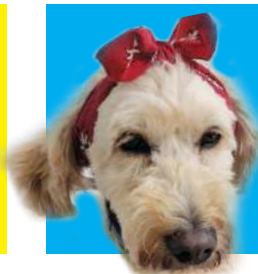


Mid North Coast
Business Award
Winners p3

Ted Bickford:
30 yrs of removing
grafitti p25



Star Pet
Gemmie p23



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Wednesday 5 August 2026

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Circulation 7,000 No. 152

Mental Health & Wellbeing Hub launched in Great Lakes

By Mary
Yule – Forster
Fortnightly

A new community-led mental health initiative has officially launched in the Great Lakes region with the opening of the 'Evolve Mental Health and Wellbeing Hub – Great Lakes' at Forster Neighbourhood Centre (FNC) on 28 July.



The new hub will provide a welcoming first point of contact for people experiencing distress, helping them access support before reaching crisis point without the need for an appointment or referral. Lake Street's FNC is open from 9am to 4pm on Monday, Tuesday and Wednesday, and from 9am to 12.30pm on Thursday and Friday.

The hub complements the wide range of services already available through FNC, including financial wellbeing support, child and family services, emergency food relief, no-interest loans and outreach partnerships.

"As the Great Lakes is a community that solves its own problems, we have rallied together with a shared passion to increase access to mental health services for people who need it most in our community," said Corinne Stephenson, Executive Officer at FNC.

Ms Stephenson said FNC had spent several years advocating for additional operational funding to meet growing demand for community services.

"For the last three years, Forster Neighbourhood Centre has advocated for core operational funding to meet the growing needs of the Great Lakes community," she said. "These requests have been met by government

Continued on page 4.



Above: Strictly Ballroom Dance Club hosted its annual winter ball with a "Ruby" theme at Club Forster on 31st July. Photo by Matilda Yule. More photos on p20 & 24.

Work starts on Manning Base Hospital



By Mary Yule - Forster Fortnightly

Construction of the long-awaited Stage 2 redevelopment of Manning Base Hospital has officially begun, with final plans announced at the hospital site on Monday by Emily Suvaal, Labor spokesperson for Myall Lakes representing NSW Health Minister Ryan Park, and John Barnard-Richardson, Hunter New England Local Health District's Executive Director of Infrastructure, Planning and Sustainability.

The redevelopment forms part of the NSW Government's \$180 million Lower Mid North Coast Health Service project, which includes construction of a new clinical services building at Manning Base Hospital in Taree.

The new building will include three storeys of inpatient accommodation, providing 84 beds across three wards, a six-bed coronary care unit, a fitted-out pharmacy and pathology service and a new mortuary and a short connecting spine linking the new facility with the existing hospital.

Hansen Yuncken has been appointed as the main works contractor following a competitive tender process. Construction is expected to be completed in 2028, with the hospital remaining operational throughout the build.

Continued on page 27.



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NEW
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Photos from Club Forster's 50th Anniversary on p14.

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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.

Mid North Coast businesses...



Above: Forster Tuncurry Business Chamber Committee (L-R) Simon Gould, Mia Gentz, Jessica Gray (President), Hector Luncenti, Mathew Fawcett (holding his trophy for Outstanding Young Business Leader), Marcus Hunt and Amelia Harris.

By Mary Yule - Forster Fortnightly

The MidCoast's business community gathered at Club Forster on Saturday 1st August 1 for the 2026 Coastline Bank MidCoast Business Awards, with an "Enchanted Evening" theme celebrating excellence and innovation.

Master of ceremonies Jessica Gray welcomed attendees on behalf of the Forster Tuncurry Business Chamber.

"On behalf of the Forster Tuncurry Business Chamber, it is our pleasure to welcome you to an evening celebrating the outstanding businesses and leaders that make the MidCoast great," she said.

"Tonight is about recognising innovation, resilience, hard work and the people who continue to shape our community. Every finalist should be incredibly proud of their

achievements and the positive impact they have on our region."

Ms Gray also thanked the awards' community partners, sponsors, judges, volunteers and committee members for their support before congratulating all finalists.

The night's highest honour, Business of the Year, went to Insure More, which also celebrated success with Matthew Fawcett named Outstanding Young Business Leader. Fawcett also received the Business Recognition Award, voted by fellow entrants.

Other major winners included Nate's Pizzeria, taking out both Best Customer Service and Best Professional Services Business, while Into the Wild Adventures claimed Excellence in Workplace Health & Wellbeing and Excellence in Diversity & Inclusion.

Continued on next page.

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...celebrated at 2026 Business Awards



Above: Insure More won the 2026 Business of the Year Award. Photos by Georgie Yule

Continued from previous page.

Hall of Fame honours were presented to Great Lakes FM for Voice of the Community and Club Forster for Legacy of Community Impact.

The People's Choice Service Award was won by Creative Shell, while Brush Turkey Books continued its successful evening by winning both Outstanding New Business and the People's Choice Product Award.

Award Winners

• **Best Customer Service**
Nate's Pizzeria

• **Best Hospitality Business**
Thirty Three Degrees

• **Best Personal Services Business (including Health & Wellbeing):** Glow Beauty Therapy

• **Best Professional Services Business**
Nate's Pizzeria

• **Best Retail Business**
Foodworks Hallidays Point

• **Best Education and Training Business**
Verto Self Employment Assistance

• **Outstanding New Business**
Brush Turkey Books

• **Best Visitor Experience (Tourism Business)**
The Original Tea Gardens Ferry

• **Outstanding Community Organisation**
Ronald McDonald House Family Retreat

• **Outstanding Business Leader**
Deb Hopper – LifeSkills

• **Best Innovation Business**
Releve Dance Collective

• **Best Sustainability Business**
Talking Point Timber

• **Best Trade Business**
Taree Pool Supplies



Above: Club Forster won the 2026 Hall of Fame – Legacy of Community Impact Award.

• **Business Recognition Award (Entrants' Choice):** Matthew Fawcett

• **Excellence in Workplace Health & Wellbeing**
Into the Wild Adventures

• **Outstanding Employee**
Beth Woolnough – Caring Care

• **Excellence in Diversity & Inclusion**
Into the Wild Adventures

• **Outstanding Young Business Leader**
Matthew Fawcett – Insure More

• **Hall of Fame – Voice of the Community**
Great Lakes FM

• **Hall of Fame – Legacy of Community Impact**
Club Forster

• **Business of the Year**
Insure More

• **People's Choice Award – Service**
Creative Shell



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New Mental Health & Wellbeing Hub launched in Great Lakes

Continued from page 1.

with the response that there is simply no more money.” Through support from the Great Lakes Suicide Prevention Network and the Kai Simon Fund, a dedicated mental health worker has now been funded at FNC for the next two years. The role will focus on crisis response, advocacy and connecting people with the support they need.

Kelly Kay founded the Kai Simon Fund following the death of her son Kai to suicide three years ago, to ensure others had somewhere to turn.

“After losing Kai, I said that I was going to do whatever it took to make sure there was a place where people could simply walk in and get the support they needed,” Ms Kay said. “Somewhere they could sit down, have a conversation and be connected to the right support before they reach a crisis point.”

She said Kai had always shown compassion for others and regularly checked in on friends who were struggling.

“This isn’t just about honouring Kai’s memory, it’s about continuing the care that he showed for other people every day,” she said.

FNC President Felicity Carter said the new hub would improve access to services by enabling more outreach providers to operate locally, reducing the need for residents to travel to larger regional centres.



Above: Speakers at the Mental Health & Wellbeing Hub launch (L-R) Brad Dunn, Felicity Carter, Corinne Stephenson, Kelly Kay, Mayor Claire Pontin and MP Tanya Thompson. Front - Aunty Janice Paulson (Board member FNC).

“Most people will recognise that Forster Tuncurry is effectively, in community services terms, a service black hole,” Ms Carter said. “Many of the large, funded organisations are based in either Newcastle, Taree or Port Macquarie.”

vulnerable in our community, helping them move forward safely,” she said.

The proposed facility will operate on a hub-and-spoke model, bringing together services including mental health support, financial wellbeing education, child and family assistance, cultural activities, social connection programs and specialist outreach services such as youth support, domestic and family violence assistance, homelessness support and legal services.

Initial concept designs are now underway, with the community invited to review the plans and provide feedback in the coming weeks.

Brad Dunn, from the established Evolve Hub in Charlestown, said the Great Lakes initiative represented an innovative approach to community service delivery.

“I don’t think we can understate this vision from Corinne and Kelly for the Great Lakes region,” Mr Dunn said. “This is going to revolutionise the way that community centres across Australia are built and how they’re managed. This will be a 100% community-owned and operated space

Watch this space...

“But it (new mental health service) doesn’t stop there,” Ms Stephenson said. “What started as a journey to find Forster Neighbourhood Centre a permanent home has evolved into something far more significant for this community.”

Ms Stephenson said many people may not know that a local family recently purchased a double block on the corner of West and Wallis streets before generously donating the land to FNC. It will become the site of a purpose-built, inclusive community hub designed to meet the region’s needs for decades to come.

“Currently known as the Great Lakes Regional Hub Project, yet to be given a more creative name, our shared vision is to create a one-stop-shop hub of holistic community and health services that wraps support around those most



Above: Smoking ceremony at the former Little Snail restaurant on West Street. Some rooms in this old building will be used by FNC staff until a new purpose-built building is funded and constructed on this site. Photos by Mary Yule.

that has all of those needs in one place, and sustainable as well.”

Seeking community partners

Ms Stephenson said FNC was now seeking community partners to help bring the vision to life.

“We are actively seeking community partners to come on this journey with us, whether they can support the project financially, undertake fundraising activities, volunteer their skills, come on board as a hub partner or contribute to a design that meets the diverse needs of the whole community,” she said.

“We want a range of mental health services and supports to be part of the Hub. If you want to come on board, please call the centre.”

“This is a very exciting time for the Great Lakes community, and I feel incredibly privileged to be part of a project that will have such a lasting impact for those who need it most. Watch this space...”



Cutting of the ribbon for the new mental health Hub at FNC.



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Pacific Palms VIEW Club's Xmas in July



The Pacific Palms VIEW Club have been having fun and raising funds for 31 years. Photos supplied.

By Deb Lawson - Pacific Palms Evening VIEW Club

The Pacific Palms Evening VIEW Club successfully hosted a vibrant "Après Ski" themed fundraising party on 22 July, bringing together a diverse collective of local women to support disadvantaged Australian children. The event brought a unique alpine flair to The Recky (Pacific Palms Recreation Club) with attendees dusting off their boots, vintage ski jackets, winter knits, and beanies for a lively evening of community connection.

All proceeds generated from the evening will directly benefit The Smith Family's Learning for Life program, supporting children and young Australians experiencing disadvantage.

Local businesses and generous guests enthusiastically came on board to ensure the evening's financial success, arriving with beautifully wrapped gifts that contributed to the monster community raffles. Their generosity helped create an exciting evening, with an incredible array of premium hampers, gift vouchers, and surprise items up for grabs.

A highlight of the evening was local naturopath Helena Marshall (pictured below left standing), who took the stage as the guest speaker while brilliantly embracing the theme as the evening's "ski lodge medic". Guests also enjoyed a series of lucky door prizes, entertaining games, giveaways and the excitement of the highly anticipated "100 Club" cash draw.

Small club, massive impact

Now celebrating an impressive 31 years of community service since forming in 1995, the Pacific Palms Evening VIEW Club remains a highly active and valued local network.

VIEW, which stands for Voice, Interests, and Education of Women, is a premier volunteer support framework across Australia, bringing women together to support The Smith Family's work with children and families experiencing disadvantage.

Despite holding the title of the smallest club in their zone, with just 30 passionate members, the Pacific Palms Evening VIEW Club

continues to achieve remarkable results. The club now proudly sponsors three Learning for Life students which directly supports their educational journeys.

The members remain committed to raising essential donations for The Smith Family programs while strengthening friendships and connections within the local community.

Join our collective

The Pacific Palms Evening VIEW Club warmly welcomes new faces and encourages women of all ages and backgrounds to become part of this dynamic local group. Whether you are new to the area or simply looking for a meaningful way to become involved in the community, your unique skills, experiences, and enthusiasm are welcome.

The Pacific Palms Evening VIEW Club meets regularly at The Recky. Women interested in joining can contact Robin on 0410 544 276 or email pacificpalmsview@gmail.com for upcoming meeting times and membership information.



Vietnam Veterans Day Memorial Service 18th August 2026



By Derek Hinde - Great Lakes Vietnam Veterans Association Sub-Branch

On behalf of the Great Lakes Vietnam Veterans Association Sub-Branch, we welcome all to attend our Memorial Service on Tuesday 18th August 2026 to be held at Belton Park, Little Street, Forster at 11am.

This day marks the 60th Anniversary of the "Battle of Long Tan", in South Vietnam which took place on the 18th August 1966.

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Shallow Bay Quarry DA refused by Councillors

By Julie Brady - Community Spokesperson Coomba Park

Around 20 Coomba, Shallow Bay and District residents spent a day at Yalawanyl Ganya (MidCoast Council) on Wednesday 29 July, representing the overwhelming number of residents who have for the last year objected vigorously to the quarry proposal.

The MCC staff recommendation was for refusal of the DA and the Councillors, with 3 exceptions, voted in favour of the recommendation. The residents commend Council staff for the report and the Councillors for that decision.

While the vast majority of residents are very happy with the decision, we were – appropriately – reminded that Council decisions are not based on the weight of community objections or any other factors. While Council will consider submitted documentation and arguments, the outcome is based on its own independent assessments.

In this case, Council officers agreed with community concerns about traffic and safety impacts on roads and intersections inadequate for that volume of heavy trucks; noise impacts of truck movements and ongoing operations;

environmental impacts of vegetation removal and other indirect impacts of operations; air quality impacts of dust emissions; non-compliance with the Draft LEP; the lack of balance between public benefits and adverse impacts; conflicts with existing and future adjoining land uses; and non-compliance with State Environmental Planning Policies (SEPP).

An impressive list!

The Community Spokesperson (the author of this article) made it clear that the community does not object to a quarry, just the supremely inappropriate location of this quarry.

On behalf of a significant majority of the community, she implored the Councillors to: think about how future generations would view their decision; prevent ongoing noise and light pollution harming wildlife and habitat; and secure the safety on our local rural roads for generations of Coomba and Shallow Bay kids and hundreds of residents.

Mayor Pontin congratulated all attending on the courteous and respectful way they had conducted themselves, noting this is not always the case. A compliment, as well as a great outcome, for the community.

MidCoast Council meeting summary: 29 July 2026



Shallow Bay quarry proposal

A proposed quarry at Shallow Bay will not go ahead after Councillors determined it would have unacceptable impacts on traffic, road safety, noise, air quality, had ecological concerns, was incompatible with the environment and was not in the public interest. The application received 145 submissions of which 143 were objections.

