

Pressure mounts
at Manning Base
Hospital p2

75th Wedding
Anniversary Laurie &
Muriel Bowden p23



Forster Fortnightly

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Wednesday 16 September 2026 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

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Father's Day Celebration 2026

Holy Name
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Year 2 hosted
a Father's Day
Liturgy on Friday
4 September. The
special liturgy
was filled with
prayer, song
and reflection
to celebrate the
wonderful dads
and father figures
in the school's
community.

Photo supplied.
More photos p9.



MidCoast average residential rates 30% higher than NSW average

By Sophia McCaughan - Forster Fortnightly

A new financial year brings another year of rates, with MidCoast ratepayers paying 31.7% more than the New South Wales average, according to property research website, RatesAppeal.

In NSW council rates are levied based on the rateable land value of each parcel of land as supplied by the Valuer General.

Rates have been calculated using property values with a base date of July 1, 2024.

MidCoast Council says for the 2026/2027 financial year, it is managing a larger budget than normal, as a result of more than \$90 million in ongoing flood recovery funding, with the total budget expenditure estimated to be at \$439 million.

MidCoast says the expenditure is funded by \$200 million from rates and annual water, sewer and waste charges, with the remainder funded by grants, contributions and other sources.

The Independent Pricing and Regulatory Tribunal (IPART) are responsible for setting a rate peg each financial year. The core rate peg for this financial year, for each council, ranges from 2.5% to 4.2%.

The rate peg for MidCoast Council for the 2026/27 financial year is 3.1%. IPART's rate peg takes into account the Base Cost Change (BCC) by council group (metropolitan, regional and rural), in addition to a population growth and an Emergency Services Levy (ESL) factor.

This does not mean a standard 3.1% increase for all ratepayers, as individual household rates are based on individual land value, with the share of increase varying from area to area.

Similar increases have applied to fees and charges including a 3.1% increase to annual waste management charges, annual water charges increase by 5 per cent, sewer annual charges increase by 5.5% and a \$25 annual stormwater charge applied per residential property.

While there is no data available for the 2025/26 and 2026/27 financial year, property research website, RatesAppeal, reveals that for the 2022/23 financial year, MidCoast residents were paying \$343 dollars more than the state average and \$419 more than the regional average.

According to RatesAppeal, MidCoast Council is ranked 26 out of the 127 local councils in NSW for rates, with over half of the top 30 most expensive councils being regional areas.

The NSW Government's Your Council website can reveal that in the 2024/25 financial year, MidCoast ratepayers were paying more than \$250 above the state average.

However, based on the same set of data, MidCoast residents paid \$65 less in residential council rates compared to other councils of a similar size and demographic.

Rates can increase annually when the Council adjusts its rate in 'dollar to cover service' costs. MidCoast updates land valuations every three years.

If you have any issues with your annual rates notice you can visit the Forster Customer Service Point at 4 Lake Street, Forster.

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Above: MidCoast's Citizenship Ceremony.
More photos p22.

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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.

Government must act now as pressure mounts at Manning Base Hospital



Current construction of Stage 2 at MBH. Photo supplied.

Office of Tanya Thompson MP

Member for Myall Lakes Tanya Thompson MP is calling on the NSW Government and Health Minister Ryan Park to urgently commit to adding a fourth floor of inpatient beds to the Manning Base Hospital (MBH) redevelopment.

Recent figures have again highlighted the pressure on the hospital, with 19 patients at Manning Base medically ready to leave hospital but unable to be discharged while they wait for appropriate aged-care or NDIS-supported accommodation.

While the Minister points the finger at Canberra, the reality for patients, nurses, doctors and paramedics in the Manning is simple: those beds are unavailable today, and our hospital is already struggling for capacity.

"Our community doesn't care which level of government Ryan Park wants to argue with.

They want to know that when their child is sick, when their elderly parent needs emergency care, or when an ambulance arrives at Manning Base, there is a bed available for them.

Mrs Thompson said the pressures facing Manning Base extend beyond delayed discharges, with ongoing concerns about workforce shortages, access to specialists, surgical capacity, emergency department demand and the availability of inpatient beds.

"Ryan Park himself has previously acknowledged that Manning Base Hospital has been significantly challenged."

"Adding the fourth-floor beds to the plan now, while construction is underway, is common sense. It provides an opportunity to increase inpatient capacity and future-proof Manning Base rather than forcing another expensive redevelopment when the hospital inevitably outgrows the current plans."

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Get Ready Weekend 2026

The Get Ready Weekend is your opportunity to get practical advice from your local RFS brigade, ask questions about your property's bush fire risk and learn simple actions that could make a real difference this fire season.

Every event is different, but many include demonstrations, displays, family-friendly activities, practical advice from volunteers and resources to help you prepare for the bush fire season.

Rainbow Flat FRS

You are invited to Rainbow Flat Rural Fire Brigade's Get Ready Weekend at the Rainbow Flat Service Station on Saturday 19 and Sunday 20 September from 8:30am to 11am. Brigade members will be on hand to answer your questions and help you prepare for the

upcoming fire season, and possibly the next! Lots of useful flyers and information. Bring the kids for some fun RFS merchandise, lolly bags and great photo opportunities.

Diamond Beach RFS

Diamond Beach will be at the Black Head Bazaar on Sunday 4 October with packs of information to take home ready for the fire season. Whether you bush walk, 4WD and camp, have large animals and pets, or want information about getting ready for the bushfire period - we will have something for everyone.

Call the Diamond Beach Fire Station anytime on 6559 3640 and leave your name and number. Deputy Captain Geoff Kempe will call back with any information sought.



Local kids practising their fire fighting skills with volunteers from Coomba Park RFS. Photo supplied.



Tuncurry RFS

Tuncurry Rural Fire Brigade is turning 70, and we're celebrating with a special Get Ready Weekend!

Join us on Saturday, 19th September from 11:30am to 3pm at 39 Grey Gum Road, Tuncurry for a fun-filled day focused on emergency preparedness, community safety, and celebrating seven decades of serving our local community with displays. There will be lucky door prizes and plenty of activities for the kids.

It's also the perfect time to join us and start training for fire season. We train every Tuesday night from 6:30pm at 39 Grey Gum Road. Come down and say hi!

Green Point RFS

For the second year in a row, we are holding a carwash on Sunday 27 September 8:30am to 2pm on Green Point Drive next to the fire rating sign. Look out for our big signs. Come and have your car washed and have a chat to us about your fire preparations. We will have a tent set up close by with information available and can answers any questions you might have.

Pacific Palms

The Pacific Palms RFS will have their two trucks out the front on Saturday 19 September from 9am to 1pm on Macwood Road, Smiths Lake. Kids are welcome to climb on board! Come along and enjoy a free sausage sizzle and kid's activities while you chat to our members about how to prepare your property and yourselves for the fire season.

We can also answer questions about the progress of our new fire station currently being built on the corner of Macwood Road and Paradise Drive. Members are on hand to have a chat for people interested in joining any of the local fire brigades.

Coomba Park RFS

Coomba Park Fire Station is open on maintenance mornings for people wanting to drop by and have a chat about the fire season at 86 Moorooaba Road. The next maintenance mornings are on Monday 28 September and Saturday 10 October.

Coomba Park RFS provided information for the coming fire season at the Growers Markets, Coomba Aquatic Club, on 12 September.

See p27 for hottest El Nino on record forecasted.

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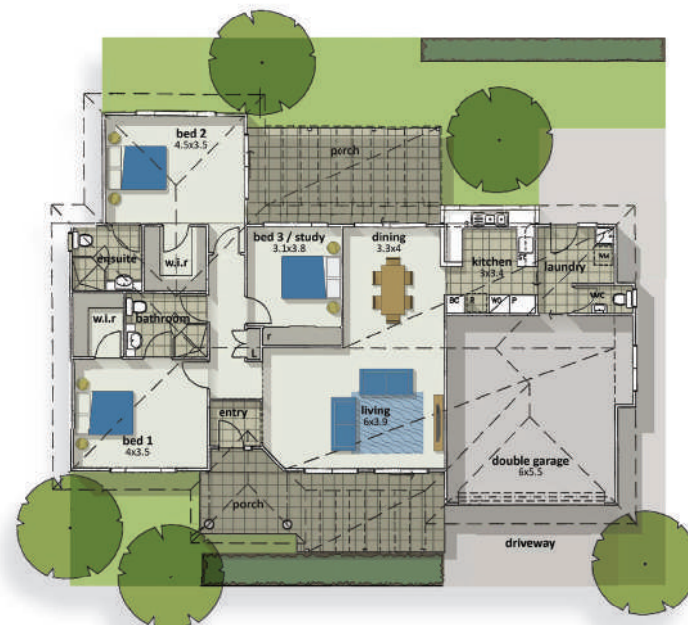


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Community News

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Page 5

Council meeting - 2 September

Sports field drainage works

The tender for drainage work to be done at a number of sporting fields across the MidCoast has been awarded to TURSPEC.

Subsurface drainage will be installed at Taree Recreation Grounds, Old Bar Sports Fields and EG Trad fields at Old Bar. There will be some short-term disruption while construction takes place, with Council working with sporting clubs and other users to identify alternative locations where required. The works are expected to be completed ahead of the 2027 winter sporting season.

Write off of fees and charges

More than \$4.7 million in rates and other fees were written off or abandoned by Council for the 2025-26 financial year. The majority of that relates to pensioner rebates across rates, waste, water and sewer charges. The remainder includes postponed rates and interest and small balance write offs.

Council pays off loan 19 years early

Council will repay the outstanding balance of a TCorp loan originally taken out to help fund construction of the Cedar Party Creek Bridge at Wingham.

Council borrowed \$4.5 million in June 2025 over a 20-year term however the bridge came in under its original budget and Council also received additional State Government funding and identified further developer contributions that could be allocated to the project. As a result, only around \$348,000 of the loan funding was ultimately required for the project, leaving approximately \$4.3 million in unspent loan funds. Repaying the loan will reduce Council's overall debt and avoid interest payments over the remaining 19 years of the loan term.

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

The next Council meeting is on 30 September.

By Mary Yule – Forster Fortnightly

Three times a week, Jack makes his way to the Great Lakes Aquatic Centre for a 50-minute workout. At an age when many people might be taking things a little easier, Jack is busy moving between gym machines and lifting weights of up to 26 kilograms.

