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Forster Fortnightly

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

FREE

Wednesday 19 August 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No. 153

Gutsy Game

A highly anticipated rugby league match was played between Great Lakes College (in the blue shirts) and Bass High on 11 August in Tuncurry. Both teams are ranked in the top 8 in NSW. See page 33 for full results. See page 33 for more great results from Great Lakes College in netball. Photo by Mary Yule.

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Photo by Patricia Macvean.

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

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Mayoral column

There has been some very welcome news for councils and communities across Australia, and will help inform the bridge's detailed design. The design work is planned to be completed later this year, allowing the project to be tendered in early 2027.

The commitment includes support for ongoing increases to Financial Assistance Grants. These grants are particularly important because they are untied, allowing councils to direct the funding towards local priorities, including roads, infrastructure and essential community services.

For many years, councils have advocated for Financial Assistance Grants to be restored to a fairer level. The value of these grants has fallen from one per cent of Commonwealth taxation revenue in 1996 to less than half of that today, while the range and cost of services delivered by councils has continued to grow.

This commitment is an important step towards fairer and more sustainable funding for councils across Australia, and we await action by the Federal Government to put this new policy into practice and increase their payments to Councils. We look forward to seeing what it could mean for MidCoast Council and our community.

Work is also continuing on permanent replacements for The Bight Bridge at Wingham and Tiri Bridge on the Manning River, following the extensive damage caused by the May 2025 floods.

Council has presented initial concept designs for both bridges to the NSW Reconstruction Authority, with the next stage of design and investigation work now underway.

Geotechnical investigations have recently been completed at The Bight Bridge. This work provides important information about

the ground conditions and will help inform the bridge's detailed design. The design work is planned to be completed later this year, allowing the project to be tendered in early 2027.

Design work is also progressing for the permanent Tiri Bridge replacement. The temporary crossing has restored an important local connection, but we know the community is eager to see a permanent solution delivered. We will continue working with the Reconstruction Authority to progress both projects as quickly as the funding and approval processes allow.

Finally, I strongly encourage residents and ratepayers to register for Council's new online Customer Portal.

Creating an account provides convenient access to a growing range of Council services in one place. Registered users can pay rates, water accounts and invoices, create and track requests, lodge and view applications, purchase beach driving permits and pool passes, update personal details and view developments in their area.

Registration is quick, easy and secure, and account approval will be done in within three business days. I encourage you to register now, so your account is ready when you need to use it. Visit Council's website and select "Your online Council account" to get started.

Mayor Claire Pontin



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Community Picnic Day at Smiths Lake



Above: Organisers (L-R) Greg and Bronwyn Collocott, Mike Gibson and Robert Bain. Photos by Ian Yule.

Pacific Palms Community Association (PPCA) Smiths Lake Village

A Community Information and Picnic Day was organised by volunteers at the Recreation Park in Smiths Lake on Sunday 16 August to connect residents with local groups and to showcase some of the community work volunteers have been doing behind the scenes.

Robert Bain, Pacific Palms Community Association (PPCA) Smiths Lake Village coordinator said, "This is the first time we have organised a community picnic day here. Bronwyn Collocott suggested the event as a fun way for people to meet and find out what we have at Smiths Lake. Bron has done a great job in arranging the community day and showcase. A head count about midday showed more than 100 people

attending, and it was remarkable how curious and attentive people were at each of the display stands, and how long they lingered."

During the day the Pacific Palms Fire Brigade put on a BBQ and brought along the local RFS fire truck, The Wild Fig coffee van kept the coffees coming, and the local pickleball group set up social games on the netball courts - the kids dominated the courts for periods. Into the Wild and other stands ran activities for the kids throughout the day. Local artists displayed

and sculptural works along with a model design for the planned sculptural garden. The design for the new pump track connecting to the existing skate bowl was on show. Several local kids took the opportunity to spray paint the pump track outline full size on the grass and walk the track to help visualise the layout and the space.



On display was a map of the newly opened section of the foreshore walking trail, which now connects Smiths Lake Village to and from the Cellito Beach boardwalk. Mike Gibson, leader of the local Landcare group, shared the projects the group has been working on around the foreshore, their results and what is planned ahead.

Visitors were also introduced to the 'villagefirst' website, the go-to community resource for Smiths Lake, including the new live lake level link on the home page. The link connects to Manly Hydraulics' live reporting of rainfall and Smiths Lake water levels, showing the remaining margin to flood levels that trigger the opening of the sand bar.

Greg Collocott demonstrated the new website functionality and development plans. Bronwyn and other volunteers shared several draft community plans, including community resilience planning, emergency planning and preparedness for bushfire, storm events, flooding and more, and asked locals to have their say. They plan to follow up with



a workshop for interested people. Bronwyn said they hoped the picnic day would increase awareness of works underway and encourage locals to engage more as part of their own community, through PPCA membership, volunteering programs, or occasional lending a hand on local works.

More information can be found at: villagefirst.org.au



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Seal Rocks General Store

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Congratulations to spelling wiz Layla Clayton!

Bungwahl Public School

Congratulations to Layla Clayton for her outstanding achievements! Last week, Layla secured a place in the State final of The Premier's Spelling Bee after winning the regional finals. Her natural talent, memory, dedication and relentless effort in learning her words have made her a remarkable speller—so much so that Principal Di Farley nicknamed her the "spelling ChatGPT," praising her automatic, confident, and accurate spelling skills in the time they spent together preparing for the finals.

The Bungwahl school community is extremely proud of Layla's efforts and wishes her the best in the upcoming finals.

Layla is no stranger to success. In 2025, she was awarded the prestigious ICAS Medal for Year 2 Spelling, the highest academic honour in the competition, which recognises the top student in the state and celebrates outstanding academic achievement against national benchmarks. This recognition validates Layla's curiosity, dedication, and hard work.

Additionally, Layla was a state finalist in the Stage 2 Premier's Spelling Bee in 2025



even though she was only in Year 2, further demonstrating her exceptional talent.

Layla's curiosity and deep interest in the language system have also been impressive. Having mastered the English language Layla is now dabbling in Spanish and is keen to learn French!

We look forward to seeing what Layla achieves next!

Student writing competition opens in lead up to National Water Week

MidCoast Council

Students across the MidCoast are once again encouraged to showcase their creative writing skills with the return of the National Water Week Junior Writing Prize.

The competition invites all primary school, high school and homeschool students in the region to enter a short story, poem or work of creative non-fiction that explores this year's National Water Week theme of 'Water connects everything'.

The competition opens on Monday 3 August and closes on Friday 25 September, with the winners to be announced on Wednesday 21 October during National Water Week.

Students can enter in the Primary School (K-6), Junior High School (7-9) or Senior High School category (10-12). EFTPOS Gift Cards will be awarded to the top three entries in each category, with a gift voucher to a local bookshop also awarded to a highly commended entry in each category.

Now in its second year, the competition returns after a strong response in 2025.

MidCoast Council's Director of Infrastructure and Engineering Services, Rob Scott, said the competition gave creatively minded students a meaningful opportunity to engage with the subject of water.

"We received more than 50 entries into the competition in its first year and we were really impressed with what we saw, not just in terms of the writing and creativity, but also with the way students explored the important role water plays in our lives and the need to look after this essential resource," said Mr Scott.



Above: 2025 National Water Week Junior Writing Prize Primary School category winner, Mia Callagher from Harrington Public School.

"We're expecting an even stronger response this year and can't wait to see what the students come up with."

The competition is one of several events that MidCoast Council will be putting on for National Water Week 2026, which runs from Monday 19 October to Sunday 25 October.

To enter the competition or find out more, visit <https://haveyoursay.midcoast.nsw.gov.au/water-wiser-hub>

Local Automotive Technician awarded Australian Overseas Foundation Scholarship

Australian Overseas Foundation

The Australian Overseas Foundation (AOF) is proud to announce that Indianna (Indi) Choma of Forster, NSW, has been awarded a 2026 Australian Overseas Foundation Scholarship in recognition of her outstanding achievements in the automotive industry and commitment to professional excellence.

The scholarship will support Indi to undertake an international professional development experience over the next 12 months, providing access to world-leading automotive technologies, training and industry practices not currently available in Australia. The opportunity comes at an important time for Australia's skilled trades workforce, with Jobs and Skills Australia reporting that 42% of Technician and Trades Worker occupations are in shortage, including 62% of Automotive and Engineering Trades Worker occupations. Indi will return with new technical knowledge, global industry insights and professional networks to help strengthen Australia's automotive industry.

Indi is a qualified Automotive Technician with Great Lakes Automotive (Nissan) in Tuncurry. She has built her career through determination, continuous learning and a passion for automotive excellence. Since entering the trade in 2022, she has developed expertise in diagnostics, servicing, mechanical repairs and manufacturer training while earning a reputation as a highly capable technician.

Indi first came to national attention after winning silver in Automotive Mechanical Technology at the WorldSkills Australia National Championships. She has also completed work experience with the Blanchard Racing Team in Melbourne, further expanding her technical knowledge and experience in high-performance motorsport.

Indi is currently planning travel to the United States to further develop her motorsport knowledge. She will join more than 365 Australian Overseas Foundation scholars who have travelled internationally since 1965 to advance their skills and careers.

Australian Overseas Foundation Chair Norm Lyons said Indi exemplifies the calibre of tradespeople the Foundation is proud to support.



Above: Indi (for left) receiving silver medal at 2026 WorldSkills.

"Indi has shown remarkable dedication to developing her skills and continually striving for excellence. We are delighted to support her international learning journey and look forward to seeing the positive impact she will have on Australia's automotive industry."



Above: Indi changing a tyre at a motor sports event. Photos supplied.

Indi said the scholarship would provide an invaluable opportunity to broaden her skills and experience.

"I'm incredibly grateful to receive this scholarship. Having the opportunity to learn from international workshops and industry professionals is something I've always aspired to. I look forward to bringing those experiences back to Australia and continuing to grow within the automotive industry."

Call to all food business owners

MidCoast Council

Fogo Mandate – onsite food processing equipment: From 1st July 2026, new NSW laws require businesses and organisations that sell or handle food – including supermarkets, cafes, schools, hospitals and hotels – to separate food waste from general waste.

MidCoast Council understands that some suppliers are promoting onsite food processing equipment as a way for businesses to meet the FOGO (Food Organics & Garden Organics) requirements. This equipment may include aerobic or anaerobic digestors, dehydrators, composters and macerators. Please note that macerators are not permitted in MidCoast Council's sewer system, and some equipment may require trained and qualified staff to operate it safely.

Before purchasing or installing any onsite food processing equipment, businesses should check the approval requirements. Installation requires



concurrency from both MidCoast Council and NSW DCEW. Taking this step early can help avoid unexpected compliance issues, including possible charges or fines.

<https://www.epa.nsw.gov.au/Your-environment/Recycling-and-reuse/business-food-waste>

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Local tourism operators shine at North Coast Regional Tourism Awards



Above: L-R) Sherinah Peck from What’s Beyond the Mile, Linc & Annie Jackson from Manning River Ferry Service, and Danielle & Brad Chapman from Amaroo Escape.

MidCoast Council

The Barrington Coast was well represented at the recent 2026 North Coast Regional Tourism Awards, with local operators bringing home two Gold, two Silver and two Bronze awards.

MidCoast Council Mayor Claire Pontin said it was a fantastic result for the region’s tourism industry and valuable recognition for the operators who work hard to create memorable visitor experiences across the MidCoast.

“Gloucester had another particularly strong showing, with local businesses recognised at every award level. This follows Gloucester’s Silver award in the Small Tourism Town category earlier this year.”

Gold

- New tourism business - Manning River Ferry Service, Harrington
- Self-contained accommodation - The Ridge, Gloucester

Silver

- New tourism business - What’s Beyond the Mile, Old Bar

- Hosted accommodation - Amaroo Escape, Gloucester

Bronze

- Caravan and Holiday Parks - Discovery Parks, Forster
- Tourism wineries, distilleries and breweries - Mograni Creek Estate, Gloucester

Finalists

- Tourism retail, hire and services - Barefoot Boats, Harrington
- Tourism wineries, distilleries and breweries - Pacific Ocean Brewery, Tuncurry
- Tourism retail, hire and services - Destination Barrington Coast Visitor Information Centre

Mayor Pontin congratulated all of the winners and finalists.

“Their success reflects the quality of our local tourism offering and helps strengthen the Barrington Coast’s reputation as a destination worth discovering,” she said.

End of Manning Valley mining exploration

Office of Alison Penfold MP

Federal Member for Lyne Alison Penfold MP has welcomed the decision by MCI Carbon to relinquish its mineral exploration licences in the Manning Valley and congratulated Manning Against Mining Alliance (MAMA) and the local community for their determined advocacy.

The exploration licences, covering around 93 square kilometres within the Manning River catchment, were cancelled by the NSW Resources Regulator on 4 August after MCI Carbon applied to relinquish them on 1 July.

Ms Penfold said the decision brought welcome certainty for Manning Valley communities who had raised serious concerns about the proposal, including its proximity to Mt George, potential impacts on the Manning River catchment and questions surrounding serpentinite exploration.

“This is a very welcome outcome for the Manning Valley and particularly for the people around Mt George who have lived with uncertainty about this proposal,” Ms Penfold said.

“I congratulate MAMA (Manning Against Mining Alliance), its President Bruce Robertson, its committee and the many local residents who have worked tirelessly to scrutinise this proposal and ensure the community’s concerns could not simply be ignored.

“I also thank my Nationals colleague, Member for Myall Lakes Tanya Thompson MP, for her strong advocacy on behalf of the community, as well as the crossbench members of the NSW Legislative Council who took up the community’s concerns and helped shine a light on this proposal.

“I was clear in my opposition to this project and I have been particularly concerned by the lack of genuine consultation and the difficulty our community experienced getting straight

answers about what was proposed and what its potential impacts could be.

“At a federal level, I took these concerns directly into the Australian Parliament, raised questions about the project and sought to engage the Albanese Labor Government about Commonwealth support for MCI Carbon and the concerns being raised by the Manning Valley community.

“When taxpayers’ money is supporting projects of this kind, the Australian Government has a responsibility to listen to affected communities and ensure there is proper transparency and accountability.

“The Manning River is the lifeblood of our region. Protecting its catchment, our productive farmland and the communities that depend upon it must come before projects that cannot demonstrate that they have community confidence.

“It is disappointing that, after the concern and uncertainty created by this proposal, it appears the community was not directly informed by MCI Carbon of its decision to relinquish the licences.

“Once again, the Manning Valley community has demonstrated what can be achieved when local people stand together, ask hard questions and refuse to be brushed aside.

“This is their win, and MAMA deserves enormous credit for seeing this campaign through.”



Above: MCI Carbon CEO and Co-Founder Sophia Hamblin talking at a MAMA rally. Photo supplied.

Motorfest proceeds given to local charity

By Brian Payne – Great Lakes Historic Automobile Club

Arguably one of the largest events held in the Great Lakes is the Mid Coast Motorfest held in John Wright Park in June each year. Organised by the local Great Lakes Historic Automobile Club (GLHAC), it is always well attended with a wide variety of vehicles from both local clubs, visiting clubs and the general public.

This year saw some 300 vehicles on display in perfect weather with entry being free to the viewing public. Vehicles pay an entry fee of \$15 per vehicle and from the proceeds, the Club

members elect a local charity to whom they make a donation.

This year it was the Great Lakes Palliative Care Support Inc., and at the Club’s monthly meeting, a presentation of \$5,000 was made by GLHAC President Hilton Tripp, to Kevin Stokes, accepting the donation on behalf of his wife, Deidre Stokes, President of Great Lakes Palliative Care Support.

Deidre advised that the group, comprising some 60 volunteer members, began way back in 1989 and there is still a huge need for care and support for those who are experiencing

the Palliative Care journey. Should you consider joining Deidre’s group of very active volunteers, just give her a call on 0437 830 818 for more details.

Right: (L-R) Kevin Stokes, representing Great Lakes Palliative Support Group, receives \$5,000 cheque from Hilton Tripp, President of the Great Lakes Historical Automobile Club.



Funding available for events & festivals



MidCoast Council

Are you planning a major event or festival that will attract visitors, support the local economy and showcase the MidCoast?

Applications are now open for MidCoast Council’s General Events and Festivals funding program, with grants of up to \$10,000 available to help bring eligible events to life.

Applications are open from Monday 3 August to Monday 31 August 2026.

The program supports large-scale events and festivals that draw visitors to the region, create opportunities for local businesses and bring people together.

Last year’s funding round supported events including the NSW Triathlon Club Championships, the Taree and District Eisteddfod, and the Harrington Festival and Fireworks on John Gollan Day.

“Events and festivals make an important contribution to the MidCoast economy and the life of our communities,” said Executive Manager Sustainable Development, Rachel Pleasant.

“They bring visitors into our towns, support local businesses and give people another reason to experience everything our region has to offer.”

This funding round is for large-scale events and festivals taking place between 1 January and 30 June 2027. A separate funding round for smaller community events will open in February 2027.

Applications for Council’s 2027 NAIDOC Week and Youth Week funding programs will also open on Monday 3 August and close on Monday 14 September 2026.

Funding of up to \$4,000 is available for inclusive, whole-of-community NAIDOC Week events planned and delivered by a NAIDOC Planning Committee. NAIDOC Week is celebrated in the first week of July.

Youth Week is celebrated in April, with funding of up to \$3,000 available to support young people to design and deliver activities and events for their communities.

These funding programs are delivered under Council’s Grants, Donations and Sponsorship Policy.

For eligibility requirements and to apply online, visit www.midcoast.nsw.gov.au/grants-and-funding.

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Coordinated effort to contain fire in south Tuncurry



Local crews battle a bushfire in south Tuncurry. Image credit: Tuncurry Fire Brigade.

By Mary Yule – Forster Fortnightly

Local volunteer firefighting crews have worked together for a week in a remarkable, coordinated effort to contain a bushfire burning in inaccessible, thick scrub in south Tuncurry.