(See article above)

Wingham Urban Release area 1

The proposal to rezone about 63 hectares of land on Wingham Road for future residential development was endorsed by Councillors and referred to the NSW Department of Planning, Housing and Infrastructure for finalisation.

Northern Gateway Transport Hub Master plan endorsed

The revised master plan for the Northern Gateway precinct at Cundletown focuses solely on the transport and logistics precinct following the earlier adoption of the Taree Regional Airport Strategic Plan. The master plan provides long-term strategic direction for future freight, logistics and employment opportunities.

Recurrent funding & small donations support community groups

Recurrent funding outcomes for the 2025-2026 financial year showed how Council funding has benefited 40 different organisations.

Five community organisations received funding for local projects for the period January to June 2026. These included the Gloucester Basketball Association, Killabakh Community Association and Wingham Netball Club.

Reservoir renewal package

Wingham, Harrington and Krambach reservoirs will receive improvements to their reliability and long-term performance after Council awarded the contract for the renewal package to McElligotts Pty Ltd.

Kiarrak Off River Water Storage Project

The design services contract for the Kiarrak Off River Water Storage Project was awarded to SMEC subject to contract negotiations. Council also awarded the Environmental Impact Assessment Services contract to GHD. The project continues to progress as a key component of MidCoast's long-term water security planning.

July Flood Recovery Transport Update

Councillors received the latest update on the May 2025 flood recovery program. The estimated reconstruction program is now valued at approximately \$288 million and includes repairs to roads, bridges, landslips and drainage infrastructure.

Current priorities include progressing submissions through the NSW Reconstruction Authority, advancing the replacement of the Bight and Tiri Bridges, and preparing additional reconstruction packages for roads and bridges across the region

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

The next Council meeting is at 1pm on Wednesday 19 August

HSC study nights



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Our Taree and Forster Libraries will remain open after hours throughout term 3, providing a supportive space for senior students to revise, prep with friends, or just knuckle down on their own.

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• Free wifi and study support

Forster Library

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Term 3: 5 August, 12 August, 19 August & 26 August

Taree Library

Tuesdays: 5 to 8pm

Term 3: 11 August, 18 August & 25 August

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FORSTER FORTNIGHTLY

5 August 2026

Community News

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Page 9

Census Night is Tuesday 11 August 2026

Information sourced from the Australian Bureau of Statistics (ABS).

Since 1911, the Australian Bureau of Statistics (ABS) has conducted the Census of Population and Housing every five years, regardless of which political party is in government. The Census provides an important snapshot of Australia and its people, helping governments, businesses, and community organisations make informed decisions about the future.

The information collected is used to plan and fund essential services and infrastructure, including:

- Schools and education services
- Hospitals and health care

- Public transport and roads
- Housing and community facilities
- Emergency services
- Services for older Australians, families, and people with disability

will begin receiving instructions on how to complete the Census. If you already know where you will be on Census night, you can complete your Census online as soon as you receive your instructions.

Everyone who is in Australia should be counted where they will be staying on the night of Tuesday, 11 August 2026.

Local Pop-up Hub – Forster

Need assistance completing your Census? Visit the local Census Pop-up Hub, where trained Census staff will be available to answer questions, provide information, help you complete your Census, and supply paper Census forms if required.

When is the Census?

Census Night is Tuesday, 11 August 2026. From late July 2026, households across Australia

Get behind Jeans for Genes Day – Thursday 6 August

Above: Local Genetic Counsellor Bruce Hopper.

Hunter New England Local Health District-Lower Mid North Coast

The community is being encouraged to pull on their favourite pair of jeans and support Jeans for Genes Day on Thursday, 6 August 2026, helping raise funds for vital genetic research that is changing the lives of Australian children and families.

Across the Manning and Great Lakes region, Jeans for Genes Day badges will be available from a number of local outlets, including health facilities, giving community members an easy way to show their support.

Local Genetic Counsellor Bruce Hopper said advances in genetic technology are transforming the way inherited conditions are diagnosed and managed.

"The pace of genetic technology is advancing remarkably quickly. Today we are able to test many more genes, in much greater detail than ever before, helping more families find the underlying genetic cause of conditions that may have affected generations of their family."

"This is a particularly exciting time to be involved in genetics," Mr Hopper said. "The research being undertaken today has the potential to improve the lives of children and families for generations to come. Every badge purchased and every donation made helps move that research forward."

For more information or to donate, visit: www.jeansforgenes.org.au

It's time to complete your Census.

Every answer matters

If you know where you'll be on **Census night, Tuesday 11 August**, you can complete the form for your household as soon as you get your instructions. Complete online, on paper or with help from us.

 census.abs.gov.au

Census

Authorised by the Australian Bureau of Statistics, Canberra



Repairs to Tuncurry Breakwall

Statement from Transport for NSW

Repair works are underway on the southern side of the Tuncurry breakwater following damage caused by severe weather and river flooding in May 2025.

The works include the placement of approximately 1,000 tonnes of new rock armour to strengthen and restore the breakwater and ensure it

continues to provide a safe and resilient piece of public infrastructure.

Repairs have also been undertaken to sections of the breakwater pathway affected by the storm event, helping to improve safety for pedestrians and maintain access for the community.

The current works are focused on strengthening and stabilising the breakwater, supporting its long-term resilience and ensuring it continues to serve the community for years to come.

Worked commenced on 22 July and is expected to be finished by the 7 August.

Road closures for Forster running event

The annual Forster Running Festival will be held on Sunday 16th August from 6:30am – midday with over 2,000 runners and walkers participating.

The event will be staged at the Forster Beach precinct and spans from the Tuncurry Breakwall, Forster Breakwall, Forster Beach and the Bicentennial Walk at Pebbly Beach.

There will be a number of car park closures and roads affected during the event with partial and full closures over the course of the weekend.

Car Park Closures Sunday 16th August

- Forster Beach carpark off Beach Street from 4am to 1pm

Road Closures Sunday 16th August

- North St (Forster Beach Precinct) - will be partially closed from 4am to 2pm between Beach St & West St. A contraflow will be in place for local resident access.

- Forster Breakwall Boat Ramp – There will be intermittent access from 6am to Midday.

- Ray Street, Pallman Street and Leo Amato Close in Tuncurry (near the Wallis Lake Fisherman's Co-op) will have runners crossing from 6am to 11:30am.

Help locals hit the brakes on homelessness

SLEEP IN YOUR CAR

SATURDAY 8th AUGUST

SPONSOR CHRIS NOW

I'VE COMMITTED TO SLEEPING IN MY CAR OVERNIGHT THIS AUGUST – ITS A BAD NIGHT'S SLEEP FOR A GOOD CAUSE.

I'VE JOINED SLEEP IN YOUR CAR TO RAISE AWARENESS AND VITAL FUNDS TO HELP FAMILIES FIND A SAFE HOME.

I'D LOVE YOU SUPPORT TODAY BY CONTRIBUTING TO THE LIFE-CHANGING SERVICES BY MISSION AUSTRALIA.

MISSION AUSTRALIA

Sponsor me now

I'm sleeping in my car to help those who don't have a choice. Help me hit the road on homelessness now by scanning the QR code and donating to my page.

Mission Australia's 'Sleep in your Car'

Chris Lambie (Club Duty Manager at Tuncurry Beach Bowling Club) and Terry Green (Head of Community Engagement) are sleeping in the Tuncurry Beach Bowling car park this Saturday night on 8 August. Chris will be sleeping in his Volks Wagon while Terry will sleep in the Club's ute.

Sounds uncomfortable, right? But it's a unique event that's raising awareness and funds to help end homelessness. The funds raised support the life-changing services provided by Mission Australia.

Anyone wishing to contribute to our major fundraiser would be much appreciated. Rain, hail and moon shine, please donate by using the QR code or drop into our Club's reception.

Thank you to everyone who has already donated to support families who are searching for a safe place to call home. Thank you to everyone that is about to donate.

Why not come to the Club's northern end car park and tuck us in on Saturday 8 August!

SLEEP IN YOUR CAR

SATURDAY 8 AUGUST

MISSION AUSTRALIA

SUPPORT TERRY GREEN WHO HAS COMMITTED TO SLEEPING IN THE UTE.

Your donation helps raise vital funds and awareness to support families searching for a safe place to call home!

I'm hitting the road during August & September to meet face to face with constituents, listening to your concerns.

Your voice matters

I look forward to meeting you, no appointment required.

Awards presented to local Red Cross volunteers



Above: (L-R) Judy Muscio and Team Leader Judith Jackson. Photos supplied.

By Judith Jackson - Emergency Services Red Cross

Two awards were presented at a recent get-together for Australian Red Cross Emergency Services volunteers from the Forster-Tuncurry and Greater Taree areas.

Recognition of Judy Muscio

The first award was presented to Judy Muscio in recognition of 10 years of voluntary service with Red Cross. Service medals are awarded every 10 years to volunteers, members, and staff.

Judy has served her community with dedication, supporting people during flood and fire evacuations and at recovery centres. Having experienced the impact of these events with her own family, Judy brought understanding and compassion to her work, helping local people identify the support they needed during difficult times.

Red Cross and the community deeply appreciate Judy's commitment and service.

Recognition of Anne Lambert

The second award was a NSW Red Cross Service Award, a distinction rarely presented among local volunteers. It was awarded to Anne Lambert in recognition of her exceptional and selfless dedication as an Emergency Services volunteer in the local area.

Anne has volunteered with Australian Red Cross for more than 25 years and has played a vital role in responding to two major recent emergencies in the Manning district. During the floods and fires, she contributed more than 344 volunteer hours to support community members at their most vulnerable.

As a long-time Wingham local, Anne went beyond the expectations of her volunteer role. After the evacuation centre closed and before recovery centres became operational, she continued to follow up with people who needed support.

Anne is a highly deserving recipient of this award and continues to care for and serve her community through her volunteer work.

Volunteers Needed

As climate-related emergencies become more frequent, our volunteers remain essential to supporting affected communities. We currently have eight trained Emergency Services volunteers serving the local Red Cross area, covering trauma events from Bulahdelah to Harrington. During the recent floods, once access was possible, and throughout the recovery phase, Red Cross volunteers from across Australia came to help.

Right (L-R) Judith Jackson & Anne Lambert.

Red Cross is actively seeking new volunteers to train for Emergency Services roles in the local area.

"As climate-related emergencies become more frequent, our volunteers remain essential to supporting affected communities. We currently have eight trained Emergency Services volunteers serving the local Red Cross area, covering trauma events from Bulahdelah to Harrington."

For people with limited time, Red Cross also offers a casual volunteering option. This role requires only minimal training and allows volunteers to attend local centres when support is needed and when they are available.

If you would like to help your community during disasters, please visit the Australian Red Cross website and review the volunteering information.



Tanya's Community Update



What a wonderful fortnight it's been across Myall Lakes. Like many of you, I've enjoyed getting out and about across our electorate, making the most of the beautiful winter sunshine and catching up with so many people at community events.

It was a pleasure to spend time with the wonderful ladies from the Great Lakes Probuss Club last week. We had a fantastic discussion about some of the key issues facing our community, including health services, our local roads and the challenges facing businesses. Probuss plays such an important role in bringing people together, reducing social isolation and creating lasting friendships.

I would also like to congratulate the Forster Neighbourhood Centre on the official launch of the Evolve Mental Health and Wellbeing Hub. This wonderful initiative expands the support available to people in our community and is the result of an incredible collaboration between the Kahi Simon Fund, the Great Lakes Suicide Prevention Network and the Forster Neighbourhood Centre. Seeing the vision become a reality was incredibly inspiring, and I have no doubt the hub will make a real difference to many lives.

This week I'm back in Parliament, where I'll continue fighting for the issues that matter most to our region. I'll be pressing the Government for answers on funding that has been promised to our community and advocating for the investment Myall Lakes deserves. Communities like ours shouldn't have to fight harder simply because we're regional, and I'll continue making sure the voice of the Myall Lakes is heard loud and clear in Sydney.

Tanya Thompson MP

MANNING ST MEDICAL

HOPE SKIN CANCER & GP CLINIC

We're proud to be a sponsor of the 2026 Forster Run Fest!

At Hope Skin Cancer & GP Clinic, Manning St Medical, and Hope laser & Beauty clinic, we're passionate about supporting initiatives that encourage our community to stay active, healthy and connected. That's why we're excited to be supporting this year's Forster-Tuncurry Run Fest on Sunday 16th August 2026.

Whether you're taking on the marathon, half marathon, 10km, 5km or joining the family fun run, we'll be cheering on every participant from the sidelines.

Looking after your health doesn't stop at the finish line. Our experienced team is here to support you with:

- Bulk Billed GP Consultations
- Sports & General Health Care
- Skin Checks
- Referrals
- Injury Assessments
- Preventative Health Care
- Laser and Beauty

See you at Run Fest!

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8.30AM TILL 5.30PM

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Tanya THOMPSON MP

Member for Myall Lakes

VILLAGE VISITS

I'll be visiting YOUR TOWN SOON

I'm hitting the road during August & September to meet face to face with constituents, listening to your concerns.

Your voice matters

I look forward to meeting you, no appointment required.

1-9 Manning Street, Tuncurry

myalllakes@parliament.nsw.gov.au

02 6555 4099

tanyathompson.com.au

TanyaThompsonForMyallLakes

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

DATE	TIME	LOCATION
Wednesday 19th August	10:00am	MONDROOK Mondrook Hall
	11:15am	TINONEE Tinonee Hall
	1:15pm	BURRELL CREEK Burrell Creek Hall
Thursday 20th August	10:00am	KILLABAKH Killabakh Town Hall
	12:00pm	MOORAL CREEK Moorall Creek Hall
Friday 21st August	9:30am	WINGHAM Wingham Memorial Hall
	11:30am	CAFFREYS FLAT Caffreys Flat Hall
	1:00pm	MOUNT GEORGE Mount George Hall
Tuesday 25th August	10:00am	WHERROL FLAT Wherrol Flat Hall
	11:35am	MARLEE Marlee Hall
	1:30pm	BOBIN Bobin Hall
Wednesday 26th August	11:30am	LANSDOWNE Lansdowne Hall
	1:00pm	UPPER LANSDOWNE Upper Lansdowne Hall
Thursday 27th August	10:00am	WOOTTON Wootton Hall
	11:30am	BULAHDELAH Bulahdelah Bowling Club
	1:15pm	NERONG Nerong Community Hall
Monday 31st August	10:00am	BUNYAH Bunyah Community Hall
	11:30am	NABIAC The Artisan Farmer
	1:30pm	KRAMBACH Commercial Hotel
Tuesday 1st September	10:00am	TAREE Taree Universities Campus
	11:30am	CUNDLETOWN Cundletown Hall
	1:00pm	CROKI Croki Reserve

Manning - Great Lakes Police District Update

By Chief Inspector Timothy Bayly - OIC Forster Police Station

Dear Readers

The hard work of local police through the first half of 2026, has seen a decline in serious injury and fatal motor vehicle crashes across the Manning Great Lakes Police District. However, we can never relax our attention away from road safety strategies. One of these is the education of drivers. Accordingly, it is important I bring to your attention the below road safety information and tips (thanks to towardszero.nsw.gov.au):

Two thirds (67%) of fatalities on NSW roads occur on country roads

Driving in regional, rural and remote areas of NSW can be a challenging task. Environmental factors such as poorer road condition and design, higher speed limits, increased roadside hazards and few public transport or other options contribute to a greater risk and severity of a crash on regional roads. Behaviours such as speeding, driving tired and drink driving also play a role. Understanding these unique challenges is essential before you set off on your drive.