I followed him around the gym and even had a go myself. While I could manage the weight, I wasn't used to lifting it at Jack's pace or completing 60 repetitions in sets of 15. Jack, however, takes it in his stride.

Jack just happened to turn 103 on September 14 and says keeping fit is an important part of his life. He says he needs to look after himself following some injuries he had when he was younger. He then goes on to explain that his injuries are from 1944 when he was training to be a pilot in World War 11!

"I've got spinal compression, which means my discs are paper thin, so I cannot do any compression exercises. I can only do extension exercises," Jack explained.

The accident happened while Jack was training with an operational training unit on Wellington bombers.

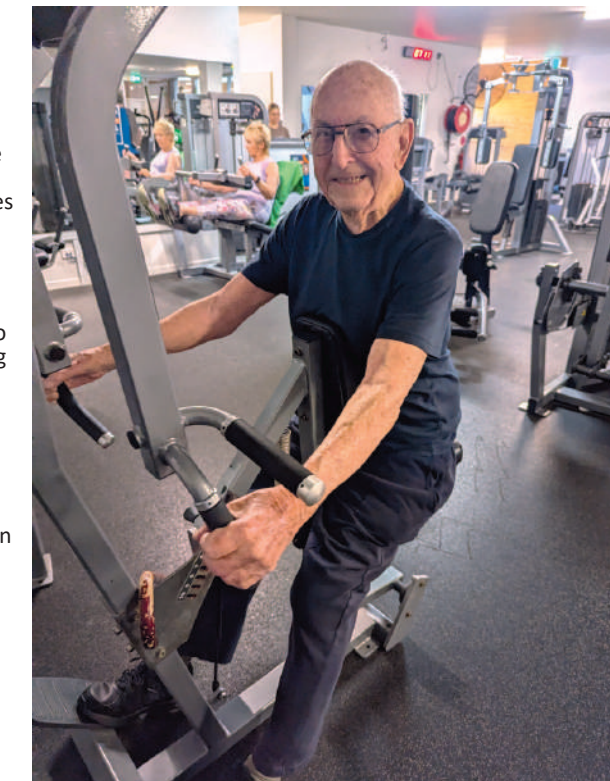
"The instructor made a bad decision. As a result the plane left the runway and went into a ploughed field, stood on its nose and I went headfirst into the windscreen."

Despite the severity of the accident, Jack didn't realise at the time just how badly he had been injured.

"When it happened I was a young and fit 20-year-old. I was unaware that I had suffered a serious injury, which progressively got worse, particularly when I started lifting weights when building a house five years after the war."

Jack has been going to the Great Lakes Aquatic

The amazing Jack Thomas stays fit



Above: 103 year old Jack Thomas doing strength work at the Great Lakes Aquatic Centre. Photo by Mary Yule.

Centre gym for about six years but has used gyms for many years.

Among the equipment he uses is the leg press - a machine he jokingly refers to as his "torture chamber".

"Put your feet up on the board and push up. It's like torture but it is doing me good," he said.

Jack is currently using 25 kilograms on the leg press, having started at just five kilograms because of arthritis in his knees.

"I've only been on that one now a couple of months."

His routine is straightforward. Jack works his way around six machines as they become available to work on his whole body. If all the machines are busy he jumps onto a bike or the arm grinder.

The gym has also become an important social part of Jack's life.

He is well known among members, many of whom greet him during his workouts.

"Everybody knows me because they publicised me in the gym bulletin on my 100th birthday," Jack said.

He has made good friends at the centre, including fellow gym-goer Trevor, who lives nearby.

"He's a retired mining engineer and I'm a retired building man from the professional side of building. So we get on very well and we're well aware of what's going on in the world."

When asked whether he would recommend the gym to other people, Jack doesn't hesitate.

"Oh, it's the only way to go. Other people find swimming good, but I was a surfer."

Jack also keeps active with walking and gardening in his own front yard.

He continues to live independently following the death of his wife six years ago.

"I'm the housekeeper, shopper, etc.," he said "But I have some very good people who help me once a week through the Department of Veterans' Affairs. Shirley visits to help make the bed, iron and cleans the microwave and oven, while Helen helps with the rest of the housework."

Ashleigh Alcorn, Area Manager of Belgravia Mid Coast, said, "It's such a joy to see Jack come into the gym three mornings a week when I'm finishing my own workouts. He's amazing. It just goes to show how incorporating strength work and exercise into a routine can help make life a bit easier, especially as we get older.

To celebrate his 103rd birthday, Jack's family gathered at 33 Degrees restaurant in Tuncurry on Sunday 13 September.

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Fri 25th September

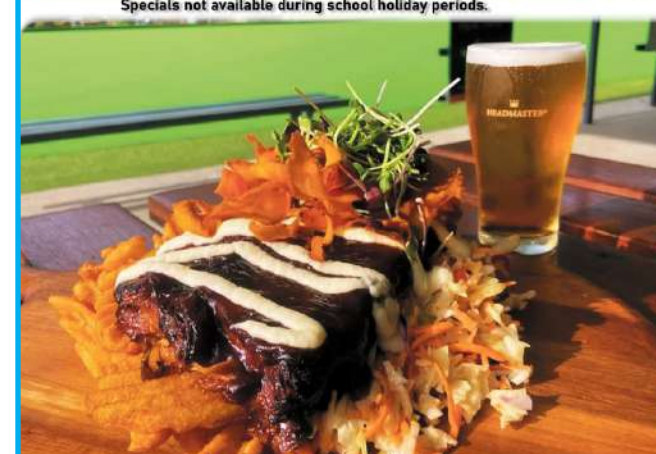
Thursday
Mufti Bowls & Raffle from 12:30pm
Happy Hour 3pm to 5pm
Ribs Night \$25

Friday
Raffles from 6pm
Super 100 Draw after Raffles
Mega Pie Lunch & Tap Beer \$20
Fresh Fish Friday Night \$34
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Saturday
Fishing Club Raffle starts at 3pm & 4pm
Happy Hour 3pm to 5pm
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Sunday
Chook Run Bowls from 10:30am
Kids Meals \$5 (16y) with Meal Purchase

Check in for our monthly bar specials



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

Two significant Aboriginal bark paintings return to Great Lakes Museum

By Mary Yule – Forster Fortnightly

Two significant Aboriginal bark paintings have returned to the Great Lakes Museum following nine months of professional restoration in Sydney.

The works were unveiled at the museum on 8 September during a celebration attended by museum volunteers and special guests Aunty Lyn Davis and Aunty Janice Paulson.

Museum volunteer Sandra McMahon first recognised the significance of the paintings when she joined the museum two years ago. With more than 30 years' experience working in galleries and museums, Sandra identified the need for urgent conservation work after seeing the artworks on display.

Her concerns were confirmed when she discovered that Museums and Galleries NSW professional consultant Roslyn Russell had previously visited the museum in 2014 and identified the works as being of significance.

"The two bark paintings were at that point of deterioration where something had to be done, otherwise they would have just been lost, and they're too important," Sandra said. "So, I applied for funding."

The conservation project was supported by \$2,000 from Museums and Galleries NSW and a further \$10,000 from the Foundation for Rural and Regional Renewal.

International Conservation Services in Sydney carried out the professional cleaning and conservation work, repairing and flattening the bark and treating the wood.

Great Lakes Museum President Helen Duggan said the results of the restoration were remarkable.

"They've just come up so beautifully, the colours in them. You remember what they were like before. It's just magnificent," she said. "We are very fortunate to have Sandra's knowledge."



Above: (L-R) Sandra McMahon, Aunty Lyn Davis, Helen Duggan and Aunty Janice Paulson. Bark painting (at front) is by Narritjin Maymuru. Bark painting (at back) is by Lipundja. Photo by Mary Yule.

The two works were created by Aboriginal artists Narritjin Maymuru (1916–1981), from Yirrkala in the Northern Territory, and Lipundja (1912–1961), from the Milngimbi Methodist Church Mission in Arnhem Land. Both artists are recognised as traditional master artists, with the works believed to date from the 1950s or 1960s.

Maymuru's bark painting depicts a range of animals, including turtles, kangaroos, stingrays,

possums and fish. A significant figure in Yirrkala art, Maymuru was involved in the creation of the Yirrkala Church panels in 1962 and contributed to the Yirrkala Bark Petitions in 1963.

Lipundja's Monkuy Ceremony depicts a Liyagalawumirri Hollow Log Ceremony near the Totem Well at Mirrimina. The animals represent food for the spirits of the dead and are also associated with ceremonial dances. The central tree represents the timber used to make the hollow log containing the bones of a deceased person.

Sandra said the restored works would provide an important educational resource for school groups and the wider community.

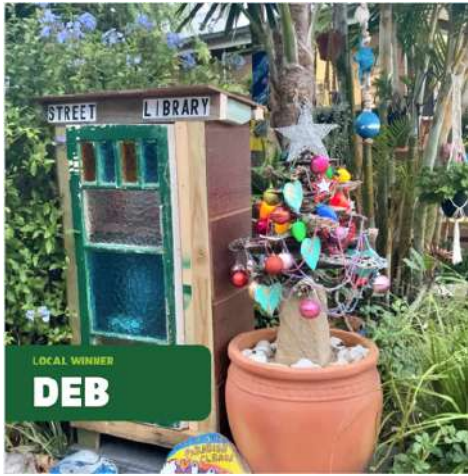
"As you would appreciate, they're not from our region but it's a wonderful opportunity for us to have access to this level of expertise. It's a privilege to see them" she said.

Aunty Lyn also welcomed the restoration, noting that there was little Aboriginal culture preserved in the Mid Coast region.

"I love looking at the beautiful artwork. It fills my heart with happiness," she said.

The paintings were brought to the museum many years ago by volunteer Bryce Higgins following a visit to the Northern Territory.

Reviva Reuse Competition



Resource Recovery Australia

MidCoast residents are being invited to enter a repair, makeover or creative transformation in the 2026 Reviva Reuse Competition, with a \$300 national prize and a \$200 MidCoast prize up for grabs.

Run by not-for-profit social enterprise Resource Recovery Australia, which operates Reviva Reuse Shops across the MidCoast at Tuncurry, Taree, Tea Gardens and Bulahdelah, the annual competition celebrates repairs and creative projects that give unwanted materials a second life instead of sending them to landfill.

Last year's MidCoast winner, Deb Schmitzer, turned repurposed timber pallets, a salvaged stained-glass window and reused books into a community street library where locals can exchange and enjoy their favourite reads.

