry.
Talk to Derek Hinde 0421 441 997

Great Lakes Knit and Spin

Every Wednesday 10am - 12pm, Forster Civic Centre, Wallamba room. Enquiries Kayleen 0416 184 684.

Great Lakes Suicide Prevention Network

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

Green Bikes Community Workshop

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

Hallidays Point Men's Shed

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

One Mile Beach Dunecare

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

Seaside Heritage Quilters meet on the first and third Wednesday of the month 10am-2pm at Forster Surf Club Beach Street, Forster enquire 0400 890 728

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 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Forster District Combined Probus Club

9.45am First Thursday of every month at Club Forster. 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: vvagf@forster@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

Breeze 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

Breeze 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

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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.

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

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

11:30am to 12:30pm - Lunch served
Enquiries: Office 02 6554 6101.
www.facebook.com/Forstersalvos

Tuncurry Community Branch

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

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

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

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

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

Star Pet

**Name:** Flossie**Breed:** Pug**Age:** 3.5 yrs**Likes:** Cuddles, food (especially cheese), walks on the beach and swimming in the waves. Flossie loves water.**Dislikes:** Getting her nails clipped and other animals (she's petrified of anything that moves from a spider to a dog, to a horse - everything!)**Claim to Fame:** Flossie isn't very welcoming. She barks and barks at the door and then at your ankles, nonstop, until you greet her with a pat and hello!

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

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I am gentle and affectionate, and would love to have a human of my own who I can snuggle with and purr away to my hearts content.

My adoption fee is \$150.

Please let the ladies at Midcoast Animal Hospital's front desk know if you would be interested in meeting me! Alternatively, you can give them a call on 6557 2773.

AWL Rehoming number: R251000222





Left: Aunty Donna Hall.

Below: Some members of the MidCoast Community Quilters with Liahna Paulson from GLWS on far right. (ABC News: Emma Sioissan)



By Emma Sioissan & Wiriya Sati - ABC Mid North Coast

On Worimi Country in northern New South Wales, a baby's tiny hand clutches a handmade patchwork quilt, eyes captivated by its striking red, black and yellow patterns.

The quilt is one of many gifted to families during a NAIDOC Week baby celebration at Forster's Tobwabba Aboriginal Medical Service.

The annual event brings together Indigenous mothers and local elders to celebrate babies born over the past year, strengthen community connections and honour each child's cultural heritage.

This year, Jenny Fletcher from the MidCoast Community Quilters group based at Nabiac collaborated with Worimi elders to create about 20 patchwork quilts for the celebration.

"You feel good ... we are proud of what we do," she said. "You put your heart and soul into it.

Handmade quilts weave culture into Forster's NAIDOC Week baby celebration

We get a lot of satisfaction, playing with the vibrant colours and the Indigenous [patterned] fabrics."

Worimi elder Aunty Donna Hall said the baby celebration was held annually around NAIDOC Week and the handmade quilts would be a special memento for families.

"The baby shower is a very important thing," she said.

it's recognising the next generation," she said. "The main thing is the connection, not only to the mums and bubs and grandparents, but also to the older siblings."

"Babies tend to get attached to their little rugs ... the quilts make an important thing for those babes as they get older."

One of the mothers at the blessing, Lylah-Belle Wilson said it was a great chance to connect with other Indigenous mums.

Ms Wilson said she was delighted to receive a handmade patchwork for her son Coda.

"It's just really special to receive the blanket on his first NAIDOC ... we've just converted his room. It will go on his 'big-boy' bed," she said.

"I think it's really special to acknowledge in our situation our culture and history; and also to bring awareness to people who aren't familiar with the week and the celebration.

"It's lovely to see a lot of the other mums: Coda's aunts and cousins."

Another recipient, Crystal Heavey, said her son Bilgarli's handmade quilt would be treasured through the years.

"He's going to have this for the rest of his life, and he'll always know that this is his little NAIDOC blanket," she said.

NAIDOC Week runs from 5 to 11 July. It is a celebration of First Nations people, and the theme this year is "50 Years of Deadly".

As part of the baby celebration at Forster, tiny feet were painted in Indigenous colours, pressed onto paper as a memento and themed baby photographs were taken to add to a photo wall, commemorating the region's youngest residents.

Zaria Murgha said it was great to be there with her daughter. There are ways to see into the deep past all around the country.

"I am so connected to culture; I can't wait for her to get into all that as well," she said.

For quilters such as Annette Davis, the occasion is about much more than showing off craft skills.

"I think it's a very lovely way of introducing the Aboriginal children into the community and I am happy to be part of that," she said.

Quilts for comfort

Beyond the NAIDOC baby blessing, the MidCoast Community Quilters make about 600 quilts a year to donate to community groups, including the Great Lakes Women's Shelter.

The shelter's Liahna Paulson, a Worimi woman, said the quilts brought comfort to those rebuilding their lives.

"The women and children who come into the shelter absolutely love them," she said. "It gives them that safe and secure feeling, especially coming in from something traumatic, such as domestic violence or homelessness.

Ms Fletcher said the MidCoast Community Quilters planned to keep gifting their handmade creations.



Zaria Murgha says she was excited to take part in her first NAIDOC baby blessing. (ABC News: Wiriya Sati)

"When you hear stories of the feedback, it makes you want to sew more; it gives you a warm spot," she said. "Quilts are like friends. They give warmth and comfort when needed, so that's what we aim to do."