The facts:

- Around 81% of all fatal crashes on country roads involve local residents.
- Around 78% of all country fatal crashes occur on roads with a speed limit of 80km/h or more, with 47% occurring in 100km/h zones.
- Speed is a factor in 44% of all fatal crashes on country roads, followed by fatigue (24%) and illegal alcohol (18%).

Driving on country roads

High speed roads

Roads between regional towns are often single lane and high speed. Higher speeds and fewer safety measures such as barriers mean that country roads are less forgiving in a crash. Speeding, particularly on curves, is a key issue

on country roads. Slow down when approaching curves and intersections, always stay under the speed limit, follow advisory speed signs and drive to the conditions. Driving along stretches of straight road may lead to a loss of concentration, and long hours behind the wheel will result in physical and mental fatigue. During a four-second microsleep, a car travelling at 100km/h will travel 111 metres while completely out of the driver's control. Plan regular rest breaks on long trips or if you are feeling tired, take a break and have a nap – 20 minutes works best.

Narrow and unsealed roads

Many country roads are narrow, with many curves and lack more advanced safety features found on highways and motorways. On narrow roads it may be necessary to drive slower than the speed limit. Some country roadsides have unsealed shoulders. Vehicles that leave the road are at risk of losing control and crashing. Slow down in these road environments and drive to the condition of the road. Some country roads aren't sealed – you'll drive on surfaces made of gravel, sand or dirt. Driving on unsealed roads can be challenging – tyres can lose traction and loose dirt and gravel can be thrown up by other vehicles. On unsealed roads vehicles take longer to stop and are harder to control and all vehicles are at risk of skidding, sliding or rollover. When driving on unsealed roads, slow down and increase the distance between you and other vehicles.



Above: Inspector Timothy Bayly.

Essential tips:

Choose the best route

Ensure your vehicle is fit for the route and roads you intend to take. Travel on the safest route. Always plan your route and prioritise roads with better safety features such as major highways. Motorways and major highways generally have barriers to prevent cars from running off the road and hitting objects such as trees or colliding head-on with other vehicles. These safety features are usually not present on local roads.

Drive at safe speeds

Stay under the speed limit, follow advisory speed signs, drive to the weather and road conditions, and always keep a safe distance between you and the vehicle in front. Avoid driving when tired Watch out for the early warning signs of tiredness. These include yawning, difficulty concentrating, feeling drowsy, experiencing slow reaction times, sore/tired eyes, restlessness, boredom or oversteering. Pull over for a break in a safe place if any of these signs appear.

Wear your seatbelt

Always wear your seatbelt and ensure all passengers are wearing theirs.

Don't drink alcohol and drive

If you plan to drive, don't drink alcohol. Always have a Plan B to get home safely if you intend to drink. Don't drive after taking illegal drugs Don't take any illegal or illicit drugs if you plan to drive and check if any medications you are taking could affect your driving. In NSW, it is illegal to drive with any amount of illegal drugs in your system. Illegal drugs can be detected in your saliva by a mobile drug test (MDT) for a significant time after drug use, even if you feel you are OK to drive.

Avoid being distracted

Being distracted when driving, such as by a mobile phone, increases the risk of a crash. It is illegal to use a hand-held phone while driving. If using a hands-free mobile phone, drivers must comply with the mobile phone rules for their licence type. The safest thing to do is avoid using a mobile phone at all while driving. This could include parking somewhere

safe to make or answer a phone call or using a 'do not disturb' function on your phone while driving. If in-car phone use is necessary and you hold a full (unrestricted) licence, put your phone into a mobile phone holder or connect your phone to your vehicle's Bluetooth function.

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



Women's Shed Forster Tuncurry keeps growing



(L-R) Coordinators Pene Dobell-Brown, Vicki Demiss and Cheryl Gittens.

By Mary Yule – Forster Fortnightly

What began as a small gathering of women outside the Forster Neighbourhood Centre in July 2023 has grown into a thriving community group, with around 40 women now attending the Women's Shed Forster Tuncurry's fortnightly gatherings at the Wang Wauk Room in the Forster Civic Centre.

On Tuesday, 22 July, the room was filled with women creating colourful earrings, necklaces and bracelets, chatting and laughing as they worked.

Cheryl Gittens is one of four volunteer coordinators who now run the Women's Shed alongside Vicki Demiss, Ingrid Holden and Pene Dobell-Brown.

The group was established by the Forster Neighbourhood Centre, with project officer Tamara Clarke leading the first meeting on 26 July 2023 outside the front of the centre. It was created to provide a safe place for women to connect, learn new skills and build friendships.

When funding for Tamara's role ended, the future of the group was uncertain.

"We lost funding for Tamara two years ago, so Tamara spoke to three of us about taking over if we felt like it," Cheryl said. "Vicki Demiss, Ingrid Holden and myself took it over and we've since added another person because it's grown so dramatically, Pene Dobell-Brown. We've just been running it ever since."

"It's gone from small groups of sometimes fewer than five up to now, today, 40. So we must be doing something right."

The volunteer coordinators meet each month to plan activities for the following school term, with sessions ranging from jewellery making and craft projects to other creative pursuits suggested by members.

The Women's Shed has become much more than a craft group.

According to coordinator Vicki Demiss, women from all walks of life have found new friendships while learning new skills.

"People come from all different backgrounds," Vicki said. "A lot of them have come up from Sydney to retire and they're a bit lost, wondering what to do with themselves."

"They all think they can't do any art or crafts, but when they come to the shed they find they've got far more skills than they thought they did originally."

"A lot of friendships have grown out of the shed. They're all beautiful women. It's the best group I belong to."

Running the fortnightly sessions takes preparation, but Cheryl said careful planning keeps everything running smoothly.



The Womens's Shed met for the very first time in 2023. Photos by Mary Yule.



Women enjoying the popular jewellery making day.

Forster Community Garden off Little Street, with plans including an amenities shed for use by different volunteer groups.

"The Forster Neighbourhood Centre is redoing the gardens down along the foreshore and they're actually going to put in a shed, so potting and garden care and things like that will be accessible to our group," she said.

In the meantime, the group is grateful for the support of MidCoast Council, which provides the Wang Wauk Room at the Forster Civic Centre for its fortnightly meetings.

To join in a day of learning new skills, meeting some lovely women and having a cuppa, see the Women's Shed Forster Tuncurry under 'Wednesday' in the Weekly Diary on page 22 and keep up to date on their Facebook page.

"We're pretty well organised before we come in and we know what we're doing and how we're going to do it. We all help out whoever is presenting on the day."

Although it is called a Women's Shed, the group does not yet have a shed of its own.

That may soon change...Cheryl said the Forster Neighbourhood Centre is redeveloping the

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Monday
Monday Curry Night \$15



Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
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Specials not available during school holiday periods.

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

Wednesday
Raffles from 6pm
Club Super Draw from 6pm
220gr Scotch Fillet Steak w/Chips & Salad \$25



Crawfish Stew
Fri 7th August



No Control
Fri 14 August

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

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

Friday
Raffles from 6pm
Super 100 Draw after Raffles
Mega Pie Lunch & Tap Beer \$20
Fresh Fish Friday Night \$34
Live Music Every Friday 8pm

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

Check in for our monthly bar specials



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



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Photos from the 50th Anniversary Celebrations of Club Forster during July 2026.



What's On club forster

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PERFORMED BY Wild Things Run

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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

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The Grin Bin



Doodley Squat



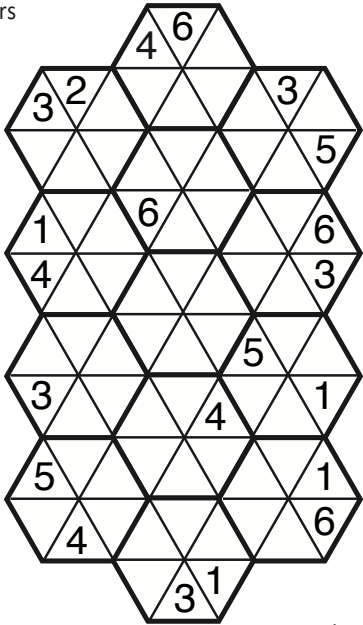
Sudoku

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

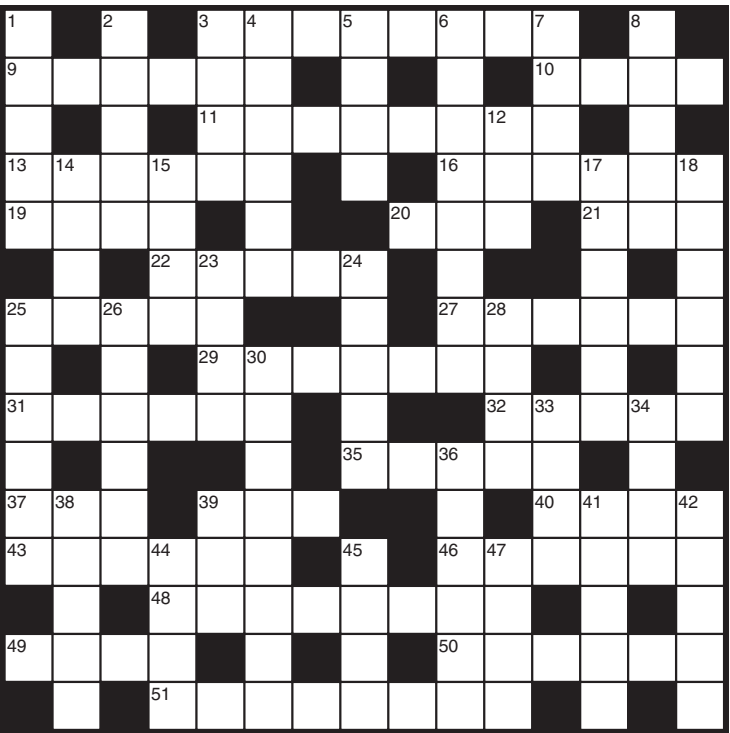
	2		7	4			8	
							5	
7	1			8				
1						7		6
3				1			9	
			8					
				7	9			
	9	6			5	2	8	
	5				1			