Crews from Diamond Beach, Tuncurry and Taree Fire Brigades first responded on Wednesday 12 August to reports of a fire off the Northern Parkway, near Great Lakes College in Tuncurry.

Access to the fire was extremely difficult with firefighting tankers unable to reach the site directly. Crews used chainsaws to clear fire trails and undergrowth, creating access for firefighting equipment and firefighters on foot. Diamond Beach Fire Brigade used its Category 7 medium tanker to pump water hundreds of metres to the fire through an extensive network of hose lines deployed on both sides

of the fire. Water was supplied from Diamond Beach's Category 1 heavy tanker, as well as Tuncurry tankers positioned at hydrants within the Great Lakes College Tuncurry campus. Firefighters worked for several hours in difficult conditions to contain the fire and prevent it from spreading.

By Thursday, August 13, the difficult terrain continued to restrict access. As conditions eased, crews monitored the fire as it burned overnight.

On Friday, August 14, teams from Diamond Beach, Tuncurry, Rainbow Flat and Green Point returned to the area to strengthen containment lines, using Rural Fire Service heavy machinery to establish control lines. Due to the location and difficult terrain, crews were still unable to gain direct access to the fire. Firefighting

Continued on page 30.

New Boona Street Clinic



Above: (L-R) Matt Mayo, Physiotherapist, Karla Berg, Patient Care Coordinator, Tayla Calabria, Senior Physiotherapist, Kate Smith, Chiropractor and Matt Smith, Specialist Physiotherapist.

Advertorial

Spine & Sport Forster

Spine & Sport Forster has moved into a new, purpose-built clinic in Boona Street, Forster, giving its growing team more space to provide physiotherapy, chiropractic care and a range of musculoskeletal and rehabilitation services to the local community.

The new clinic brings together clinicians with a range of experience and clinical interests, caring for people with sports and musculoskeletal injuries, back and neck pain, dizziness and balance problems, headaches, concussion, post-operative rehabilitation, chronic pain and more complex conditions.

The Boona Street facility has been designed to provide a comfortable, modern environment for assessment, treatment and rehabilitation, with additional space allowing the team to better support patients throughout their recovery.

"We've been fortunate to build a great team here in Forster, so we wanted to create a clinic that reflects the way we like to work - collaborative, personal and focused on providing really good care for our community," said Mathew Smith, Fellow of the Australian College of Physiotherapists.

The larger clinic will also provide space for community education, professional development and local health initiatives.

As Spine & Sport Forster continues to grow, the focus remains firmly local - building a strong clinical team and providing high-quality care for people across Forster-Tuncurry and the wider Great Lakes community.

If you're interested in seeing our new space, please feel welcome to pop in and say hello. Karla Berg, our Patient Care Coordinator, would be very happy to show you around.

See p35 for free 'Strong shoulders for Swimmers' talk.

(See advertisement below)

"I've gotta girl named Sheila..."

By Mary Yule – Forster Fortnightly

At 95, Sheila is still putting on her dancing shoes, keeping active and enjoying the company of friends at the Mid North Coast Bootscooters.

"I have always been in awe of Sheila," said Narelle Duncan, President and Instructor with the Mid North Coast Bootscooters at the Tuncurry Memorial Hall. "She's 95 and if ever I get to be 95, I'd like to be where she is today. I love Sheila."

Fellow instructor Anne Ligertwood agrees. "Sheila's just a lovely lady. She always has a smile on her face. When she is in the class, I put her favourite songs on," Anne said.

There is one particular dance that has become something of a tradition because of Sheila.

"Our club really loves the dance 'Down at the Honky Tonk' because it has a line about a girl named Sheila," Anne said. "Our club really loves that song because of Sheila. It's just something that we've always kept up."

Sheila, who recently celebrated her 95th birthday, says she has loved line dancing ever since she first tried it 13 years ago.

"I started 13 years ago when I met Renate at the Great Lakes Aquatic Centre. She told me she was going to join the club here and I came with her. Then she introduced it to Frances, so she joined with us. So we've been friends for a long, long time."

For many years, Sheila was attending line dancing classes four times a week. These days she has reduced that to twice a week, but has no intention of giving it up.

"I decided to cut down a bit, but if I can keep on going through an hour at a time, I'll be happy. Keep on dancing as you get older," she said. "It keeps the brain active and the feet active. It's just so enjoyable."

Among her favourite dances are "Trainwreck", "I Closed My Eyes" and, naturally, "Down at the Honky Tonk".

"That's my signature tune," Sheila said.

"When they first played it, everybody was quiet as we were dancing to it. And then one of my friends was quite bright. She sang out, 'I've got a girl named Sheila' with the song, so from then on, everybody calls out the lyrics."

Line dancing is just one part of Sheila's busy social life. She belongs to six clubs and organisations and says the friendships she has made through them are one of the great joys of her life.

She has been a member of the Forster-Tuncurry Evening VIEW Club for almost 28 years. The club raises money to support disadvantaged children through The Smith Family, including providing books and school equipment.

"We have raffles and people come to talk to us about different things. In the old days we used to put on skits and entertain our friends, which was really good," she said.

Sheila is also a member of Forster-Tuncurry Legacy. After her husband Ian, who served in the Navy, passed away, Legacy became an important part of her life.

Right: Sheila (on the left) received her Life Membership in 2021 with the Mid North Coast Bootscooters, presented by Instructor Narelle Duncan.



"They look after me," she said. "They sent me these beautiful flowers for my birthday."

She also belongs to the Club Forster Travel Club and recently enjoyed a trip to Dorrigo. Another outing is already planned, with a visit to see Fiddler on the Roof with the Wallis Lake Travel Club.

Then there is the Over 55 Social Club, which recently held a 95th birthday party for her.

"Wonderful people," Sheila said.

Her weekly activities also include exercise with the University of the Third Age on Tuesday mornings, followed by ten-pin bowling with a group in the afternoon.

With such a busy schedule, it is clear Sheila has no plans to slow down.

"And I want to keep on doing it if I can," she said.

Asked what she likes most about belonging to so many different groups, Sheila immediately talks about the people.

"I have so many wonderful friends. Everywhere I go, they're all such lovely people. In their own way, they all do so much to help me if I need help, and they just welcome me as one of them. Even though I might be 20 or 30



Above: (L-R) Good friends Renate Neimanis, Sheila McLaughlin and Francis McPherson have been line dancing together for 13 years. Photo by Mary Yule.

years older, I'm still welcome. I think that's wonderful. I really appreciate it. I'm so lucky to have met so many nice people. And I'm so grateful."

Sheila knows that people see her as an inspiration.

"Well, people tell me I'm an inspiration. Which is nice to hear."

Her approach to life is refreshingly straightforward.

"Attitude has got a lot to do with it - and good genes. My parents were healthy, so that's a big help, isn't it? I don't smoke or drink. I just eat good food. And enjoy life. I think you've just got to be happy and enjoy life. That is what I'm trying to do."

JULIE ANDREWS' Production of LERNER AND LOEWE'S My Fair Lady

Co-Directed by KAREN JOHNSON MORTIMER

My Fair Lady overnight show tour

Wednesday 21st & Thursday 22nd October 2026

Enjoy the timeless magic of My Fair Lady at the iconic Sydney Opera House. Featuring unforgettable songs, dazzling costumes, romance & humour, this beloved musical follows the transformation of Eliza Doolittle from flower seller to lady of high society. A classic theatre experience.

Tour Includes:

- Return air-conditioned coach travel
- Overnight Accomodation at Parkroyal Darling Harbour
- Light Lunch & 2 Course Dinner Day 1
- Ticket to the show at Sydney Opera House
- Buffet Breakfast & Lunch Day 2

\$150 non-refundable deposit required to secure your booking
FINAL PAYMENT DUE:
No later than
Friday 18th September

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PERFORMED BY Wild Things Run

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

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

WWW.CLUBFORSTER.COM.AU/SHOWS

The Doors Experience

Come on baby, light my fire !

24th October 2026

TICKETS AVAILABLE NOW
www.clubforster.com.au/shows

More EV charging stations

Stockland Forster
We are excited to announce that Ampol AmpCharge EV charging is now at Stockland Forster.

AmpCharge aims to make charging your electric vehicle (EV) seamless and simple. With new public EV chargers now available, it's a fast, convenient and reliable way to charge your EV.

There are eight EV charging bays located in the south carpark off Breese Pde. Shop or dine while recharging your EV. Download the Ampol app today.

Stockland Forster is proud to be the home of premier shopping, dining, and entertainment destination for the community. If you have any questions regarding AmpCharge EV charging,



Complete your
Census now.
It's not too late.

Census night was Tuesday 11 August.
It's compulsory for each household to complete the Census to help plan for Australia's future. For help, visit census.abs.gov.au or call 1800 181 227.
Every answer matters.



Authorised by the Australian Bureau of Statistics, Canberra

Don't Panic!
There is still
time to do your
2026 Census



By Sophia McCaughan - Forster Fortnightly

It has now been one week since Census night (Tuesday, August 11) but don't panic if you haven't had a chance to complete it.

Every five years, the Census counts every person and household in Australia.

The Census is run by the Australian Bureau of Statistics (ABS).

The Census helps the ABS understand what Australia needs now and in the future.

Census data is used to inform decisions about services and support for communities such as where to build hospitals and schools.

There are different ways to complete the Census and most households would have received a letter with instructions on how to complete the Census in the last fortnight.

It can be completed online or you can request a paper form.

The ABS understands that many Australians are still waiting for their paper form to be delivered. If you have requested a paper form after receiving the initial letter with your 16-digit number, please allow for up to 10 business days for the form to arrive.

The Census is compulsory.

If you choose not to complete it, you may face consequences such as a monetary fine.

The Census asks questions about your age, ancestry, what languages you use and what you do for work and more.

As Australia changes, so does the Census.

This year there are new questions and changes to previous questions, these changes are made based on research.

The Census is conducted independently from the Federal Government, and the Government of the day does not impact the questions, answers or the outcome of the data.

It is important to understand that ABS Census workers will be coming around Forster-Tuncurry in the coming weeks, to follow-up people who have not completed their Census.

These ABS Census workers are local to the region and are not personally responsible or in charge with what questions have been asked on the Census as well as how it was delivered this year.

If you have feedback about the Census you can visit the website www.census.abs.gov.au where you will be able to complete a complaint form.

See p32 for article on Cape Hawke District Census from 1885.

New Homes
Under Construction.



Thyme Forster is taking shape.

Construction is progressing across our new over-50s lifestyle resort, with the first homes in the Foundation Release now well underway.

With only a few homes remaining, now is the time to secure your new home and see it taking shape for yourself at our upcoming Home Construction Tour.

HOME CONSTRUCTION TOUR
Friday 4 September | 10am & 1pm

Step inside our first homes under construction and see Thyme Forster taking shape.

PLACES ARE LIMITED.
SCAN QR TO BOOK
YOUR TOUR TODAY.

1300 028 557 | forster.thyme.com.au

Thyme Lifestyle Resort Forster
240 The Southern Parkway, Forster







Tanya THOMPSON MP

Member for Myall Lakes

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.

VILLAGE VISITS

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
Wednesday 2nd September	9:30am	DIAMOND BEACH Bronte Belo
	11:00am	TALLWOODS Tallwoods Golf Club
Thursday 3rd September	10:00am	SMITHS LAKE Frothy Coffee Boatshed
	11:30am	SEAL ROCKS Number One Beach Reserve
	1:00pm	BUNGWAHL Bungwahl Hall
Friday 4th September	10:00am	COOMBA PARK Coomba Aquatic Club
	11:45am	PACIFIC PALMS The Recky
	1:30pm	GREEN POINT Green Point Fire Brigade
Monday 7th September	12:30pm	OLD BAR Old Bar Tavern
Thursday 10th September	10:00am	OXLEY ISLAND Oxley Island Community Hall
	11:30am	MITCHELLS ISLAND Mitchells Island Hall
	1:15pm	MANNING POINT Club Manning Point
Friday 11th September	10:00am	FORSTER Forster Surf Lifesaving Club
	11:45am	FAILFORD The Hut on Failford
	1:15pm	RAINBOW FLAT Riding for the Disabled

Community News

Tanya's Community Update

It has been a big couple of weeks, both in Parliament and across our community.

In Parliament, I've continued asking the hard questions and making sure the voices and concerns of people across the Myall Lakes are heard loud and clear.

Closer to home, congratulations to the Forster Arts and Crafts Centre on an incredible 60 years. Thank you for inviting me along to celebrate such a wonderful milestone. It is always a creative, welcoming place and a real asset to our community.

I also had a great day at Bulahdelah Golf Course helping raise funds for the Bulahdelah Men's Shed. Our Men's Sheds do an important job providing friendship, support and a place for men to connect.

This weekend brings two more milestones, with Wingham Preschool celebrating 50 years and 101.5 GLFM marking its 40th birthday. Congratulations to everyone who has been part of their stories over the years.

By the time you read this, my Village Visits will be underway. I'm looking forward to getting out across the electorate, catching up with locals and hearing directly from you.

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

MP Tanya Thompson



Forster Arts & Crafts Centre celebrates 60 years!

Forster Arts & Crafts Centre

On Saturday August 8th the Forster Arts and Crafts Society (FACS) celebrated its 60th anniversary. The celebration took place at its Centre in Breeze Parade, Forster. We were honoured to have been joined by Alison Penfold MP, Tanya Thompson MP, Mayor Claire Pontin and Bruce Parsons along with past and present members.

There was a display of photos and newspaper articles while Linda Sawyer, Society President briefly outlined the history.

In her speech Linda said, "The Forster Arts and Crafts and Gem Society began in 1966 with an initial meeting at the Chamber of Commerce building. By December there were 27 members. The joining fee was \$2.00 with an annual subscription of \$2.00. The unemployed and children were 0.50c. FACS operated at the Casino building at the Bullring and continued until 1988 when the building was demolished."

"FACS negotiated this present site with Great Lakes Council who provided the land and guaranteed a bank loan to add to the funds that FACS members had worked tirelessly to save. It opened in October 1989 at a cost of \$420,000."

"The membership has evolved over the years made up mainly from the local community. Members continue to work tirelessly to manage its affairs, to fundraise in order to maintain the building and importantly to continually refurbish the centre. This allows the local community and



Above: Alison Penfold MP acknowledged current President Linda Sawyer for her leadership and the work she and the Centre's members and volunteers continue to do to keep the organisation active and welcoming.



visitors to the region to enjoy the activities and social experience offered. FACS is not fully self-sufficient. Much of the refurbishment has been generously supported by government grants."

After the speeches and the cutting of the cake, everyone enjoyed a delicious morning tea of sweet and savoury goodies provided by members. It was also a wonderful opportunity for those in attendance to browse the Centre and view the creative and amazing items

Left: An anniversary cake was cut by long term member Noni Pratt. President Linda Sawyer is behind her. Image Credit: Alison Penfold Office.

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NEIL DIAMOND The Musical

10 to 11 Dec 2026
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Floriade

AUSTRALIA'S BIGGEST CELEBRATION OF SPRING

CANBERRA FLORIAD COACH TOUR

25 to 28 SEP 2026

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

INCLUDES: 5 Star Coach Transport - Accommodation - Meals - Tours

COACH DEPARTS: Forster - Tuncurry - Hallidays Point

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Roundabout works underway in Black Head



MidCoast Council

Work is underway to construct a new roundabout at the intersection of Blackhead Road and Diamond Beach Road.

The new roundabout will improve safety and support future growth in the Black Head area.

Works include pavement widening and adjustments, new kerbs and traffic islands, stormwater drainage and street lighting. The roundabout will also include provision for a future road connection to support housing development south of Blackhead Road.

The majority of works will be completed alongside the existing roadway, allowing the intersection to remain open. Reduced speed limits and narrower traffic lanes will be in place at times while work is underway.

Every effort will be made to minimise impacts on motorists and nearby residents. However, some night works will be required to complete pavement milling and asphalt works, with delays expected during these activities.

Motorists are asked to follow traffic controls, observe reduced speed limits and drive to the conditions.

Works are expected to be completed in late 2026, weather permitting.

The project is jointly funded by the NSW Government through the Accelerated Infrastructure in High Growth Areas program and MidCoast Council.

For updates on road and bridge works, visit Council's Roads Hub: www.midcoast.nsw.gov.au/roads-hub

Increased access to in-person support for Great Lakes community

Advertorial

Manning Support Services

Great Lakes community members will now find it easier to access in-home aged care services, services for youth and families, and support for those experiencing family violence, following the opening of a new headquarters for Manning Support Services (MSS) in Forster.

One of the largest providers of in-home aged care in the region, MSS helps older residents understand and apply for government aged care packages, as well as providing in-home services such as personal care, domestic assistance, clinical care, meals, social support and home modifications.

The not-for-profit organisation also provides counselling services, programs for families and young people, and support for people experiencing family violence.

The new MSS premises meets the increased preference for in-person consultations, access to information, and administrative services, particularly as older people navigate the government's recently implemented Support at Home program, which replaced previous home care package programs.

MSS Chief Executive Officer Joshua Rogers says: "There have been significant changes to the government's home support system in the past year, and we want to remove any barriers or confusion that may prevent older people from accessing services that allow them to remain independent in their own homes."



Above: Outside the new MSS Forster Office (L-R) Joshua Rogers, CEO, Cathy Baker, Care Partner, Lyn Austin, Customer Service Officer, Meleah Gutherson, Aged Care Admin, Support officer, Phillip Costa, Vice President and Michael Burgess, President.

"While we've been providing programs and services within the Great Lakes region for many years, a dedicated headquarters in Forster allows us to improve access to information and increases our capacity to fill the gap in availability of services in the area," Joshua says.

MSS is celebrating 50 years in the Mid Coast community, having grown from a handful of volunteers in the 1970s to a large service provider of more than 400 staff.

The MSS premises is located at 11-13 Lake Street Forster and is open on weekdays from 9am to 5pm.