To enter, participants need to submit a photo of their project and a short description of what they created and the materials they reused at www.resourcerecovery.org.au/competition.

Entries are free and close on Sunday 15 November 2026, at the end of National

Forster fights cancer



Halloween with Heart Committee

This Halloween, the Forster community is being invited to dress up, celebrate, remember loved ones and help make a difference in the fight against cancer.

Currently we have young teachers with young families, teenagers, aunts, uncles, friends in the local area of Forster and beyond - all fighting cancer.

"Every day it seems somebody we know, or somebody we know of, is being diagnosed with cancer," said event organiser Sonia. "It is a disease that touches so many families and changes so many lives. We wanted to do something positive and show that when a community comes together, we can make a difference."

The evening will feature best-dressed prizes, a grazing table and snacks provided by The Farmers Patch, a free drink on arrival, DJ and lucky draw prizes.

HALLOWEEN WITH HEART

Friday 30 October 2026

6pm – 10pm at Forster Surf Club

Adults only - alcohol on premises

Tickets: \$50

<https://events.humanitix.com/halloween-with-heart>

If you can't make it to the event, you can still donate through the QR below.

100 Years of Scouting in Forster Tuncurry



Above: Outside of hall on Lake Street, Forster circa 1955.

Right: Outside same hall on 10 September 2026. Photos supplied.

By Leanne Richardson - 1st Forster Tuncurry Scouts

On 29th July 1926, a group of like-minded citizens met at the School of Arts hall discuss the formation of the first committee in support of what was then known as 1st Cape Hawke Scouts.

1st Cape Hawke Scouts originally met in the School of Arts hall until June 1938 when the original Scout Hall was opened on Pilot Hill. The Group met here until 1953 when the hall was dismantled and moved to its present location on the corner of Lake and Macintosh Streets. At this time the name was changed to 1st Forster Scout Group. In 1973, another name change was made to encompass both towns, thus bringing about 1st Forster Tuncurry Scout Group. Over the

years many changes and additions have been made to the original hall, but beneath the existing structure the original still remains.

1st Forster Tuncurry Scouts have endured many ups and downs in the 100 years it has been running but we are proud of the enduring legacy that Scouting has provided to the Youth and Adult members who

have passed through our doors. Whether they have stayed for a short or long period of time, we believe that the values of Scouting are ones that they will carry with them into adulthood.

To commemorate this milestone, we are holding an Open Day at the hall. The official program will commence at 11 am followed at 12 pm with activities, sausage sizzle, hall and memorabilia viewing which is open to all members of the public. We encourage all past and present members to come along and join us for this special occasion. If you require any further information please contact Leanne Richardson (Group Leader) on 0438 180 394 or email: leanne.richardson@nsw.scouts.cpm.au

(See advertisement below)



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Let's make a difference with heart!

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1st FORSTER-TUNCURRY SCOUT GROUP
100TH ANNIVERSARY OPEN DAY

SUNDAY 27TH SEPTEMBER 2026
PUBLIC OPEN DAY 12:00 PM – 2:00 PM

OFFICIAL ANNIVERSARY PROGRAM
COMMENCING AT 11:00 AM
Join us as we formally celebrate 100 years of Scouting in Forster-Tuncurry.

PUBLIC OPEN DAY
12:00 PM – 2:00 PM
Following the official program, everyone is invited to stay and explore our Scout Group and see what Scouting is all about!

ENJOY:
ACTIVITIES, DISPLAYS, MEET OUR MEMBERS, LEARN MORE ABOUT SCOUTING, SAUSAGE SIZZLE

We look forward to celebrating this special milestone with our community, past members, families and friends.

Be Prepared!

1st FORSTER-TUNCURRY SCOUT GROUP
CELEBRATING 100 YEARS
— 1926 – 2026 —

Proud of our past
Inspiring our future

Draft financial statements ready for independent audit

MidCoast Council

MidCoast Council has referred its draft 2025–26 financial statements to the NSW Audit Office for independent audit. Council’s projected consolidated operating result from operations is a surplus of \$69.312 million.

General Manager Adrian Panuccio explained that while a surplus in one financial year is good news, it doesn't mean that the funds are spare.

"We have multi-year projects, and these funds are allocated to works detailed in Council's four-year Delivery Program," said Mr Panuccio.

"What it does indicate is that staff are managing the budget well, which was a particular challenge over 2025-26 when we were dealing with upfront costs for a large number of emergency flood recovery works."

"We have started receiving funds for these emergency works as well as reconstruction works, and this has boosted this year's surplus."

Council manages three main funds which have different income sources and purposes - general, water, sewer.

The general fund is where rates go and it is used for things like road reconstruction and maintenance; parks; and public toilets. Before capital grants and contributions, that fund had a \$1.457m surplus. While that may seem like a lot of money, \$1m buys about 1km of road reconstruction. With grants and contributions included, the general fund had a surplus of \$47.229. This largely represents flood recovery funding received to date.

The water fund comes from water charges and had a \$7.160m surplus, while the sewer fund had a surplus of \$14.923m. The surplus for both funds includes capital grants and contributions received. A number of sewer infrastructure projects are underway, and a water security project at Kiwarra for off-river water storage is in the pipeline.



Water and sewer funds can't be used for other purposes such as roadworks.

"These funds work very differently. Water and sewer services must meet strict criteria, so the charge to users must be enough to meet or exceed that legal standard," explained Mr Panuccio.

"On the other hand, Council services (like roadworks) come out of the general fund. That means we need to do the most we can with a limited source of income."

"The funds we have for roads aren't enough to do all the work that's needed. We're doing a range of things to close the funding gap as much as we can. This includes seeking grants from other levels of government, advocating for a fairer go for regional councils, and reviewing our Developer Contribution Plans."

It's important to note that these are not the audited financial statements. Once Council receives the auditor's reports, the statements will go on public exhibition, with comments from the community welcomed.

M1 extension at Raymond Terrace opens early

ABC News

Drivers can now travel from Melbourne to the NSW Mid North Coast without passing a single traffic light, after the opening of a \$2.24 billion M1 extension.

The new 15-kilometre stretch of motorway at Raymond Terrace includes two lanes in each direction, 11 new bridges over surrounding flood plains and bypasses both Hexham and Heatherbrae altogether.

Both locations have been bottlenecks for decades, with large volumes of freight and holiday traffic merging with local commuters, bringing movement to a standstill during peak periods.

The new motorway is expected to shave off up to 9 minutes of travel time and take up to 25,000 vehicles off local roads every day.

Plans for the extension were first lodged in 2004, and the project has often been referred to as the "missing link" in Australia's east coast road network.

"This so much more than a road project," said Committee for the Hunter CEO Alice Thompson. "It's about strengthening connections between the Hunter and North Coast and the Sydney to Brisbane corridor. This supports people, freight, tourism, investment and jobs."

The Coalition government committed \$1.6 billion to the project under Scott Morrison in 2019, and successive state and federal governments have continued to add to the funding bucket, with construction officially starting in 2023.

Prime Minister Anthony Albanese visited the Hunter region earlier this week to cut the ribbon on the final \$2.24 billion project.

"Everyone who's ever driven from Sydney to Brisbane will all know that this choke point was



Above: The new 15-kilometre stretch of road opens.

something that was a real issue," he said. "It's great for locals because what it will do is make sure that it separates out the highway from local roads, which is good for road safety."

Ahead of schedule

The project was due to open to traffic in 2028, but a large workforce of more than 2,700 workers, streamlined decisions and good weather are being credited with bringing the completion date forward by 18 months.

With the new motorway now open to traffic, motorists travelling from Melbourne to Queensland won't pass a single set of traffic lights until they hit Coffs Harbour.

Those lights will be removed from the trip when the Coffs Harbour bypass opens at the end of the year.

The Coalition has welcomed the opening, but neighbouring Nationals MP for the seat of Lyne, Alison Penfold, said other parts of the road network still needed serious attention.

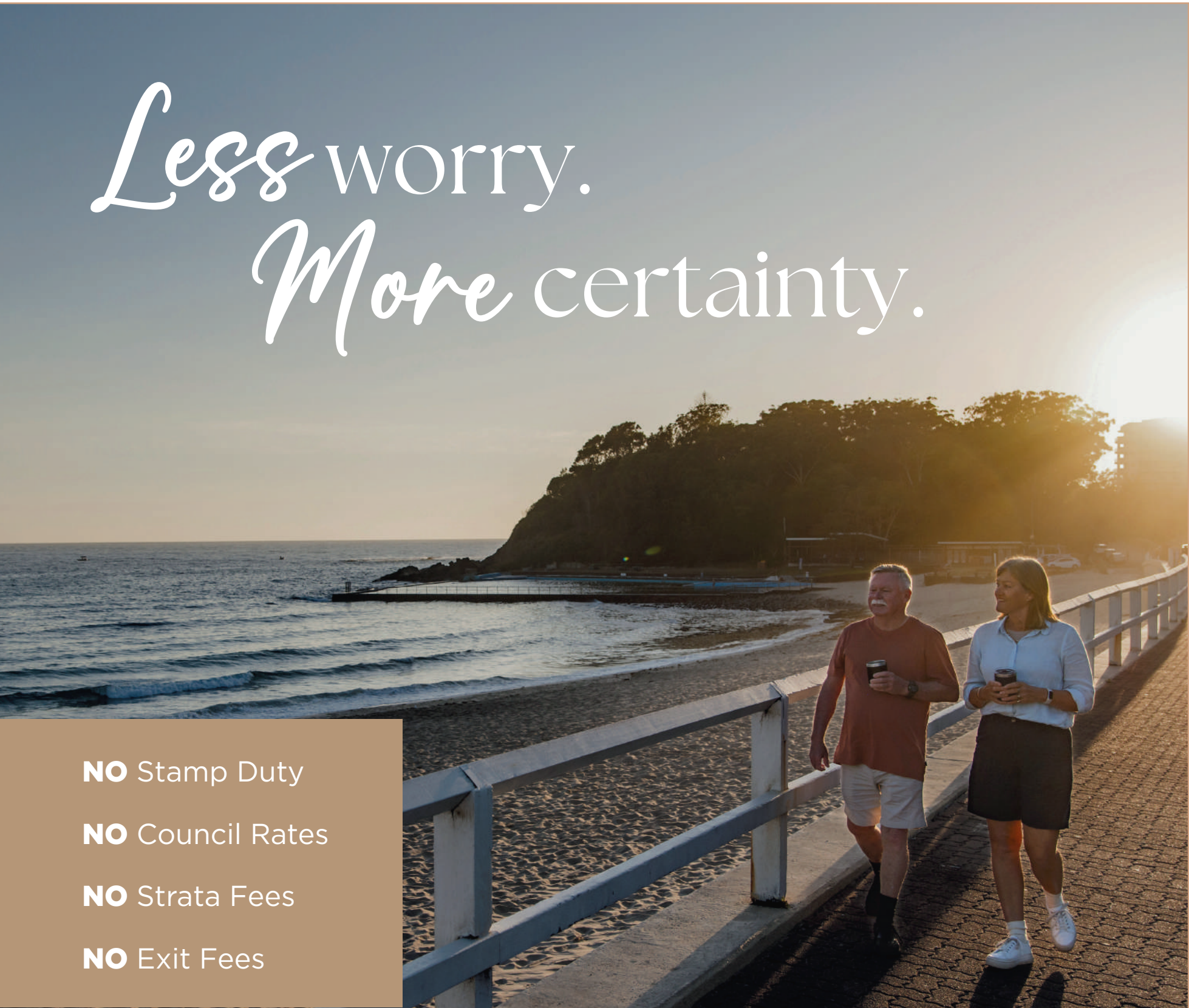
"It's great to celebrate the M1 extension, but I just don't want governments now to say 'job done'," she said. "There's at least six grade-separated interchanges and overpasses that are still needed [on the Pacific Highway]. Now we've finished one job let's get on to the next."