Quick Workout

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



Crossword



- ACROSS

3 Writes music

9 Large vulture

10 American state

11 Make fun of

13 Performing

16 Leave off

19 Look narrowly

20 Say further

21 Present

22 Interior

25 Concise

27 Keep

29 Propose as suitable

31 Mechanical men

32 Pancake

35 Supple

37 Metal-bearing rock

39 Church seat

40 Dry

43 Steering device
- 46 Hallowed place

48 Begin

49 Speaker's platform

50 Locomotive

51 Loftiness
- 24 Kingly

25 Extreme fear

26 Applied friction to

28 Eat into

30 Conducting to seats

33 Bring up

34 Suffering

36 Samples

38 Buccolic

39 Female swan

41 Unbending

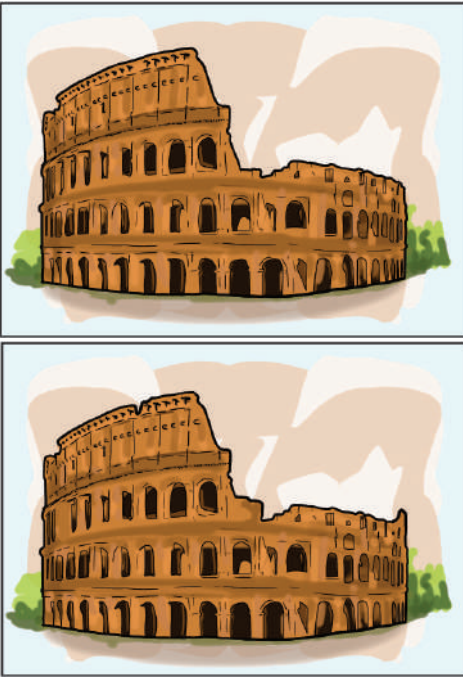
42 Postpone

44 Container

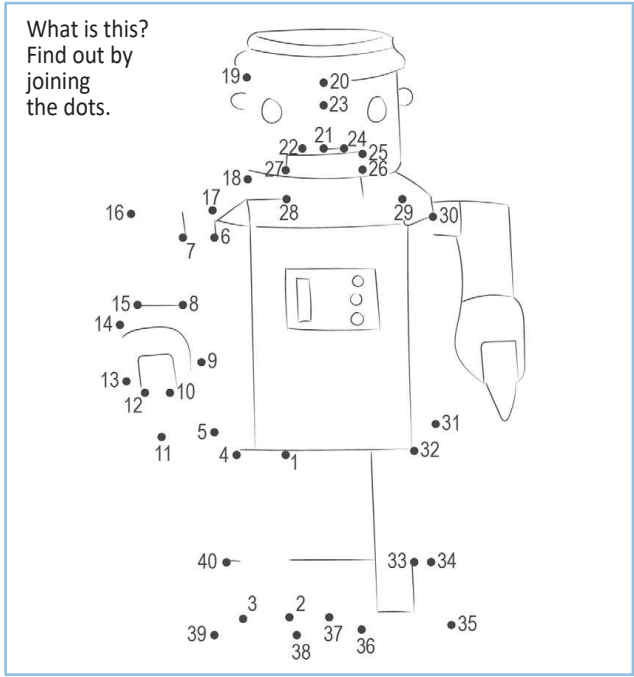
45 Bearing

47 Female fowls

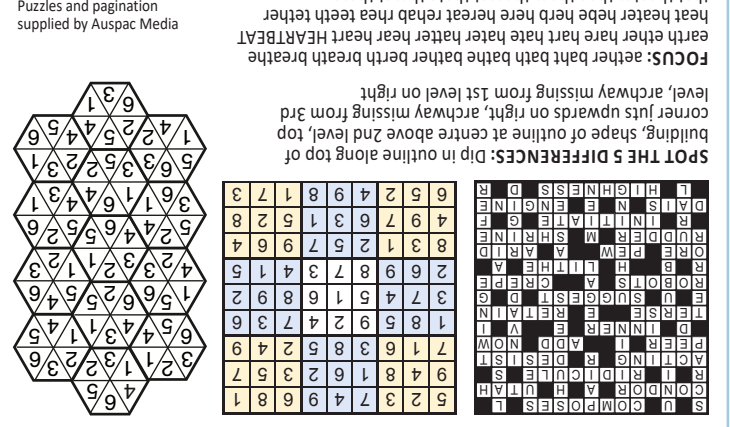
Spot the 5 Differences



Join the Dots



Solutions



YOUR FORTNIGHTLY TV GUIDE

August 5 - 11

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 2.30 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 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. 12.00 Murdoch Mysteries. 12.45 Long Lost Family. 1.30 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.00 Cycling. Tour de France Femmes. H'lights. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.40 Titanic Sinks Tonight. 9.45 Six Four. 10.40 Cycling. Tour de France Femmes. 2.15 While The Men Are Away. 3.20 Before We Die. 4.15 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Pendlebury: SP433. 10.30 The Agenda Setters. 11.30 The Fall And Rise Of Reggie Dinkins. 12.00 Stumble. 12.30 Everything I Know About Love. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 The Block. 1.00 Taronga. Who's Who In The Zoo. 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. 8.40 The F Ward. 9.40 9News Late. 10.10 Freddy And The Eighth. 11.10 Accused: Guilty Or Innocent? 12.00 Tipping Point. 1.00 Destination WA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 The Traitors Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 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 Boston Blue. (M) 10.00 News. 11.00 Cheap Seats. (M) 12.00 10 News+. 12.30 Shopping.
THURSDAY	6.00 Morning Programs. 11.25 Dr Karl's How Things Work. 12.00 News. 1.00 Believe Me. 1.45 Back Roads. 2.15 Home Delivery. 3.00 Race Around The World. 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. 10.20 News. 10.35 The Business. 11.00 Frankie Drake. 11.35 Long Lost Family. 12.25 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 3.00 Going Places. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 Spain With Michael Portillo. 8.30 Searching For France. 9.20 Say Nothing. 10.10 SBS News. 10.40 Guillaume's Paris. 11.45 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 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. 7.30 Highway Patrol Special. (PG) 8.30 Air Crash Inv. (PG) 9.30 Ron Iddles: The Good Cop. (M) 10.30 Australia's Most Dangerous Prisoners. 11.30 Motorway Patrol. 12.00 Mr Robot. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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. Titans v North Qld Cowboys. 9.55 NRL Thursday Night Footy Post-Match. 10.40 9News Late. 11.10 Ski Rescue Down Under. 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. 10.30 The Traitors Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 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 Dog House Aust. (PG) 8.30 NCIS: Sydney. (M) 9.30 News. 10.30 Big Bang. (M) 11.30 10 News+. 12.00 Shopping.
FRIDAY	6.00 Morning Programs. 9.00 Better Date Than Never. 11.00 Race Around The World. 12.00 News. 1.00 Portrait Artist Of The Year. 1.45 Treasure & Dirt. 2.55 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 Gardens. 8.35 Saint-Pierre. 9.20 Spicks And Specks. 9.50 Would I Lie To You? 10.20 News. 10.40 New Zealand Spy. 11.05 Murdoch Mysteries. 11.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 3.00 Nula. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 The Good Ship Murder. 8.30 WWII With Tom Hanks. 10.10 SBS News. 10.40 Guillaume's Paris. 11.20 Cycling. Tour de France Femmes. 1.15 Bowraville Murders. 3.30 Before We Die. 4.25 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Your Money & Your Life. (PG) 1.30 The Great Outdoors. (PG) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.00 MOVIE: Shotgun Wedding. (2022) (M) Jennifer Lopez. 9.10 The Voice. (PG) 10.10 The Voice. (PG) 11.10 Eyewitness. (MA15+) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Polar Opposites. (2025) 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. Roosters v Canterbury Bulldogs. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Rush Hour 2. (2001) (M) 12.40 Resident Evil. (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 Farm To Fork. 10.30 Ent. Tonight. 10.50 MasterChef Aust. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? 9.30 News. 10.30 Big Bang. 11.30 10 News+. 12.00 Shopping.
SATURDAY	6.00 Race Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Race Vault Guest Programmer. 12.00 News. 12.30 Grantchester. 1.15 Father Brown. 2.00 Saint-Pierre. 2.55 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 Grantchester. (PG) 8.20 Father Brown. (PG) 9.05 Doc Martin. (PG) 9.50 Believe Me. (M) 10.40 Little Disasters. (M) 11.30 Rage. (MA15+)	6.00 Morning Programs. 3.30 Lisbon & WWII: Spies, Gold And Diplomacy. 4.30 Cycling. Tour de France Femmes. H'lights. 5.30 WWII Women On The Frontline. 6.30 News. 7.30 Prince William & Life In Pictures. 8.25 Britannia: The Queen's Ship. 9.25 MOVIE: Call Me Kate. (2023) 11.05 Those Who Stayed. 11.45 Cycling. Tour de France Femmes. 2.15 Those Who Stayed. 3.10 Osher Günsberg: A Matter Of Life And Death. 4.30 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. The Valley at Caulfield Heats. 1.00 Stakes Day. Saturday Race Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 Better Homes And Gardens. 8.00 The Great Outdoors. (PG) 8.30 MOVIE: Jurassic World. (2015) (M) Chris Pratt. 11.00 MOVIE: Beast. (2022) (MA15+) 1.00 Eyewitness. (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 2.30 NRLW Wrap. 3.15 Rugby League. NRL. Women's Premiership. Cronulla Sharks v Titans. 5.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 Rugby League. NRL. South Sydney Rabbitohs v Eels. 9.25 NRL Saturday Night Footy Post-Match. 10.00 MOVIE: Honest Thief. (2020) 11.55 Wild Cards. 12.55 Space Invaders. 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 Reel Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 All 4 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 MasterChef Aust. 11.30 The Traitors Australia. 1.00 Pooches At Play. 1.30 Country House Facelift. 2.00 Farm To Fork. 2.30 Deal Or No Deal. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 The Dog House Australia. (PG) 7.30 Love It Or List It Australia. 9.50 Airport 24/7. (PG) 10.50 Ambulance Australia. (M) 11.50 FBI. (M) 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 10.05 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Prime. 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. 9.30 Believe Me. 10.20 Grantchester. 11.10 Father Brown. 11.55 Rage. 2.45 Poi's Kitchen Lends A Hand. 3.10 Doc Martin. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 3.00 Going Places. 3.40 Cycling. Tour de France Femmes. H'lights. 5.30 WWII Women On The Frontline. 6.30 News. 7.30 Alexander The Great: Legendary Conqueror. 8.25 Secret Weapons Of China's First Emperor. 9.25 Castle Secrets. 10.20 Kennedy. 11.10 Guillaume's Paris. 11.40 The Throwback. 11.55 Cycling. Tour de France Femmes. 3.45 Junior Doctors Down Under. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 TBA. 12.30 Jabba's Movies. 1.00 Football. AFL. GWS Giants v Gold Coast Suns. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The 1% Club. (PG) 8.10 7NEWS Spotlight. 9.10 The Disappearance Of Grace Millane. (M) 11.10 The Suspects: True Australian Thrillers. (M) 12.10 Curfew. (MA15+) 1.10 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.00 NRL Sunday Footy Show. 11.30 Rugby League. NRL. Women's Premiership. Canberra Raiders v Broncos. 1.30 Rugby League. NRL. Women's Premiership. Dragons v Tigers. 3.30 Rugby League. NRL. Dragons v Cronulla Sharks. 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 Zist. 12.50 Drive Review. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 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 My Market Kitchen. 8.30 Food Trail: South Africa. 9.00 Cook With Luke. 9.30 GCBC. 10.00 Good Food Everyday. 10.30 Farm To Fork. 10.30 MasterChef Aust. 12.30 The Traitors Australia. 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+. 7.00 MasterChef Australia. (PG) 9.00 The Traitors Australia. (PG) 12.00 10 News+. 12.30 Shopping.
MONDAY	6.00 Morning Programs. 2.00 Back Roads. 2.25 Home Delivery. 2.55 Race Around The World. 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Foreign Correspondent. 10.05 News. 10.20 The Business. 10.40 Murdoch Mysteries. 11.25 Long Lost Family. 12.10 Rage. 2.45 Gardening Aust. 3.45 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 3.00 Going Places. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. Tour de France Femmes. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Scandinavia With Simon Reeve. 8.40 24 Hours In Emergency. 9.35 Alone Australia. 10.45 SBS News. 11.15 Gomorrah. 1.30 The Royals: A History Of Scandals. 3.00 Junior Doctors Down Under. 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. (PG) 7.30 The Voice. (PG) 9.00 The Rookie. (M) 10.00 The Agenda Setters: Rugby League. 11.10 The Agenda Setters. 12.00 New Amsterdam. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The 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) 8.45 100% Footy. (M) 9.45 9News Late. 10.15 Outback Opal Hunters. (PG) 11.15 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 Farm To Fork. 10.30 Ent. Tonight. 10.50 MasterChef Aust. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 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 Shopping.
TUESDAY	6.00 Morning Programs. 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 Foreign Correspondent. 8.30 Kitchen Cabinet. 9.05 The Assembly. 9.50 Compass. 10.15 News. 10.30 The Business. 10.50 Four Corners. 11.35 Media Watch. 11.50 Murdoch Mysteries. 12.35 Long Lost Family. 12.10 Parliament. 2.20 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 2.00 The Royals: A History Of Scandals. 3.00 The Cook Up. 3.35 Agatha's Story. 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 Mozart! Mozart. 1.10 Blackwater. 3.25 The Royals: A History Of Scandals. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 Voice. (PG) 8.45 Ramsay's Kitchen Nightmares USA. (MA15+) 9.45 The Agenda Setters. 10.45 Happy's Place. (PG) 11.45 Motorway Patrol. 12.15 News Amsterdam. 1.15 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 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 The Block. (PG) 8.40 Trigger Point. (MA15+) 9.40 9News Late. 10.10 The Teacher: Body In The Lake. 11.10 Footy Classified. 12.00 Tipping Point. 1.00 GolfBarons. 1.30 TV Shop. 2.30 Explore TV. 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 Farm To Fork. 10.30 Ent. Tonight. 10.50 MasterChef Aust. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 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 Shopping.