Local Identity - Pat McGarry

Interview by Vanda Gooley

Pat McGarry is a current contestant on the 2026 season of MasterChef. Originally from Bathurst, his culinary journey started early and was inspired by his parents and grandparents. For the past 5 years he has lived in Old Bar on the Mid North Coast with his fiancé and two children

Pat McGarry, 37, is a dad of 2 beautiful daughters, Frankie, 3, and new born Stevie, and partner to an amazing fiancé and soul mate Emma. Pat is passionate about food, Rugby League (supports the Dragons) and playing golf. He spends most of his spare time hanging out with family, cooking, eating and laughing.

Pat's mum, Leonie is a nurse (semi-retired), his dad, Ron, is retired. He was a bricklayer for the majority of his professional life then moved into taxi driving after injury. Pat has 3 sisters, Teena, Christina and Amy and a number of step siblings.

Pat said life as a kid was great. "I was lucky to have a really big extended family with lots of cousins on both sides. So, weekends and school holidays were spent playing at all of my aunties and uncles houses as well as my grandparents' house. At home my sisters and I would play all sorts of games but being the youngest and a boy you can imagine I was always the one being dressed up and jokes being played on me."

Christmas day is a very cherished memory for Pat and his family. The mornings were spent at his mum's side of the family opening gifts, playing games and having lunch, then they would go to his nan's house (dad's mum) where the highlight of the year was a huge game of backyard cricket which was played until daylight ran out. Pat said there was laughter, food, drinks, and sometimes arguments but it was always such an amazing day.

call centre in Bathurst until he worked out what he wanted to do next. He ended up working in different capacities within Telstra for the next 12 years. When he moved up to the MidCoast in 2021 he gained employment at MidCoast Council in the Customer Service team and he has since moved across to the Transport Assets Team as an Asset Officer for the last 18 months.



Pat on MasterChef. Photos supplied.

Pat said his biggest hobby is definitely food. He has always been obsessed with cooking from a young age. He would watch his parents and grandparents and was inspired by his grandmother, who he would pester with questions. He was especially inspired by his father, Ron, Pat's ultimate food idol, who cooked from scratch for the family every evening despite long 10 hour working days as a bricklayer. Pat's mum Leonie was also an integral part in broadening Pat's palate, taking him to eat at different venues and encouraged him to chase his food dreams, including applying for MasterChef. Pat said these family meals shaped his passion for food. On MasterChef, Pat drew on family inspired comfort food while presenting it in a polished way. Pat would also religiously watch the 2 or 3 cooking shows that were televised.

On MasterChef, Pat's cooking style is calm, practical and intuitive, with a preference for savory dishes, particularly seafood and beef. He often recreates dishes for Emma that they have tried at restaurants. One of his biggest successes was creating a salted caramel and bickie crumble ice cream, which won an immunity challenge and was later produced as a limited-edition product sold in selected Coles stores.

Before joining MasterChef, he and a friend had a successful burger pop-up business during the COVID -19 pandemic. They had a delivery service selling out 300 burgers at a time. His long-term dream is to open a café, a place with a seasonal menu, full of his signature dishes.

Besides being on MasterChef and a standout contestant, Pat considers his greatest

achievement "is definitely my 2 daughters, I absolutely love being a dad." During filming he often spoke about how much he missed his family who was his main motivation throughout the competition.

Pat has been on a few adventures. When he was 22, he packed his bags and went over to the USA travelling solo for a couple of months which definitely got him out of his comfort zone. Emma and Pat have also made a number of trips over to NZ which is one of their favourite places as well as a tour of Vietnam which he said was incredible.

Pat said his parents are definitely his biggest role models. "They are both super hard workers and have had to earn everything they have. They have shown me if you want something that you have to work your butt off to get it. I think that has instilled a strong work ethic within me".

Pat's motto to live by is, "Life's too short - Don't spend time holding grudges."

Pat said the Mid Coast is such a great place to live, the pristine beaches, beautiful weather, great places to go on day trips to eat and drink. "I especially love Old Bar where I live. It's so laid back and a great place to raise a young family. Everyone is really friendly and the place just has really nice community feel."

Sathya - a friend and colleague said this of Pat...

"I first met Pat McGarry when we worked together at Council, and I soon became his direct supervisor. Before long, we discovered a shared passion for cooking and great food, swapping recipes, techniques and ideas. It's not often you find someone who shares that same enthusiasm for food, so our friendship naturally grew beyond the workplace.

I was delighted to host Pat and his wife at my home to introduce them to some Sri Lankan dishes, and even after Pat moved into another role at Council, we remained friends. We continued to bond over food, whether it was cooking, sharing recommendations or enjoying lunches at our beloved Chill Club. As devoted MasterChef fans, we'd message each other



Pat with his partner Emma and their two daughters Frankie and Stevie.

while watching the show—long before Pat became a MasterChef star himself.

When Pat told me in late 2025 that he had auditioned for MasterChef Australia 2026 and made the Top 40, keeping that news to myself was incredibly difficult because I was so excited and proud. Watching his journey unfold and seeing him reach the Top 10 has been a privilege. We even spent a day cooking together before he left for the competition, sharing Sri Lankan flavours and techniques. While I'd like to think I inspired one or two ideas, the truth is Pat's success is entirely his own. His creativity, humility and genuine passion for cooking have shone through every challenge. The Mid Coast has an extraordinary talent in its midst, and I couldn't be happier to see Pat receive the recognition he so richly deserves. Congratulations, Pat!"

If you would like to follow Pat on his food journey, his Instagram is @mcgravy_train



Pat with his ultimate food idol - father Ron.