(See advertisement below)

Mid North Coast organisations honoured

NSW & ACT Outdoor Industry Awards

'Into The Wild Adventures Pty Ltd' and 'Soaring Into The Wilderness Inc' have returned from the 2026 Outdoors NSW & ACT Masterclass, Conference and Industry Awards in Jervis Bay with statewide recognition for their work in the Mid North Coast and Port Macquarie Hasting regions.

The organisations were recognised as finalists for three of their flagship programs - Next-Gen Men, Connection & Confidence Program and Lamington Club Men's Group

They were also honoured with:

Gold – Outdoor Industry Organisation of the Year NSW & ACT (Into The Wild Adventures Pty Ltd & Soaring Into The Wilderness Inc)

Gold – Emerging Outdoor Professional of the Year NSW & ACT (Josie Valenti)

Silver – Outdoor Education Practitioner of the Year NSW & ACT (Aaron Dodds)

Aaron Dodds said, "I'm so proud of Josie, our amazing Into The Wild and Soaring Into The Wild teams and every young person and family who has trusted us to walk beside them."

Over four days, the Outdoor Health Conference brought together leaders from across Australia to share evidence-based practice and innovative approaches in outdoor health, education and mentoring.

The conference also opened significant leadership opportunities.

Aaron Dodds accepted an invitation to join the Board of Australia Health Outdoors, contributing to the future direction of outdoor health nationally, while Josie Valenti accepted a leadership role within the Pinnacle Women's Outdoor Leadership Journey, further strengthening opportunities for women in outdoor leadership.

These appointments ensure that the experiences of regional communities and vulnerable young people will have a voice in shaping the future of outdoor health across Australia.

Right: Josie Valenti and Aaron Dodds. Photo supplied.





Personalised aged care at home and out in the community.

Everyday Living

Clinical Care

Community Connection

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

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

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

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

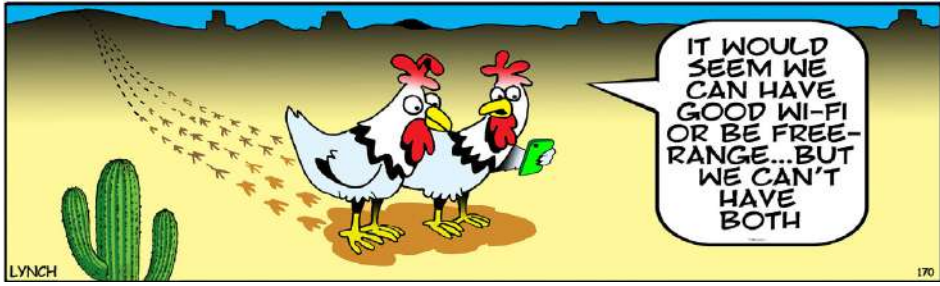
Ph 6551 1800 or visit mssinc.org.au.

New Forster office now open: 11-13 Lake St

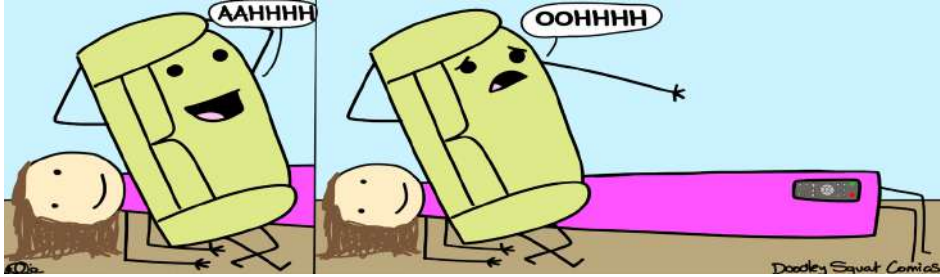


Puzzles Page

The Grin Bin

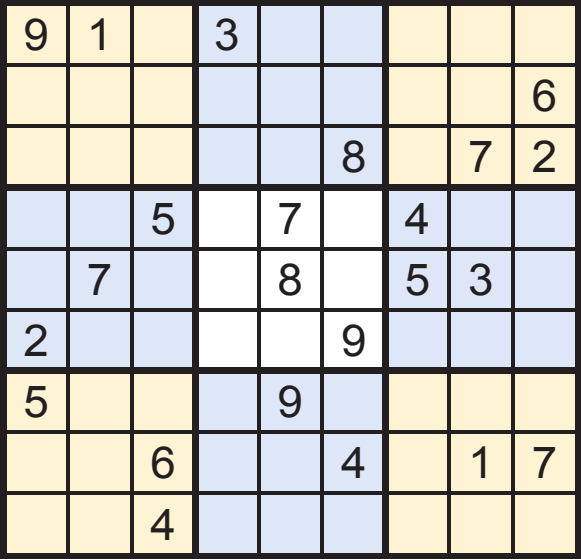


Doodley Squat



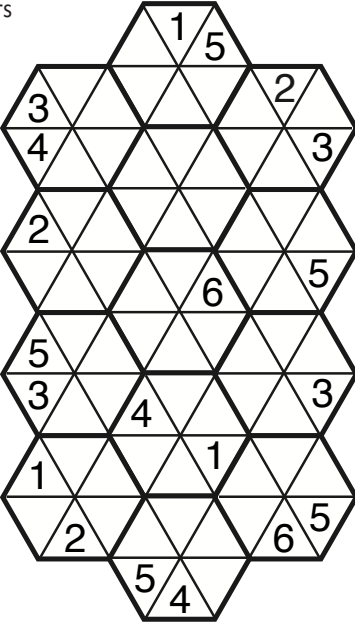
Sudoku

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

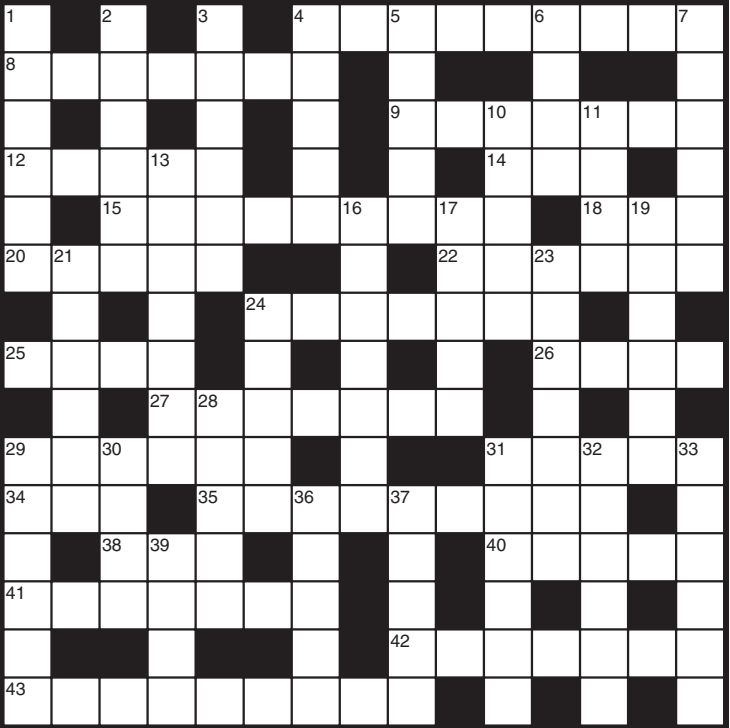


Quick Workout

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

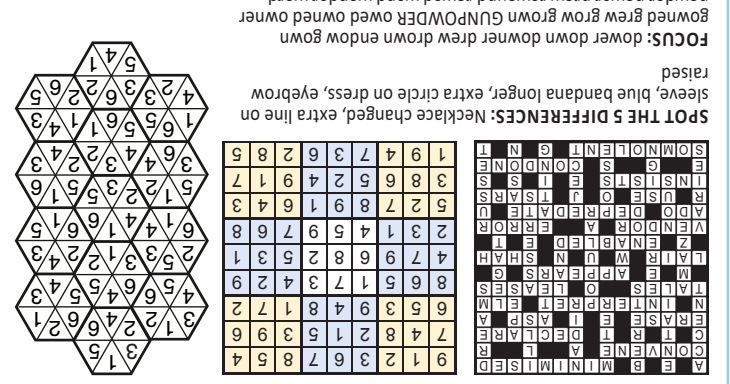
- 4 Belittled
- 8 Assemble
- 9 Announce
- 12 Efface
- 14 Serpent
- 15 Translate
- 18 Tree
- 20 Stories
- 22 Letting contracts
- 24 Comes into view
- 25 Den
- 26 Former Iranian leader
- 27 Made possible
- 29 Seller
- 31 Mistake
- 34 Fuss
- 35 Prey upon
- 38 Utilise
- 40 Former Russian rulers
- 41 Asserts positively

DOWN

- 1 Style of pronunciation
- 2 Involve by necessity
- 3 Headwear
- 4 Measuring instrument
- 5 Lowest point
- 6 Ailments
- 7 Visions
- 10 Provide for
- 11 Copies
- 13 Showed contempt
- 16 Well-liked
- 17 Large antelope
- 19 In smooth even style (mus)
- 21 Astounded
- 23 States as true
- 24 Conscious of

Solutions

Puzzles and pagination supplied by Auspaci Media



YOUR FORTNIGHTLY TV GUIDE

August 19 - 25

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	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 Hard Quiz. 8.30 Spicks And Specks. 9.00 New Zealand Spy. 9.25 QI. 9.55 Planet America. 10.30 News. 10.45 The Business. 11.00 Treasure & Dirt. 12.00 Murdoch Mysteries. 12.40 Long Lost Family: What Happened Next. 1.30 Parliament. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.25 The Cook Up. 3.55 Michael Mosley: Truth About Sleep. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.30 Titanic Sinks Tonight. 9.40 Six Four. 10.35 SBS News. 11.05 The Congregation. 12.00 Crime. 2.50 Isle Of Wight: Jewel Of The South. 3.40 It Takes A Village. 4.40 Bamay. 5.00 ANK 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 Bridge Of Lies. Celebrity Specials. 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. (PG) 8.30 The Front Bar. (M) 9.00 Unfiltered. (PG) 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 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. 6.30 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. 2.00 Parliament. 3.00 Fake Or Fortune? 4.00 Frankie Drake. 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 Back Roads. 8.30 Take 5. 9.00 Amanda & Alan's Italian Job. 9.30 Treasure & Dirt. 10.30 News. 10.45 The Business. 11.05 Frankie Drake. 11.50 Long Lost Family: What Happened Next. 12.35 Parliament. 1.35 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Shaun Micallef's Origin Odyssey. 3.00 Such Was Life. 3.15 The Cook Up. 3.45 Beautiful Lakes Of Northern Italy. 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. 10.10 SBS News. 10.40 Reyka. 11.40 Kin. 3.30 Isle Of Wight: Jewel Of The South. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Time Is Money. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Highway Patrol: Dreadful Drivers. (PG) 8.30 Air Crash Investigations. (PG) 9.30 Ron Iddles: The Good Cop. (MA15+) 10.30 Australia's Most Dangerous Prisoners. (MA15+) 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. 11.30 9News Morning. 12.00 The Block. 1.00 Space Invaders. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL. Melbourne Storm v Penrith Panthers. 9.55 NRL Thursday Night Footy Post-Match. 10.40 9News Late. 11.30 Ski Rescue Down Under. 12.05 Tipping Point. 1.00 Next Stop. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 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. 2.00 Take 5. 11.00 Antiques Roadshow. 12.00 News. 1.00 Portrait Artist Of The Year. 1.50 Treasure & Dirt. 2.55 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.40 Long Lost Family: What Happened Next. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Saint-Pierre. 9.05 Portrait Artist Of The Year. 9.55 Spicks And Specks. 10.25 News. 10.45 New Zealand Spy. 11.10 Murdoch Mysteries. 11.55 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Junior Doctors Down Under. 3.00 Nula. 3.40 The Cook Up. 4.10 Beautiful Lakes Of Northern Italy. 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. 11.30 On Fire. 3.25 Isle Of Wight: Jewel Of The South. 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 MOVIE: Fallen Angels Murder Club: Friends To Die For. (2022) (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News At 6.30. 7.00 Better Homes And Gardens. 8.00 MOVIE: The Help. (2011) (M) Emma Stone. 11.00 To Be Advised. 12.15 Eyewitness. (MA15+) 1.15 Harry's Practice. 2.00 Home Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: A Machu Picchu Proposal. (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. Dolphins v Eels. 9.55 NRL Friday Night Footy Post-Match. 10.45 MOVIE: Into The Blue 2. The Reef. (2009) (MA15+) 12.35 Resident Alien. (M) 1.30 TV Shop. 2.30 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG)	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 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. 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Big Bang. (PG) 12.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Grantchester. 1.15 Father Brown. 2.00 Saint-Pierre. 2.45 Griff's Great Kiwi Road Trip. 3.30 Kum's Japan. 4.30 Kitchen Cabinet. 5.05 Aust Story. 5.35 Landline. 6.05 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Grantchester. (PG) 8.20 Father Brown. (PG) 9.05 Doc Martin. (M) 9.50 Falling. (M) 10.40 Little Disasters. (M) 11.30 Rage. (MA15+)	6.00 Morning Programs. 2.00 Maven. 2.40 Going Places. 4.20 Lisbon & WWII: Spies, Gold And Diplomacy. 5.25 Dad's Secret War: France 1944. 6.30 News. 7.30 Queen Elizabeth II: Her Story. Our Century. 8.35 The Assassinations Of Queen Victoria. 9.55 Shaun Micallef's Origin Odyssey. 10.55 DNA Family Secrets. 12.00 Daddly Issues. 3.00 Those Who Stayed. 3.45 Jersey And Guernsey. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 12.00 Test Cricket: The Lunch Break. 12.40 Cricket. Second Test. Aust v Bangladesh. Arvo. 2.40 Test Cricket: Tea Break. 3.00 Cricket. Second Test. Aust v Bangladesh. Late arvo. 5.30 The Chase. 6.00 News. 7.00 Border Security. 8.00 News. 7.00 Better Homes. 8.00 The Great Outdoors. 8.30 MOVIE: Jurassic World Dominion. (2022) 11.30 TBA. 1.00 Motor Racing. Supercars C'ship. Ipswich Super440. H'lights. 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. Canterbury Bulldogs v Canberra Raiders. 5.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 Rugby League. NRL. Dragons v Canterbury Bulldogs. 9.25 NRL Saturday Night Footy Post-Match. 10.00 MOVIE: Training Day. (2001) 12.25 Wild Cards. 1.15 Next Stop. 1.45 My Way. 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 What's Up Down Under. 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 Dog House Aust. (PG) 7.30 Love It Or List It Australia. 9.40 Love It Or List It UK: Brilliant Builds. (PG) 10.40 Watson. (M) 11.40 FBI. (M) 12.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.15 Portrait Artist Of The Year. 3.10 The Assembly. 4.00 Creative Types. 4.30 Amanda & Alan's Italian Job. 5.00 Take 5. 5.30 Back Roads. 6.00 Antiques Roadshow. 7.00 News. 7.30 Portrait Artist Of The Year. 8.20 Treasure & Dirt. 9.20 Falling. 10.05 Grantchester. 10.50 Father Brown. 11.35 Rage. 2.45 Cook And The Chef. 3.15 Doc Martin. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 12.30 PBS Washington Week. 1.00 Speedweek. 3.00 Going Places. 4.30 Cycling. UCI World Tour. La Vuelta. H'lights. 5.30 The Exiles: Secretly Deported. 6.30 News. 7.30 Days That Shocked The World: September 11. 9.25 Castle Secrets. 10.20 Kennedy. 11.05 Queens That Changed The World. 1.55 David Baddeley: Jews Don't Count. 2.55 A Hollywood Spy Against The Nazis. 4.00 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 2.40 Test Cricket: Tea Break. 3.00 Cricket. Second Test. Aust v Bangladesh. Late arvo. 5.30 Weekender. 6.00 News. 7.00 The 1% Club. 8.00 7NEWS Spotlight. 9.00 Body In The Snow: The Murder Of Joanna Yeates. 11.30 The Suspects: True Australian Thrillers. 12.30 Motor Racing. Supercars C'ship. Ipswich Super440. H'lights. 2.30 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. Titans v Broncos. 1.30 Rugby League. NRL. Women's Premiership. Roosters v NZ Warriors. 3.30 Rugby League. NRL. Roosters v Tigers. 6.00 9News Sunday. 7.00 The Block. 8.40 60 Minutes. 9.40 9News Late. 10.10 The First 48. 11.20 Murder In The 21st. 12.10 Surfing Aust. 12.40 Iconic Australia. 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 Freshly Picked. 9.30 GCBC. 10.00 Good Food Everyday. 10.30 Frugal Foodie. 11.00 Farm To Fork. 11.30 Deal Or No Deal. 12.00 Millionaire Hot Seat. 12.30 Gogglebox Aust. 1.30 The Traitors Australia. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 Gogglebox Aust. 8.00 Watson. (PG) 9.00 FBI. (M) 12.00 10 News+. 12.30 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. 9.35 Planet America. 10.05 Foreign Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.55 Long Lost Family: What Happened Next. 12.40 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Junior Doctors Down Under. 2.55 Going Places. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Bill Bailey's Vietnam Adventure. 8.30 24 Hours In Emergency. 9.25 Alone Australia. 10.30 SBS News. 11.00 Gomorrah. 12.45 Fargo. 2.40 Jersey And Guernsey. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 12.40 Cricket. Second Test. Aust v Bangladesh. Arvo. 2.40 Test Cricket: Tea Break. 3.00 Cricket. Second Test. Aust v Bangladesh. Late arvo. 5.30 The Chase. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 The Voice. 8.40 The Rookie. 9.40 The Agenda Setters: Rugby League. 10.40 The Agenda Setters. 11.40 Happy's Place. 12.10 New Amsterdam. 1.10 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 Country House Aust. 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. 11.00 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. 7.00 Millionaire Hot Seat. 7.30 Deal Or No Deal: Celebrity Jackpot. (PG) 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Big Bang. 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 Foreign Correspondent. 8.30 Kitchen Cabinet. 9.00 The Assembly. 9.45 Take 5. 10.15 News. 10.30 The Business. 10.50 Four Corners. 11.35 Media Watch. 11.50 Murdoch Mysteries. 12.35 Long Lost Family: What Happened Next. 1.25 Rage. 2.45 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Junior Doctors Down Under. 2.55 Living Black. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Shaun Micallef's Origin Odyssey. 8.30 Insight. 9.30 Dateline. 10.00 SBS News. 10.30 Searching For Italy. 11.20 Mozart/ Mozart. 1.10 Blackwater. 2.30 Jersey And Guernsey. 4.10 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 12.00 Test Cricket: The Lunch Break. 12.40 Cricket. Second Test. Aust v Bangladesh. Arvo. 2.40 Test Cricket: Tea Break. 3.00 Cricket. Second Test. Aust v Bangladesh. Late arvo. 4.00 News. 5.00 The Chase. 6.30 News. 7.00 Home And Away. 7.30 The Voice. 9.05 Kitchen Nightmares USA. 10.05 The Agenda Setters. 11.05 Happy's Place. 12.05 New Amsterdam. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 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. (PG) 8.45 Trigger Point. (MA15+) 9.45 9News Late. 10.15 The Teacher: Body In The Lake. 11.15 Footy Classified. 12.10 Tipping Point. 1.05 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. 11.00 Deal Or No Deal: Celebrity Jackpot. 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. (M) 12.00 Shopping.