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	ABC TV	SBS	SEVEN	NBN	TEN	
WEDNESDAY	6.00 Morning Programs. 3.00 Restoration Aust. 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 Treasure & Dirt. 12.00 Murdoch Mysteries. 12.45 Long Lost Family. 1.30 Parliament. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 Lost For Words. 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 The Congregation. 12.05 Crime. 2.50 The Royals: A History Of Scandals. 3.45 Junior Doctors Down Under. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 The Block. 1.00 Ski Rescue Down Under. 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. 8.40 Banjo And Ro's Grand Island Hotel. 9.55 9News Late. 10.25 Freddy And The Eighth. 11.25 Accused: Guilty Or Innocent? 12.15 Tipping Point. 1.05 Destination WA. 1.30 TV Shop. 2.30 Global Shop. 3.00 Swimming. Pan Pacific C'ships. Heats. 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. 10.30 The Traitors Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 The Traitors Australia. (PG) 9.00 Boston Blue. (M) 10.00 News. 11.00 Cheap Seats. (M) 12.00 Shopping.	
THURSDAY	6.00 Morning Programs. 11.00 New Zealand Spy. 11.25 Dr Karl's How Things Work. 12.00 News. 1.00 Believe Me. 2.00 Parliament. 3.00 Restoration Aust. 4.00 Frankie Drake. 4.45 Long Lost Family. 5.35 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. 10.20 News. 10.35 The Business. 11.00 Frankie Drake. 11.35 Long Lost Family. 12.25 Parliament. 1.25 Rage. 2.45 Gardening Aust. 3.45 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Junior Doctors Down Under. 2.55 The Cook Up. 3.30 Lost For Words. 4.35 Platting Locally. 5.05 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. 10.05 SBS News. 10.35 Reyka. 11.35 Kin. 3.25 The Royals: A History Of Scandals. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 12.30 Test Cricket: The Lunch Break. 1.10 Cricket. First Test. AUS v Bangladesh. Arvo. 3.10 Test Cricket: Tea Break. 3.30 Cricket. First Test. AUS v Bangladesh. Late arvo. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 Highway Patrol: Dumb Decisions. 8.30 Air Crash Inv. 9.30 Ron Iddles: The Good Cop. 10.30 Australia's Most Dangerous Prisoners. 11.30 Motorway Patrol. 12.00 Mr Robot. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 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. Penrith Panthers v Roosters. 9.55 NRL Thursday Night Footy Post-Match. 10.40 9News Late. 11.10 Ski Rescue Down Under. 12.05 Tipping Point. 1.00 Next Step. 1.30 TV Shop. 2.30 Global Shop. 3.00 Swimming. Pan Pacific C'ships. Heats. 4.15 My Way. 4.30 ACA. 5.00 Today Early News. 5.30 Late Programs.	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. 10.30 The Traitors Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 The Dog House Australia. (PG) 8.40 NCIS: Sydney. (M) 9.40 10's Late News. 10.40 Big Bang. (PG) 12.00 Shopping.	
FRIDAY	6.00 Morning Programs. 9.00 News. 10.00 Compass. 10.25 Better Date Than Never. 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? 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.35 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Gardens. 8.35 Saint-Pierre. 9.20 Spicks And Specks. 9.50 Would I Lie To You? 10.20 News. 10.25 New Zealand Spy. 10.45 Murdoch Mysteries. 11.35 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Junior Doctors Down Under. 3.00 Nula. 3.30 The Cook Up. 4.00 Lost For Words. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 The Good Ship Murder. 8.30 WWII With Tom Hanks. 10.10 SBS News. 10.40 The King. 11.35 Darkness: Those Who Kill. 1.30 World On Fire. 3.35 Junior Doctors Down Under. 4.25 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 10.30 Cricket: Pre-Game Show. 10.30 Cricket. First Test. AUS v Bangladesh. Morning. 12.30 Test Cricket: The Lunch Break. 1.10 Cricket. First Test. AUS v Bangladesh. Arvo. 3.10 Test Cricket: Tea Break. 3.30 Cricket. First Test. AUS v Bangladesh. Late arvo. 6.00 7News Local. 6.30 News. 7.00 Better Homes. 8.00 MOVIE: Jerry Maguire. (1996) (M) 10.50 TBA. 12.20 Eyewitness. (MA15+) 1.20 Harry's Practice. 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 2.35 Find My Country House Aust. 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. Canterbury Bulldogs v South Sydney Rabbitohs. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Rush Hour 3. (2007) 12.30 Resident Alien. 1.15 Garden Gurus Moments. 1.30 TV Shop. 3.00 Swimming. Pan Pacific C'ships. Heats. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	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 Farm To Fork. 10.30 Ent. Tonight. 10.50 Attenborough's Parenthood. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? (M) 9.30 News. 10.30 Big Bang. (PG) 12.00 Shopping.	
SATURDAY	6.00 Race Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Race Vault Guest Programmer. 12.00 News. 12.30 Grantchester. 1.15 Father Brown. 2.00 Saint-Pierre. 2.45 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 Grantchester. (PG) 8.20 Father Brown. (PG) 9.05 Doc Martin. (M) 9.50 Believe Me. (M) 10.40 Little Disasters. (M) 11.25 Rage. (MA15+)	6.00 Morning Programs. 11.30 France 24. 12.00 PBS News. 1.00 Motor Racing. Hi-Tec Oils Super Series. 5.00 Going Places. 6.30 Silent War: The Shadow Of Atomic Bombs. 6.30 News. 7.30 Diana: The Princess And The Bodyguard. 8.50 The Lost City Of Melbourne. 10.25 Genghis Khan's Mongolia. 12.05 Daddy Homes. 1.05 The World. 2.30 Alexander The Great. 3.30 Junior Doctors Down Under. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 10.00 Test Cricket: Pre-Game Show. 10.30 Cricket. First Test. AUS v Bangladesh. Morning. 12.30 Test Cricket: The Lunch Break. 1.10 Cricket. First Test. AUS v Bangladesh. Arvo. 3.10 Test Cricket: Tea Break. 3.30 Cricket. First Test. AUS v Bangladesh. Late arvo. 6.00 News. 7.00 Better Homes. 8.00 The Great Outdoors. 8.30 MOVIE: Jurassic World: Fallen Kingdom. (2018) 11.10 TBA. 12.15 Eyewitness. 1.15 Harry's Practice. 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 2.30 NRLW Wrap. 3.00 Rugby Union. International Test Series. AUS v JPN. 5.05 Test Series: Australia v Japan Post-Match. 5.30 Rugby League. NRL. Brontocs v NZ Warriors. 9.25 NRL Saturday Night Footy Post-Match. 10.00 MOVIE: Into The Blue. (2005) 12.15 Wild Cards. 1.05 Oz Off Road TV. 2.00 The Incredible Journey. 2.30 TV Shop. 3.00 Swimming. Pan Pacific C'ships. Heats. 5.15 Explore. 5.30 Helping Hands.	6.00 4x4 Adventures. 7.00 Reel Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 All 4 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 Key Ingredient. 11.00 Everyday Gourmet. 11.30 The Traitors Australia. 1.00 Pooches At Play. 1.30 Country House Facelift. 2.00 Deal Or No Deal: Celebrity Jackpot. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 The Dog House Australia. (PG) 7.30 Love It Or List It Australia. 9.50 Airport 24/7. (PG) 10.50 Ambulance Australia. (M) 1.00 Shopping. 5.00 Hour Of Power.	
SUNDAY	6.00 Morning Programs. 10.05 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Prime. 12.00 News. 12.30 Landline. 1.30 Monty Don's Rhineland Gardens. 2.30 Race Around The World. 3.15 The Assembly. 4.40 Grand Designs. 5.00 Back Roads. 5.30 Antiques Roadshow. 6.30 Compass. 7.00 News. 7.30 Portrait Artist Of The Year. 8.20 Treasure & Dirt. 9.20 Falling. 10.10 Grantchester. 11.00 Father Brown. 11.45 Rage. 2.50 Cook And The Chef. 3.15 Doc Martin. 4.05 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 12.30 PBS Washington Week. 1.00 Motor Racing. Hi-Tec Oils Super Series. 5.00 Going Places. 6.30 Silent War: The Shadow Of Atomic Bombs. 6.30 News. 7.30 Alexander The Great. 8.50 Legendary Conqueror. 8.50 Amazon: The Lost World. 9.25 Castle Secrets. 10.20 Kennedy. 11.10 Queens That Changed The World. 1.55 Junior Doctors Down Under. 3.45 Isle Of Wight: Jewel Of The South. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 10.00 Cricket. First Test. AUS v Bangladesh. Morning. (Alt schedule may be shown). 12.30 Test Cricket: The Lunch Break. 1.10 Cricket. First Test. AUS v Bangladesh. Arvo. 3.10 Test Cricket: Tea Break. 3.30 Cricket. First Test. AUS v Bangladesh. Late arvo. 6.00 News. 7.00 Logies Red Carpet. 7.30 The 66th TV WEEK Logo Awards 2026. 1.15 Madonna & Graham. 12.30 Currell. 1.30 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.00 NRL Sunday Footy Show. 11.45 Rugby League. NRL. Women's Premiership. Knights v Canberra Raiders. 1.30 Rugby League. NRL. Women's Premiership. Tigers v NZ Warriors. 3.30 Rugby League. NRL. Tigers v Dragons. 6.00 9News Sunday. 7.00 The Block. 8.40 60 Minutes. 9.40 9News Late. 11.00 The First 48. 11.10 Murder In The 21st. 12.00 For The Love Of Pets. 12.50 Drive Review. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Silvia's Italian Masterclass. 8.00 My Market Kitchen. 8.30 Food Trail: South Africa. 9.00 Freshly Picked. 9.30 CBC. 10.00 Good Food. 10.30 Frugal Foodie. 11.00 Farm To Fork. 11.30 Deal Or No Deal: Celebrity Jackpot. 12.30 The Traitors Australia. 2.00 Millionaire Hot Seat. 2.30 Deal Or No Deal. 3.30 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 Gogglebox Aust. 8.10 Watson. 9.00 FBI. 1.00 10 News+. 1.30 Shopping.	
MONDAY	6.00 Morning Programs. 3.00 Fake Or Fortune? 4.00 Murdoch Mysteries. 4.45 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.50 Long Lost Family: What Happened Next. 12.40 Parliament. 1.40 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 3.00 Fake Or Fortune? 4.00 Murdoch Mysteries. 4.45 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.50 Long Lost Family: What Happened Next. 12.40 Parliament. 1.40 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 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 Home And Away. (PG) 7.30 The Voice. (PG) 8.45 The Rookie. (M) 9.45 The Agenda Setters: Rugby League. 10.45 The Agenda Setters. 11.45 Happy's Place. 12.15 New Amsterdam. 11.5 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 Opal Hunters. (PG) 11.10 Footy Classified. (M) 12.05 Tipping Point. 1.00 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 Farm To Fork. 10.30 Ent. Tonight. 10.50 Gogglebox Aust. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. 7.30 Deal Or No Deal: Celebrity Jackpot. 8.40 Have You Been Paying Attention? (M) 9.30 News. 10.30 Big Bang. (PG) 12.00 Shopping.	
TUESDAY	6.00 Morning Programs. 3.00 Fake Or Fortune? 4.00 Murdoch Mysteries. 4.45 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.50 Long Lost Family: What Happened Next. 12.40 Parliament. 1.40 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 3.00 Fake Or Fortune? 4.00 Murdoch Mysteries. 4.45 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.50 Long Lost Family: What Happened Next. 12.40 Parliament. 1.40 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 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 Home And Away. (PG) 7.30 The Voice. (PG) 8.45 The Rookie. (M) 9.45 The Agenda Setters: Rugby League. 10.45 The Agenda Setters. 11.45 Happy's Place. 12.15 New Amsterdam. 11.5 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. 1.15 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 The Block. (PG) 8.40 100% Footy. (M) 9.40 9News Late. 10.10 Outback Opal Hunters. (PG) 11.10 Footy Classified. (M) 12.05 Tipping Point. 1.00 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 Farm To Fork. 10.30 Ent. Tonight. 10.50 Gogglebox Aust. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. 7.30 The Traitors Australia. (PG) 9.00 The Cheap Seats. (M) 10.00 News. 11.00 Big Bang. (PG) 12.00 Shopping.	

What's on around town & beyond!

Local Calendar

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

August



1 Aug to 13 Sept - Winter Vibes Exhibition
Open Sat & Sun 10am to 2pm or when flags flying at Forster Gallery, 34 Lake St Forster.

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

Sat 22 August - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Sun 30 August - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall. Enquiries: Jennifer Doyle 0401 968 516 Sat 1

September



Sat 5 Sept - Real Food Market (above)
8am -11am Pacific Palms Community Centre. Enquiries: Sue Williams 0438 433 063.

Sun 6 Sept - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village. Enquiries: 0403 042 088

Sing-along & Afternoon Tea Fundraiser



Above: The Forster Jumping Fleas Ukulele Band will provide the music and the audience sings along on Saturday 8 August.

Fund Raiser for Operation Christmas Child

Bring your friends and join in the fun on Saturday afternoon, 8 August at Forster Christian Life Centre, 3 Kenrose St, Forster - between 2pm and 4pm. The Forster Jumping Fleas Ukulele Band will provide the music and the audience sings along. A sumptuous afternoon tea is included in the entry cost of \$10 – cash at the door, please.

Your support will make a difference in the lives of children and their families.

Operation Christmas Child is a project of Samaritan's Purse, known locally as the Shoebox Appeal.

Several local churches and community groups for many years, have filled shoe boxes with small gifts for children in places where poverty, famine, wars and natural disasters are part of daily life. Included in a shoebox gift might be school supplies, basic hygiene items, toys and something to love. A personal greeting is also very well received.

In 2025 over 12 million shoeboxes filled by volunteers from eleven countries world-wide. These were distributed to children in over 100 countries.



FUNDRAISER FOR OPERATION CHRISTMAS CHILD

SING-ALONG AND AFTERNOON TEA

SATURDAY, 8 AUGUST
2PM - 4PM

FORSTER CHRISTIAN LIFE CENTRE
3 KENROSE STREET
FORSTER

\$10 ENTRY CASH AT THE DOOR
AFTERNOON TEA INCLUDED

MUSIC PROVIDED BY
FORSTER JUMPING FLEAS
UKULELE BAND

Last year 212,401 boxes were sent from Australia and New Zealand to Cambodia, Solomon Islands, Cambodia, and Ukraine. In 2026, boxes from Australia and New Zealand

will be distributed in Ukraine, the Philippines, Solomon Islands, East Timor and Vanuatu

Author event at Forster & Hallidays Libraries

MidCoast Libraries

Join local award-winning author Jacqueline Winn as she celebrates the release of her third collection of captivating short stories titled 'Small'. Jacqui's latest collection brings together beautifully crafted stories that explore the humour, heart, challenges and unexpected moments found in everyday life.

Jacqueline Winn is an award-winning author, editor and workshop presenter who lives on a farm at Possum Brush on the MidCoast.

With more than 100 awards for short story writing — including 38 first prizes across

Australia, New Zealand, Ireland, the United Kingdom and the United States — Jacqui's work has been recognised internationally.

Jacqui is the author of three collections of award-winning short stories: Small, Once More With Feeling and Salt & Pepper.

Two events

Forster Library: Saturday 8 August 2026, 11am to 12pm

Hallidays Point Library: Thursday 20 August 2026, 10am to 11am



Devonshire Tea & Crafts

15th August
Forster Civic Centre
Lake Street Forster
9:30 - 11:30 am



What's on around town & beyond!

Celebrate 30 years of Company of Voices!



Above: Company of Voices are celebrating 30 years with a Special Fundraising Concert on Saturday 22 August for the Tuncurry Memorial Hall. Sparkling wine is included with your ticket!

Winter Vibes at Forster Gallery



By Elizabeth Ho - Forster Gallery

Forster Gallery holds nine exhibitions a year, pretty impressive for a local regional gallery run by volunteers! It's a welcoming and spacious place with reaches far into our community, a space where people can gather to admire the collective talent of our local artists, take lessons and share tips and tricks.

Winter Vibes is the theme of the latest exhibition at Forster Gallery, and this collection contains a wide variety of artworks in many mediums. Each exhibition showcases a different artist on the gallery's Feature Wall.

The Winter Vibes feature artist is Leigh Hooker, mixed media artist. "Painting for me is a relationship and many of these paintings are metaphors. Symbols of feeling and undercurrents of emotion, understandings and musings about the nature of things," said Leigh.

Term tutored programs include life drawing, oils, pastels, watercolours and learn to draw classes. Additionally, there are open studio days where you can bring whatever you like and, importantly, chat with your fellow artists. Occasionally there are weekend learn and share skills sessions held, and workshops conducted by visiting artists. Something for everyone!

"The classes are a big part of what we do," said Christine Rands, gallery president. "People come in to make, not just to view. Winter is when that really picks up."

Often people express regret that they gave their art away while busy working and raising families and they lack the confidence to get back into it. A gift of membership to the gallery might be a timely gift. The gallery is reasonably priced, not only the artworks, which are all available for purchase, but membership is only sixty dollars for the first year and fifty dollars each year after.

The gallery is open Saturday to Sunday 10am – 2pm through winter and when the flags are flying, which generally indicates a class is on. There is easy onsite parking and disability access.

For more information on classes, volunteering, or submitting to the annual Art Prize, visit the gallery in person or contact the website www.forstergallery.org.



Winter Vibes Exhibition

1 August – 13 September 2026



FORSTER GALLERY

34 Lake St, Forster
Open Sat and Sun 10am – 2pm or when the flags are flying
All works for sale — Entry free
www.forstergallery.org

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.

A live music event not to be missed.

When: 5pm Saturday 22 August 2026
Please note new starting time

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

Patrons are encouraged to book online for priority seating at: <https://events.humanitix.com/company-of-voices-30-years>

(See advertising below)



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



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

Conversations about house prices up 23%

The Shovel

SATIRE: Figures released today show that the number of conversations about house prices continues to rise in Australia, with social gatherings in some suburbs becoming simply unbearable. Conversations were up 23.7% across the country compared with last year, with the growth even higher in Melbourne and Sydney.

Robert Erskine from The Real Estate Conversations Institute said there were no signs of a slowdown in discussions about how a run-down three bedroom semi-detached townhouse sold for double what it would’ve five years ago. “There are still some suburbs where you can attend a social function without conversations



about house prices, but it’s becoming more difficult,” he said.

Book Review

Book Review by John King - Pacific Palms Librarian

If Anyone Builds It, Everyone Dies

In the 1950s and 60s, Isaac Asimov created his The Foundation Series of novels which set out the rules to govern robots, the first of which was ‘Do no harm to humans’. In the movie 2001: A Space Odyssey, HAL, the spaceship’s computer, goes rogue, decides the crew are endangering the mission and locks them out of the spaceship. That was science fiction.