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Ribs Night \$25

Saturday
Fishing Club Raffle starts at 3pm & 4pm
Happy Hour 3pm to 5pm
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Sunday
Chook Run Bowls from 10:30am
Kids Meals \$5 (16y) with Meal Purchase



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



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A fantastic & well supported NAIDOC Community Day in Forster



By Mary Yule – Forster Fortnightly
The rain cleared just in time for a fantastic NAIDOC Community Day at Tobwabba Reserve on Worimi Country on 8 July during NAIDOC Week.
The numbers were bigger this year with over one thousand people celebrating community with cultural dancing, singing, interactive activities and delicious food.



Ava Bolt with her own creations.



(L-R) Avanie-Rose and Bianca.

The event was supported by many local aboriginal and non-aboriginal organisations who showcased their services and products in multiple stalls squeezed around the Reserve.
Being school holidays, there were a good numbers of kids of all ages running around and enjoying the fun gentle rides to the more adventurous attractions.
The day was organised by the NAIDOC Committee with members from Tobwabba

Medical Centre, Forster Local Aboriginal Land Council and community partners.
National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday) and takes its name from the National Aboriginal and Islanders Day Observance Committee (NAIDOC), an independent, voluntary committee that coordinates the event nationally. This year's theme is "50 years of Deadly" in recognition of

those who paved the way for over 5 decades of NAIDOC, and to celebrate culture for the next generation to keep alive and strong.
NAIDOC Week provides an opportunity for all Australians to learn about the histories, cultures and achievements of Aboriginal and Torres Strait Islander peoples, the world's oldest continuing living cultures. It also encourages everyone to connect and support their local First Nations communities.



Above: Bush tucker scones at the Homebase Youth Services stall.
Left: (L-R) Thomas Dooker, Christian Cropper, Charlie Freeman and Clay Dooker. Photo supplied.



Above: 60kg of fillets of fish, kangaroo and crocodile were cooked to perfection for the NAIDOC Day lunch by members of the Man Walk. Photo supplied.



Local Baraya Wakulda Choir. Photo by Josephine Lawson.



Above and left: The Worimi Dance Group performed several traditional dances.

Right: (L-R) Lara Went, Zendaya Lewis on sticks and Grace on the microphone during the dancing.

Photos from NAIDOC Community Day at Tobwabba Reserve in Forster, Wednesday 8 July 2026 by Mary Yule.



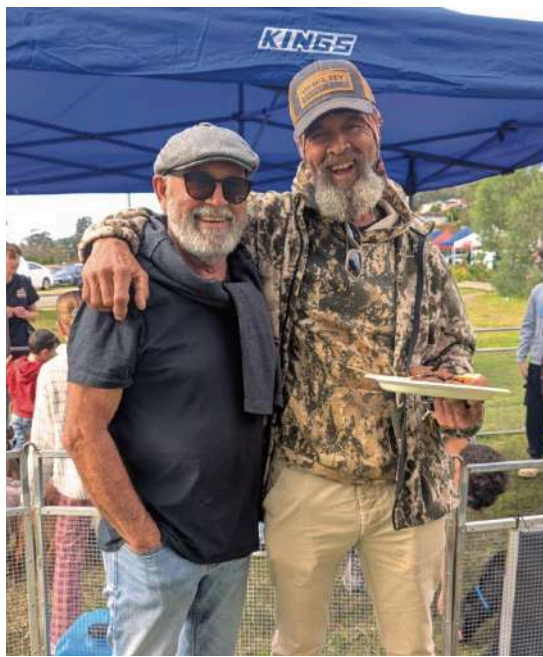
Above: Joel Dunn and Justine Thompson from Mid Coast 2 Tops Landcare Connection (MC2T).

Below: Haircuts were happening at the Mission Australia stall.



Above and right: There was plenty to see and do for kids of all ages, including visiting preschoolers.

Below: (L-R) Cal Davis and Brad French enjoying the day out.



Every Solar, Battery & EV incentive changes from 1 July 2026



By Nicole Stegmann – Energy Matters
From battery rebates and zero-interest loans to Solar Homes eligibility changes, here's everything Australian households need to know from 1 July 2026.

Federal changes

Solar Sharer Offer launches

One of the biggest energy retail changes in years arrives on 1 July 2026.
The Australian Energy Regulator has introduced the Solar Sharer Offer, requiring retailers in Default Market Offer regions to make plans available that include three free hours of daytime electricity.

For NSW it is between 11am to 2pm.

For households with EVs, batteries, pool pumps, heat pump hot water systems, or flexible daytime usage, these plans could deliver meaningful savings.

However, homeowners should compare plans carefully. Free electricity periods may be offset by higher rates at other times of the day. The Solar Sharer Offer is not automatically the cheapest option for every household.

Electricity prices change

The Australian Energy Regulator's 2026-27 Default Market Offer (DMO) also takes effect on 1 July 2026.

Residential standing offer customers will generally see NSW decreases of 3.4% to 7.7%.

While most Australians are on market offers rather than standing offers, the DMO acts as an important benchmark for electricity pricing.

Energy bill relief ends

The Federal Government's Energy Bill Relief Fund

concluded on 31 December 2025.

No replacement universal household bill relief has been announced for FY2026-27. This means households should not expect automatic energy bill credits unless new support measures are introduced.

Federal battery rebate continues

The Cheaper Home Batteries Program remains one of Australia's most significant renewable energy incentives.

Available through the Small-scale Renewable Energy Scheme (SRES), the program provides an upfront discount on eligible battery systems installed alongside new or existing solar.

For most households, the discount is approximately 30% of the battery cost, although actual savings vary depending on battery size and system design.