Public Education Week 2026



Great Lakes Learning Community Academic Assembly 2026



By Sally Chad – Chairperson Great Lakes Learning Community

It was a privilege to come together on Wednesday 6 August at the Forster College Campus, to acknowledge our exceptional staff, celebrate the achievements of our students and recognise why we proudly choose public education, where every child is supported to reach their full potential.

A special welcome was extended to our invited guests: Rochelle Dooley, Relieving Director Great Lakes Network; our guest speaker and former Great Lakes student Holly Rankin, local Aboriginal Elder Donna



Above: Speakers at the Great Lakes Learning Community Academic Assembly (L-R) Holly Rankin, Sally Chad, Nerelle Kessey with special guest Rochelle Dooley, outside the Forster College Campus.



Great Lakes Learning Community Band with Director Narelle Richardson.

Hall; P&C representatives; and our dedicated educational leaders from across the Great Lakes area.

The Great Lakes Learning Community—a coalition of schools that includes Bungwahl, Pacific Palms, Forster, Tuncurry, Nabiac, Krambach and Hallidays Point Public Schools, alongside Great Lakes College—works tirelessly to provide continuity of learning from Kindergarten to Year 12. Our learning community is committed to inspiring excellence in all children while ensuring access to

opportunities that enable them to realise their potential and pursue their interests in a manner that prepares them for success after school.

World tennis champion Arthur Ash is quoted to have said “Start where you are, use what you have, do what you can.”

As the Great Lakes community, we are blessed to live in a beautiful coastal environment, in a country that is built on and benefits from

Continued on next page.

Krambach Public School

At Krambach Public School, we combined Education Week with Book Week, inviting families to an open classroom event.

Families engaged in activities linked to student learning, including making artefacts for the Ancient Civilisations project in the Turtles classroom, crafting insects for the Wombat Stew writing unit in the Koalas classroom, and participating in STEM activities with the Eagles. Meanwhile, the HPGE Art group continued developing their artworks.

After classroom activities, families enjoyed a picnic lunch before watching the Book Character parade.

Education Week is a special time where we love welcoming families to experience their children's learning firsthand.



Krambach Public School



Krambach Public School is a small school with a big heart. Our school values kindness and respect in our relationships between students, staff and our school community.

We are dedicated to helping every student grow and improve each year. Our teachers use proven teaching methods tailored to each student's needs to make learning effective and enjoyable.

We focus on building strong, resilient students who welcome feedback and are excited to learn. Our supportive school community works together to create a positive environment where every child can thrive.

The Bucketts Way, Krambach NSW 2429

Ph: 02 6559 1221 Email: krambach-p.school@det.nsw.edu.au

Great Lakes Forster Campus



2026 Leadership Team (L-R) Harper Cato - Symonds, Samantha Castillo, Kaylee Rands, Principal Mr Scott Brown, Kaden Cliff, Taylah Lamacraft, Jackson Cone.

Discover your potential at Great Lakes College Forster



Enrol now and join our close knit community, where caring teachers and abundant opportunities create an exceptional learning experience. Your journey to greatness starts here!



Ph: 02 6554 6062 Cape Hawke Dr, Forster, NSW 2428 E: glcforster-h.school@det.nsw.edu.au

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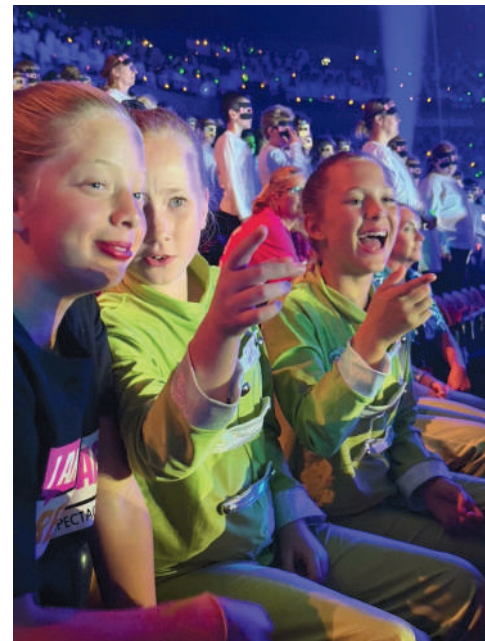


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Public Education Week 2026

Great Lakes Learning Community Academic Assembly 2026



Above: Nabiac students (L-R) Harriette, Beatrice and Evie at School Spectacular.



Continued from previous page.

quality public education for all. As a strong learning community this is where we are. Our learning community uses what we have, and what we have is outstanding teachers who value providing opportunities for all students. The opportunities we provide include participation in the Game Changer Program, the Duke of Edinburgh Award, ICAS assessments, Public Speaking competitions, State and National mathematics and writing competitions, young entrepreneur programs, leadership programs including the Minister of Education's Student Council, performance opportunities at the Sydney Opera House and Conservatorium of music, state and national sporting events and volunteer activities to benefit others within our community. What we have, is unlimited opportunities.

The students and teachers who we recognised at the Academic Assembly have done what they can.



(L-R) Oliver & Reid competed in the NSW Premier's Spelling Bee.

Our schools who represent Public Education do what they can; which is, achieve excellence.

We stand proud as a learning community and as champions of a strong public education system that nurtures talent, fosters creativity, and inspires the leaders of tomorrow. Every award recipient at the assembly has shown remarkable dedication and commitment to learning and excellence. Congratulations on your success.



Great Lakes Learning Community Academic Assembly 2026.

Pacific Palms Public School



Pacific Palms Public School celebrated learning, creativity and community during Education Week's Open Day, with families, staff and students coming together to showcase the very best of public education.

Families explored the school's Real Schools restorative practice approach, through a parent workshop before visiting open classrooms, where students proudly shared their learning. An assembly celebrated student achievements, exceptional staff and performances by the school choir and drumming groups, before the annual Book Week Parade, Symphony of Stories, brought a colourful celebration of books and storytelling.

The day reflected Pacific Palm Public School's vision of being a caring community where every child thrives, learns and grows.

Bungwahl Public School

Recently students have been involved in the Premier's Spelling Bee, ICAS writing competition, Wild for Art competition, Shine On rehearsals and the Great Lakes Community Academic Assembly.

Bungwahl Public School students will celebrate Public Education Week combined with Book Week celebrations on August 26th 2026. The week will involve classroom visits, a book fair and a book week parade organised by student leaders.

This year we celebrate 150 Years as a proud public school, successfully educating students in our local community since 1876.

We enjoy many partnerships with the wonderful public schools in our area, to provide opportunities for extension, collaboration and leadership. High Potential and Gifted Education is a priority. Students are given opportunities to achieve at higher levels through statewide academic programs,



sporting competitions, creative arts and student leadership.

Pacific Palms Public School



Pacific Palms Public School provides a quality learning environment, dynamic classrooms within a vibrant and happy community.

Set on Worimi land and opposite beautiful Boomerang Beach, the school is committed to excellence in teaching and learning across all curriculum areas, including high potential and gifted education, promoting engagement and challenge for every student.

We offer engaging literacy and numeracy programs using explicit teaching, and highly value the arts, science and technology and sporting initiatives.

Enrolling now for Kindergarten 2026

Ph: 02 6554 0249

Boomerang Drive

Boomerang Beach, NSW, 2428

Email: pacificpal-p.school@det.nsw.edu.au

Email: pacificpal-p.school@det.nsw.edu.au



Enquire now for Kindergarten 2027 at Bungwahl Public School

For enrolment packages or more information

Contact us on: (02) 4997 6175

Email: bungwahl-p.school@det.nsw.edu.au

Or visit our school website:

bungwahl-p.schools.nsw.gov.au/about-our-school.html



At Bungwahl Public School we strive for excellence in a caring and nurturing environment. Students' unique gifts are identified and developed within quality learning and wellbeing programs. Our school values are learning, respect, caring, belonging and creativity.

The school has a welcoming and proactive P&C who actively raise funds to support our kitchen garden program and excursions.

A GREAT PLACE TO BE! A GREAT PLACE TO LEARN!

Public Education Week 2026



Above: Yr 3 Awards were presented by (L-R) Rachel Walker, President Pacific Palms P&C and Melissa Merchant, Principal.



Above: Yr 4 Awards with Thomas De Courcy Dutton, President Great Lakes College P&C and Brad German, Relieving Principal Senior Campus.



Above: Yr 5 Awards with Rachelle Dooley, Relieving Director Educational Leadership NSW Public Schools Great Lakes and Scott Brown, Principal Forster Campus.



Above: Yr 6 Awards with Thomas De Courcy Dutton and Sally Chad, Principal Tuncurry Campus. Photos by Mary Yule.



Above: Yr 7 Awards with Christine Watts-Seale, President Bungwahl P&C and Diane Farley, Principal.



Above: Yr 8 Awards with Amy Grieve, President Tuncurry Primary P&C and Narelle Kessey, Principal.



Above: Yr 9 Awards with Ryan Fenning, President Hallidays Point P&C and Simone Brady Relieving Principal.



"The principals on stage today take immense pride in seeing how far the students have come. The primary principals have had the joy of welcoming many of you when you first started your education journey in kindergarten and they celebrate with the secondary principals today because every step forward is a success shared by our whole learning community."

"To our Year 12 students, we wish you the very best not only as you sit your HSC exams next term, but also beyond as you move to whatever your future may hold."

Nerelle Kessey - Principal Tuncurry Public School



Above: Yr 10 Awards with Scott Thomas, President Nabiac P&C and Lorelle O'Brien, Principal.



Above: Yr 11 Awards with Jasmine Robinson, President Forster Primary P&C and Kristy Bultitude, Principal.



Above: Yr 12 Awards with Rebecca Higgins, President Krambach Primary and Kayla Gray, Principal.

Nabiac Public School

Nabiac Public School proudly celebrated Public Education Week with this year's theme, Inspiring Excellence.

Families joined us for open classrooms and a special assembly celebrating the achievements, learning and connections that make our school community so special.

Students created short videos showcasing the excellent learning, friendships, kindness and fun that happen every day at Nabiac Public School. These were proudly shared with our community at the assembly, giving everyone a glimpse into school life through the eyes of our students.

Our students also shared produce grown in the Nabipatch, celebrating learning, sustainability and community connection. It was a wonderful celebration of our school and public education.



Great Lakes Senior Campus



Leadership Team for 2026 (L-R) Ethan Dowse (Prefect), Flynn Pryor (Vice Captain), Jake Huesch (Captain), Ashley Namocot (Captain), Lila Carroll (Vice Captain) and Audrey Dorfing (Prefect).

Nabiac Public School



At Nabiac Public School we believe in the holistic development of every child and create opportunities to enable students to become empowered, future focussed learners within a positive and inclusive school community. Our experienced and dedicated staff are committed to providing a high-quality education that caters for all students' learning needs.

Staff, families and students work in partnership to maintain high expectations and a positive environment where every student is known, valued and cared for. We strive to continuously live up to our claim of "the best little school... anywhere"

T: 02 6554 1247 E: nabiac-p.school@det.nsw.edu.au



Great Lakes College Senior Campus



Great Lakes College works as a team to deliver a comprehensive program to students with a range of activities from classroom based and on-line activities, work experience and excursions.

The campus takes advantage of the large college structure to provide a wide curriculum, with many productive pathways for students to the HSC while capitalising on the advantages of the small campus structure to ensure the learning needs of each student are identified and addressed individually.



The Northern Parkway, Tuncurry NSW 2428
Ph: 02 6555 0555 Email: glcsenior-h.school@det.nsw.edu.au

Public Education Week 2026

Forster Public School

Forster Public School prides itself on creating a learning environment where all students can connect, succeed and thrive. Our staff, students and community work together to uphold our core school values of Safety, Respect and Personal Best. The students at Forster Public School are immersed in authentic and engaging learning experiences that develop their knowledge and understanding across a diverse range of subject areas. As a school, we actively seek opportunities for our students to

further enhance and showcase their natural skills, talents and abilities across intellectual, creative, and physical domains through internal and external learning opportunities.

Forster Public School

Forster Public School commits its staff and programs to providing excellence and opportunities in learning experiences which contribute to personal growth and development of children.

We seek to ensure that all students achieve their best in an environment that is stimulating, safe and happy. All students are known, valued and cared for.

Connection with our school community continues to grow, enhancing the opportunities for all students.

102 Head Street,
Forster NSW 2428
Ph: 02 6555 6766 Email: forster-p.school@det.nsw.edu.au

Tuncurry Public School



Tuncurry Public School proudly celebrated NSW Public Education Week with a vibrant assembly honouring our students' achievements across the creative, academic, physical, and social-emotional domains. Awards recognised those who consistently demonstrate their personal best, inspiring excellence in our community.

Families joined us in open classrooms, engaging in exciting science-based activities as part of Science Week. The day was beautifully capped off with a picnic lunch in the playground, fostering connection and community spirit.

We extend our sincere thanks to all families who participated, making Public Education Week a memorable celebration of learning and growth at Tuncurry Public School.

TUNCURRY PUBLIC SCHOOL

Tuncurry Public School takes a holistic approach to education, health and wellbeing. It is an inclusive learning environment where core expectations of Respect, Safety and Personal Best empower learners to connect, succeed and thrive.

Tuncurry Public School
Tuncurry Street
Worimi Country
Tuncurry NSW 2428

p: 6554 6463
w: tuncurry-p.schools.nsw.edu.au
e: tuncurry-p.school@det.nsw.edu.au

Hallidays Point Public School

Hallidays Point Public School is proud to embrace this year's Public Education Week theme of "Inspiring Excellence".

Education Week activities included teacher swaps, book reads and highly anticipated (and slightly too competitive) teacher/student sporting games and handball tournaments – check out our videos on Facebook. A big thanks to all parents who were able to attend our parent/teacher interviews during this special week.

Congratulations to all students recognised at the Great Lakes Learning Community Academic Assembly, as well as our wonderful APC&I Mrs Barber. We celebrate their accomplishments as well as the diverse, limitless potential within each of our students.



Hallidays Point Public School

At Hallidays Point Public School, we are committed to creating a nurturing learning environment that fosters academic excellence and personal development for every child. Our engaging curriculum challenges students and is enhanced by a wide variety of extracurricular activities, including sports, arts, STEM, and leadership opportunities.

We uphold a strong commitment to wellbeing, recognising that students thrive when they feel known, valued and cared for. Our dedicated staff work hand in hand with the wider school community to build resilience, demonstrate empathy, and nurture positive relationships.

Together we inspire students to achieve their full potential and become confident, well-rounded individuals.

Ph: 02 6559 3009
E: hallidays-p.school@det.nsw.edu.au

300 DIAMOND BEACH ROAD,
Diamond Beach NSW 2430

Great Lakes Tuncurry Campus



We provide access to the Duke of Edinburgh Award program, ICAS assessments, State and National sport events and creative and performing art programs. A world class education!

Great Lakes College Tuncurry Campus



2026 Leadership Team
Eden Giffin, Chanel Stockdale, Ms Sally Chad (Campus Principal), Zac Lawton, Edward Voss-Sternhell

Ph: 02 6555 0500
Email: glctuncurr-h.school@det.nsw.edu.au

Great Lakes College Tuncurry Campus believes in providing inclusive, holistic and innovative learning experiences. This belief drives the practices across our school enabling students to achieve their personal best. Our school provides a comprehensive curriculum, engaged and caring teachers and strong links to tertiary and industry bodies to further opportunities for all students.