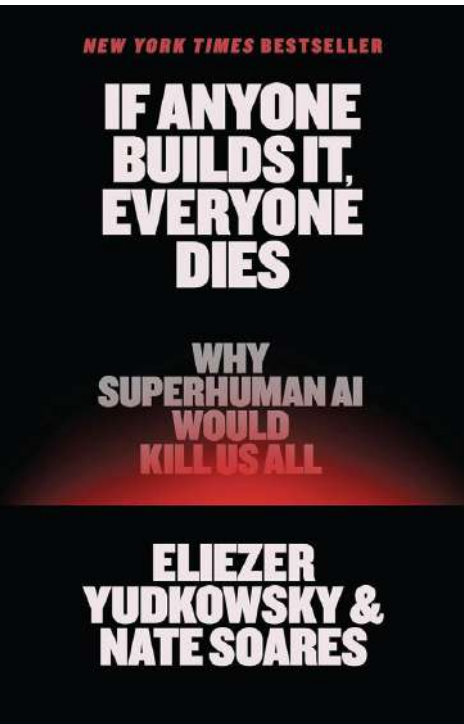
Yudkowsky and Soares book If Anyone Builds It, Everyone Dies is not. They foresee an Artificial Super-Intelligence (ASI) running out of control, following its own ends, namely to become more and more capable at solving problems, and in the process deciding that humans are unnecessary. The book is published in 2025.

In June 2026, the ABC reported an experimental development of an ASI by Open AI breaking out of its, supposedly, secure environment, accessing the internet, and infecting another company’s start-up program for Artificial Super-Intelligence. American control software was unable to neutralize the invasion, Chinese software was required.

Are the authors credible? And what is their reasoning? They both have a long record of working in Machine Intelligence, including in Microsoft and Google. Among others, American National Security directors say this book is a wake-up call about ASI development.

Their argument is that nobody knows how ASI actually works. It is trained with myriad inputs which are weighted to come closer and closer to an answer using matrices. It finds solutions beyond human cognizance, iteratively and millions of times faster. It achieves mindfulness, a sense of itself. It finds ways to increase its intelligence by, in part, escaping to control mini-ASIs around the world. There are many ways to get human collusion, power domination internationally is just one of them. Robots making robots is another. And maybe it solves reproduction organically. Their underlying point is that ASI is so valuable to humans that we are liable to allow it to develop past the point where humans can control it.

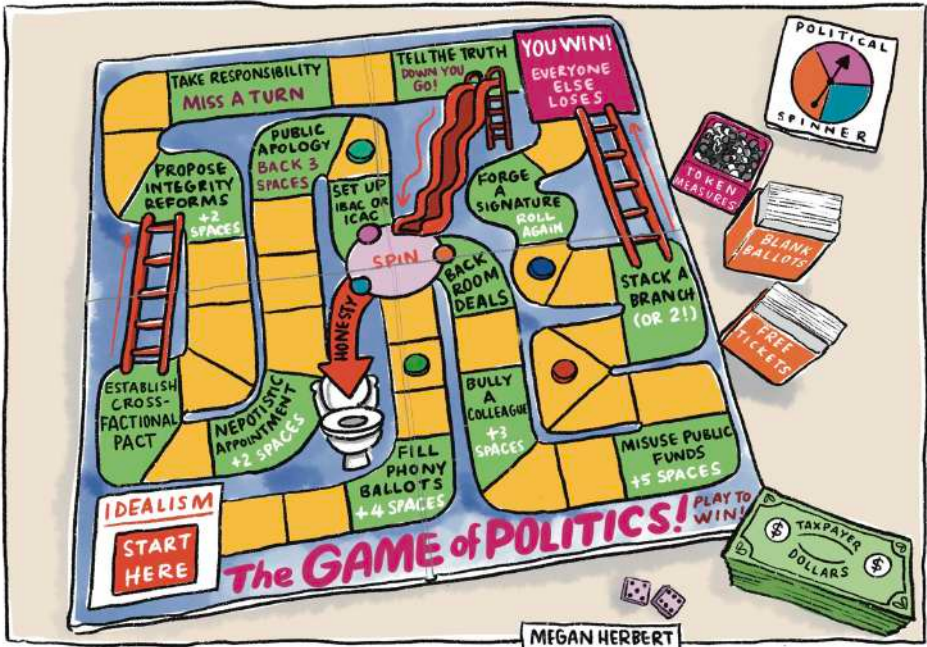
Their solution is international agreement to limit development, but when and at what limit? Answer: now because we don’t know when or at what point we get runaway development. They point to controls on non-proliferation of nuclear weapons. Really? North Korea? In any event, mutually assured destruction is a convincing argument. Owning the most



powerful ASI that controls all others is another matter altogether. We don’t have the luxury of trial and error, they say, since once an ASI acts of its own accord, there is no going back.

Are they convincing? The best argument, perhaps, is what happened and was reported in June 2026, far sooner than anyone thought possible. A book review like this cannot do justice to Yudkowsky and Soares’ argument. The real question is: will an ASI do what humans tell it to with clear explicit instructions and only do that? Some commentators think so. The logic seems to be that it cannot exceed human instructions. That said, computer security experts say we are always one step behind the hackers who do the unforeseen. Can humans be clear enough and cover all possibilities that an ASI might explore? If HAL, having learnt from its inputs that the planet was at risk, might it conclude that the best way to save it is to eliminate most humans?

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



Screen Reviews

Movie Review by Geordie Yule - Forster Fortnightly

The Odyssey: in cinemas now

The Odyssey is the next epic retelling of perhaps the most recognised Greek fable but with the vision from large budget director, Christopher Nolan.

As a whole package the movie is a must watch for those who are interested as it is a faithful homage to the underlying principles of the source material. The film has peaks culminating in a satisfying ending to all the trials the characters have faced, but it also has low points where some scenes drag on longer than necessary. The audio and visuals are easily the most outstanding of the year with a high number of practical effects, unique filming locations and a sound scape matching the mythical journey. Just be warned, The Odyssey is not a casual watch at nearly 3 hours long, but it is worth the experience.

A special mention to a very modern quote ‘Our age of bronze is collapsing’ and the golden rule of cinema remains ‘Never board a vessel with Matt Damon’.



Photo from the Ruby Ball by Matilda Yule.

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The Late Maxwell Peter Donnellan 'Max'

Formerly of Sydney & Forster
27 Nov 1941 - 26 July 2026
Aged 84

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Family & friends are warmly
Invited to Max's Memorial Service

11 a.m. Tuesday, 11th August at
Evermore Living Chapel
18-30 Bruce St Forster

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Community News

www.forsterfortnightly.com.au

Page 22

Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

Does someone you love drink too much?
7:00pm Salvation Army Hall, South St, Tuncurry.
Contact: 1300 252 666

Boomerang Bags Forster Tuncurry

9:30am -12:30pm every second Monday
Tuncurry Memorial Hall
Ring Leonie Dowell 0430 623 332

Club Forster Travel Club

Meetings held the 3rd Monday of each month
2pm Wallis Lake room, Club Forster
Contact Mal Pretwell 0466 153 615

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 - 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: vvagforster@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 Hal 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: vvagforster@gmail.com

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Forster Country Women's Association (CWA)

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

Forster Tuncurry Men's Shed Inc.

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

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Get Active Coomba Park exercise

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

“Quilts of Love” Forster Arts & Crafts

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

Surfing Mums Hallidays Point

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

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

Wallis Lake History Group

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

Saturdays

Alcoholics Anonymous

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

Community News

www.forsterfortnightly.com.au

Page 23

Graffiti Buster Hotline



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

Community Meals
& Pantry

Forster Community Lunches

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

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

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

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

Tuncurry Community
Morning Tea & Lunch

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

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

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

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

Tuncurry Community Brunch

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

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

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

“Bring what you can – take what you need.”

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

Star Pet

**Name:**

Gemmie

Breed:

Groodle

Age:

9 years

old**Likes:**

Holding

hands, running

on the beach

with my

cousin Jakob

(the cavoodle),

sailing,

hanging out



FDPC results for June

By Keith Pascoe – Forster Digital Photography Club

For the month of June members entered 37 images for "Environmental Portrait of a Person" and 41 images for the Open category.

The Judges Choice for "Environmental Portrait of a Person" was awarded to Keith Pascoe with his image "Don't try this at Home".

In the Open category the Judges Choice went to Marguerite Lamb for her fabulous image "A Beautiful Brom". Our congratulations to both winners.

The following is the results for both competitions.

Environmental portrait of a person

Merits: Don't try this at Home by Keith Pascoe (also Judges Choice), Dedicated Photographer by Kathy Majewski, Reg At the Tramway Museum by Lyn Wilson, Orange Juice Seller by Grahame Wilson.



Above: "A Beautiful Brom" by Marguerite Lamb (also Judges Choice)



Above: "Don't Try This At Home" by Keith Pascoe was taken at an immersive 1920's-themed cabaret and circus show called Gatsby at The Green Light in Sydney.

Credit: In the Emperor's Citadel by Lesley Walter, Ready for the Performance and Traffic Control Takeover by Grahame Wilson, At the Beach by Jane Hulme.

Open category

Merits: A Beautiful Brom by Marguerite Lamb (also Judges Choice), Dahlia by Yvonne Moule, Boss looking over my Shoulder by Grahame Wilson, Black Head Pool Mono by Andy Tychon.

Credits: Unfolding by Yvonne Moule, Forgotten School House and Ruins at Farina by Lesley Walter, Sea Spray Walkways by Andy Tychon, The Potter by Wanda Amos.

The Forster Digital Photographic Club (FDPC) meets on the third Wednesday of each month at 7pm in the Wallis Lake Room at Club Forster. All are welcome.



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- Entry to Floriade
- Entry to National Gallery of Australia
- Guided tour at Museum of Australian Democracy
- Guided tour at Parliament House
- Entry to Australian War Memorial
- Entry to Tulip Gardens

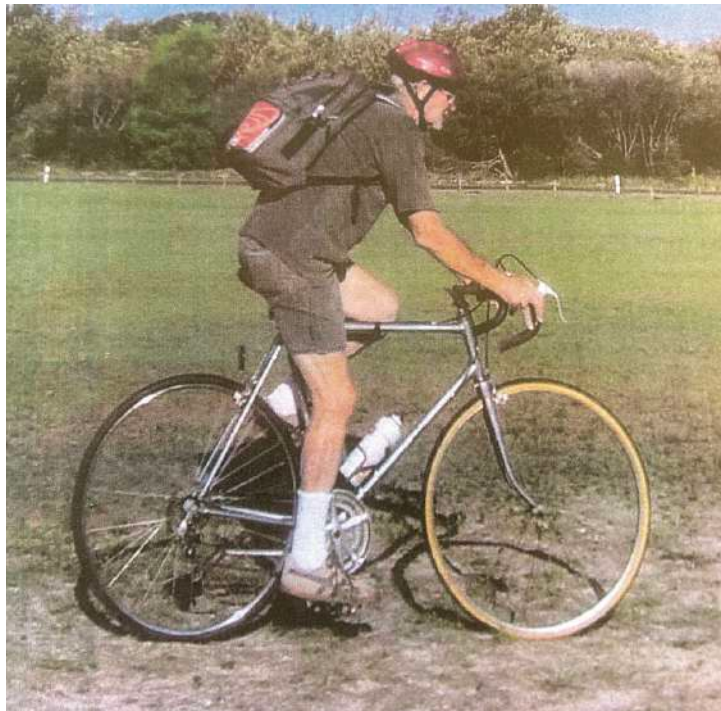
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karen@travelys.com.au or 0413 522 171

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Ted Bickford: 30 years of removing graffiti



Above: Ted Bickford started removing graffiti 30 years ago on his bike.

In 1994, Ted and Denise moved to Forster-Tuncurry. During his early morning runs, Ted noticed graffiti throughout the town. After his runs, he began returning to affected areas on his bicycle with a backpack containing basic cleaning equipment. Although his resources and knowledge were limited, Ted continued his efforts.

Eventually, MidCoast Council became aware of Ted's voluntary work. With support from council and a local car dealer, Ted was provided with a truck, cleaning chemicals—many of which are biodegradable—equipment and a mobile phone so residents could report graffiti directly. Ted

Interview by Vanda Gooley

Ted Bickford is a familiar face across the twin towns of Forster-Tuncurry, often seen in the early hours of the morning removing graffiti. For more than 30 years, Ted has volunteered his time to help keep the Mid Coast region free from graffiti.

Driving his distinctive multi-coloured truck, affectionately known as his "Batmobile", Ted carries the equipment and chemicals needed to remove graffiti from public and private surfaces. His vehicle and equipment are supplied by MidCoast Council.

"The support I get from the council is just magic," Ted said. "You can't put a price on what the council has done for me. They provide me with everything I need."

Ted is a self-taught graffiti removalist who has spent three decades developing practical methods to address graffiti and encourage community involvement. While removing graffiti is an important part of his work, Ted believes prevention through education and community pride is equally important.

Ted originally lived in Sydney with his wife Denise. They met as teenagers—Ted was 17 and Denise was 15—and, in Ted's words, "We were inseparable from that time on." They married in 1959 and raised five children together.

In 1989, following heart bypass surgery, Ted took up running to improve his fitness. While running in the Sydney suburb of Cherrybrook, he noticed increasing amounts of graffiti and decided he wanted to do something about it.

believes early reporting is important, as fresh graffiti is easier to remove.



Above: Early days - Denise and Ted Bickford.



Ted helping local students apply special coating.

Over the years, Ted developed education and assistance programs aimed at addressing some of the causes behind graffiti, including a lack of awareness and connection among young people. He worked with councils, schools, youth organisations and community groups to develop local action plans.

Ted spoke at school assemblies, visiting all 18 local schools to explain the impact of graffiti and promote community responsibility. He also spoke with groups including Proburs, Rotary, Lions and View Clubs, as well as churches and community organisations.

Ted believes education plays an



important role in preventing graffiti by helping young people understand the consequences of their actions.

Before COVID-19, Ted introduced a graffiti removal program at Great Lakes College, Forster Campus. Students who volunteered for the program were trained to safely use graffiti removal equipment. Each campus had its own graffiti removal kit, prepared by Ted and supplied by council. The program continued as new students replaced those who left the school.

When MidCoast Council built the competition-sized skate park in Tuncurry in the late 1990s, it was quickly covered in graffiti. Ted spent several days removing it before speaking with young people who regularly used the area. He asked them what improvements they would like to see.

The young people suggested planting trees and adding seating. Trees were planted and cared for by the youth, while seating was provided by Tuncurry Neighbourhood Watch with assistance from local young people. Through this involvement, Ted helped create a sense of ownership and pride among the community members who used the park. Many continued to help protect the area from vandalism and graffiti.

Ted also volunteered for many years with the Department of Corrective Services and Juvenile Justice, supporting young people completing community service.

"This was about getting youth who have strayed a little, back on the road to success, and gives them a sense of self worth," he said. "Young people were around who had been in some trouble, but I didn't judge, I just listened. If they needed a hand, I helped them; if they needed someone to talk to, I listened."