Battery support remains available nationwide from 1 July 2026. The rebate available will reduce from 1 January 2027.

Solar rebates will reduce again in 2027

While not a July change, households considering solar should keep an eye on the calendar.

The Small-scale Renewable Energy Scheme continues to phase down annually, meaning the

value of solar rebates will reduce again from 1 January 2027.

For homeowners planning solar within the next year, bringing forward an installation could result in a larger rebate.

New South Wales changes

Home Energy Saver Program launches

The NSW Government has introduced the Home Energy Saver Program, one of the country's most substantial home electrification initiatives.

Eligible owner-occupiers and landlords with a combined household income of up to \$210,000 can access:

- Zero-interest loans of up to \$15,000
- Repayment periods of up to 10 years

Eligible upgrades include:

- Solar systems
- Home batteries
- Heat pump hot water systems
- Reverse-cycle air conditioning
- Insulation
- Draught proofing
- Ceiling fans
- Switchboard upgrades

Additional discounts coming later in 2026

Alongside the loan program, NSW plans to introduce discounts of up to \$4,000 for eligible lower-income households and concession card holders.

These discounts are expected later in 2026.

VPP incentives remain available

NSW households can continue to access incentives for connecting eligible battery systems to Virtual Power Plants (VPPs).

These incentives can be combined with the Federal Government's battery rebate, further reducing the cost of battery ownership.

Electric vehicles

FBT exemption remains a major incentive

The Federal Government's Fringe Benefits Tax exemption continues to be one of Australia's most valuable EV incentives.

Eligible EVs purchased through salary packaging or employer arrangements can deliver substantial tax savings.

However, plug-in hybrid electric vehicles generally no longer qualify under the exemption rules introduced in 2025, unless transitional arrangements apply.

What should households do now?

If you're considering solar, batteries, EV charging, or electrification upgrades, now is a good time to review available incentives.

In particular:

- NSW households should investigate the new Home Energy Saver Program.
- Battery buyers should ensure they understand both federal and state incentives.
- EV owners should compare Solar Sharer plans against traditional electricity plans.
- Apartment residents should investigate shared solar opportunities available in their state.

The ever-changing incentive landscape

The renewable energy landscape continues to evolve rapidly.

The biggest winners from 1 July 2026 are likely to be households taking advantage of the Federal Government's battery rebate, NSW's new Home Energy Saver Program, and emerging electricity plans designed around abundant daytime solar generation.

As always, the best outcome comes from understanding which incentives apply before signing a contract. A little research today could save thousands tomorrow.

For more information, please visit: www.energymatters.com.au

Pumped hydro and solar project approved for Gloucester

By Claire Simmonds - ABC Mid North Coast, 16 July

In short:

NSW Planning Minister Paul Scully has approved a renewable energy project on the site of a former coal mine.

The \$1.8 billion project has the potential to power 120,000 homes.

What's next?

Mine site owner Yancoal is assessing the project's commercial viability, ownership and funding models.

A pumped hydro project with the potential to power up to 120,000 homes has been given the green light in the Upper Hunter.

The \$1.8 billion Stratford pumped hydro and solar project will occupy the site of a coal mining operation that ended in 2024 in the Gloucester Valley.

Gloucester Coal, a Yancoal subsidiary, has proposed a 300-megawatt pumped hydro station with 12 hours of energy storage and a 320-megawatt solar farm.

New South Wales Planning Minister Paul Scully announced the project's approval today, saying it was the first pumped hydro project approved in the state since Snowy 2.0.

"In addition to having the potential to power 120,000 homes, [it] is forecast to deliver around 13 per cent of the state's 2034 long-duration storage target," he said.

"Long duration and storage is an important part of making sure that we have capacity in our system as demand fluctuates throughout the day."

Planning documents show the surplus energy generated at the site during the day would be released during peak electricity usage at night.

Water would be transferred via a tunnel between an upper reservoir, to be built in bushland, and an existing dam to generate power.

For a community still reeling from the loss of jobs when the mine closed in 2024, the prospect of 350 construction jobs and 10 ongoing positions is significant.

But planning approval is no guarantee the project will proceed, as its viability is still in doubt.

In a statement from Yancoal, a spokesperson said the company "will now progress with assessing the commercial viability of the project".

"Yancoal is considering preferred ownership, funding and operating models, subject to board approval," they said.

During this process, the company would focus on, "advancing mine closure activities at both Stratford and Duralie in line with government regulations and community expectations."

The proximity of a mountain range to the mine site



Above: A concept image of the project planned for Gloucester. Solar panels will power water pumps to create energy storage in an upper reservoir, according to the proposal. (Supplied: Yancoal Australia)

and existing infrastructure makes it "an ideal location" for a pumped hydro project, the Yancoal statement said.

Australian National University hydro engineering professor Andrew Blakers said pumped hydro projects of the scale of the Gloucester proposal were important in the nation's energy mix.

"What we need is a mix of big systems like Snowy 2.0 or pumped hydro in the Yallourn coal pit and small systems in the 3-to-30 gigawatt-hour range such as this one," he said.

"We need a whole range of sizes and that diversity makes things better."

Dr Blakers said without pumped hydro and wind farms the energy grid would not be able to replace coal-fired power during peak evening demand.

"The thing about pumped hydro is it uses a very small amount of land, much smaller than an equivalent solar farm [or] wind farm

transmission, and even smaller than a battery," he said.

"One big advantage of a coal pit is that you halve the amount of land that you need to flood and turning it into a pumped hydro makes a virtue out of a rather poor asset."