Father's Day celebrated at Holy Name Primary School



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Still time to enter competition

MidCoast Council

Students of all ages are encouraged to get their entries in soon to the National Water Week Junior Writing Prize. They can submit a short story, poem or work of creative non-fiction that explores the theme 'Water connects everything', by Friday 25 September.

MidCoast Council's Director of Infrastructure and Engineering Services, Rob Scott, said it was a great opportunity for creatively minded students to showcase their talents and take home some attractive prizes.

Mr Scott said, "We loved reading all the entries we received last year, not only because they

were entertaining and engaging, but also because they gave us a great insight into the awareness young people have around the need to protect and preserve this precious resource."

"With EFTPOS gift cards available to place-getters in the Primary School, Junior High School and Senior High School categories, you could win yourself some handy spending money by submitting an entry," said Mr Scott.

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

Winners will be announced on Wednesday 21 October during National Water Week.

Beach patrols to start soon

MidCoast Council

With the weather warming up and the spring school holidays upon us lifesaving patrols will start to kick off at beaches across the MidCoast soon.

Surf lifesaving patrols are back on our beaches with both volunteers and Council's contracted service provider, Australian Lifeguard Services, keeping swimmers safe these school holidays.

Lifeguards will be on patrol during weekdays from 9am – 5pm during the school holidays at Elizabeth, Forster Main and One Mile Beaches. Boomerang Beach will be patrolled seven-days-a-week.

In addition, local Surf Lifesaving Clubs will provide beach patrol services on weekends and public holidays at Black Head, Crowdy Head, Elizabeth, Forster Main, Old Bar and One Mile beaches.



Forster Tuncurry Lions Trampoline & Mini Golf Park

Open Christmas School holidays

10am to 9pm, 26th Sep - 11th Oct



Enjoy a family fun day for all ages and test your skills at our Mini Golf Park and Trampolines.

Trampolines: 10 minute sessions \$5 per person
9 Hole Mini Golf: \$5 per person
Interested in a friendly family competition? Free playoff hole available.
Drinks \$2.50 - Trophies \$15 - EFTPOS

Library Holiday Program



MidCoast libraries

Make the most of the spring school holidays with MidCoast Libraries' fun-filled program of creative, hands-on activities for children. From crafts and games to exciting

workshops and more, there's something for everyone to enjoy!

Don't miss out. For more details and to book a spot, please visit: <https://library.midcoast.nsw.gov.au/Whats-on/Events>

Community News

Big wins

MidCoast Council

MidCoast Council has taken home three major honours at the 2026 Statewide Mutual Risk Management Excellence Awards in Sydney on 20 August.

Council won the Strategic/Enterprise Risk category for its Integrated Strategic Assurance Map, while its Transport Operations Risk Management and Resilience Program won the Technological Innovation category and was the overall winner for the Metropolitan and Large Regional Council award submission.

MidCoast Council General Manager Adrian Panuccio (pictured above) said the awards recognised innovative approaches that were helping Council deliver better outcomes for the community.

Council's Integrated Strategic Assurance Map brings together information about Council's major strategic risks, how they are being managed and how progress is monitored. This helps Council make informed decisions, focus resources where they are needed and allows Council to continue delivering services the community relies on.

Council's Transport Operations Risk Management and Resilience Program uses new technology to identify and record road defects, helping Council better plan and prioritise road maintenance and repairs. Using Asset AI technology, cameras mounted on garbage trucks capture information about road defects as they travel across the region. More than 60,000 road defects have already been identified through the program, which make up a significant part of the estimated \$330 million in claims for damage sustained to the MidCoast Council road network during the May 2025 flood.



Bungwahl Public School celebrates 150 years

Bungwahl Public School

This November, Bungwahl Public School will celebrate an incredible milestone – 150 years of education, community, and connection.

Founded in 1876, our small school has been at the heart of the Bungwahl community for generations; hundreds of local children have passed through its classrooms, with the school continuing to provide a close-knit and supportive learning environment for local families today.

To mark the anniversary, the school community has been busy preparing for two days of celebrations on Friday 25 and Saturday 26 September. Preparations have included gathering historical information about 'The Mongrel' (boat pictured below), which was built in the 1960's by local fisherman – Lyall Bramble – and donated to the school in 2009. It is now used as a vegetable garden bed. The P&C has laid engraved commemorative pavers (pictured right); and staff and volunteers have painted a beautiful mural on the office building (pictured above right).

Friday's Celebration Day will give former students, staff, and school families an



opportunity to reconnect and reminisce, with a formal assembly, morning tea, old-fashioned games, historical displays, and school tours.

On Saturday, the gates will open to the whole community for a relaxed, fun-filled Open Day. Visitors can explore historical displays, tour the school and its much-loved Kitchen Garden, enjoy food and activities, and browse the P&C market stall for commemorative items, seedlings, and garden produce.

The celebrations will recognise the generations of students, teachers, parents, volunteers, and community members who have supported the school and helped shape it into what it is today.

Bungwahl Public School P&C is also running a 150th Anniversary Getaway Raffle, with



five fantastic coastal accommodation prizes generously donated by local businesses. Tickets are available online, with the raffle drawn at Saturday's Open Day.

Everyone is warmly invited to come along, celebrate 150 years, and be part of this special chapter in the school's history.

(See advertisement below)

What's On club forster

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

NEPTUNES Lounge

SEASONS Night Club

Back by popular demand!

SPRING SESSION
25TH SEPTEMBER 2026

MUSIC • LIGHTS • LATE NIGHTS
NEPTUNES BAR @ CLUB FORSTER

WEBSITE FOR DETAILS
WWW.CLUBFORSTER.COM.AU

club forster

SCHOOL HOLIDAY FUN! KIDS

BINGO

MONDAYS

28 SEPT & 05 OCT

ON SALE 3.30PM
STARTS 4PM

Bring the kids along for an afternoon of fun! Games are called at a slower pace for our younger players, with fantastic toys & beach gear to be won!

Why not stay for dinner?

Check out the Bistro Menu

JUST \$10.00 PER CHILD

PLEASE BRING CASH TO PLAY!

The BACKYARD club forster

PIRATEY FAMILY FUN FEST!

THURSDAY 01 OCTOBER 2026

STICK ON TATTOOS

ARCADE GAMES

TREASURE DIG!

MESSAGE IN A BOTTLE!

DRESS AS YOUR FAVOURITE PIRATE!

ARCADE GAMES | SNACKS & TREATS | FUN FOR THE WHOLE FAMILY

FREE EVENT

CHECK OUR WEBSITE FOR DETAILS

THE NEIL DIAMOND MUSICAL A BEAUTIFUL NOISE

A Beautiful Noise The Neil Diamond Musical Luxury Overnight Tour

Wednesday 18th & Thursday 19th November 2026

Join us for a spectacular overnight escape to Sydney to experience A Beautiful Noise - the sensational Neil Diamond Musical that has taken the world by storm! We'll be staying in style at the iconic Star Sydney, where you'll enjoy the famous Harvest Buffet dinner and a full buffet breakfast - all included! This is the perfect opportunity to enjoy a fabulous night of music!

Your Tour Price Includes:-

- Return air-conditioned coach travel
- Light lunch Day 1
- Overnight accommodation at The Star Sydney
- Harvest Buffet Dinner
- Tickets to the Show
- Buffet Breakfast
- Lunch Day 2

\$250 non-refundable deposit required to secure your booking
FINAL PAYMENT DUE:
No later than
Friday 23rd October

Pick up Forster & Tuncurry, Taree Service Centre & Nambucca

\$859 Per Person Twin Share

\$1,099 Single Person

First-class hospitality at the STAR

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or **0413 522 171**

BUNGWAHL PUBLIC SCHOOL IS CELEBRATING 150 YEARS

1876 – 2026

FRI 25th SEP 10am-2pm

CELEBRATION DAY

Former students, staff, and school families are invited to join us as we come together to honour our past, celebrate our present, and inspire our future.

10am Formal Assembly
11am Morning Tea
12pm School Displays & Tours

Please RSVP by 18th Sep:
bungwahl-p.school@det.nsw.edu.au - 02 4997 6175

SAT 26th SEP 10am-2pm

OPEN DAY

The whole community is invited to join us for a fun-filled day!

- Historical Displays
- Garden Tours
- Entertainment & Activities
- Food from our Kitchen Garden
- Cake Stall & Smoothie Bike
- P&C market stall

BUNGWAHL PUBLIC SCHOOL P&C 150TH ANNIVERSARY GETAWAY RAFFLE

WIN 1 of 5 coastal accommodation prizes

1st PRIZE: 2 nights at Seal Rocks Lighthouse Cottages
2nd PRIZE: 2 nights in a cabin at Tiona Holiday Park
3rd PRIZE: 2 nights in a Satara Cabin at Treachery Camp
4th PRIZE: 2 nights in a Queen Room at Blueys Motel
5th PRIZE: A \$500 voucher for Reflections, Seal Rocks

TICKETS: \$5 each / \$20 for 5 / \$35 for 10
Scan the QR code or visit:
www.rafflelink.com/r/bungwahl/150
Raffle will be drawn at 1pm on our Open Day on 26 Sep. Winner does not need to be present.