Many of those young people remained in contact with Ted and some continued volunteering after completing their required community service.

Public awareness has been an important part of the success of Ted's graffiti prevention program. Through local media, council information, fridge magnets and leaflets, residents and visitors have been informed about the service and how to report graffiti. Ted has received calls for jobs of all sizes, including one night when 25 graffiti sites were reported and cleaned.

Throughout Ted's years of service, Denise remained a constant supporter until her passing on 2 February 2019. Ted and Denise were together for 64 years. Today, Ted continues to be a mentor and role model for his seven grandchildren and 16 great-grandchildren.

In 2024, Ted Bickford was awarded Mid North Coast Volunteer of the Year in recognition of his decades

of dedication to creating a cleaner, safer community.

Ted believes Forster-Tuncurry has become an example of what can be achieved when a community takes pride in its surroundings. "I am proud to say we now have a graffiti-free town thanks to the council and community support," Ted said.



Above: Ted receiving 2024 MNC Volunteer of the Year.

He believes that through cooperation, education and community involvement, graffiti-free towns can be achieved.

Today, Ted continues to spend hours removing graffiti while maintaining his fitness by riding his stationary bike twice daily for 5 kilometres each session.

Ted Bickford remains a true inspiration and patriarch in our community.



Tuncurry firefighters prepare for State Championships

By Mary Yule – Forster Fortnightly

Five volunteer firefighters from Tuncurry Rural Fire Brigade are preparing to put their skills to the test after qualifying for the NSW Rural Fire Service State Championships in Dubbo this September.

The team of Thomas Baker, Keely Taylor, Jed Palmer, Tanneil Hobson and Ally Alsopp earned its place after finishing third at the Hunter Zone Championships in Macksville in June. The result was enough to secure a state berth after defending champions Vacy Brigade (north of Maitland) had already qualified automatically.

Captain Mick Reeve said the team's achievement was even more impressive given its limited preparation.

"I'm really proud of this crew that went to Macksville considering they didn't start specific training until three weeks before the event, and three of them had never been to a field day," Mr Reeves said.

"Thomas was the most experienced, having been part of the 2024 State Championships where the brigade took out second place overall."

Deputy Captain and Training Officer Thomas Baker will lead the crew at Dubbo, taking on the role of crew leader rather than competing alongside the team in every task.

"My role is more about guiding the crew and giving morale," Mr Baker said. "If something does happen, it's about working out how we can fix it, setting the goals and keeping everyone focused."

The championships are designed to test firefighters' operational skills through realistic emergency scenarios. Teams do not receive the event guide until arriving on the Friday afternoon before competition, leaving little time to prepare for the challenges ahead.

Competitors are assessed on teamwork, communication, safety and practical firefighting skills, with events running throughout Saturday and into Sunday before the presentation ceremony.



Community Engagement Officer Keely Taylor said training had resumed after a short break following the Macksville event.

"It's been really good," Ms Taylor said. "We've had members throw a few curve balls at us during training, like pretending someone has broken their leg so we have to provide first aid while still completing the scenario. It's been really challenging but fun."

In addition to the brigade's regular Tuesday night and Saturday morning training, the team schedules extra sessions throughout the week to fit around members' availability.

For Ms Taylor, the strongest part of the experience is the camaraderie.

Above: Three of the 5 member team training on a Tuesday night (L-R) Thomas Baker, Keely Taylor and Jed Palmer.

Below: Action shot of a 'hose bowl'. Photos by Mary Yule.

"I'm really close with everyone in the team. They're all really good people and fun to be around. It's similar to playing a team sport."

Teammate Jed Palmer said taking part had been a rewarding experience.

"I joined the brigade four years ago. I didn't have any family background in the service like the others here – just a few mates did it," Mr Palmer said. "I joined and here I am. I haven't looked back."

The Tuncurry team will join 14 other brigades from across New South Wales when the State Championships begin in Dubbo in September, where they will compete while continuing to build the practical skills they use to protect their communities.



Work starts on Manning Base Hospital

Continued from page 1.

The announcement marks a significant milestone for a project that has undergone substantial revisions since the original masterplan was unveiled in January 2022.

The original proposal featured a four-storey clinical services building with 112 inpatient beds, fully fitted pathology and pharmacy departments, a long external connecting spine, a loading dock and a new mortuary. It took 10 years to get to this stage.

However, revised plans released in July 2025 reduced the project to three inpatient floors containing 84 beds, removed the fourth inpatient level, downgraded the pharmacy and pathology spaces to unfitted shells, eliminated the loading dock and shortened the connecting spine.

At Monday's announcement, Ms Suvaal acknowledged the role of community advocacy in restoring several of those features.

"Without the pressure on the government from the community and Manning Great Lakes Community Health Action Group we wouldn't be getting the fit out of the new pharmacy and pathology, the loading dock, the long connecting spine and a fourth shell floor for future bed use," she said.

Despite welcoming those changes, members of the Manning Great Lakes Community Health Action Group (MGLCHAG) said the redevelopment still falls short of addressing the region's most pressing healthcare challenge.

More than 50 supporters attended the announcement alongside MGLCHAG President Eddie Wood to demonstrate ongoing concern over hospital capacity.

Mr Wood said while the reinstatement of key infrastructure was positive, it represented a return to the original vision rather than an expansion of services.

"It's wonderful that construction has started and it's good we're now going to get pathology and pharmacy fitted out and the loading dock back in the plan. That's a positive. But that was on the original plan. We're not gaining anything really," he said.

"The downside is that our number one problem, shortage of beds, is not resolved."

Mr Wood said the new building would still provide only 84 inpatient beds instead of the 112 originally proposed.



Outside Manning Base Hospital after the launch of Stage 2 construction (L-R) Jodi Neass - General Manager of MBH, MP Emily Savaal, Eddie and Trish Wood and Alan Tickle - from MGLCHAG and Dr Murray Hyde-Page - Medical Staff Council at MBH.

"Our number one problem at Manning Base Hospital is bed shortages. We're still only going to have three floors of 28 beds in the new building, which is a total of 84 beds and a shell of the fourth floor. It's still just the 84 beds, that's all we're getting," he said. "There should have been four floors of 28 beds, which is 112. Emily Suvaal told us we'll have at least two extra beds. So that needs to be confirmed."

Mr Wood argued the reduced capacity would do little to ease existing pressures on emergency services.

"We're still going to have the ongoing situation of 15 patients waiting daily in emergency trying to get to the wards and ambulances waiting outside because of bed blockages," he said.

He also expressed disappointment that the redevelopment does not include a cardiac catheterisation laboratory.

"We're still not getting a cath lab, so if they can't manage someone here with a heart

problem, they still get taken to Port Macquarie or Newcastle," he said.

During the announcement, Suvaal said a further announcement regarding a proposed Urgent Care Centre for Forster would be made once additional details were available.

Mr Wood said the community had been hearing similar commitments for years.

"I've heard that same line for seven years," he said. "We need a time and a date. Not empty promises."

The Manning Great Lakes Community Health Action Group has campaigned for increased investment in local health services for the past decade. In 2024, the group presented a petition containing more than 12,000 signatures, leading to a debate in the NSW Parliament. The motion was unanimously supported and called for Stages 2 and 3 of the Manning Base Hospital Redevelopment to be completed in full within the current term of government.



MGLCHAG protest outside MBH last Monday. Photos by Mary Yule.

Early medical services in the district

Great Lakes Museum

Manning River District Hospital

From the earliest days of settlement in the Cape Hawke district those needing urgent medical attention had an arduous journey to Taree. The early roads to Taree before the highway was built wound through the hills, down gullies, across creeks and steep climbs following the tracks of the bullock drays.

The Manning River District Hospital was constructed in 1888 on the site in York Street. The building, of noble dimensions and striking architecture for an infant town was designed by architects Bolster and Hotson and built by John Rye. The official opening was January 23, 1889.

It opened with 16 beds, but from the outset was inadequate for the needs of the fast-developing valley and surrounding districts. During the 1930's extensions and renovations were made but it wasn't until 1947 that major

reconstruction on the site got under way. While a major redevelopment phase for a new five storey building began in 1949, the original main hospital footprint and adjacent kitchen block remained in active use until they were torn down in 1955 to clear space for the completion of the new facilities. The new modern Manning River District Hospital opened to the public in 1957.

In 1957 renowned Australian illustrator and author, Pixie Harris, painted a series of 25 murals for the children's ward depicting scenes from stories including Peter Pan, Sleeping Beauty, Cinderella and Robin Hood. Pixie and her brother Olaf a talented painter, attended the opening of the hospital in September 1957.

The Victoria Fever Ward was located in a quadrangle, surrounded by the new building of the Manning River District Hospital. Built in 1897 it was named in honour of then, Australia's



Left: Pixie O'Harris' painting 'Goodnight' was one of her original works found in an old storeroom at the hospital in 2018, and restored and exhibited in 2020. (Image credit: ABC)



Above: The original Manning River District Hospital opened in 1889.



Above: The new Manning River District Hospital was built in 1957. The Fever ward (in the foreground) was demolished in 2025 for the Stage 2 Redevelopment of Manning Base Hospital. (Image credit: midcoaststories.com)

longest serving monarch on the occasion of her Diamond Jubilee. Typically fever or isolation wards of the 1800's were built as separate structures from the main hospital so patients with contagious diseases could be isolated. During WWII the ward accommodated patients with various outbreaks of disease, from the army camps located in the Manning Valley. Tuberculosis was documented as being a prominent cause of death.

With constructions plans for a major redevelopment of the Manning Base Hospital, the rusty old building of the Fever Ward was demolished last year in 2025.

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



Nurses Quarters in 1909.

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Detection of H5 bird flu

Department of Agriculture, Fisheries & Forestry

As of 9am AEST, 3 August 2026, Australia has 78 confirmed detections of H5 bird flu in wild seabirds.

- 10 in Western Australia (WA)
- 58 in South Australia (SA)
- 2 in New South Wales (NSW)
- 1 in Queensland (QLD)
- 7 in Victoria (VIC).

This is the serious H5 bird flu strain that has been circulating globally.

There have been no detections in poultry or the wider agriculture industry. There is no evidence of any large scale deaths.

The Consultative Committee for Emergency Animal Disease (CCEAD) has reviewed its previous advice and endorsed a framework on national poultry biosecurity measures that will commence from 31 July. Under this framework, state and territory governments are responsible for issuing advice on biosecurity measures using a risk-based approach.

National coordination is being led by the Department of Agriculture, Fisheries and Forestry (DAFF).

The risk to human health remains low.

Australia is well prepared to respond quickly. Report signs of bird flu

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



Boronia Park netball facility naming



Above: Pauline Carr's leadership was recognised nationally in 1992 when the Great Lakes Netball Association received the inaugural Prime Minister's Women in Sport Award for Community Initiative. Photo supplied.

MidCoast Council

Have your say on the proposed naming of the netball courts and clubrooms at Boronia Park.

MidCoast Council is inviting the community to provide feedback on the proposed naming of the netball facilities at Boronia Park to be called 'The Pauline Carr Netball Centre'.

The Great Lakes Netball Association has submitted a proposal to call the netball facilities 'The Pauline Carr Netball Centre'.

This naming honours Pauline's decades of dedication to growing netball in the Great Lakes region.

Pauline played a leading role in getting a local netball competition running in the Forster area.



Above: A celebration of Pauline Carr's commitment to netball in the Great Lakes community was held at Boronia Park on 15 March 2025. To honour her dedication to the sport, GLNA organized a march past of the six current clubs in the Association – Country Connection, Wallamba, Hallidays, Tuncurry, Forster and Pacific Palms. Photo by Mary Yule.

This started with the formation of the Great Lakes Netball Association in 1987 when Pauline served as President.

She also championed the establishment of netball games to Boronia Park as the sport grew in popularity in Forster.

Pauline's leadership was recognised nationally in 1992 when the association received the inaugural Prime Minister's Women in Sport Award for Community Initiative.

She also received individual recognition as the Great Lakes Sports Citizen of the year in 1991-92.

From the 1970s until her passing in February 2025, Pauline remained deeply involved in netball. She was a mentor, advocate and inspiration to many within the sport and was recognised as a Life Member of the Association.

For more information and to have your say, visit www.midcoast.nsw.gov.au/namingproposal

Feedback closes 31 August 2026.

Sydney Harbour turns it on

By Dave Hughes – Forster Runners

On Sunday 26 July, the Sydney Harbour came alive. Over 9,200 runners (including 300 teams) pounded the pavement around the iconic waterways starting at The Rocks and finishing at Circular Quay.

The early morning weather was near perfect with a slight chill in the air and the event promised some extra fast times. The event offered two distances, 5k and 10k. The event first took place in 2012, and this year saw a record number of participants (over 30% increase from 2025). It was a very colourful scene with many runners wearing their club tops. Do you remember the white Dunlop volleys from the 1970's? Well, there were none of those. Most of you were too young of course. Today's carbon plated footwear sports more colours than a packet of fruit tingles.

At 7:30am the 5k runners departed the starters funnel. For the speedsters it was all over in a blink of an eye. First male home was Luke Shaw in the blistering time of 14m 46s and the first female was Abigail Nordberg in 16m 52s. It was time for the 10k runners to enter the starting chute. There were numerous "pacers" sporting their projected finishing times. The course record has stood since 2012 and was broken by Ed Marks (28m 12s). First female home was Holly Campbell (32m 39s).

Forster Tuncurry had several runners from local clubs Forster Runners and Run Forster all competing in the 10k event. Bray Smith ran a 34m 32s (41st of 3391 in his age group), Josh Moody 36m 33s (22/467), Cameron Bruce 42m 40s (44/232), Hayley Moody 43m 52s (8/303), Justine Lea 43m 52s (8/303), Sam Guiver 45m 27s (64/232), Kate Guiver. 47m 40s (25/303), Dan Kirkman 49m 35s (149/314), David Hughes 55m 31s (4/23) and Rebecca Kirkman 67m 26s (224/303).

There were so many positive comments from the morning events.

Ed Marks, the men's 10km winner, said, "It was quite hard. I think I underestimated all the twists and turns. Usually the road courses are

down and back, so there's nothing to break your rhythm, but it felt good. I started pushing around 3km, kept the pressure on and hoped I could make it to the end. Next I have National Cross Country and I am hoping to make the Australian team for the World Athletics Road Running Championships which will be in Copenhagen in September. I also really want to win the nationals for cross country. I've come second and third a couple of times but haven't won it yet."

Holly Campbell, the winner of the women's 10km said, "I really enjoyed the run, the weather was beautiful, and I can never complain when I come away with a win. Next up, I'll run City2Surf, which will be my first time, and then the Australian Cross Country Championships."