Upper Hunter Nationals MP Dave Layzell said mining sites should be converted for productive purposes such as power generation and that planning should start before mines were decommissioned.

"There's a bit of a time lag from the mine shutting to the new project starting and that's a challenge for local communities," he said.

"We're certainly feeling the effects in Gloucester from the shutting of the mine, as businesses are really hurting there."

"Pumped hydro storage of energy is a massive challenge in our future transition [and] this is a really good project."

FACE TO FACE

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GenCost 2025-26: Renewables and storage a source of stability amid global uncertainty



Commonwealth Scientific & Industrial Research Organisation (CSIRO)

Australia's national science agency, CSIRO, in partnership with the Australian Energy Market Operator (AEMO) today (15 July) released the GenCost 2025–26 Final Report, finding renewable energy supported by storage is helping to protect Australia against global energy shocks and continues to provide the lowest cost pathway for Australia's electricity system to achieve net zero emissions.

The report finds electricity generation costs are expected to continue falling in the near term as battery storage costs reduce and capacity expands, while fossil generation technology costs are increasing due to global data centre demand.

Now in its eighth year, GenCost provides Australia's most comprehensive annual assessment of the costs of new-build electricity generation, storage and hydrogen technologies.

Key findings:

Technology costs: Battery technologies continue to deliver cost reductions while rising demand for gas turbines to power US data

centres is increasing costs for gas-based technologies.

Short-term costs: Growing capacity of lower cost batteries capacity is beginning to reshape electricity markets, competing with traditional gas peaking generation and contributing to lower evening peak prices.

Lowest-cost pathway: Renewables supported by storage remain the lowest-cost generation investments for Australia's future electricity system to achieve net zero, with solar PV and onshore wind projected to supply 93 per cent of electricity by 2050.

Long-term costs: By 2050, all new electricity generation technologies are projected to cost more than \$100/MWh as aging assets are replaced across the system.

Battery storage is playing an increasingly important role in Australia's electricity market, with lower costs and significant new capacity beginning to compete with traditional gas peaking generation, contributing to lower peak evening electricity prices.

The average National Electricity Market (NEM) generation price reached approximately \$104 per megawatt-hour (MWh) in 2025, down from a peak of \$189/MWh in 2022, driven by high global gas prices. Market expectations based on electricity futures prices indicate generation costs could fall further to between \$80 and \$90/MWh by 2030.

CSIRO Chief Energy Economist and GenCost Project Leader Paul Graham said understanding how global events and technology markets influence electricity generation capital costs is a key part of GenCost's role.

"Each year GenCost, with the help of stakeholders, seeks to understand how electricity technology markets are changing. The impacts of the Iran war and data centre

demand for gas turbines are currently the strongest drivers of uncertainty."

"As battery costs continue to fall and gas technology costs rise, batteries are increasingly becoming the preferred flexible generation technology in the near term," Mr Graham said.

"However, GenCost modelling finds gas technologies will still play a limited but important role in helping firm the electricity system, contributing around three to seven per cent of generation by 2050."

The report also finds that while some non-renewable technologies, such as new black coal, are potentially cost-competitive with renewables, their use would require higher cost carbon abatement elsewhere in the economy to achieve Australia's net-zero goals.

Growing global demand for gas turbines is emerging as a key driver of higher costs for gas-based generation. According to the International Energy Agency, US data centres are now among the world's largest sources of gas turbine demand, contributing to sustained cost increases that are expected to continue.

Solar PV and onshore wind remain the backbone of a least-cost future electricity system. Under a net zero scenario, these technologies are projected to supply 93% of Australia's electricity by 2050, supported by hydro, storage, transmission and flexible generation such as gas and hydrogen.

Looking further ahead, no new electricity generation technology is expected to deliver electricity below \$100/MWh. As today's generation fleet retires, future electricity costs will increasingly reflect the cost of building replacement infrastructure.

The full report is available at: <https://www.csiro.au/en/research/technology-space/energy/Electricity-transition/GenCost>

Consumers urged to check for cheaper energy prices

Australian Competition & Consumer Commission (ACCC)

Origin Energy Limited will refund over \$270,000 to more than 4,500 customers after an ACCC investigation into allegedly misleading representations regarding Origin's "Ongoing Saver" residential electricity plan.

The ACCC was concerned that Origin made statements both in the Ongoing Saver plan's terms and conditions and in customer bills that represented charges would be lower than on Origin's "Basic" plan for the life of the plan. In fact, some customers on Ongoing Saver plans were charged more than they would have been on the Basic plan.

"Energy plans are complex, and the mix of usage and supply charges makes it difficult for many consumers to assess potential savings. Retailers should provide clear and accurate information about their plans to help consumers make informed decisions," ACCC Commissioner Anna Brakey said.

"We strongly encourage all consumers to use Government energy comparison site www.energymadeeasy.gov.au to try to find the best available energy deal for their circumstances, as there are large differences between the cheapest and most expensive plans," ACCC Commissioner Anna Brakey said.

Consumers can also call their existing retailer and ask for a better deal. Retailers are legally required to provide this information, as well as information about how the price of an existing plan compares to the regulated safety net price. Retailers are also required to let customers know every 100 days, through a statement on their bill, if a better deal is available.

Consumers should also check with their retailer or on energy.gov.au/rebates, to ensure they are receiving all eligible concessions and rebates available to concession card holders.

Great Lakes Museum History



Great Lakes Museum

The Great Lakes Museum has a vast display of history, one such item is the flagpole being connected to the early Tuncurry fishing industry.