Record numbers & amount raised at Sing-along Fundraiser



Forster Christian Life Centre

Forster Christian Life Centre's 2026 Fundraiser for Operation Christmas Child proved to be a great success with The Forster Jumping Fleas Ukulele Band providing the music for the audience to sing along to. We had a record audience (90 attended) and we are ecstatic to announce a record amount raised too, exceeding \$3,500.

It was a delightfully social event and those who attended participated with enthusiasm and immense enjoyment! Once again, the percussion play-along segment was a highlight. Forster Christian Life Centre is very grateful for

Left: The Forster Jumping Fleas Ukulele Band's percussion play-along segment was a highlight.

the support of our local community and the Jumping Fleas, who have been performing for Shoebox for over 10 years now!

The entire amount raised will go towards providing gift-filled shoeboxes for children in need. This year, the Shoeboxes will be distributed in Ukraine, the Philippines, Solomon Islands, East Timor and Vanuatu. We anticipate that the afternoon's takings will enable us to pack and send an additional 60 shoeboxes. The generosity of our audience is greatly appreciated.

The mission of Operation Christmas Child is to demonstrate God's love in a tangible way to children in need across the world and to share the Good News of Jesus Christ.

What a way to spring into spring!



Above and left: Sailing on the historic ferry Wangi Queen in Port Stephens. Photos supplied.

We travelled by coach to Karuah and after refreshments at the Karuah RSL, we enjoyed the history of the region, the local wildlife and the water that was like a millpond shimmering in the spring sun.

Above all it was pleasing to see the members from both clubs mingling and new friendships established. Probus is about friendships and we had the perfect opportunity presented to us.

The crew were able to cook up a delicious barbecue lunch along with serving drinks from the ship's bar.

Organisers Rob Henley (Forster) and Jim Peters (Pacific Palms), declared the event a success and thanked the club presidents for their support

By Gail Henley - Forster Shores Combined Probus Club

Forster Shores Combined and Pacific Palms Probus Clubs joined together for a great day on the waters of Port Stephens. It was certainly a perfect way to spend the first day of Spring.

Both Presidents, Brian Lidbury and Ed Harvey welcomed members and set the tone for a day of relaxing in the sun with new friends as we sailed on the historic ferry Wangi Queen. The ferry was built on the shores of the waterway from local timbers in 1922. The ferry has been around longer than any of us!



ALISON PENFOLD MP
FEDERAL MEMBER for *Lyne*

The Federal Government is responsible for national issues that affect all Australians. As your Federal MP I can assist you with:

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- ✔ Taxation
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- ✔ Foreign Affairs and Trade
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🌐 alisonpenfold.com.au
📧 AlisonPenfoldMPforLyne
📷 alison_penfold_for_lyne

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

Puzzles Page

The Grin Bin



Doodley Squat



Swamp

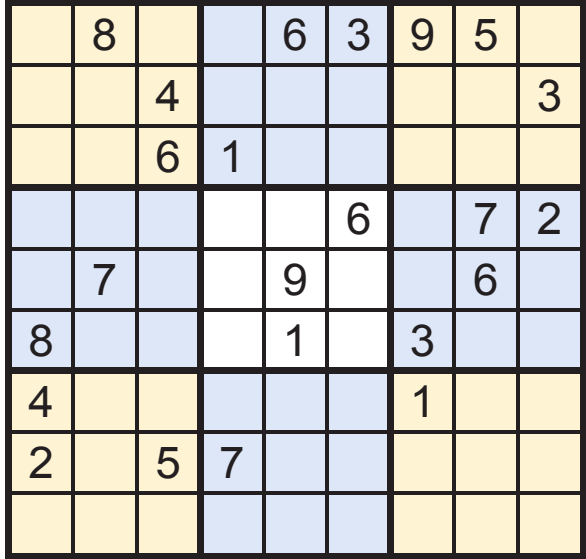


Bushy Tales



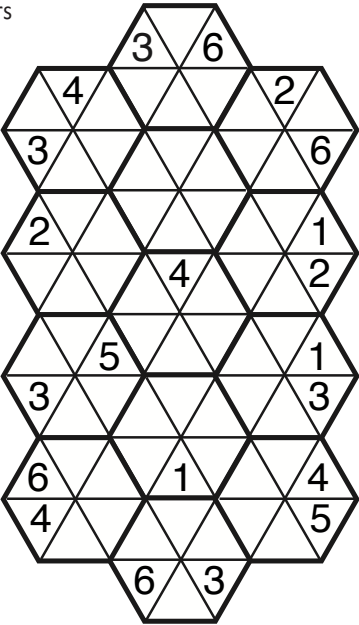
Sudoku

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

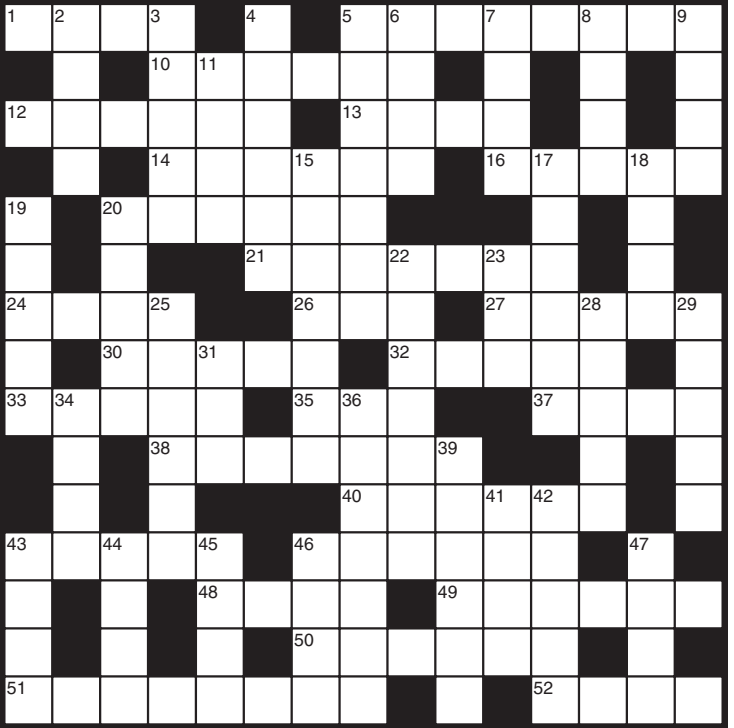


Quick Workout

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.



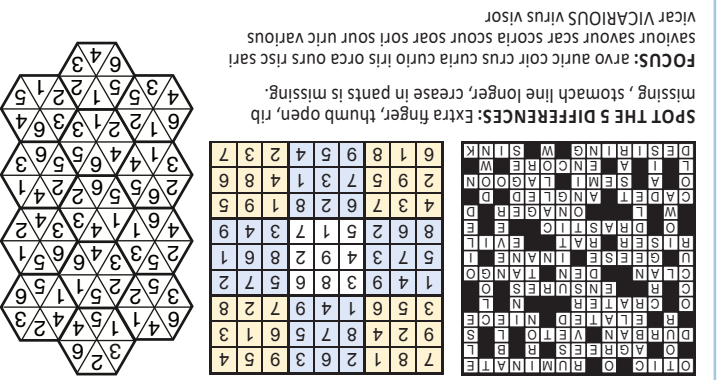
Crossword



- ACROSS**
- 1 Of the ear
 - 5 Chew the cud
 - 10 Concurs
 - 12 South African city
 - 13 Power of rejecting
 - 14 In high spirits
 - 16 Family member
 - 20 Mouth of a volcano
 - 21 Makes certain
 - 24 Tribe
 - 26 Lair
 - 27 Dance
 - 30 Farm birds
 - 32 Silly
 - 33 Stair step's vertical face
 - 35 Rodent
 - 37 Wicked
 - 38 Forceful
 - 40 Wild ass
- DOWN**
- 2 Pleasure trip
 - 3 Scottish games tossing pole
 - 4 Much ornamented
 - 5 Drive backwards
 - 6 Second-hand
 - 7 Metal
 - 8 Qualified
 - 9 Otherwise
 - 11 Festive
 - 15 Offers
 - 43 Military trainee
 - 46 Fished with rod and line
 - 48 Prefix - half
 - 49 Shallow lake
 - 50 Call for repeat
 - 51 Longing for
 - 52 Go down
 - 17 Mad
 - 18 Wooden shoe
 - 19 Take place
 - 20 Steep rugged rocks
 - 22 Combining
 - 23 Greek letter
 - 25 Heckle
 - 28 At no time
 - 29 Lubricated
 - 31 Do wrong
 - 34 American state
 - 36 Making amends
 - 39 Inexperienced
 - 41 Equipment
 - 42 Borders
 - 43 Common ailment
 - 44 Speaker's platform
 - 45 Former Russian ruler
 - 46 Prayer ending
 - 47 Soft feathers