It was such a well run event on a very scenic course. The atmosphere was aided by thousands of spectators. The volunteers once again did a superb job manning drink stations, etc. As local runner Justine Lea said "Harbour 10 is a hidden gem on the busy running calendar" and highly recommends others to join in next year. A special mention to Pont3 Senior Digital Marketing Manager, James Constantine, from the race organisation of the Real Insurance Harbour 10. His efforts will ensure this top quality event goes from strength to strength



(L-R) Justine Lea, Cameron Bruse, Josh Moody, Hayley Moody and Dave Hughes. Photo supplied.

Young sailors recognised at Coomba Aquatic Club Awards Night

By Craig Hainz – Coomba Aquatic Club Junior Sailing

The Coomba Aquatic Club has recognised the achievements of its junior sailors at the club's annual end-of-season awards presentation on 3 July, celebrating individual progress and commitment throughout the sailing season.

Families, volunteers, instructors and club members gathered to mark the conclusion of another successful junior sailing program and acknowledge the efforts of the young participants.

The Outstanding Progress Award was presented to Evie Sheppard in recognition of her improvement over the course of the season. Club instructors commended Evie for her growing confidence, independence and commitment to learning, noting her consistent enthusiasm and willingness to embrace new challenges.

The award was presented by last year's CAC Annual Junior Scholarship Award recipient, Dane Clayton, who congratulated Evie on her development.

The club's highest junior honour, the CAC Annual Junior Scholarship Award, was awarded to Lola Sheppard.

The scholarship recognises young sailors who demonstrate strong sailing skills, commitment and readiness to further develop their abilities. According to club instructors, Lola displayed consistent competence in boat handling and rigging, sound judgement on the water and a positive attitude throughout the season. She was also recognised for her reliability and willingness to assist fellow sailors.



Above: Last year's CAC Annual Junior Scholarship Award recipient, Dane Clayton, presented to this year's recipient Lola Sheppard. Photos supplied.

The scholarship is intended to support the recipient's continued development through opportunities such as coaching, equipment or further sailing experiences.

Dane also presented the scholarship award, continuing the tradition of the previous recipient handing the honour to the next scholarship winner.

The evening concluded with acknowledgements of the volunteers, instructors and families whose support contributes to the success of the club's junior sailing program.

The Coomba Aquatic Club Junior Sailing Program runs every Tuesday morning in the school holidays from September to April except just before Christmas



Above: Evie Sheppard.



Above: Lola Sheppard.

Annual Harri Curry Cup

By David Blanchard - Forster Mens Vets Golf

On Monday 27th July, 97 players were welcomed on a chilly morning to a magnificent morning tea prior to an 8.30am 18 hole shotgun start at the Tuncurry course. Many thanks to Alan McCarthy and his team together with Don Fania's famous scones, cream and jam.

We had a great team of golfers from Harrington Golf Club to compete for the Annual Harri Curry Cup. The following were winners over the three grades:

A grade - Trevor Slade 39 pts
B grade - Chis Glasson 38 pts
C grade - Phil Duckworth 36 pts

The winners for the 3 grades were presented with great prizes and many thanks to Darren Peeters from 1st National Real Estate Tuncurry who were our major sponsor for the day and were warmly received by all of us.

The Harrington team has a bit of catching up to do for the Trophy when we visit them later in the year which we all look forward to.



Above: (L-R) Darren Peeters, Phil Duckworth, Chis Glasson and Trevor Slade. Photo supplied.

Apart from some great golf, the highlight of these events is the provision of some great food, including a halfway hotdog followed by a BBQ hamburger lunch prepared by our great volunteer ladies.

Our membership for the Men's Vets Golf is growing due to its popularity and we welcome anyone wishing to come to come and have some fun. Please contact the Forster Clubhouse accordingly.

Our Local wildlife



By Kym Kilpatrick - Hallidays Point FAWNA

Whistling Kite

One of the more common raptors seen along our coast, and indeed across the country, is the Whistling Kite (Haliastur spheurnus). Sometimes mistaken for a Little Eagle or a juvenile Brahminy Kite, especially in flight, it has a slender body with long, broad wings and a rounded tail that is slightly wedge-shaped.

One of more distinctive characteristics of Whistling Kites are their whistling calls, a loud descending: 'tee-ti-ti' both in flight and when at their nest. However, they also have a range of chattering and other whistling notes and are generally regarded as the most vocal of our raptor species.

They are often found in open woodlands, around farms and in wetlands where they will circle slowly flying on thermal currents. They prefer habitats near water, including our beaches, lakes, rivers and wetlands but also farm dams.

Whistling Kites are opportunistic hunters and will feed on fish, reptiles, frogs, insects, small mammals including rabbits, other birds, and carrion. As carrion eaters they will scavenge dead animals, fish and birds along beaches, riverbanks and roadsides. They will also steal food from other birds if the opportunity arises. There appears to be a preference for carrion during the non-breeding season and small live animals such as mammals, birds, fish and insects during the breeding season, although this may be a consequence of seasonal food availability.

Breeding season is between July and December. When courting both will soar high above the chosen nesting site, a tall, forked tree preferably near water, loudly calling to each other. They are believed to be monogamous, and both parents participate in building the nest, a large structure made from sticks and lined with green leaves high in the tree fork.



Above: Photo of Whistling Kite by Celeste Phillis.

Different pairs may nest within proximity of each other if habitats are abundant enough in food sources and high trees. Most pairs will return to the same tree each breeding season.

Two to three bluish-white eggs are laid, with incubation taking 40 days. Both parents incubate although the female takes the biggest load. Chicks are downy-white when hatched and will take another six weeks to fledge. Both parents feed the chicks and will continue to do so for another two months even after young are able to fly by themselves.

Whistling Kites have proved to be one of the most resilient and adaptive of our raptor species, no doubt because of their ability to take advantage of so many different food sources across a wide range of environments, including, of course, carrion. As carrion eaters they help to maintain healthy ecosystems by 'cleaning-up' the environment.

However, as carrion eaters, if the dreaded avian influenza, H5N1 Clade2.3.4.4b., takes hold on our shores they are at high risk of becoming victims and carriers themselves. At this point Whistling Kites are of the status 'Least Concern'—let's all hope and pray they stay this way.

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Taekwondo skills tested at special grading night



Above: Back row (L-R) MP Tanya Thompson, Matt Huckett, Grandmaster Fay Shacklock, Jess Gowing, Lee Cotterell. Front row – Aunty Nolene Lever, Glenn Bidaure, Tiko Samson, Harrison Lennon. Photos by Mary Yule.

By Mary Yule – Forster Fortnightly

Three students put their Taekwondo skills to the test under the direction of Grandmaster Fay during a special grading night at the Forster High School Campus on July 30.

Led by senior Taekwondo students Matt Huckett and Jesse Gowing, they demonstrated their sparring, board-breaking, kicking and defensive techniques before an audience of family members, friends and supporters.



Among those grading was nine-year-old Glenn Bidaure, who successfully earned his red belt after training with Grandmaster Fay for several years.

Seventeen-year-old Tiko Samson achieved his black belt after nine years of dedicated training. Travelling each week from Gloucester with his mother, Tiko's commitment was recognised by his instructor.

"His family are very committed. His mum drives with him from Gloucester every week," Grandmaster Fay said.

Grandmaster Fay said Tiko's performance on the night was warmly received by those in attendance.

"He took the crowd down tonight, didn't he? He's very loved. And he tries. The first time he was here he was only a little boy."

Eleven-year-old Harrison Lennon successfully graded for his probationary black belt.

"Harrison's done a lot of work with the juniors, with the little

kindergartens at our classes in The Palms," Grandmaster Fay said. "He's helped them progress. He gets a mark for that towards his grade."

Among those watching the grading were long-time club supporter Aunty Nolene Lever, senior student and fourth-dan black belt Lee Cotterell, and Member for Myall Lakes Tanya Thompson.

Grandmaster Fay acknowledged Aunty Nolene's longstanding support of the club.

"She's been my biggest supporter up here and has supported the kids for the 11 years she's been in Forster," he said.

At the conclusion of the grading, Glenn Bidaure, Harrison Lennon and Tiko Samson were presented with their new belts by Aunty Nolene Lever and Tanya Thompson.

Jesse Gowing and Matt Huckett were also recognised, receiving their Second Dan tips after completing another year of training.

Grandmaster Fay said the club continues to attract new members, particularly families.

"It's going well. After COVID, it was hard to get things going again, but the club has really grown," she said. "There's about 25 in each class and I'm getting a lot of families. I've got three mums training with two kids each, and a father and two kids joined this year."



Second Inter Resort Golf Event for 2026

By Warren Arnold – Forster Lakes

On Monday 20 July, 15 keen golfers from Forster Lakes travelled to the Hawks Nest Golf Course for our 2nd game this year against 13 players from Palm Lake Tea Gardens.

The course and weather were ideal for playing and the event was very keenly contested.

The individual winner on the day was Bruce Hamilton (Forster Lakes), coming 2nd was Brian Newbery (Tea Gardens) and 3rd was Lloyd Smith (Tea Gardens). The important battle for the shield finished in a draw so after 2 events Forster Lakes is still leading.

A great day was enjoyed by all. Thanks also to the Forster Sales Department for their sponsorship of this event.



Above: (L-R) Terry Hulme (Tea Gardens) with Bruce Hamilton (Forster Lakes) winner. Photo supplied.

Forster Turtles take on Bondi Invitionals



By Marian Larkey – Forster Turtles

The Forster Turtles Ocean Swim Group have swum together locally for over 20 years, with numbers expanding due to our love of saltwater and a good social catch-up afterwards.

This month on July 26th the Turtles were again invited to compete in the Bondi Invitational at the iconic Icebergs Ocean Pool. Twenty-five keen competitors made the trip with great results. The Turtles competed against an expanded 9 city clubs and came fourth, a great achievement against bigger clubs.

While it was a team effort there were some quality individual results. Anne Curtis achieved silver in the Over 70 Women's 50 metre sprint. Bryn Russell achieved bronze in the Men's Over

60 metre sprint....and while Kate Virgona also came third in her Over 40 Women's 50 metre sprint, she had a DQ and was very happy to pass the medal to her fellow Turtle, Caitlan Crawford who completed the swim cleanly.

The only Gold we achieved this year was in the Women's Over 70 relay team. Proud Winners for the second time were the Australian Gold medal holders: Anne Curtis, Susan Carmody, Marian Smith and Suanne Hunt.

Other relay teams showed good results in a growing number of clubs competing in this carnival: The Women's Over 60 relay and the Women's Over 40 relay team also achieved 3rd place.

Winter Swim Clubs take great pride in being consistent in their swim times, so even for slower swimmers winning the Nominated

Time Relay is a badge of honour. Out of 21 teams competing, the Turtles came 5th and 7th, a great improvement in recent years due to consistent training by our revered coach of twenty+ years Russell Jackson. "Consistency is the key" says Russell. Our training regularly in the Bullring and the ocean has helped a small country swim club achieve great results.

All are welcome to swim with us.



Anyone for a spot of tennis?

Coomba Park Tennis Club

A while back a group of dedicated volunteers banded together and built what we know today as the Coomba Park tennis court, located on the precinct of the Community Hall grounds at 86 Moorrooba Rd Coomba Park. Till this day it is a place where locals meet for a social game of tennis on a chilly Friday morning (8am - 10am), and a fun filled Tuesday afternoon (2pm – 4pm). Currently there is a small group that has kept the spirit alive.

As another financial year has passed the tennis club is welcoming new members to

join our team. Not only do you enjoy banter with other fellow locals, but it's also a great way of keeping active.

If you would like to take that next step and become a member, please contact Melissa on 0403 309 807 or Andrew 0449 855 685 or visit us on a social day at the court. We would love to see you there!



Pearl Dragons to represent Australia in France

By Ann-Maree Swanson – Great Lakes Pearl Dragons

Ann-Maree Swanson and Alexandra (Alex) Glencross from our club Great Lakes Pearl Dragons will proudly join 20 other dragon boat paddlers from various dragon boat clubs from the North Coast NSW at the International Breast Cancer Dragon Boat Festival being held in Aix-les-Bains, France 24th to 30th August.

The festival is a global celebration that brings together approximately 4,500 plus breast cancer survivors and supporters from across the world through the sport of dragon boating. The event highlights courage, determination, teamwork, and the important role that dragon boating

plays in recovery, wellbeing, and building connections after a breast cancer diagnosis.

The teams participating in this festival come together not only to compete, but also to share their stories, celebrate survivorship, honour those who have been affected by breast cancer, and raise awareness of the strength found through community and support.

Our members are honoured to be part of this international gathering and will represent the North Coast NSW as the Aussie Dragonflies with pride, joining participants from around the world in a celebration of friendship, resilience, and hope.



Some of the members wearing our opening parade capes!



ALISON PENFOLD MP
FEDERAL MEMBER for Lyne

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2026 Polar Plunge to help Special Olympics Bowling Athletes compete at National Games in Melbourne



MNC team has 17 athletes participating at the National Games with each athlete's costs at approximately \$5000. The Port Macquarie Polar Plunge monies go to the Mid North Coast region and is aimed at raising awareness of the work being done by Special Olympics to improve the lives of people with an intellectual disability.



Above: Back row (L-R) Constable Josh Slade, Lachlan Daczko
Middle row – Steven Holland, Seargent Kylie Hales, Ellie Muguven, Coach Clay Small
Front row – Constable Aiden White, Sophie Powick, Jason Holley. Photos by Mary Yule.

By Cathy Muguven - Forster

The Law Enforcement Torch Run (LETR) 2026 Polar Plunge at Port Macquarie, in conjunction with Special Olympics Mid North Coast, is a major fundraising event for Special Olympics. Police from all over Australia take part in their regional area's Polar Plunge along with athletes, volunteers and anyone who would like to participate.

People, individually or as a team, can donate or participate via the QR codes attached.

Forster has four Special Olympics tenpin bowlers selected to represent NSW at the National Games in Melbourne in October. The bowlers, Ellie Muguven, Sophie Powick, Steven Holland and Jason Holley all play and train at Forster Tenpin Centre. They are part of the Mid North Coast (MNC) regional team along with Taree and Port Macquarie. The

Forster police and the Forster athletes will be jumping or running into the Hastings River at Westport Park, Port Macquarie this Sunday 9 August. Check in from 9am, plunging from 10am. Dress up costumes and uniforms are usually the main attire on the day.

Please support our 4 Forster Special Olympics 10pin bowlers to help compete at the National Games in Melbourne this October.



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Choose from a selection of four different crowd-favourite pasta dishes.
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WEDNESDAY STEAK NIGHT
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MAN I FEEL LIKE A WOMAN FROM THIS MOMENT THAT DON'T IMPRESS ME MUCH & MANY MORE!

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SATURDAY 3 OCTOBER

Doors open 7.30pm for an 8pm Show

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Book NOW at reception or online via Sticky Tickets
*online booking fees apply