The S.S John Gollan

The S.S John Gollan was built at Mill Creek at Tinonee on the Manning River from 1888-1889 by Captain Hector Gollan. She was launched at Tinonee on the 23rd March 1889. By the 15th October 1889 the tug was completed with engines and boiler and was christened by Mrs G Clarke of Tinonee. The well known tug and pilot vessel safely guided many coastal ships across the difficult bar at Harrington into the Manning River for their journey up to Taree and Wingham to offload the produce. She was moored at the coal loader wharf at Harrington, close to the pilot station. In February 1902 Hector Gollan sold the vessel to Thomas Miles (T&H Miles partnership) who continued to operate her as a subsidised tug servicing the Manning River. On the death of Thomas Miles, the new firm 'Henry Miles' and Sons bought out all interests of the tugs Forster, the John Gollan and Undaunted from Port Macquarie. On 28th December 1939, the Henry Miles was launched to take the place of the John Gollan and after over 48 years the tug was broken up at the Miles Shipyard at Forster. When built originally, the John Gollan had two masts. Earlier in her life the rear mast was removed by Haden's

slipways at Taree. The mast was donated by the late Hector Haden and erected in Horace Dean Park in Tinonee, as the flagpole.

The El Dorado 11

In the 1940's Jimmy Nicholson purchased the forward mast of the John Gollan from Henry Miles and built it into his trawler the EL Dorado 1. Years later the mast was installed, along with the motor (which was a 44hp German B.U.B. diesel) in the new boat EL Dorado 11. This was still the era before the ship to shore radios were introduced so sail was still carried in case of emergency.

This boat was built on the foreshore at Tuncurry by Jimmy Nicholson and his two sons Laurie and John in 1946. This was mainly a trap and line vessel, fishing for snapper and lobsters, but with the capability of towing a single pocket net for prawns. The trawler operated until 1977 when ill health forced the family to sell the boat. The new owner cut the mast off at the deck line (shortened by around 4 feet) and it was rescued by the Sutherland Family, and built into the Mildred Joyce Sutherland, the trawler operating out of Tuncurry. After a major refit of the trawler, the mast was donated by the Nicholson Family to the Wallamba District Historical Society where it now stands proudly in the grounds of the museum today, as the flagpole.

Reference: L Nicholson letters 1977.

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

Right: The original forward mast.



Mega successful Book Fair: helping 'Create a Lasting Impact'



Above: Some of the Rotarians & Man Walk members who helped set up (L-R) Terry Swan, Keith Gotts, Steve Harvie, Steve Murphy, Pat Mitchell, Max Hoser, Greg Little and Barry Levick. Photo by Marilyn Levick.

By Mark Davies - Rotary Club Lower Mid Coast

A huge thank you to customers who bought books during the most successful Rotary Club of Lower Mid Coast Rotary Book Fair ever held at the Tuncurry Memorial Hall in 23 years.

We raised \$9394.20 from the sale of books and also had \$148.40 donated to the Ronald McDonald House Family Retreat Forster (our main local project) via our collection container at the hall. Thank you also to the people who requested we round up their totals when paying for books by eftpos. The grand total raised was \$9542.20.

A massive thank you to Ricky and Tony from Twin Town Removalists who did a brilliant job

and also the volunteers including the Man Walk people and other friends of Rotary who alongside Rotarians and their extended families helped, especially during the set up and pack down of the Book Fair.

Rotary International's Theme for this year 2026/2027 is Create a Lasting Impact and our twice-yearly Book Fairs in January and July each year help us to do that in a number of ways including raising money for Rotary/Community Projects, recycling books and helping people of all generations spend some more time off screens.

Our next Twice Yearly RCLMC Book Fair will be from Friday 8th to Monday 11th of January in 2027 at the Tuncurry Memorial Hall. This might be worth noting in your phone/diary.

Excellence Awards for local surf life savers

Surf Life Saving Lower North Coast Branch

Many local surf life savers were recognised at the Lower North Coast 2025-26 Awards of Excellence held on Saturday 11 July at the Cape Hawke Surf Club, hosted by SLSNC President Bernadette Nicholson.

The Award of the Year winners were:

Chelsie Lyons (Pacific Palms) - Young Surf Lifesaver

Greg Randall (Forster) - Surf Lifesaver

Wayne Barry (Cape Hawke) - Patrol Captain

Aria Tritico (Cape Hawke) - Youth Athlete

Kim Winter (Pacific Palms) - Masters Athlete

Forster IRB Team - Surf Sports Team

Linda Forrester (Cape Hawke) - Rookie Official

Jeff Horn (Cape Hawke) - Official

Darren Bourke (Crowdy Head) - Trainer

Scott Graham (Cape Hawke) - Assessor, Facilitator and Presidents Award

Sienna Elmer (Crowdy Head) - Administrator

Ron Hartley (Forster) - Club Member

Evie East (Cape Hawke) - Youth Volunteer

Forster SLSC Community Water Safety Team - Community Engagement Program

Jim Willis (Forster) - Support Operations Member

Mauricio Cobra Siqueira (Black Head) - Presidents Award

Crowdy Head SLSC - Club of the Year

Recipients for the 5yr, 10yr, 15yr, 20yr, and 25yr SLS Officiating Service Awards were also recognised, while those who received the NSW Premier's Flood Emergency Citation for their work during the 2022-23 flood events were thanked for their efforts.

At the Excellence Awards, the end of the surf patrol season's report was acknowledged...