Solutions

Puzzles and pagination supplied by Auspac Media



YOUR FORTNIGHTLY TV GUIDE

September 16 - 22

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Fake Or Fortune? 4.00 Murdoch Mysteries. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Spicks And Specs. 9.00 Small Town Scandal. 9.50 Planet America. 10.20 News. 10.35 The Business. 10.50 The Cage. 11.40 Murdoch Mysteries. 12.20 Long Lost Family. 1.05 Parliament. 2.10 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.30 The Cook Up. 4.00 Who Do You Think You Are? 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Dirty Dancing: The Phenomenon. 8.30 The Airport Chaplain. 9.35 Apollo Has Fallen. 10.30 SBS News. 11.00 The Congregation. 11.55 A Body That Works. 3.00 Prince's Master Crafters Next Generation. 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 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Stumble. (PG) 11.30 Happy's Place. 12.00 The Fear Index. 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 3.30 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 70 Years Of Television. 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 Farm To Fork. 10.30 Ent. Tonight. 11.00 Building The Dream. 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 Gogglebox Aust. (PG) 8.30 Boston Blue. (M) 9.30 News. 10.30 Cheap Seats. (M) 11.30 Two And A Half Men. 12.00 Shopping.
THURSDAY	6.00 Morning Programs. 2.00 Parliament. 3.00 Grand Designs Transformations. 4.00 Frankie Drake. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Take 5. 9.00 Amanda & Alan's Italian Job. 9.30 The Cage. 10.20 News. 10.35 The Business. 10.50 Death Valley. 11.35 Frankie Drake. 12.25 Long Lost Family. 11.00 Parliament. 2.10 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 1.55 Shaun Micallef's Origin Odyssey. 3.00 The Cook Up. 3.30 Who Do You Think You Are? 4.35 Plating Locally. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Hollywood Crime Story. 8.30 9/11: One Day In America. 9.25 Say Nothing. 10.20 SBS News. 10.50 Reyka. 11.05 Prisoner. 2.00 Prince's Master Crafters Next Generation. 3.45 Along Ancient Tracks. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Stumble. (PG) 11.30 Happy's Place. 12.00 The Fear Index. 1.00 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Getaway. 1.30 Destination WA. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Tipping Point. 7.00 Years Of TV. (PG) 8.50 John Farnham: Celebrating 60 Years. (M) 10.40 9News Late. 11.10 Ski Rescue Down Under. 12.00 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 Farm To Fork. 10.30 Ent. Tonight. 11.00 Building The Dream. 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 Dog House Aust. (PG) 8.40 NCIS: Sydney. (M) 9.40 News. 10.30 Cheap Seats. (M) 11.30 Two And A Half Men. 12.00 Shopping.
FRIDAY	6.00 Morning Programs. 10.30 Take 5. 11.00 Back Roads. 11.30 Austin. 12.00 News. 1.00 Portrait Artist Of The Year. 1.45 The Cage. 2.55 Grand Designs Transformations. 3.55 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Death Valley. 9.05 Portrait Artist Of The Year. 9.55 Spicks And Specs. 10.25 Death Valley. 10.30 Griffith's Great Australian Rail Trip. 3.40 Take 5. 4.10 Tampa: The Turning Point. 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Father Brown. (PG) 9.05 Midsomer Murders. (PG) 10.35 Falling. (M) 11.20 Rage. (MA15+)	6.00 Morning Programs. 12.30 France 24. 12.55 PBS News. 1.55 DNA Family Secrets. 3.00 Nula. 3.30 The Cook Up. 4.00 Who Do You Think You Are? 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 Spy/Master. 11.35 Darkness: Those Who Kill. 1.25 MOVIE: The Goldfinch. (2019) 4.05 Along Ancient Tracks. (MA15+) 2.30 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: Glass Houses. (2020) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 7.30 Football. AFL Finals. Second preliminary final. Sydney v Fremantle. 10.30 AFL Post-Game Show. 11.15 GetOn Extra. 11.45 To Be Advised. 1.25 The Midwich Cuckoos. (MA15+) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Taronga: Who's Who In The Zoo. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL Women's Premiership Finals. First semi-final. Tigers v Raiders. 9.45 MOVIE: Lethal Weapon 2. (1989) (M) 12.00 Tipping Point. 1.00 Next Stop. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 11.00 Building The Dream. 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 Love It Or List It Australia. 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.
SATURDAY	6.00 Rage. 7.30 Wknd Brekky. 9.00 Rage. 10.30 The Vault Guest Programmer. 12.00 News. 12.30 Grantchester. 1.15 Father Brown. 2.00 Death Valley. 2.30 Griffith's Great Australian Rail Trip. 3.40 Take 5. 4.10 Tampa: The Turning Point. 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Father Brown. (PG) 9.05 Midsomer Murders. (PG) 10.35 Falling. (M) 11.20 Rage. (MA15+)	6.00 Morning Programs. 2.00 Cycling. Tour of Britain. Men's. H'lights. 3.00 Going Places. 3.40 I'll Be Frank. 4.40 Loxton Basketball: 70 Years. 5.35 War Trains. 6.30 News. 7.30 Salisbury Poisonings: A Spy Next Door. 9.00 The Airport Chaplain. 10.05 Shaun Micallef's Origin Odyssey. 11.05 DNA Family Secrets. 12.15 Secrets Of Britain's Historic Houses & Gardens. 3.35 Mountain Vets. 4.40 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Sydney Everest Carnival and Caulfield Underwood Stakes. 4.00 AFL Pre-Game. 4.30 Football. AFL Finals. First prelim. Hawthorn v Brisbane. 8.00 Seven News. 8.30 MOVIE: The Break-Up. (2006) (M) Jennifer Aniston. 10.45 Kings Of The Big Game: West Coast Eagles. (M) 12.00 The Midwich Cuckoos. (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 12.00 Surfing Aust. 12.30 Drive Review. 1.00 Cybershack. 1.30 The Block. 3.00 NRLW Wrap. 4.00 Rugby League. NRL Women's Premiership Finals. Second semi-final. Broncos v Knights. 6.00 9News Saturday. 7.00 Rugby League. NRL Finals. First semi-final. Roosters v Sharks. 9.50 NRL Finals Footy Post-Match. 10.45 MOVIE: Rocky Balboa. (2006) 12.45 Wild Cards. 1.45 Explore. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 7.30 Escape Fishing. 8.00 1 Fish. 8.30 All 4 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 What's Up Down Under. 11.30 Everyday Gourmet. 12.00 Love It Or List It UK: Brilliant Builds. 1.00 Pooches At Play. 1.30 Millionaire Hot Seat. 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 Love It Or List It Australia. 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.
SUNDAY	6.00 Morning Programs. 1.30 Gardening Aust. 2.20 Portrait Artist Of The Year. 3.10 Grand Designs: House Of The Year. 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 Grand Designs: House Of The Year. 9.10 The Cage. 9.55 Falling. 10.40 Grantchester. 11.30 Father Brown. 12.15 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 Speedweek. 3.00 Going Places. 4.00 The Story Of Irish Dance. 5.35 War Trains. 6.30 News. 7.30 Roman Empire By Train With Alice Roberts. 8.25 Ancient Superstructures. 9.25 Castle Secrets. 10.20 Secret Lebanon: The Treasures Of Byblos. 11.20 Secrets Of Britain's Historic Houses & Gardens. 2.15 Mountain Vets. 3.55 Along Ancient Tracks. 4.45 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 Border Security. Int. 12.30 Football. AFL Women's. GW5 Giants v Richmond. 2.30 House Of Wellness. 3.30 Better Homes. 4.30 Border Security. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 The Voice. 9.00 7NEWS Spotlight. 10.00 My Roommate. My Murderer: Death Of Stephanie Hansen. 11.00 24 Hours In Police Custody. 12.30 Curfew. 1.30 Harry's Practice. 2.00 Shopping. 3.00 NFL. NFL. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Hello SA. 6.30 Destination WA. 7.00 Weekend Today. 10.00 Wide World Of Sports. 11.00 NRL Sunday Footy Show. 1.00 GolfBarons. 1.30 The Block. 2.30 Rugby League. NRL Finals. Second semi-final. NZ Warriors v Knights. 6.00 9News Sunday. 7.00 The Block. (PG) 8.40 60 Minutes. 9.40 9News Late. 10.10 The First 48. (MA15+) 11.10 Murder In The 21st. (M) 12.00 Survived A Crime. 12.30 Tycoons Down Under. 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 Australia By Design: Architecture. 8.30 Plating Shapers. 9.00 Mixed Martial Arts. UFC 331 - Van v Pantoja 2. Prelims. 11.00 Food Trail: South Africa. 11.30 GCBC. 12.00 Good Food Everyday. 12.30 Farm To Fork. 1.00 Deal Or No Deal. 1.30 Millionaire Hot Seat. 2.00 Gogglebox Aust. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 8.00 Watson. (M) 9.00 FBI. (M) 12.00 10 News+ 12.30 Shopping.
MONDAY	6.00 Morning Programs. 2.00 Back Roads. 2.30 Home Delivery. 3.00 Grand Designs Transformations. 3.55 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.40 News. 10.55 The Business. 11.10 Murdoch Mysteries. 11.55 Long Lost Family. 12.40 Rage. 2.35 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 1.00 PBS News Compass Points. 1.30 Al Jazeera News Second Edition. 2.00 Human Forever. 3.30 The Cook Up. 4.00 Who Do You Think You Are? 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Vietnam Adventure. 8.30 24 Hours In Emergency. 9.25 Alone Australia Reunion. 10.35 SBS News. 11.05 Black Sands. 1.00 Fargo. 2.45 Mountain Vets. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Stumble. (PG) 11.30 Happy's Place. 12.00 The Path. (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 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 8.45 100% Footy. (M) 9.45 9News Late. 10.15 Outback Opal Hunters. (PG) 11.15 The Essex Millionaire Murders. (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 Love It Or List It Australia. 8.40 Have You Been Paying Attention? 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.
TUESDAY	6.00 Morning Programs. 2.55 Grand Designs Transformations. 3.55 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 The Tony Blair Story. 9.25 I Was Actually There. 9.55 Take 5. 10.25 News. 10.40 The Business. 10.55 Four Corners. 11.40 Media Watch. 12.00 Murdoch Mysteries. 12.45 Long Lost Family. 1.30 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Ticketyboo. 3.35 The Cook Up. 4.05 Paris Hotel De Ville: A Masterpiece. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Vietnam Adventure. 8.30 24 Hours In Emergency. 9.25 Alone Australia Reunion. 10.35 SBS News. 11.05 Black Sands. 1.00 Fargo. 2.45 Mountain Vets. 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 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Stumble. (PG) 11.30 Happy's Place. 12.00 The Path. (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 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. 8.40 Travel Guides. 9.50 9News Late. 10.20 The Assassination Of Gianni Versace: American Crime Story. 11.20 Footy Classified. 12.10 Tipping Point. 1.05 GolfBarons. 1.30 TV Shop. 2.30 Let's Eat With George. 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 Building The Dream. 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 Sydney Harbour Cops. (PG) 8.30 The Cheap Seats. (M) 9.30 News. 10.30 Two And A Half Men. 12.00 Shopping.