The Northern Parkway,
Tuncurry NSW 2428

August 26 - September 1

ABC TV	SBS	SEVEN	NBN	TEN	
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 Hard Quiz. 8.30 Spicks And Specks. 9.00 New Zealand Spy. 9.25 QI. 9.55 Planet America. 10.30 News. 10.45 The Business. 11.00 Treasure & Dirt. 12.00 Murdoch Mysteries. 12.45 Long Lost Family: What Happened Next. 1.30 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 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. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 Alone Australia. 8.35 The Airport Chaplain. 9.35 James May: Our Man In India. 10.30 SBS News. 11.00 The Congregation. 11.55 Crime. 2.50 Jersey And Guernsey. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 Miss Universe Australia 2026. (PG) 11.30 The Agenda Setters. 12.30 Everything I Know About Love. 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 The Block. 8.45 Banjo And Ro's Grand Island Hotel. 10.00 9News Late. 10.30 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 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. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 The Traitors Australia. (PG) 9.00 Boston Bold. (M) 10.00 News. 11.00 Cheap Seats. (M) 12.00 Shopping.	WEDNESDAY
6.00 Morning Programs. 1.55 Back Roads. 2.25 Home Delivery. 2.55 Fake Or Fortune? 3.55 Frankie Drake. 4.40 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Take 5. 9.00 Amanda & Alan's Italian Job. 9.30 Treasure & Dirt. 10.30 News. 10.45 The Business. 11.00 Frankie Drake. 11.45 Long Lost Family: What Happened Next. 12.35 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 3.00 The Cook Up. 3.35 Jeopardy! 4.00 Letters And Numbers. 4.30 Plating Plate. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.30 The Good Ship Murder. 8.30 WWII With Tom Hanks. 10.55 SBS News. 10.45 The King. 11.40 Darkness: Those Who Kill. 1.25 World On Fire. 3.35 Osher Günsberg. 4.45 News. 5.30 The 1% Club. 6.30 Matter. 7.30 News. 8.30 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fallen Angels Murder Club: Heroes And Felons. (2022) (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.30 Better Homes And Gardens. 7.30 Football. AFL. Finals Series. Wildcard round. 11.15 GetOn Extra. 11.45 To Be Advised. 12.45 Resident Alien. (M) 1.30 TV Shop. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 1.15 Banjo And Ro's Grand Island Hotel. 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. 8.45 Banjo And Ro's Grand Island Hotel. 10.00 9News Late. 10.30 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 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. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Dog House Aust. (PG) 8.40 NCIS: Sydney. (M) 9.40 News. 10.40 Big Bang. (PG) 11.35 Two And A Half Men. 12.00 Shopping.	THURSDAY
6.00 Morning Programs. 10.30 Take 5. 11.00 Antiques Roadshow. 12.00 News. 1.00 Portrait Artist Of The Year. 1.50 Treasure & Dirt. 2.55 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.40 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Saint-Pierre. 9.05 Portrait Artist Of The Year. 9.55 Spicks And Specks. 10.25 News. 10.45 New Zealand Spy. 11.05 Murdoch Mysteries. 11.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Junior Doctors Down Under. 3.00 Nula. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 The Good Ship Murder. 8.30 WWII With Tom Hanks. 10.55 SBS News. 10.45 The King. 11.40 Darkness: Those Who Kill. 1.25 World On Fire. 3.35 Osher Günsberg. 4.45 News. 5.30 The 1% Club. 6.30 Matter. 7.30 News. 8.30 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fallen Angels Murder Club: Heroes And Felons. (2022) (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.30 Better Homes And Gardens. 7.30 Football. AFL. Finals Series. Wildcard round. 11.15 GetOn Extra. 11.45 To Be Advised. 12.45 Resident Alien. (M) 1.30 TV Shop. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 1.15 Banjo And Ro's Grand Island Hotel. 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. 8.45 Banjo And Ro's Grand Island Hotel. 10.00 9News Late. 10.30 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 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. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Dog House Aust. (PG) 8.40 NCIS: Sydney. (M) 9.40 News. 10.40 Big Bang. (PG) 11.35 Two And A Half Men. 12.00 Shopping.	FRIDAY
6.00 Morning Programs. 10.30 Take 5. 11.00 Antiques Roadshow. 12.00 News. 1.00 Portrait Artist Of The Year. 1.50 Treasure & Dirt. 2.55 Fake Or Fortune? 3.55 Murdoch Mysteries. 4.40 Long Lost Family: What Happened Next. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Saint-Pierre. 9.05 Portrait Artist Of The Year. 9.55 Spicks And Specks. 10.25 News. 10.45 New Zealand Spy. 11.05 Murdoch Mysteries. 11.50 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 3.00 Marathon. Marathon De Paris. H'lights. 4.00 Going Places. 4.30 Cycling. UCI World Tour. La Vuelta. H'lights. 5.30 The Cook. Secretly Deported. 6.30 News. 7.30 Queen Elizabeth II: The Unseen Photos. 9.15 The Airport Chaplain. 10.15 Shaun Micallef's Origin Odyssey. 11.15 DNA Family Secrets. 12.25 Something Undone. 2.45 Strong Female Lead. 4.00 Seeds: Planting Hope Through Education. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Fallen Angels Murder Club: Heroes And Felons. (2022) (M) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.30 Better Homes And Gardens. 7.30 Football. AFL. Finals Series. Wildcard round. 11.15 GetOn Extra. 11.45 To Be Advised. 12.45 Resident Alien. (M) 1.30 TV Shop. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Morning Programs. 2.30 NRLW Wrap. 3.15 Rugby League. NRL. Women's Premiership. Roosters v Cronulla Sharks. 5.00 News. 5.30 Getaway. 6.30 9News Saturday. 7.00 Rugby League. NRL. North Qld Cowboys v Tigers. 9.25 NRL Saturday Night Footy Post-Match. 10.00 MOVIE: Kong: Skull Island. (2017) 12.10 Wild Cards. 1.00 Australia's Top Ten Of Everything. 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 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 What's Up Down Under. 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 Gogglebox Aust. 7.30 Selling Houses Aust. 8.40 Love It Or List It Australia. 9.40 Love It Or List It UK: Brilliant Builds. 10.40 Watson. 11.00 FBI. 12.30 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.15 Portrait Artist Of The Year. 3.05 End Game With Tony Armstrong. 4.00 Creative Types. 4.30 Amanda & Alan's Italian Job. 5.00 Take 5. 5.30 Back Roads. 6.00 Antiques Roadshow. 7.00 News. 7.30 Portrait Artist Of The Year. 8.20 The Cage. 9.10 Falling. 9.55 Grantchester. 10.40 Father Brown. 11.30 Rage. 2.00 Cook And The Chef. 2.30 Midsomer Murders. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 12.30 PBS Washington Week. 1.00 Motor Racing. Muscle Car Masters. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Going Places. 6.30 News. 7.30 9/11: The Day That Changed The World. 9.15 Castle Secrets. 10.10 Kennedy. 11.00 Dunhuang: Ancient Frontier Fortress. 1.00 Meet The Wallers. 2.40 Spike Milligan: The Unseen Archive. 3.40 Tommy Fleming Live From Galway Cathedral. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	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 7News @ 6.30. 7.00 Home And Away. 7.30 The Voice. (PG) 9.05 The Rookie. (M) 10.05 The Agenda Setters: Rugby League. 11.05 The Agenda Setters. 12.05 Transplant. (MA15+) 2.00 Shopping. 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. NZ Warriors v Dragons. 1.30 Rugby League. NRL. Women's Premiership. Eels v Broncos. 3.30 Rugby League. NRL. Eels v Cronulla Sharks. 6.00 9News Sunday. 7.00 The Block. 8.30 60 Minutes. 9.30 9News Late. 10.00 The First 48. 10.40 Murder In The 21st. 11.40 James Bulger: The Trial. 12.30 Elements Of Disaster. 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 Everyday Gourmet. 8.00 My Market Kitchen. 8.30 Food Trail: South Africa. 9.00 Freshly Picked. 9.30 GCBC. 10.00 Good Food Everyday. 10.30 Frugal Foodie. 11.00 Farm To Fork. 11.30 Deal Or No Deal. 12.00 Millionaire Hot Seat. 12.30 Gogglebox Aust. 1.30 The Traitors Australia. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 Gogglebox Aust. 7.00 Watson. 8.00 Watson. (M) 9.00 FBI. (M) 12.00 10 News+. 12.30 Shopping.	SUNDAY
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 Australian Story: Celebrating 30 Years. 9.10 Media Watch. 9.30 Planet America. 10.00 Foreign Correspondent. 10.30 News. 10.45 The Business. 11.05 Murdoch Mysteries. 11.50 Long Lost Family: What Happened Next. 12.35 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Bettany Hughes: Treasures Of Oman. 3.00 Living Black. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Vietnam Adventure. 8.30 24 Hours In Emergency. 9.25 Alone Australia. 10.30 SBS News. 11.00 Gomorrah: The Origins. 1.05 Fargo. 2.45 Bowraville Murders. 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 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 7News @ 6.30. 7.00 Home And Away. 7.30 The Voice. (PG) 9.05 The Rookie. (M) 10.05 The Agenda Setters: Rugby League. 11.05 The Agenda Setters. 12.05 Transplant. (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 Country House Aust. 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 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. 7.00 Millionaire Hot Seat. 7.30 Deal Or No Deal: Celebrity Jackpot. 8.40 Have You Been Paying Attention? 9.40 News. 10.40 Two And A Half Men. 12.00 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 Foreign Correspondent. 8.30 Tampa: The Turning Point. 9.20 I Was Actually There. 9.50 Take 5. 10.20 News. 10.25 The Business. 10.55 Australian Story: Celebrating 30 Years. 12.05 Media Watch. 12.25 Murdoch Mysteries. 1.00 Long Lost Family: What Happened Next. 1.55 Rage. 2.40 Gardening Aust. 3.40 Late Programs.	6.00 Morning Programs. 2.00 Bettany Hughes: Treasures Of Oman. 3.00 Living Black. 3.30 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Cycling. UCI World Tour. La Vuelta. H'lights. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Vietnam Adventure. 8.30 24 Hours In Emergency. 9.25 Alone Australia. 10.30 SBS News. 11.00 Gomorrah: The Origins. 1.05 Fargo. 2.45 Bowraville Murders. 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 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. 7.30 The Voice. (PG) 9.05 The Rookie. (M) 10.05 The Agenda Setters: Rugby League. 11.05 The Agenda Setters. 12.05 Transplant. (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 Country House Aust. 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 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. 7.00 Millionaire Hot Seat. 7.30 Deal Or No Deal: Celebrity Jackpot. 8.40 Have You Been Paying Attention? 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.	TUESDAY

Neighbourly Strata

Managing properties between Harrington and Hawks Nest

Our team of local experienced Strata Managers are ready to assist with your strata property

Reach out to one of our team today for a fee proposal!

Kirsty Deal, Phoebe Bird & Kellie Richardson

WE'RE EXCITED TO SHARE

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Now Open!

Level 1, Suite 2,
42 Wharf Street, Forster

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02 6555 6880

forster@neighbourly.co

neighbourly.co

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Professional. Reliable. Neighbourly.

We're here to help.

Biomedical Sports Podiatry B&P

Dr. Haralumboss (Harry) Stivactas
Podiatric Biomechanical Practitioner

Services

- Gait Analysis
- Biomedical Assessment
- Orthotic Therapy
- Dry Needling
- Prolotherapy
- Neural Therapy
- Foot Mobilisation

Treated Conditions

- Lower Limb pain
- Knee Pain
- Heel Pain
- Ankle Pain
- Growing Pain
- Hip Pain
- Toe Walking
- Pigeon Toed
- Knocked Knees
- Bow Legs

0466 - 691 - 935

info@biomedicalsportspodiatry.com

www.biomedicalsportspodiatry.com

Shop 62, 12-16 Wallis Street
Forster, NSW 2428

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.

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 516Sat 1

September

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

BLACK HEAD BAZAAR

Sun 6 Sept - Black Head Bazaar
8am to 1pm Wylie Brekenridge Park.
Check their Facebook if wet weather:
www.facebook.com/blackheadbazaar

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

Sun 13 Sept - Forster Town Park Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

TUNCURRY MARKETS

John Wright Park

Saturday 22nd August

8am - 1pm

Bookings Essential

Enquiries 

0417 400 994






Historic Stroud Tour

Wednesday 9 September

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

Access to all historic buildings and places including convict built church.

Includes morning tea and lunch.



Call John on 0438 822 753

Updated Number

'Garden ReLeaf Day' to bloom at Lumpy's



This year's event will also proudly support Marine Rescue NSW Forster Tuncurry, recognising the vital work its volunteers do to keep local waterways safe.

Jenny Rodick from Lumpy's Nursery & Landscape Yard said gardening offers far more than beautiful gardens.

"Gardening gives people the chance to slow down, reconnect with nature and enjoy a real sense of achievement. We see every day how spending time in the garden helps reduce stress, improves wellbeing and brings families and friends together," she said.

Visitors can enjoy a full day of free gardening talks, supplier

demonstrations, children's face painting, live music (Forster Jumping Fleas 10am - 2pm), family activities, a barbecue, coffee van and handmade treats, while meeting industry experts and discovering new ideas for their own gardens.

"We're also honoured to support Marine Rescue NSW Forster Tuncurry and encourage the community to come along for a fantastic family day while helping recognise the incredible work their volunteers do," Mrs Rodick said.

For more information, phone (02) 6557 6558 or follow Lumpy's Nursery & Landscape Yard on Facebook.



Lumpy's Nursery & Landscape Yard

Lumpy's Nursery & Landscape Yard is inviting the community to celebrate the health and wellbeing benefits of gardening at Garden ReLeaf Day on Saturday 29 August 2026 from 8am to 3pm.

Part of the nationwide Garden Centres of Australia initiative, Garden ReLeaf Day highlights the positive impact gardening has on mental health, physical wellbeing and community connection.



Join our

Garden ReLeaf Day!

at Lumpy's Nursery & Landscape Yard,
proudly supporting the Garden Centres of Australia
national Garden ReLeaf initiative.

Great fun for the whole family!

DATE:
Saturday, 29 August 2026

TIME:
8:00am – 3:00pm

VENUE:
27 Chapmans Road,
Tuncurry NSW

A FUN-FILLED COMMUNITY DAY FEATURING:

- Free gardening talks and educational demonstrations
- Supplier displays and product information
- Family activities
- Supporting Marine Rescue Forster Tuncurry
- Live radio broadcasts
- FREE** Children's face painting
- Live music by The Jumping Fleas, fun-loving ukulele band
- Marine Rescue BBQ
- Coffee Van and handmade treats

Let's grow a healthier, happier community together!

For more information, call **6557 6558** or follow us on **Facebook**.

Create stunning proteas in acrylic with Kathryn



Kathryn de Boer

design to completion. There will be a choice of two designs and students may do one or both. At least one canvas of 16" X 20" or larger is required.

Day two is a more detailed protea with further instruction on backgrounds and filler flowers to

add depth and appeal. This will be a bigger flower so a larger canvas will be used. Paints and protea pictures are provided. Students need to bring two or three canvases of at least 16" x 20" or larger.

Forster Gallery always has something on whether you are an artist looking to hone your skills or looking for inspiration or you just love browsing the talent on display at local galleries. Run by volunteers the gallery is a welcoming space for art lovers. Currently on display is the Winter Vibes exhibition. Gallery "winter" hours are 10 – 2pm Saturday and Sunday and when the flags are flying which usually indicates a class is running so you may get to see the next masterpiece being created! All works are for sale.

Access is easy with onsite parking, and the gallery is disability friendly. Find Forster Gallery at 34 Lake Street, only a couple of minutes from town. For further information on classes, visit the website: www.forstergallery.org.

Create Stunning Proteas with Kathryn de Boer

26 & 27 September 2026

Forster Gallery

34 Lake Street, Forster

- Members \$260 (2 days) or \$140 (1 day)
- Non-Members \$300 (2 days) or \$160 (1 day)

Bookings: classesandworkshops@forstergallery.org

Join skilled artist Kathryn de Boer for a weekend of painting proteas in acrylics. Participants are welcome to attend one or both days.



What's on around town & beyond!

Dress up, party hard, and help fight cancer!



Halloween with Heart Committee

Halloween with Heart is an adults-only Halloween costume party where spooky fun meets a meaningful cause. Dress up, gather your friends and enjoy a fantastic evening of music, dancing, a complimentary drink on arrival, a delicious grazing table by The Farmers Patch, and prizes for the best dressed. 100% of every ticket purchased helps raise funds to support those affected by cancer, making a real difference in our community.

Whether you come for the costumes, the laughter, the lucky draw prizes or the cause, you'll be part of a night filled with heart, hope and generosity. Join us at Forster Surf Club on Friday 30th October, for A Little Fright. A Lot of Love. Together, we can make a difference.

Friday 30 October
6:00pm to 10:00pm
Forster Surf Club on Main Beach, Forster

Book your tickets at: <https://events.humanitix.com/halloween-with-heart>

(See advertisement below)

Wedding Open Day by Wallis Lake

The Moorings Lakehouse

Twenty of the region's best wedding suppliers. One afternoon. One lakefront.

On Sunday 20 September, The Moorings Lakehouse opens its gates for our Wedding Open Day, bringing together the people who turn a wedding into an unforgettable day.

Meet celebrants who'll tell your story, florists creating stunning lakefront ceremonies, photographers and videographers who'll capture every moment, caterers and cake designers with tastings, hair and makeup artists, mobile bars, DJs, live musicians, stylists, furniture hire and even the shuttle bus that gets your guests home safely.

Every supplier has been carefully chosen because they're people we'd happily recommend to our own family and friends.

Here's what you can experience:

- A glass of sparkling on arrival
- Our Hamptons marquee will be open for viewing in its natural setting
- Walk our lakefront ceremony site and picture your "I do"
- Canapés and tastings from preferred caterers
- Cake samples, including gluten free and vegan options
- Live music, florals, hair and makeup demonstrations
- Every registered couple receives a \$500 wedding voucher

Whether you've just got engaged or you're choosing between venues, this is your chance to meet your dream supplier team in one afternoon and see exactly what your wedding could look like.



Our exhibiting suppliers include:

Blueys Cellars & Deli; Nadine the Cake Queen; Feast Catering; Love Kiss Confetti; Georgia Fletcher Weddings; Mylee Cheers Celebrant; Forster Buslines; DJ Ricky Bonomini; Sorelle Weddings; Hudson Rose Music; Font, Flowers & Mung Bean; Elvy Hair Artistry; Labelleame Aesthetics; Peaches Vintage Caravan Bar; Paola Mobile Bar; Sophie Patricia Photography; Ludo Petrik Photography; Urban Folk Photography; Dream Big Photography; Blake Chaney Photography; Martin & Ko Bespoke Coastal Weddings; Moon & Tide Collective.