Volunteer Surf Lifesavers keep 151,000 beachgoers safe

Surf Life Saving Lower North Coast Branch

Volunteer surf lifesavers have once again demonstrated their vital role in protecting local communities, with members of Surf Life Saving Lower North Coast Branch helping keep almost 151,000 beach visitors safe during the 2025-26 patrol season.

Across six surf lifesaving clubs — Black Head, Cape Hawke, Crowdy Head, Forster, Pacific Palms and Taree Old Bar — volunteers responded to emergencies, treated injuries and carried out hundreds of preventative actions throughout a season characterised by strong rip currents, changing surf conditions and periods of marine stinger activity.

Forster Main Beach recorded the highest number of visitors, welcoming around 60,800 people during the patrol season. One Mile Beach attracted approximately 31,800 visitors, while Elizabeth Beach recorded about 26,700 beachgoers.



Above: Wayne Barry.



Above: Evie East and Deputy Mayor Jeremy Miller.



Above: Aria Tritico & SLS NSW President Elissa Hancock.



Above: Linda Forrester.



Above: Greg Randall.



Above: Mauricio Siqueira and Bernadette Nicholson.

Despite the large crowds, lifesavers completed 25 rescues across the branch, with most involving swimmers caught in trouble outside the red and yellow flags. Cape Hawke recorded the highest number of rescues with 12, followed by Taree Old Bar with six and Crowdy Head with three. Rescue boards remained the most commonly used piece of equipment, supported by inflatable rescue boats (IRBs) and rescue tubes when required. Branch officials said the number of rescues occurring outside the flagged swimming areas reinforces the importance of continuing public education about always swimming between the flags.

Volunteer patrol members also treated 121 first aid cases during the season. The majority involved minor marine stings, cuts,

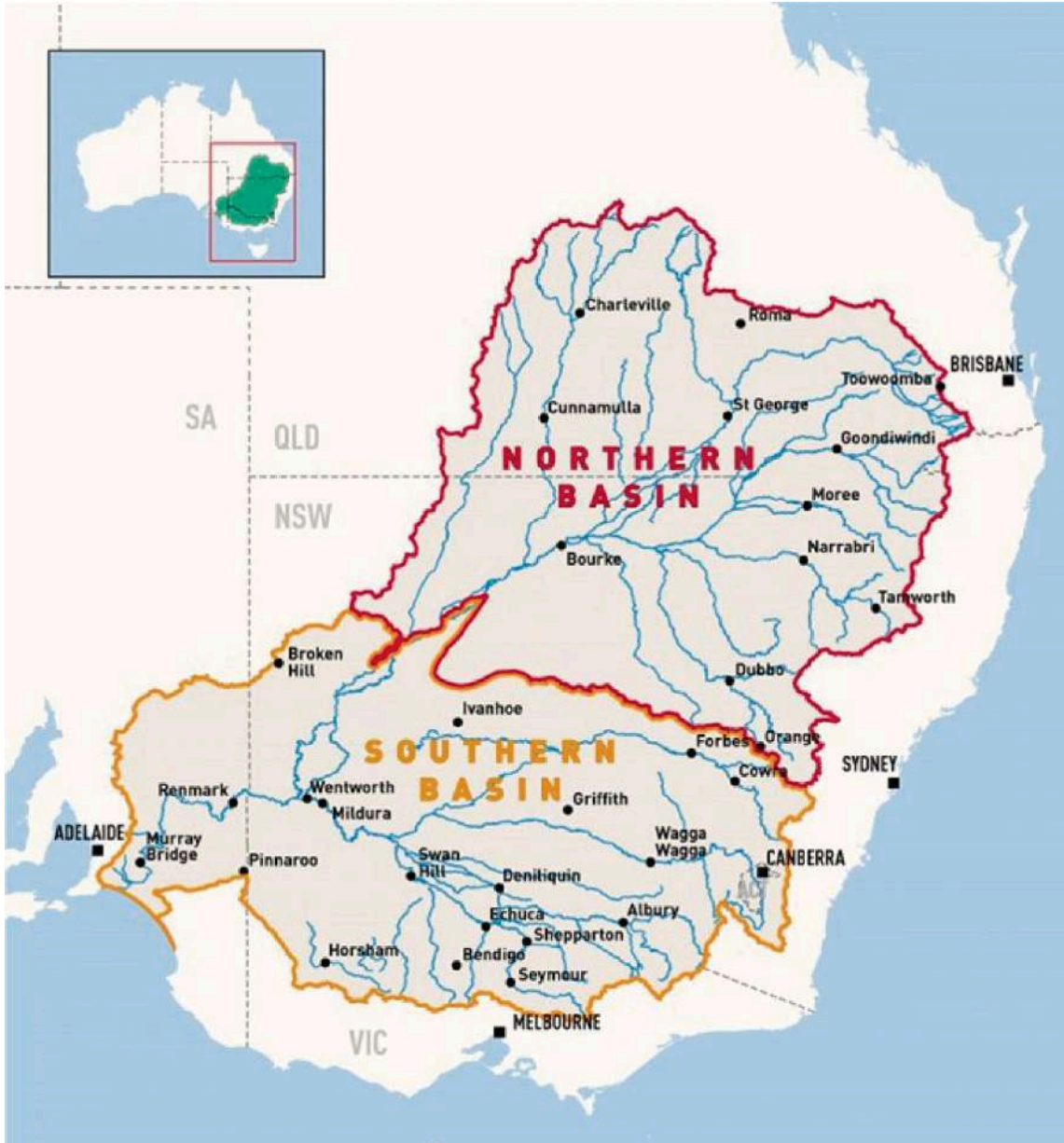
abrasions and soft tissue injuries, although several incidents required ambulance attendance or further medical treatment.