September 23 - 29

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 3.00 Grand Designs Transformations. 3.55 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Spicks And Specs. 9.00 Small Town Scandal. 9.50 Planet America. 10.20 News. 10.35 The Business. 10.50 The Cage. 11.40 Murdoch Mysteries. 12.20 Long Lost Family. 1.15 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 11.05 Canal Boat Diaries. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.35 The Cook Up. 4.05 Eye Of The Game. 4.20 Driven By Belief. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Marilyn And The Mob. 9.30 Apollo Has Fallen. 10.25 SBS News. 10.55 The Old Man. 11.50 A Body That Works. 1.15 Harry's Practice. 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 Dennis Cometti: Centimetre Perfect. (PG) 10.45 Unfiltered. (PG) 11.15 Stumble. (PG) 11.45 Happy's Place. 12.15 The Fear Index. 1.15 Harry's Practice. 2.30 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 To Be Advised. 9.45 9News Late. 10.15 Freddy And The Eighth. (M) 11.15 The Essex Millionaire Murders. (M) 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 Farm To Fork. 10.30 Ent. Tonight. 11.00 Sydney Harbour Cops. 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 Gogglebox Aust. 8.30 Boston Blue. (M) 9.30 News. 10.30 Cheap Seats. (M) 11.30 Two And A Half Men. 12.00 Shopping.
THURSDAY	6.00 Morning Programs. 2.00 Back Roads. 2.30 Home Delivery. 2.55 Grand Designs Transformations. 3.55 Frankie Drake. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.25 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 The Cage. 10.20 News. 10.35 The Business. 10.50 Death Valley. 11.35 Frankie Drake. 12.20 Long Lost Family. 1.10 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Shaun Micallef's Origin Odyssey. 3.00 The Cook Up. 3.30 The Crusaders: Fortresses Of Faith. 4.35 Plating Locally. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Hollywood Crime Story. 8.30 9/11: One Day In America. 9.25 Say Nothing. 10.20 SBS News. 10.50 Reyka. 11.50 Prisoner. 2.01 Mountain Vets. 4.25 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 The Front Bar. (M) 9.30 Unfiltered. (PG) 10.00 The Agenda Setters. 11.00 Stumble. (PG) 11.45 Happy's Place. 12.15 The Fear Index. 1.15 Harry's Practice. 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.15 Getaway. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Tipping Point. 7.00 Years Of TV. 8.50 John Farnham: Celebrating 60 Years. (M) 10.40 9News Late. 11.10 Ski Rescue Down Under. 12.00 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 Farm To Fork. 10.30 Ent. Tonight. 11.00 Building The Dream. 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 Dog House Aust. (PG) 8.40 NCIS: Sydney. (M) 9.40 News. 10.30 Cheap Seats. (M) 11.30 Two And A Half Men. 12.00 Shopping.
FRIDAY	6.00 Morning Programs. 10.30 Take 5. 11.05 Austin. 12.00 News. 1.00 Portrait Artist Of The Year. 1.45 The Cage. 2.55 Grand Designs Transformations. 3.55 Murdoch Mysteries. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Death Valley. 9.05 Portrait Artist Of The Year. 9.55 Spicks And Specs. 10.25 Death Valley. 10.30 Griffith's Great Australian Rail Trip. 3.40 Take 5. 4.10 Tampa: The Turning Point. 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Father Brown. (PG) 9.05 Midsomer Murders. (PG) 10.35 Falling. (M) 11.20 Rage. (MA15+)	6.00 Morning Programs. 12.30 France 24. 12.55 PBS News. 1.55 DNA Family Secrets. 3.00 Nula. 3.30 The Cook Up. 4.00 Who Do You Think You Are? 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 Spy/Master. 11.35 Darkness: Those Who Kill. 1.25 MOVIE: The Goldfinch. (2019) 4.05 Along Ancient Tracks. (MA15+) 2.30 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: Glass Houses. (2020) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 7.30 Football. AFL Finals. Second preliminary final. Sydney v Fremantle. 10.30 AFL Post-Game Show. 11.15 GetOn Extra. 11.45 To Be Advised. 1.25 The Midwich Cuckoos. (MA15+) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.00 Taronga: Who's Who In The Zoo. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Rugby League. NRL Women's Premiership Finals. First semi-final. Tigers v Raiders. 9.45 MOVIE: Lethal Weapon 2. (1989) (M) 12.00 Tipping Point. 1.00 Next Stop. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 11.00 Building The Dream. 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 Love It Or List It Australia. 8.40 Have You Been Paying Attention? (M) 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.
SATURDAY	6.00 Rage. 7.30 Wknd Brekky. 9.00 Rage. 10.30 The Vault Guest Programmer. 12.00 News. 12.30 Grantchester. 1.15 Father Brown. 2.00 Death Valley. 2.30 Griffith's Great Australian Rail Trip. 3.40 Take 5. 4.10 Tampa: The Turning Point. 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Grantchester. (M) 8.20 Father Brown. (PG) 9.05 Midsomer Murders. (PG) 10.35 Falling. (M) 11.20 Rage. (MA15+)	6.00 Morning Programs. 2.00 Cycling. Tour of Britain. Men's. H'lights. 3.00 Going Places. 3.40 I'll Be Frank. 4.40 Loxton Basketball: 70 Years. 5.35 War Trains. 6.30 News. 7.30 Salisbury Poisonings: A Spy Next Door. 9.00 The Airport Chaplain. 10.05 Shaun Micallef's Origin Odyssey. 11.05 DNA Family Secrets. 12.15 Secrets Of Britain's Historic Houses & Gardens. 3.35 Mountain Vets. 4.40 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Sydney Everest Carnival and Caulfield Underwood Stakes. 4.00 AFL Pre-Game. 4.30 Football. AFL Finals. First prelim. Hawthorn v Brisbane. 8.00 Seven News. 8.30 MOVIE: The Break-Up. (2006) (M) Jennifer Aniston. 10.45 Kings Of The Big Game: West Coast Eagles. (M) 12.00 The Midwich Cuckoos. (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 12.00 Surfing Aust. 12.30 Drive Review. 1.00 Cybershack. 1.30 The Block. 3.00 NRLW Wrap. 4.00 Rugby League. NRL Women's Premiership Finals. Second semi-final. Broncos v Knights. 6.00 9News Saturday. 7.00 Rugby League. NRL Finals. First semi-final. Roosters v Sharks. 9.50 NRL Finals Footy Post-Match. 10.45 MOVIE: Rocky Balboa. (2006) 12.45 Wild Cards. 1.45 Explore. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 7.30 Escape Fishing. 8.00 1 Fish. 8.30 All 4 Adventure. 9.30 Frugal Foodie. 10.00 Freshly Picked. 10.30 What's Up Down Under. 11.30 Everyday Gourmet. 12.00 Love It Or List It UK: Brilliant Builds. 1.00 Pooches At Play. 1.30 Millionaire Hot Seat. 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

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.

September

Sat 19 Sept - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273

Sat 26 Sept - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 27 Sept - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

October

Sat 3 Oct - Real Food Market
8am - 11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

Sun 4 Oct - Black Head Bazaar
8am to 1pm Wylie Breckenridge Park. Check their Facebook if wet weather: www.facebook.com/blackheadbazaar

Sun 4 Oct - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

Sun 4 Oct - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516



Mon 7 Oct - "Mini Field of Women" Service
by Great Lakes Breast Cancer Support Group
4pm Tuncurry Beach Bowling Club
Enquires Lorraine 0410 588 736

Sat 10 Oct - Great Lakes Mental Health & Wellness EXPO, 10am - 1pm, Forster Civic Centre. Free entry. Interested stallholders visit: www.facebook.com/GreatLakesSPN



Sat 10 Oct - Forster Spring Market (above)
From 8am to 3pm local businesses, community groups, artists, performers and entertainers come together on Wharf St, Forster.

Sun 11 Oct - Forster Town Park Market
8am to 1pm, Town Park, Oyster Pde Forster. Search Forster Town Park Market on Facebook.

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FORSTER-TUNCURRY

MUSICALE: Showcasing all local musicians

Following on from their hugely successful 30th Birthday Celebration Concert recently, Company of Voices, is continuing the Birthday year with another musical event.

Our historic WW1 Memorial Hall is once again the venue, and its beautiful acoustics will ring with MUSICALE!

This will be an afternoon filled with musical gems: Local choirs have been invited so a variety of choral works is assured. In addition, classical guitar solos, piano solos and even a stunning piano duet. Showcasing all local musicians.

MUSICALE

2pm Sunday 20th September
Tuncurry WW1 Memorial Hall 7 Point Rd Tuncurry.

General admission \$25

Concession \$20

Students under 16 enter free



Some of the local Choirs who will be performing: Company of Voices (above), Baraya Wakulda and WingSong (below left) and Green Cathedral Community Choir (below).



Afternoon tea will be provided by Forster Tuncurry Quota Club. (Cash \$5 preferred please)

Buy tickets online through Humanitix for preferential seating at: <https://events.humanitix.com/company-of-voices-musicale>
Limited tickets at the door.

(See advert below)

Devonshire Tea & Crafts

19th September
Forster Civic Centre
Lake Street Forster
9:30 - 11:30 am

TUNCURRY MARKETS
John Wright Park
Saturday 26th September
8am - 1pm
Bookings Essential
Enquiries 0417 400 994

COME AND JOIN

Company of Voices

FOR A MUSICALE

20 SEPTEMBER 2026
2:00 pm
TUNCURRY WW1 MEMORIAL HALL

Invited choirs, piano solos and other instrumental treats

Afternoon tea \$5 each provided by Quota Forster/Tuncurry (cash preferred)

Ticket - \$25
Concession - \$20
Wheel chair access
Students under 16 free

Book online with Humanitix for priority seating
Limited tickets at the door

What's on around town & beyond!

Sinfonia MNC plays for Great Lakes audiences



Sinfonia Mid North Coast

Sinfonia MNC, our local Symphony Orchestra, is proud to announce performances at Tuncurry Memorial Hall, on Saturday 14th November at 2pm, with tickets going on sale shortly. **As well as announcing that the Orchestra will be playing for Great Lakes College (Forster Campus), on 17th September 2026.**

This "Symphonic Symbiosis" showcases the many instruments played in an Orchestra, with skillful arrangements by Sinfonia's Conductor and Musical Director, Mr Iain Pole. The word "Symbiosis" implies a close and long-term interaction between two different species, in this case, the Brass, Strings, Woodwind, Percussion and other Orchestral instruments. The result, a fantastic Concert of well-known works, with each section of the Orchestra playing its part. Prepare to hear, "The Young Person's Guide to the Orchestra" by Benjamin

Britten, works from JS Bach, Handel, Mozart, Saint Saen's "Carnival of the Animals" as well as themes from Forrest Gump and Slide and the Family "Bones".