Sunday 20 September 2026

2:00pm to 5:30pm

1786 Coomba Road, Coomba Bay, Wallis Lake

Register for free: events.humanitix.com/weddingopenday26

More information: themooringslakehouse.com/weddings

(See advertisement below)

AN ADULTS-ONLY HALLOWEEN COSTUME PARTY

HALLOWEEN WITH Heart

A LITTLE FRIGHT. A LOT OF LOVE.

RAISING FUNDS FOR CANCER SUPPORT & RESEARCH

FRIDAY 30TH OCTOBER

6:00PM – 10:00PM

FORSTER SURF CLUB

ENTRY \$50 PER PERSON

 COSTUMES GET CREATIVE!

 MUSIC GREAT TUNES

 FREE DRINK ON ARRIVAL

 GRAZING TABLE by The Farmers Patch

 DANCING HIT THE FLOOR!

 BEST DRESSED PRIZES!

 Together, WE CAN MAKE A DIFFERENCE.

BOOK YOUR TICKETS!

Scan the QR code or visit: events.humanitix.com/halloween-with-heart



TICKETS ON SALE NOW! GRAB YOURS TODAY AND JOIN US FOR A NIGHT YOU WON'T FORGET.

Join us on our Wallis Lake Peninsula for

The Moorings LAKEHOUSE WEDDING OPEN DAY

Sunday, 20th September, 2026.

2:00PM – 5:30PM

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Book your free tickets

www.themooringslakehouse.com/weddings

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

On the nose

We have just returned from five days on the Murray Princess paddle-wheeler operating out of Mannum up to Blanchetown and Lock No.1. Most enjoyable.

However, I learnt that the Murray Princess and other assets have been acquired by US Private Equity firm Crestview Partners via its ownership of the South Australian based firm Journey Beyond, that ownership including the Ghan and Indian Pacific railways.

I am appalled that successive Australian governments have allowed such iconic Australian assets out of Australian ownership. Open for business? Open for rip-off is more like it.

Is it any wonder that Australian political parties and governments are on the nose.

Where is the vision that draws the country together?

John King - Boomerang Beach

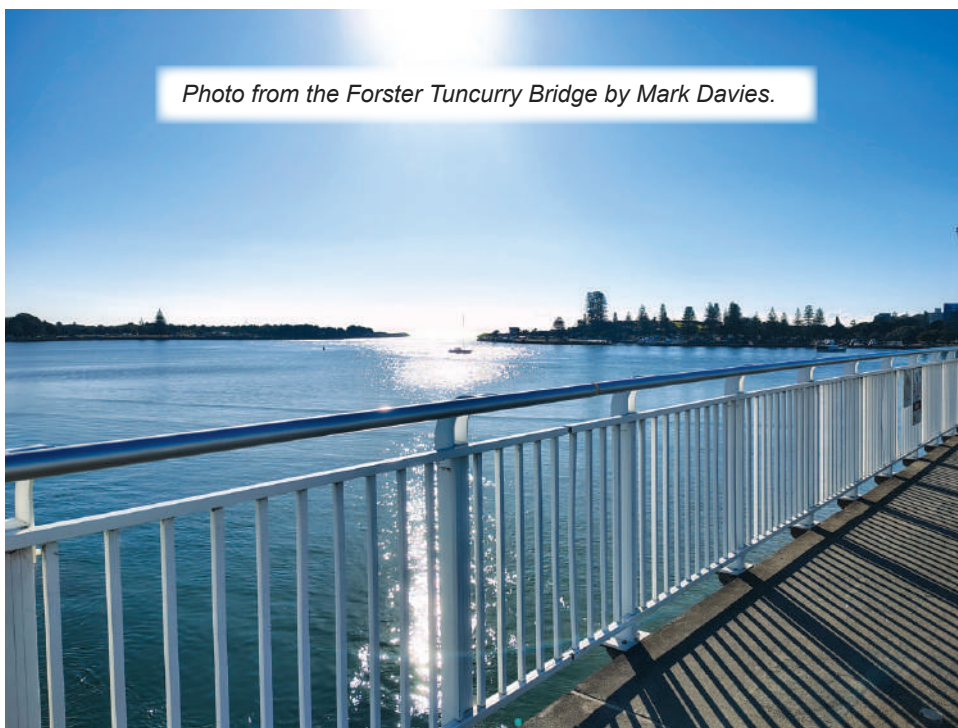


Photo from the Forster Tuncurry Bridge by Mark Davies.

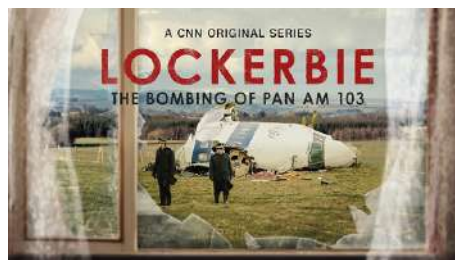
Screen Reviews

TV Show Reviews by Leon Batman - Forster

Pan Am 103 - Netflix, 6 Part series released May 2025

I think we all remember the tragic events of December 1988 when Pan Am 103 was blown up mid-air by terrorists and crashed on the Scottish town of Lockerbie.

This Netflix miniseries focuses on the investigations by both the British and American governments plus the hunt for attackers. The series is excellent watching and portrays the actual events quite well. Once you start watching this series you won't stop until the conclusion.



Deadliest Catch - HBO, Reality Show, 22 Seasons, first released April 2005

This long running Alaskan reality show is based on the crab fishermen, their captains, crew and boats as they ply the Bering Sea from their base in Dutch Harbour on the Aleutian Islands, Alaska. The name of the show comes from the inherent danger faced the crews as they continually face changing weather patterns, big seas and freezing temperatures. I am not a fan of reality shows but I liked this show to watch as a filler between other shows.



Ice Pilots NWT - HBO, Reality Show, 6 Seasons, first released November 2009

Although this is another reality show I'm a lover of old planes and Buffalo Airways has a fleet of them ranging from DC3 to Lockheed Electras. Buffalo Airways is a family run business that operates out of Yellowknife in the Northwest Territories of northern Canada, providing an essential service to many isolated communities year round where roads are non-existent and during winter, temperatures drop to -40c with snow and ice. The operation is run by grizzly old veteran flyer Joe McBryan and his family as they battle the elements and old planes to keep the services running.



New Hotline launched to help Governments addicted to gambling

The Shovel

POLITICAL SATIRE: Governments that struggle to get through the day without claiming to care about the effects of gambling while simultaneously taking money from gambling companies, will now have access to a confidential support hotline.

A spokesperson for the new hotline said Australian governments were totally dependent on gambling revenue and needed help to quit. "Taking money from the gambling industry and then gaslighting the public by saying you're concerned about the effects of gambling advertising on children - it's incredibly addictive. But we believe this hotline will provide the support required," she told The Shovel.

IMAGINE WHAT ELSE YOU
COULD BE DOING WITH YOUR
TIME IN OFFICE

For free and confidential support call
1800-I-AM-DESPERATELY-COMPROMISED-BY-
GAMBLING-DONATIONS

"Now every time a Prime Minister or MP has the urge to say some ridiculous shit like 'The Government is taking decisive action to tackle the community and public health concerns associated with gambling', they can call the hotline and speak to someone who can quietly tell them they're being a fuckwit".



Photo of a thirsty lizard at Golden Ponds by Bronwen Williams.

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Community News

www.forsterfortnightly.com.au

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Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

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

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

Meetings held the 3rd Monday of each month
2pm Wallis Lake room, Club Forster
Contact Mal Prewett 0455 157 785

Forster Family History Research Service

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

Forster Hospital Pink Ladies

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

Forster Tuncurry Lions Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park exercise

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

1st Forster Tuncurry Scout Group Cub Section

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

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

Great Lakes Evening VIEW Club

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

Great Lakes Ladies Probus Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Manning Great Lakes Parkinson's Support

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

Mixed Social Tennis

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

Mid North Coast Bootscooters

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Scrabble Club

Tuesday from 10.00am
Club Forster, Tanks Cafe
Contact Noel 0421 767 231

Forster Shores Combined Probus Club

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 Club

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

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

Rotary Club of Lower Midcoast

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

Surfing Mums around MidCoast Beaches

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

The Coomba Mens Shed

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

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

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

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dementia Information drop in at Forster

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

Forster Digital Photographic Club (FDPC)

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

Forster Tuncurry Evening View Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park exercise

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

Great Lakes Breast Cancer Support Group

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

Great Lakes Historic Automobile Club

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

Great Lakes Knit and Spin

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

Great Lakes Suicide Prevention Network

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

Green Bikes Community Workshop

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

Hallidays Point Men's Shed

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

One Mile Beach Dunecare

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

Seaside Heritage Quilters meet on the
first and third Wednesday of 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 Mooroooba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Forster District Combined Probus Club

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

Forster Keys Progress Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout

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

Great Lakes Concert Band

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

Great Lakes & Manning Stroke Recovery Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Forster Country Women's Association (CWA)

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

Forster Tuncurry Men's Shed Inc.

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

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Get Active Coomba Park exercise

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

"Quilts of Love" Forster Arts & Crafts

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

Surfing Mums Hallidays Point

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

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

Wallis Lake History Group

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

Community News

www.forsterfortnightly.com.au

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Great Lakes Prostate Cancer Support Group

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

Next meeting 25 August

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

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



Proudly sponsored by
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Foundation of Australia.

Saturdays

Alcoholics Anonymous

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

Club Forster Table Tennis

Each week new players welcomed.
12:45 - 3pm. Contact Harold 02 5591 7133 or
Bruce 0414 532 496

Dragon Boating

Come paddle with us on Wallis Lake
7.15am for 7.30am start
Contact Janis 0420 235 987

Forster Country Women's Association

CWA are serving Devonshire teas, 3rd Saturday
of month 9:3am - 11:30am, Coolongolook Rm,
Forster Civic Centre. Enquiries: 0411 028 857

Forster parkrun community 5km run/walk

Pebbley Beach Playground off Head St
7:45am for 8am start every Saturday
facebook.com/Forsterparkrun

Great Lakes Orchid Society Meeting

Meets second Saturday of the month
2pm Forster Public School, Head Street.
Enquiries: John 0408 034 633

Green Bikes Community Workshop

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

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

National Parks Association

Saturday walks in national reserves and parks
between Kempsey and Buladelah.
Contact Brett on 0428 961 470

Over 55s Forster/Tuncurry Social Group

Weekend meals at a local club or restaurant,
or a location about an hour's drive from town.
Contact Heather Yates 0414 507 781

Pickleball Tuncurry

5pm at tennis courts behind Sporties.
Enquiries: Sonia Rockley 0427 309 032

Tennis Forster

Every Saturday 12.30pm – 4pm Mixed
Organised Social, Forster Tennis Club, Lake
Street. Contact: Jaime 02 6554 9120

Twin Towns Tennis Club

7.30am Mixed Social every Saturday, Capel St
Tuncurry. Contact Ellise 0411 476 063.

Who doesn't love Christmas?



By Gail Henley - Forster Shores Probus Club

Forster Shores Probus Club recently celebrated Christmas again at the Forster Golf Club.

Members enjoyed a delicious 2 course lunch sitting at Christmas themed tables while admiring some very original Christmas outfits.

The winner for the best Christmas outfit, Robert Smith, was proudly wearing a Christmas



Above and left: Forster Shores Probus Club recently celebrated Christmas again at the Forster Golf Club. Photos by Bob Smith.

Grinch jumper which certainly stood out from the Santa Claus shirts and tinsel earrings.

Christmas songs were sung more enthusiastically than tunelessly with prizes awarded to the seven enthusiastic choristers carolling "The First Noel". Everyone appreciated the movie quiz – who would have thought

there were so many movies with a Christmas theme? It was such fun. Perhaps we should celebrate Christmas every month next year.

Many thanks to Sue Elliott and her helpers for a successful day.

See contact details under 'Tuesday' in the Weekly Diary on p26.

'Inexcusable and disturbing': Westpac Rescue risks losing \$500m contract after inquiry

By Eryk Bagshaw – Sydney Morning Herald, 5 August 2026

A NSW parliamentary inquiry has condemned the Westpac Rescue Helicopter Service over claims it fostered a wilful disregard for safety, systemic sexism, bullying and harassment, in a series of findings that threaten the future of the iconic emergency helicopter service.

Describing the failures as inexcusable and disturbing, the bipartisan committee recommended stripping the \$500 million taxpayer-funded contract from the helicopter service unless NSW Ambulance can be satisfied it is a safe workplace.

The findings follow an investigation by The Sydney Morning Herald and 60 Minutes last year, which revealed a dozen whistleblowers had accused Westpac Rescue of "creating a culture of fear" that endangered the health and safety of its personnel, ignored sexual harassment, backdated training certificates, put patients at risk and silenced dissent through the use of non-disclosure agreements.

"The allegations heard regarding the Northern NSW Rescue Helicopter Service were disturbing, detailing serious non-compliance with safety standards and wilful disregard for safety breaches alongside systemic sexism, bullying and harassment," the inquiry found.

"In an already high-risk, high-consequence healthcare environment, such failures are inexcusable."

Westpac Rescue, which runs medical evacuation operations in Northern NSW from Newcastle to the Queensland border, is distinct from Westpac Lifesaver, which flies missions around Sydney. Before the inquiry began late last year, Westpac Rescue denied "there are ongoing endemic safety or cultural issues within the organisation".



Above: Westpac Rescue whistleblower Stacey Price. Image credit: Maria Ercegovic & Dean Sewell

Stacey Price, Westpac Rescue's former training co-ordinator, said she became so concerned for her safety after raising concerns about compliance at the service that she considered wearing bodycams and microphones at work to protect herself.

"I was asked if I was a pig on a spit. Do they take me one at a time and the others watch, or if I preferred to 'take it rough' by having a box 'rammed into her c---ainer,'" she said.

Several staff said they were left with nowhere to turn in a workplace where it's alleged that used Borat-style manikins were thrown on women's desks, and a senior staff member joked about having women on their knees at a golf day.

Other employees alleged they were bullied and overlooked for promotions in favour of friends of senior staff in an environment fuelled by

"old-school military-style behaviour".

"The books were cooked," one anonymous whistleblower wrote to Westpac Rescue's general counsel in 2023, one of a dozen whistleblower complaints received by Westpac Rescue's board which were not passed onto the NSW government.

The charity celebrated its achievements through lavish Cirque du Soleil-style balls and "Chopper Chics", who were invited into the hangar to drink champagne while pilots and air crew were on duty to fly critical missions.

After months of delay, the charity has refused to release an internal investigation into its operations to the government despite receiving 60% of its funding from taxpayers.

Whistleblowers have also been blocked from speaking publicly to the inquiry through non-disclosure agreements.

The inquiry said that staff had no faith in the independence of Westpac Rescue's internal review and that it was deeply troubled by the evidence it heard of a culture at Westpac Rescue designed to silence staff.

NSW Ambulance claims it has not been able to conduct its own investigation because Westpac Rescue is a private operation. Westpac Rescue is now in a stand-off with Health Minister Ryan Park, who has demanded an unredacted version of Westpac Rescue's investigation.

"Again, I want to make it clear to that service, we expect an unredacted report. I think more importantly than [NSW Ambulance] expects it, the community expect and deserves it," Park said after the release of the inquiry's findings.

"From there, we will enter into negotiations or a process around what the next iteration of that contract looks like."

Price said it was time for NSW Ambulance to step in.

"If NSW Ambulance has contractual oversight powers, why wasn't it NSW Ambulance conducting an independent investigation into its own government contractor, rather than relying on an investigation commissioned and controlled by the contractor itself?" she said.

The government is also running out of time if it wants to secure an alternative provider to cover helicopter rescue operations for most of the state. Westpac Rescue's \$500 million decade-long contract is due to finish in May. There are two other major emergency helicopter operators in NSW, Toll and CareFlight.

The inquiry, which has been examining private-public healthcare partnerships across Calvary Mater, Orange and Bathurst Hospitals as well as Westpac Rescue, said the arrangements were failing to function as public healthcare services should.

"As a result, patients, frontline staff, and the wider NSW community are being profoundly let down," the inquiry said. "The committee recommends that unless NSW Ambulance is satisfied of ongoing work safety, it should not extend the contract with (Westpac Rescue)."

In a statement, Westpac Rescue said it was carefully considering the committee's findings.

"Our focus remains on maintaining the highest standards of safety and patient care and supporting our people," a spokesperson said.

Connected: Keith (Wilson) & Gloria McNeil



Gloria and Keith McNeil today.

Interview by Vanda Gooley

A lovely Forster couple is soon to celebrate an impressive 70 years of marriage on August 25th. They have known each other for 73 years, and later in the year they will both celebrate their 90th birthdays.

Gloria and Keith McNeil, now in their ninetieth year have spent many happy decades together - including welcoming 3 children, 10 grandchildren and 9 great grandchildren.

Keith and Gloria are well known in the Forster Tuncurry community for many years through their volunteer work, community service and support of veterans' organisations.

Keith (Wilson Keith McNeil) born on 24th December 1936, and Gloria, born on 8th October 1936, met at a dance at Marrickville Town Hall, one of Australia's premier dance venues from the 1920's through the 1950's. The best-known band was The Strollers, a 16-piece professional orchestra. The dance bands such as The Strollers and Bob Gibson Dance Band, entertained thousands of dancers before the rise of rock and roll. Keith was a regular attendee who used to go every Friday night. As the bar closed at 6pm, Keith would hide a bottle of 'plonk' under his seat.

One fateful Friday night, when a barn dance featured, Keith spotted the lovely Gloria sitting alone looking all forlorn. He asked her to dance and the rest is history. They were just 17 years old and courted for nearly three years sharing picnics and dancing.

Gloria, from Campsie, and Keith, from Tempe, married at Saint Mel's Catholic Church, in Campsie on August 25th 1956. They said it was a big wedding with well over 100 guests to celebrate with.

Gloria and Keith had their first taste of Forster in 1956, as it was their honeymoon destination. Over the years, they have enjoyed many trips camping and caravanning in Australia particularly along the east coast – favourites were Harrington and Forster. As Keith's annual holidays were only 2 weeks – trips had to be short.