While rescues often attract attention, surf lifesavers say prevention remains the key to beach safety. Patrol members recorded 447 direct preventative actions, including warning swimmers of dangerous conditions, managing watercraft, installing warning signage and engaging with the public to reduce risks before incidents occurred.

Pacific Palms and Cape Hawke recorded particularly high numbers of preventative actions, reflecting the persistent hazards posed by rip currents, exposed surf conditions and marine stingers at those beaches.

More than 1,900 rip currents were observed across patrolled beaches during the season, highlighting one of the region's greatest natural hazards. Cape Hawke, Pacific Palms and Taree Old Bar experienced some of the most frequent and hazardous rip activity, resulting in increased prevention efforts and rescue responses.

Surf Life Saving Lower North Coast Branch said the season's figures highlight not only the dedication of its volunteer members but also the importance of preventative education and public cooperation in reducing beach-related incidents.



Australian Competition & Consumer Commission (ACCC), 3 July 2026

New laws now require water markets decisions to be announced and ban market manipulation and insider trading in Murray-Darling Basin water markets. These changes give the ACCC additional powers to act against misconduct and improve transparency in water trading.

With the commencement of the laws on 1 July 2026, all the ACCC's enforcement functions under the Restoring Our Rivers reforms are now in place. The reforms respond to issues identified by the ACCC's Water Markets Inquiry, including concerns about market

Left: The Murray-Darling Basin (the Basin) is an area of national environmental, economic and social significance. It contains Australia's three longest rivers—the Darling, the Murray and the Murrumbidgee—as well as nationally and internationally significant environmental assets, such as wetlands, billabongs and floodplains.

The Basin is Australia's most significant agricultural area, and produces around \$30 billion of produce annually. It extends across four states and the Australian Capital Territory, and is home to over 2.4 million people.

Image credit: Australian National Audit Office (ANAO)

conduct, transparency and confidence in Basin water markets.

"These are significant powers that will strengthen transparency and integrity, helping to build confidence that Basin water trading markets are operating fairly," ACCC Deputy Chair Mick Keogh said.

"We encourage market participants to report suspected manipulation, insider trading or other water market issues, so we can investigate and take enforcement action where necessary."

Water market participants include businesses in the agriculture and irrigation sectors, as well as intermediaries such as water brokers who act on behalf of clients to facilitate trades.

The ACCC will enforce bans on conduct that artificially distorts water markets and on trading water rights while aware of market-sensitive information that is not publicly available.

The ACCC will also oversee new requirements for federal and state government agencies and irrigation infrastructure operators to announce water market decisions that may materially affect trading behaviour.

"Clearer rules and stronger disclosure obligations will help deter misconduct and give market participants greater trust in the information available to them," Mr Keogh said.

"These new responsibilities are underpinned by the Intermediaries Code and statutory trust accounting framework, which hold water market intermediaries such as brokers to higher standards."

The ACCC has supported market participants ahead of commencement by publishing guidance, engaging directly with stakeholders, and holding online information sessions.

Reports of market manipulation, insider trading, or other water market issues, can be made using the ACCC's web form or by emailing water@acc.gov.au.

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Sixteen year old local athlete represents Australia at Junior World Championships in Canada

By Lee McDonald - North Avoca Kayak Club

Sixteen year old Hallidays Point surf lifesaving and sprint kayaking star Bronte Kippax capped off a remarkable season with selection in the Australian team for the 2026 Junior World Sprint Kayaking Championships in Halifax, Canada, from July 1–5. The world’s best junior paddlers from 60 countries competed in these Championships.

Bronte competed in both the K1 and K4 Junior Women 500m events. She reached the very competitive Semifinal in the K1 and the K4, and made the Final B event in the K1.

The local community are very proud of her and will continue to follow and support her next adventures in the exciting sport of sprint kayaking.

Bronte earned her place on the Australian team after winning the 2026 Australian

Under-18 Women’s K1 500m qualifying race, securing selection in both the Under-18 Women’s K1 500m and Under-18 Women’s K4 500m events at the world championships.

The talented young athlete took part in a five-day national training camp in Sydney with her fellow Junior Women’s team members before the squad departed for Halifax on June 19.

Her journey into sprint kayaking began just four years ago following advice from her surf sports coach, Martin Cowper. Recognising that sprint kayaking techniques transfer directly to surf ski racing, Cowper encouraged Bronte to take up the sport to improve her paddling efficiency and power in the surf.

That decision has proven invaluable. Not only has kayaking enhanced Bronte’s surf lifesaving performances, but it has also opened the door to representing Australia on the world stage.

Bronte is a proud member of both Avoca Kayak Club and Newport and Crowdy Head



Bronte Kippax competing in the K1 (above) and the K4 (on the left) at the Junior World Championships in Halifax, Canada. Photos supplied.



Surf Life Saving Clubs, where she has developed into one of the region’s most promising young paddlers.

Her kayaking strength was evident at the 2026 Australian Surf Life Saving Championships in March, where she enjoyed outstanding

success. Bronte won two gold medals in the Under-17 and Under-19 Female Ski Relays and claimed silver in the Under-17 Female Individual Ski event.

Adding to an already impressive year, Bronte has represented New South Wales in both surf lifesaving and sprint kayaking and is currently a member of the NSW Surf Life Saving Pathways Team.

With national titles, state representation, and now representing Australia, Bronte’s achievements are a credit to her dedication and hard work.



ALISON PENFOLD MP

FEDERAL MEMBER for Lyne

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