It was 1996, when Keith and Gloria's had a trip to an ex-service reunion in Moree that they decided to stop off on their way home at Green Point. They came to Forster and found the very house they still live in today at Forster Keys.

Keith started his professional life with an engineering company, 'British Standards Machinery' as a fitter and turner and tool maker. Keith served in the Australian forces from 1956 – 1960 but was never deployed outside Australia. He is a long-serving advocate for veterans in the Forster-Tuncurry community. For many years, Keith has been the driving force behind the Great Lakes National Servicemen's Association, serving as president and later as past president. He has organised commemorative services, advocated for veterans and their families, and worked to preserve the history of Australia's National Servicemen.

Keith was awarded the medal of the Order of Australia (OAM) for service to veterans in the King's Birthday Honours in 2025. This award recognises Australians for their outstanding work, dedication and commitment to serving their local community. He is also listed as a member of the Order of Australia Association.

Away from his veteran's work, Keith and Gloria have also enjoyed the camaraderie of the motorcycling community through the Ulysses Club, whose motto 'Grow Old Disgracefully', reflects the friendship, adventure and active lifestyle of its members. Keith and Gloria also enjoyed an active outdoor lifestyle. Among their interests were power boat racing and deep water motorboat racing. Attending competitions and events, Keith would drive their campervan whilst Gloria would confidently drive their Holden Monaro, with its powerful V8 engine, towing the boat behind. They were also involved in catamaran racing and water skiing. They are associates of other local identities in the Forster waterskiing fraternity, Graham Barclay and Fred Williams. Gloria and Keith were both active in the community with 'Meal on Wheels.'

Of course, behind every great man is a great woman. Gloria has worked quietly alongside



Keith and Gloria on their wedding day on 25 August 1956.

Keith and supported Keith's many volunteer commitments and has participated in community and veterans' events over many years. She has been the home provider and maker, Keith's secretary and nurturer of their three children, Darren, Kerry and Kim.

Asked what qualities Gloria has, Keith said Gloria was independent (prior to ill health), easy-going, loves her home, loved raising their children, a good person and good listener, an avid reader, resilient (survived a major operation) and has a good sense of humour. She was also a keen tennis player and still loves watching it today.

Gloria said of Keith, that he was a great carer (Keith has been Gloria's carer for many years due to her ill-health), a hard worker, articulate, methodical, practical minded and "can put his hand to anything."

Asked what has kept their marriage alive, they said they've weathered many ups and downs

and a lot of swearing. But their tips to a long happy marriage is to be a good listener, discuss, good communication, no ranting and raving and be bound by family.

Keith and Gloria love living in Forster. They love the peacefulness, the temperature, atmosphere, friends, community and the boats around Forster Marina.

Keith and Gloria are not sure how their 70th wedding Anniversary will be celebrated but their son Darren said there would certainly be a family gathering of sorts with the location to be decided. There will probably be about 30 family members attending.

There will be another celebration towards the end of the year for their 90th birthdays.

Asked if they have any goals – both said "To live to be 100."

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Coordinated effort needed



Continued from page 8.

vehicles remained in the area to monitor the fire and its progression.

On Saturday, August 15, crews conducted backburning operations aimed at further containing the fire.

Local crews continued to patrol the Northern Parkway fire on Sunday, August 16. The fire remained largely within inaccessible scrub, although it began to emerge into some areas that could be accessed by firefighters. Even when rain arrived during the morning, smoke could be seen for miles pouring out of the bushland.

While the recent rain has been welcomed by local firefighters, crews continue to patrol and monitor the area.

Information and images sourced from Tuncurry and Diamond Beach Brigade's social media.

The Bushfire Danger Period for the MidCoast area is from 1 October until 31 March (subject to updates from NSW RFS).

Our Local wildlife



Above: Photo of Greater Crested Terns in local area by Peter Cowell.

Greater Crested Terns

Greater Crested Terns, also known as Crested Terns (*Sterna bergii*), are the latest birds to feature in the unfolding saga of the H5N1 clade 2.3.4.4b avian influenza infections in Australia.

At the time of writing, a mass mortality of more than 80 dead and sick Crested Terns has been identified on the island, Baudin Rocks, which lies about five kilometres south-east of South Australia's Cape Jaffa. It would be nice to think that these will be the only ones to succumb, but sadly it is unlikely.

A recap, this virus has been decimating wildlife and domestic stock overseas for the last four years, with wildlife groups and farmers both dreading its arrival on Australian shores. To date it is known to impact over 600 species

of birds and 100 species of mammals with very high mortality rates. Plus, it is extremely contagious, transmissible through bodily fluids, including nasal discharges, faeces, contaminated water and surfaces, and dust.

Although it is not clear how the birds on the South Australian coast were infected, it is likely that it was from faeces or contaminated surfaces/dust from other seabirds sharing

their roosts. And an important note, silver gulls, or seagulls, are also likely candidates for the infection as they frequently congregate with the Tern flocks.

Crested Terns nest and gather in large colonies or flocks, all along the east-coast of Australia, including our area. They are often seen in large numbers at the mouths of coastal estuaries as well as sandy beaches and rocky islands. They are noisy birds, with a call sounding like a raspy 'kirrick' or 'krrow' and a 'wep wep' in alarm.

These are the second largest of the tern species, measuring 49 centimetres with scruffy black crests which gives them their name, pale yellow bills, grey wings and back, and white necks and bellies. Their wings are slender, long

and pointed, and they have deeply forked tails. Their legs are black and relatively short.

Crested Terns are monogamous with courting involving the male bringing a fish to his mate, with wings trailing and crest erect. The female will then parade around with her 'gift' before both lift into the air, chasing each other in a zigzag spiraling flight.

Breeding season is between September and December, with nests a shallow depression in the sand or shingle just outside pecking range of other nesting pairs. One egg, and rarely two, are laid with incubation taking between 25 to 30 days. Both parents share incubation and care for the young.

A few days after hatching the chicks gather together in creches. Fledging occurs after 38 to 40 days but they will remain dependent on their parents, including after departing the colony, until they are about four months old.

Crested Terns prey primarily on fish but will also take cephalopods (squid, octopus) crustaceans, and insects. Typically, they feed at sea, up to 10 kilometres from land during the breeding season, and plunge dive up to a depth of one metre or alternatively dip from the surface. At times they will pick up a pebble or shell and play with it in flight.

Crested Terns are found not only all along the Australian coastlines but other countries as well including Asian Countries, New Zealand and South Africa. Although vulnerable to predation from feral cats, foxes and dogs, they have not previously been considered as at risk. However, their tendency to form large flocks together, share their sites with other seabirds and breed in large close colonies makes them particularly vulnerable to being stricken with H5N1 clade 2.3.4.4b. With Australia's vast coastline, it is so important that all of us stay alert to sick and dying seabirds to try and limit the spread of infection, especially as so many of our unique wildlife are likely to have no immunity.

If you do see sick birds, especially with neurological symptoms, difficulty breathing, diarrhoea, or clusters of dead birds, please keep a distance, including your pets, record the location and report to the Emergency Animal Disease Hotline: 1800 675 888 immediately.

Successful Ruby Ball

By Jenny Hanson - Forster "Strictly Social Dance Club"

On 31st July dancers from up and down the NSW coast joined locals for a "Strictly Social Ruby Ball" at Club Forster.

The ruby is the birthday gemstone for July and is the suggested gift for anyone celebrating a 40th wedding anniversary! Other 'ruby'- related trivia - such as the beliefs and medicinal uses during the middle ages, the use of rubies in laser beams of the 1960s and where are Dorothy's ruby shoes now? (from the Wizard of Oz) - was shared during the evening.

The range of colours for a ruby can be from a deep red-purple (the rarest and most expensive) to pink so everyone in attendance exploited this colour palette to wonderful effect!

Melisa Ally and Mark Craythorn were asked to cut the cake in recognition of their contribution in organising our 2026 Ball.

A delicious meal, cooked and served by the Club Forster's functions team, ensured everyone had the energy to dance throughout the evening to music provided by the ever-popular Barry Noble.

The "Strictly Social Dance Club" extends its grateful thanks to the Club Forster board,

management and staff and to the family-owned Forster Fortnightly newspaper for their continued support of Social Dancing in our local area.

A big "THANK YOU" to everyone who contributed to the enjoyment and success of our Ruby Ball.

So keep dancing - or join us each Tuesday night at Club Forster as we hone our dance skills in preparation for next year's Annual Ball!

See details on p26 in the Weekly Diary under 'Tuesday'.



Above: The Ruby Ball held at Club Forster. Photo by Matilda Yule.

Book Review



Book Review by John King - Pacific Palms Librarian

Life Camera Action

Mitchell Burns is a landscape photographer. It is his passion and always was from a very young age. He sold his KTM dirt bike at age fifteen to buy his first good camera. His book Life Camera Action tells his story.

The family home is a 100 acre farm at Mareeba on the Atherton Tableland. The headwaters of the Barron River, the mountains, and the greenery inspire him to spend many, many hours photographing. Unfortunately, the farm is not financially sustaining.

After his father, who is a truck driver, rolls his truck, they move to Bluff where his father gets a job in the mine. It is a well-paid job in a bare uninspiring landscape after Mareeba. Young Mitchell starts work with a contractor as a coal tester in a tin shed where coal dust infiltrates the skin and everything else. A move to the BHP/Mitsubishi Blackwater mine and its well set-up laboratory is much better. BHP is a good employer and its employees happy. Mitchell works his way up from driving an enormous tip-truck to bulldozer driver (Caterpillar 797F). Yet, while others see a life-long, secure, well-paying job, to him it is not his life's ambition.

With \$30,000 money saved, he resigns to set up his own gallery in Port Douglas. Sadly, it is not a viable financial business. So, back to mining.

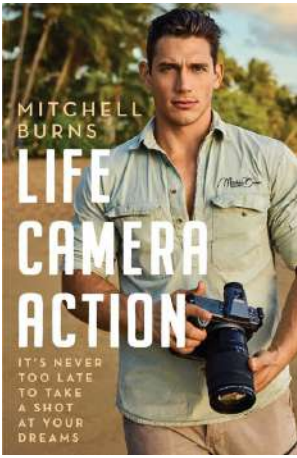
To give himself time for travel and photography, he moves to a fly-in, fly-out job at the Daunia Mine – seven days on, seven days off. It is soul destroying and nobody is happy; they are all just casuals. Management dangles permanency but that is all. He takes long-service leave and does not return. There is some work in America on a travelogue with models of which he is one. Back in Australia, he travels and hones his photography skills. His money runs out at the same time as he finds his life-partner, Chrissie, who inspires and supports him at a low point in his life.

They return to the family farm at Mareeba. Casual work driving a tractor on a mango farm provides an income until, perhaps, the prospect of a world-wide, American-funded, travel documentary materialises.

In the mining community, he was a misfit. In the photographic world he finds like-minded enthusiasts, and active support. It takes time to set up for that magic photograph – the location, the light, the sun-rise or sunset gleaming on the water, the rain and waterfalls off Uluru, the colours in Ormiston Gorge.

Clearly Chrissie and others in the business believe in him. Meanwhile, their base is the family farm. His father has retired. Having survived five years of cancer treatment, there is much work on the farm. Can Mitchell make his passion for landscape photography a sustainable career? Let him have the last word: "Writing this book reminded me that this journey (of risks, uncertainty, and setbacks, the long road and the moments that made it all worthwhile) has always been about more than taking photographs. It's about building a life around passion, purpose, and continuing to push that vision further."

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.



How extreme weather in Europe & North America is signalling a new era of fire danger for Australia

Nick O'Malley – Sydney Morning Herald, 29 July

Fires raging across Europe and North America and the rapidly developing El Nino in the Pacific have Australian bushfire authorities looking to the coming fire season in this country – and the one after that – with increasing dread.

Western Europe is facing its fourth heatwave since May, with June being its hottest month in recorded history. The first half of 2026 was the third-hottest in the region's history, following the same periods in 2025 and 2024, with global warming caused by the global failure to arrest carbon emissions accelerating.

As a result, uncontrollable fires have seen more than 320,000 people evacuated across Spain and France, while in the UK, firefighters are battling blazes from southern England to northern Scotland, and millions of hectares are ablaze in the United States and Canada.

Firefighters in Europe are now being confronted with the sort of catastrophic conditions that have become more common over recent years in Australia, with fires becoming large enough to generate pyrocumulonimbus storms, weather systems created by fire that can throw lightning ahead of fire fronts, said NSW Rural Fire Service commissioner Trent Curtin.

"Our hearts go out to those communities and firefighters, particularly where lives are at risk," said Curtin. "In parts of Europe, we're seeing 250,000 hectares that have been burnt since the start of the year. The scale and the enormity of the fires is really, really challenging."

La Trobe University climate adaptation specialist Professor Lauren Rickards said the blazes in the northern hemisphere were further evidence that we are collectively heading deeper into an era marked by an increasing number of ferocious fires.

"When you see something happening, whether it's Europe or California, you understand that it's not a coincidence, it's actually an indication



Above: Beachgoers watch the fires in Le Mouthic in Lacanau, south-western France last week.AFP

that our shared common system is shifting, it's tilting towards a more fiery existence," Rickards said.

NSW RFS firefighting crews are already on the ground in the United States and more are heading to Canada on Thursday, Curtin said.

"If we received a request from Europe, then we'd be willing and able to support with our expertise to support them in their time of need."

The lengthening fire seasons across the world are making it harder for firefighting agencies to share resources around the world, Curtin said, particularly as demand for firefighting aircraft and trained crews is increasing. But he said NSW was served by its own air fleet and did not depend on aircraft from North America.

Greg Mullins, a former commissioner of Fire and Rescue NSW and a founding member of Emergency Leaders for Climate Action, said that as a result of climate change, firefighters were battling fires that did not behave the way that textbooks said they should.

Hotter weather is drying soil and plants faster than it once did, and as a result, areas that should not be prone to fire were beginning to burn, while some fire-prone areas were proving to be dangerously combustible soon after rains.

"The thing that gives me the horrors is what an El Nino fire season will look like after this," said Mullins.

The Bureau of Meteorology declared an El Nino event was under way in June, and since then, the water temperatures in the Pacific – one of

the key indicators of the phenomenon – have risen faster than any other occasion in history. El Nino tends to drive temperatures higher on the east coast of Australia, making fire seasons longer and more dangerous.

The Country Fire Authority's chief officer Jason Heffernan said a positive Indian Ocean Dipole may also develop through winter and spring, but there is uncertainty around its timing and strength.

"When El Nino and a positive IOD occur together, it has historically been linked to some of Victoria's driest years and most significant fire seasons such as during 1982-83, 2006-07 and 2019-20.

"If warmer and drier conditions continue, forests and grasslands may dry out earlier than usual, increasing the chance of an earlier start to the fire-danger season in Victoria."

Though the NSW fire-danger season does not officially begin across the state until October 1, four local government areas – Glen Innes, Inverell, Tenterfield LGA and Clarence Valley – are scheduled to bring their fire seasons forward to August 1 due to the increased threat.

Rickard said the threat to communities on the east coast was not just of a longer fire season, and not only of more intense fires, but of a reduction in our capacity to respond to them, particularly in communities that have been battered by recent climate-related fire and flood.

"We flip and flop between extreme dry, extreme wet. And it's not like they neutralise each other – it's a compounding effect.

"These communities are already exhausted. Climate change is not just a collection of disasters, it really is this whole combination and systems effect. It's unrelenting, and that's why we need to address it at its cause."

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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



Village Idiots
Fri 21st August



Bonni & Klyde
Fri 28th 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
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Sunday "Chill Around the Green" is back
Outdoor Bar from 2pm
+ Live Music from 3pm
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Census 1885: Cape Hawke District

Great Lakes Museum

In 1885 the Legislative Assembly listed the farmers of the Cape Hawke District (original name for the Great Lakes region) on the first census of the area. The following farmers in this article are by no means the total mentioned in the Census, but those will give an insight to the size of the holdings and the names of the pioneers.



Above: The Underwood family.



Above: Panorama showing Wallis Lake, Forster and Cape Hawke.

James Hadley, mill worker for J W Breckenridge had taken up 100 acres named Bennett's Head running 6 horses, 40 head of cattle and 1 pig.

On the other side of the valley local School teacher George Underwood, had 100 acres called Sea View. He grazed 3 horses, 16 head of cattle and 2 pigs. Later his eldest son set up a dairy on the eastern slopes of Reservoir Hill, down from where Pioneer Estate is today. A killing depot (abattoir) was set up east of the present day golf clubhouse and there they retailed meat to the public and milk from the dairy. The family butcher shop later operated in Little Street.

Out on the Hawke between the "the two hillocks" as Captain Cook described, ran Dunn's

Creek. Thomas Dunn occupied 100 acres but being a sick man not actively farming, merely occupying the place until Thomas McBride took it over in 1888.

Thomas McBride was in charge of the transport for the Hudson Brothers Mill at Neranie and lived at Tarbuck Brush. He had 10 acres and was carrying some 20 head of horses and 17 head of cattle. The horses, no doubt being used to transport the timber from up around Booti Booti to Smiths Lake. After 23 years of service he terminated his commitments to the company and moved to his property at Cape Hawke, known as Fair View, raising horses and cattle and specialising in different varieties of fruit.

Beside Dunn on the Hawke William Mulconey held 40 acres, William Frazer held 20 acres and Lachlan Frazer further down held 90 acres, dairy farming on the property known as Green Hills.

Pioneer pastoralists Robert and Thomas Dunn had holdings of 549 acres at Coomba Coomba running 70 horses, 420 head of cattle as well as

sheep and pigs and 1220 acres at Burrah Beak holding 120 head of cattle, horses, sheep and pigs.

Mrs Jessie Steinmetz, Forster pub keeper and wife of Leonard, of Fresh Water Creek in Coomba Bay held a total of 200 acres carrying 4 horses and 30 head of cattle.

Herds of cattle may have varied from beef stock to dairy cattle on these properties supplying meat and milk for home consumption as well as being sold to supplement the family income. Pig herds were commercial propositions and eventually brought the formation of the Co-operative Bacon Factory in Wingham.

Horses were, of course the means of transport, riding, light sulky or buggy travel etc but farmers holding larger stock numbers would be used for heavy transport, haulage for ploughs and other farming implements.

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

Great Lakes College netball stars



The Great Lakes Combined College Under 15s Female Netball team are off to the NSW State Combined High Schools Netball Championships.

By Lee McDonald - Forster

What started as a day off school at a Gloomy and wet day in Gloucester has led to unexpected heights for the Great Lakes Combined College Under 15s Female Netball team after earning to the right to contest the

NSW State Combined High Schools Netball Championships. After taking out the Manning Zone carnival at Gloucester earlier this year the young ladies got to travel to Maitland Basketball centre on the 6th August to compete at the Hunter Secondary Schools Netball Carnival.

After drawing what would be described as a "Pool of Death" the ladies first game against Belmont High held high importance for their path to progress further into the competition.

After a solid start to the game and leading by as much as 4 goals, Belmont fought back

hard leaving Great Lakes with only a 1-point win at the final whistle. This thankfully made their task a little easier as this avoided an early showdown with Hunter Sports High School and their Talented Netball Program.

What followed was a showcase of netball beauty as the girls then took down Cardiff (25-9), Maitland Grossman (26-10) and in the final playoff game Whitebridge High School (21-14) to earn their right to travel to Illawarra Sports Stadium for the State Championships in November. Led by Sarah Whitbread, Ella McDonald, Lilly Gorman, Aria and Ariel Nercessian, all 9 girls stepped up to the plate and contributed to the team's success. Leilani Miller supported strongly in the midcourt, with Caitlin Cooke and Zanika van Rooyen accurately scoring goals. Ruby Riddell was versatile playing as a goal shooter and in defence. Coach Gemma Tyrie with her animated expert coaching from the sideline was almost in tears at the end of the day in recognising what these fine young ambassadors for netball in the local area have achieved.

Considering that two players Bella Joyce and Alexis Parry-Jones were away on holidays for the regional carnival, their likely inclusion for the State Champs will add some much-needed height and experience into the attack and defence circles allowing players like Aria and Ariel Nercessian to weave their netball magic across the mid court.

What makes this achievement more special was that all these schools lay in the Netball Championship heartlands of Maitland, Newcastle and Lakeside Netball Associations with teams littered with Championship grade representative netballers and talent development programs. It also shows that these players who have been in the Great Lakes and Maitland Netball Associations Rep netball programs that anything is possible and highlights the rise of netball in the local area on the State stage. So, bring on the Sport High Schools from around the state. These girls will not die wondering.

Plenty to cheer about as College takes on NSW's best

By Mary Yule – Forster Fortnightly

Great Lakes College's open rugby league team gave its home crowd plenty to cheer about despite going down 38-14 to three-time defending champions Bass High in the University Shield quarter-final at Harry Elliott Oval, Tuncurry on 11 August.

The match was highly anticipated, with both schools ranked among the top eight in NSW. Bass High, however, brought a significant advantage to the contest as a Sydney pathway school for the NRL and a team that has won the University Shield for the past three years.

Many Great Lakes College students and staff walked across to Harry Elliott Oval to support the home team, and they did not have to wait long for something to celebrate.

Within minutes, Great Lakes scored a try and converted to take an early lead.

Bass High responded with two tries and led 22-6 at half-time. The visitors continued to add to their score after the break, but the College side refused to back down.

Every break and attacking opportunity produced loud cheers from the home crowd, as the young College team continued to compete against a highly favoured opponent.

By the second half, Great Lakes had no players left on the bench, with several players forced from the field after taking hard knocks in a tough and physical match.

Despite the challenges, the College players continued to fight until the final minutes. Their determination was rewarded when they crossed for another try in the last minute, prompting a huge cheer from the home crowd.

Bass High eventually secured the quarter-final 38-14 and will progress to the University Shield finals.

Great Lakes College coach and PE teacher Simon Maher said he was proud of the effort from his players.

"It was so good, so good for the school," Maher said. "They got the crowd going right throughout the match. That's as good as I could have asked the boys. I couldn't have asked anymore."

Maher said the young College side faced a considerable challenge against a Bass High team with access to a much larger player pool.

"It's a big ask. We have a lot of 16-year-old kids coming out against these guys," he said. "They did really well. To be that age and just come out and play against Bass High. Their team is the best in the state and have been for a while. They draw on tens of thousands of 17, 18-year-olds from Western Sydney to pick their teams. Whereas we've just lost a lot of our 18-year-olds and we're pulling together kids from nearby towns just to get a team, so it's a massive effort. I'm very proud of them."

The College team is made up largely of players who also represent the Hawks in the under-16 and under-18 competitions.

"Most of our team play for the Hawks under 16s and under 18s," Maher said. "Half of our College team are 16s and then maybe a third of them are 18s."

With many of the players already committed to their club football, school preparation for the University Shield has focused on making the most of the opportunities available.

"The Hawks train twice a week and they've got their semis coming up," Maher said. "At school we've just been having ball runs at lunch, getting them mentally right and having the covers in the right spots and having a little bit of a plan of attack."

The quarter-final appearance continues a strong recent record for Great Lakes College in the University Shield.

"The College does pretty well," Maher said. "In three of the last four years we've made it this far, and then five years ago we've made top four."



Despite the challenges, the Great Lakes College players continued to fight until the final minutes.

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By Dave Hughes - Forster Runners

Sometimes it's not all about the medal or the kudos you attract on strava. Local runner Joshua Londero (pictured above) had a plan months ago to give this Forster Marathon some purpose. He has a friend (Lily) who has some serious health issues

and he decided to get on board and raise much needed funds to support her cause. He crossed the finish line in 4 hours and 34 minutes and immediately gave his medal to Lily.

"When I heard about my friend's daughter's (Lily) cancer diagnosis I decided to incorporate the marathon into a fund raiser for Lily. The Go Fund Me campaign (see below for further details) has raised over \$13,500 so far, plus there have been around \$5,000 in donations directly to the family. We had 20 people wearing pink shirts with Lily's face printed on them. Lily entered the 3km fun run along with some family and close friends. I gave my medal to Lily because fighting cancer is harder than any marathon. Lily had her ovaries removed and has just finished chemotherapy. She is 19 years old."

<https://gofund.me/fc2f3f67b>

Runfest comes to Forster



Above: The many 'FastTrack' runners after their events at Runfest. Tarli Black is in the centre.

When asked if her clients will keep up their running after the Runfest, Tarli said, "Yes, of

course they will. We're all about redefining our limits, so I'm sure we'll find something else to do as a team."

treadmill, and we've done a lot of strength training leading up to today."

"I've been a national sprinter all my life but I can't sprint anymore after undergoing spinal fusion surgery recently. I'm just making a bit of a come back today at a longer distance with the team which is awesome. I'm grateful to be able to run again."

Great Lakes Pearl Dragons strike gold at Manning River Regatta

By Kaye Pigott – Great Lakes Pearl Dragons

The Great Lakes Pearl Dragons enjoyed a sensational weekend of racing at the annual Manning River Dragon Boat Club Regatta, held on the Manning River at Taree on 8-9 August.

A team of 35 paddlers travelled to Taree to compete against 10 crews from across NSW, including teams from Coffs Harbour, Orange, Parkes, South West Rocks, Newcastle and also from Canberra.

Saturday's racing got off to a spectacular start in glorious sunshine, with the atmosphere electric for the 100m Dash for Cash. Dragons on the Rocks delivered a fierce and focused performance to take the win in a race that was over in the blink of an eye. The crews were cheered on by enthusiastic teammates, supporters and spectators lining the riverbank.

The Pearlars then showed tremendous grit and determination in the 1km Mixed Straight Line race, powering their way to victory. The win was a testament to the team's hard work, commitment and dedication to regular training, with their teamwork paying dividends when it mattered most.

Buoyed by Saturday's success, the Great Lakes Pearl Dragons returned to the water on Sunday and convincingly claimed gold in the 200m Sports Open 20s.

The result provided a valuable confidence boost for the team as they prepare to compete at the



The Dragons had a sensational weekend of racing at the Manning River Dragon Boat Club Regatta.

The weekend was rounded out with a hard-fought second-place finish in the 200m Sports Open 10s, giving the Pearlars an impressive haul of two gold medals and a silver.

These outstanding results would not have been possible without the dedication and support of the club's hardworking coaching team, sweeps and drummers, as well as the friends, families and sponsors who continue to get behind the Great Lakes Pearl Dragons.

With the club continuing to grow from strength to strength, exciting times are ahead. Two golds, a silver - and plenty of momentum heading into the World Championships.

Paddles up!

The Great Lakes Pearl Dragons would also like to extend a special thank you to Manning River Dragon Boat Club, its officials and volunteers for hosting such a fantastic, fun and efficiently run regatta.

The event was particularly significant following the club's enormous efforts to rebuild after the devastating floods of 2025. Their resilience and commitment to getting back on the water made for a memorable weekend of racing, friendship and camaraderie. What a weekend for the Pearlars!

Forster Runners

The City2Surf hype started early. The night before, Tristan, Wiz, Pek (ex-Palms) and Paul ditched taper plans to go to the Sydney Swans game at the SCG, turning a pre-game into full-blown race fuel. What followed was a classic Sydney Sunday: early starts, surprise sprints and more dancing than anyone expected on a 14km grind.

Wiz and Sonia rolled up to the start line early, staking out a clean spot in the front pack. Tristan and Pek found Hayley, Jussy and Nat at the red group start, while Ash and Amanda lined up further back in purple, already in good spirits.

When the gun fired, Wiz was gone, locking into a steady 4:05 pace and never looked back. Pek got the jump on Tristan off the line, but Tristan quickly ditched the "hanging with the girls" plan and took off after him. The race was on.

Not everyone made the start. Paul, apparently, forgot his racing bib and stayed in bed.

Out on the course, Hayley, Jussy and Nat set their own tempo, turning the run into a rolling party. Singing, dancing, high-fiving strangers, they soaked up every cheer along the route.

Sonia, as always, ran the red group in true world champion style, taking competition out mile by mile and cruising through with ease.

Up ahead, Tristan and Pek found themselves shoulder to shoulder, pushing each other "much faster than anticipated." With 1km to go Pek made his move. Tristan answered at 500m. Then, with less than 100m left, Tristan launched. Pek saw it late but unleashed his kick. Both managed to hit the line at exactly the same time. A tie!

The girls crossed later, medals earned and spirits high, while Ash and Amanda cruised in with grins intact and post-race drinks already planned.

Forster Runners results

Dave Isbel (Wiz): 58:12 - 20th in age group, top 1%
Tristan Marshall/ Stephen Pek: 62:29 - 273rd in age group, still top 5%
Sonia Kennedy: 71:10 - 59th in age group, top 2%
Justine Lee /Nat Baker /Hayley Moody: 72:32 - good all round effort
Ash Montesin: 84:54, Amanda Montesin: 82:01

Local soccer kids win Kanga Cup in Canberra

By Mary Yule – Forster Fortnightly

A group of young footballers from the Mid North Coast have returned home as champions after an impressive week at the 2026 Kanga Cup in Canberra.

The Under 11 Sharks won the Open Plate Grand Final 4-0 on Friday 17 July, completing a successful five-day campaign at one of Australia's largest youth football tournaments.

The team included nine players from the Forster and Hallidays Point area, two from Taree and one from Port Macquarie. All are part of Football Mid North Coast's Youth Development Academy, which provides development programs for selected players from Under 10s to Under 12s.

Coach Ben Mayo said the result was particularly pleasing after the team reached the semi-finals at last year's tournament.

"They obviously were determined to go one better and make it through to the grand final this time," Mayo said.

The Sharks competed in the Plate division, which featured 24 teams. The tournament follows a format similar to the World Cup, with teams beginning in groups before progressing to the quarter-finals, semi-finals and grand final.

The Sharks faced strong opposition throughout the competition, including Northbridge

Academy from Sydney in the final. Northbridge is associated with the Macarthur Bulls and had won the tournament the previous year.

"There's some massive academies which enter these tournaments," Mayo said. "But I knew we had a strong team, even though we come from a much smaller base of players."

Mayo said the Sharks rose to the challenge despite limited opportunities to train together as a full team.

While the nine Forster-area players had been together throughout the season, the complete

squad had just four training sessions together before travelling to Canberra.

"It's hard when you haven't played with them a lot," Mayo said. "But as they were playing, they were getting better and better throughout the tournament. And they had a lot of fun."

The Canberra conditions also provided an extra challenge for players accustomed to the Mid North Coast, with morning temperatures around zero degrees and frost on the ground.

Mayo praised the players and their families for making the long trip south and supporting the team throughout the demanding week.



Above: The Sharks team with (L-R) Manager Dean Attawood, Coach Ben Mayo and Assistant Coach Caine Miller.

Free talk on 'Stronger Shoulders for Swimmers'

Spine & Sport Forster

Join us at Spine & Sport Forster for a practical seminar focused on helping swimmers develop stronger, healthier shoulders.

Presented by Dr Zoe Russell, Specialist Sports and Exercise Physiotherapist, the session will explore why shoulder pain and overuse injuries are common in swimming and what swimmers can do to reduce their risk.

The seminar will include:

- Common contributors to swimmer's shoulder and overuse injuries
- Practical injury-prevention strategies
- A simple and effective pre-swimming warm-up routine
- Strengthening exercise ideas for swimmers
- Advice for managing training load and shoulder symptoms

This is a free event sponsored by Spine & Sport Forster as part of our commitment to providing free, practical education to the local community. We hope the seminar will help swimmers, parents and coaches better understand shoulder health and feel more confident supporting safe, enjoyable participation in the pool & ocean.

This session is suitable for swimmers of different ages and levels, as well as parents and coaches.

Friday 4 September

5pm - 6:15pm

3 Boona St, Forster

To book your free ticket, please go to: <https://events.humanitix.com/stronger-shoulders-for-swimmer-spine-and-sport-forster/tickets>

City2Surf 2026: Ties, tunes and a sleep-in



Happy runners after the City2Surf on 9 August (L-R) Pek, Hayley, Nat, Tristan, Jussy, Wiz and Paul.

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Forster Tuncurry Runfest hits town!



Above: Local Jake Myers (wearing black) won the 10km in 33:50. Photo by Dave Hughes.

By Dave Hughes - Forster Runners

Over 1,000 runners gathered at Main Beach, Forster on Sunday 16th of August. The morning was chilly with the imminent threat of rain. The weather prediction indicated a 90% chance of 10ml of rain with a top morning temperature of 15 degrees. The skies opened briefly, however, by 8am the sun decided to peek through the clouds and by 10am spectators were removing outer clothing. The word on the course was that the temperature was perfect for running

with a slight breeze once one was exposed to the elements. The Beach Bums Forster-Tuncurry Marathon and the Sevan Apartments Half Marathon commenced at 6:30am. This was a lap course (marathon 4 laps, half marathon 2 laps) totalling 42.2km and 21.1km respectively and meandered through one of the most stunning locations on the NSW coast - the beautiful Great Lakes region including the scenic Forster Tuncurry waterways. Aid stations and toilets were well positioned and runners were greeted with enthusiasm and encouragement. The ENDVR Coaching 10km Fun Run (not sure how the word "Fun" comes into it) started at 10am and was soon followed by the Biomedical Sports Podiatry 5km Fun Run and Coastline Bank 3km Fun Run. Most of Sunday's events were sold out weeks in advance and is a testament to the increase in the popularity of running since the days of COVID.



Hats off to both Forster Runners and Forster Run Club for their

Left: Winners of the Half - Adam Mainey from Port and Holly Webster from Tamworth.



Central Coast runners came dressed for fun.

cheering and support. Over 40 members entered as runners and volunteers offering "encouragement" with signs including "Your Garmin will call this Unproductive" and "My Garmin hates me". A bit of humour is sometimes exactly what is needed to break the monotony of running kilometre after kilometre. Some say running is 10% physical and 90% mental.

Forster Tuncurry RunFest Results

Beach Bums Forster-Tuncurry Marathon

Males: 1. Mitchell Baldwin 3h 15m, 2. Stephen Brussell 3h 19m, 3. Jamie Stammers 3h 21m

Females: 1. Beth Lopes 3h 28m, 2. Teniele Piddington 3h 38m, 2. Minna Hughes 3h 42m

Seven Apartments Half Marathon

Males: 1. Adam Mainey 1h 16m, 2. Anthony Farrugia 1h 17m, 3. Aaron Eichner 1h 21m

Females: 1. Hollie Webster 1h 28m, 2. Amelia Schooley 1h 29m, 3. Laura Stirton 1h 29m

ENDVR Coaching 10k FunRun

Males: 1. Jake Myers 33m 50s, 2. Colby Gill 36m 34s, 3. Matt Ridgewell 37m 25s

Females: 1. Bron Orr 44m 34s, 2. Abby Blatch 44m 53s, 3. Erinn Smith 46m 46s

Biomedical Sports Podiatry 5k FunRun

Males: 1. Lachlan Kidd 16m 8s, 2. Bray Smith 16m 37s, 3. Noah Pociask 18m 32s

Females: 1. Macie McDermott 18m 20s, 2. Alyse Northey 21m 05s, 3. Tegan McCallum 21m 20s

Coastline Bank 3km Family FunRun

Males: 1. Nate Holland 11m 39s, 2. Kye Holland 12m 23s, 3. Nash McDermott 12m 25s

Females: 1. Imogen Pociask 11m 15s, 2. Sylvie Roche 13m 24s, 3. Banksia Champion 14m 09s

For full results, please visit: <https://thetimingguysresults.com/ForsterRunningFestival/2026>

See p34 for more photos.



Kids racing in the 3km event. Photos by Mary Yule.

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