Debby Jackson, who is a principal at North East Public School of Distance Education, also plays the Tuba for Sinfonia MNC. Debby says "95 per cent of the public school students who have found their instrumental voices from within their local public schools and on to the Sinfonia MNC Orchestra over the years, have launched into careers that embrace their musical talents."

Everyone is invited to the performance which will be held at Tuncurry Memorial Hall on 14th November, with further performances to be held at Manning Valley Anglican College (Cundletown) on 15th November.

Please see our Advertisement below for further information, or contact Jennie Wright,

Sinfonia MNC

Your local community orchestra

Symphonic Symbiosis

Camden Haven Anglican Church, Laurieton - Sunday 1st Nov at 2PM

Tuncurry Memorial Hall
Saturday 14th Nov at 2PM

Manning Valley Anglican College, Cundletown (Taree)
Sunday 15th Nov at 2PM

Adults: \$20
Children (U16): Free.

Tickets at the door, or Book online at:

<https://www.trybooking.com/eventlist/sinfoniamic>

Manning Valley Choral Society Presents

Inspired by Folk - 40 Years of Song

26 September - 2pm at Tuncurry Beach Bowling Club, Tuncurry
Tickets available at Tuncurry Bowling Club or at the door.

27 September - 2pm at Flett Studio, Manning Entertainment Centre, Taree
Book at: mec.midcoast.nsw.gov.au or ring 02 7955 7073

Tickets: Adults \$25 | Concession \$20 | Children (up to 12yrs) \$5



Manning Valley Historical Society Inc.

Bonnie Wingham

SCOTTISH FESTIVAL 2026

Join us for a day of Scottish culture, music, and entertainment!

9:30AM, SATURDAY 26TH SEPTEMBER
WINGHAM SHOWGROUND

- Pipe band displays
- Massed bands
- March of the Clans
- Highland dancing
- Celtic and market stalls
- Food vendors
- Highland strongman events by Highland Muscle

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Registered Assistance Animals only admitted

Follow us on Facebook for updates or email: bonniewinghamscottishfestival@gmail.com

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



Proposed development & ecological ruin

This is a photo (above) of Kimberly Cranfield and Courtney Clinch and two of our grandchildren Airlie (3) and Ocean (1).

The protected vegetation area behind them will be fully cleared to make way for a 60 vehicle car park for the proposed church at Hadley Street, Forster.

According to expert reports, the destruction of this protected land puts at risk the squirrel glider and protected native trees.

This equates to 8,000 square metres of clearing and will never be able to be replaced.

It will impact everyone in the neighbourhood and surrounding areas including users of the

coastal walk to the tanks and Bennetts Head lookout.

Council's tag line is 'liveable communities' and I hope for our future generations sake common sense prevails.

I am not against the church and have been a regular member of St Paul's at Castle Hill for 30 years where my children were christened and went to Sunday School but this development does not make any sense and will impact the lives of many, including future generations.

The development in its current scale does not benefit the local community, apart from destroying protected vegetation and adversely impacting a quiet residential area.

Kevin and Kimberly Cranfield – Elluisa Close, Forster



Response from CoastEC

CoastEC has been consulting with Council's specialist planning and ecological staff over many years in relation to our proposed Place of Worship and Community Facilities. The design conforms to all zoning requirements and is consistent with the objectives of the current LEP and DCP.

In response to community feedback, we recently amended our DA. Vehicular access was relocated to Hadley St (removing vehicle access from Elluisa Cl) and the carpark (which also functions as the required asset protection zone) was subsequently redesigned.

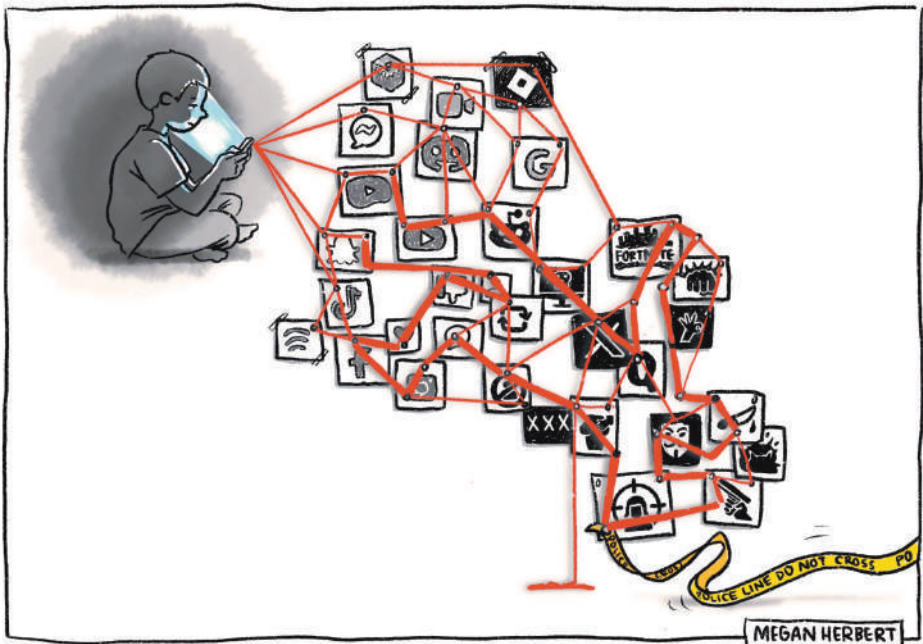
The bulk of the development (6,400 square metres) is on land zoned R3 (medium density residential), and the carpark only extends 1,200 square metres into C2 zoned land (which is a permissible development - indicated by the red border above).

This redesign achieves a 50% reduction of the impact on vegetation on the C2 zoned land (only impacting about 7% of the 16,000 square metres of C2 zoned land, leaving the remaining 93% untouched by development.) To put this into perspective, the Elluisa development recently cleared approx 8,000 square metres to accommodate 13 residential blocks and the road.

Any environmental impacts will be offset in accordance with the Biodiversity Offset Scheme which is supported by the updated ecology report by JBenviron and BDAR calculations.

We believe this development will be a great addition to community infrastructure and look forward to the day we can welcome the whole community into our own space.

Chris Ekins - Lead Pastor, CoastEC



Support Australian owned products

I refer to the article from Choice in the 22nd July issue of the Forster Fortnightly. I read, with some dismay, the vital importance of lowest price. Is that all Australians look for in anything we buy or use? Then we may as well close all the farms, fisheries and orchards. The "SUPER" markets pressurise the Aussie suppliers for minimum prices. At the same time they import CHEAPER products from overseas.

A simple example is shown in the attached photo. Which one would you buy?

SPC (Shepparton Preserving Company) is one of the oldest Australian-owned fruit grower/canning companies. I am aware of, from "Landline" on ABC TV, that SPC are considering closure. They cannot meet the demand by the supermarkets to match imported items.



I always "check the label" before I buy. Do any other Aussies do so?

PS I buy the higher-priced can.

Kevin Hulton-Smith - Forster

Screen Reviews

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

'Titanic Sinks Tonight' - Four part 'docudrama' on SBS On Demand

In this four part 'docudrama' BBC Factual collaborates with Stellify Media to produce what could arguably be the best free to air viewing this year - we would expect no less from the BBC.

With an emphasis on the human experience, the series brings to life minute-by-minute accounts of the sinking of the Titanic as told by surviving passengers and crew through their letters and testimonies.

As the episodes unfold, the raw reality of not being a first-class passenger on this luxury liner plays out and becomes a central theme in this ultimate fight for survival - making for uncomfortable and chilling viewing even over 100 years later.

In one of the most confronting dramatisations, we witness a young 12-year-old boy using his tenacity to survive by jumping into one of the descending life rafts and hiding under the women's long dresses. Only to be hauled out and threatened with the crewman's pistol unless he follows the evacuation orders of the night - placing him back on the sinking ship with the remaining lower classes of people and doomed to die.

In the meantime, we hear accounts of the third-class passengers, many of whom were travelling migrants, did not speak English and did not understand the strict English codes of social class.

For these people, many of whom were well experienced in managing life's adversities and self-preservation - their moment arrived when they broke down the locked gates that had separated them from the higher order of passengers on the upper decks.

In the quote of the night - "for these third-class passengers their life skills in overcoming trial and adversity transferred perfectly in having the strength and intuition to survive this unfolding disaster".

Several of these third-class passengers chose to 'take back some control' by taking their chances and diving into the freezing waters and swimming to available lifeboats. Others manoeuvred their way into the last remaining lifeboats.

For a moment every person on the deck stood side by side in equal value - those that showed the greatest nous and instinct became the lucky few that survived these final minutes as the ship sank into the freezing great North Atlantic Ocean.

Simply an outstanding series whose central theme of the advantages bestowed on those from class and privilege - to the point where your life depends on it, makes for painful and unsettling viewing and one which would resonate for many in today's modern Australia.



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The Late Brian Frederick Anning

Formerly of Forster Tuncurry
24 July 1928 - 3 Sept 2026
Aged 98

Cherished Husband to Dinah
Beloved father to Nigel (dec.) & Gary.

Will be sadly missed by all

Funeral Service was held at 11 a.m.
on Tuesday, September 15th, at St Albans Church, Forster

AP ALLAN PEARSE 6554 5433

The Late Melville Mac Hobden 'Mac'

Formerly of Forster Tuncurry
29 Sept 1933 - 2 Sept 2026
Aged 92

Cherished Husband to Trish (dec)
Beloved father to Jo, Lisa & Ross
Loved Grandfather to:
Thomas, Rhys, Michael & Erin
& Great Grandfather to:
Cameron, Rhys Jnr & Dylan
Will be sadly missed by all

Forever in our hearts
Funeral service was held at 2pm
Wednesday 16th September at the
Community of Christ Church

AP ALLAN PEARSE 6554 5433

Personalised Burial, Cremation and Memorial Services

6519 4713
85 The Lakes Way,
Forster

greatlakesfunerals.com.au

OUR CARING ADVICE AND GUIDANCE IS AVAILABLE TO YOU 24 HOURS 7 DAYS
Complete funeral services starting from \$9923, see our website for T&Cs

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, Sports Lounge
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 Moorrooba 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 Moorrooba 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 22 September

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
the Prostate Cancer
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 9:30am - 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.

Sundays

Tanya's Community Update

What a busy few weeks it has been across the Myall Lakes.

My Village Visits have now wrapped up after four weeks on the road, visiting 37 towns and communities across our electorate.

I've really enjoyed taking my office out into our smaller communities, sitting down with locals and hearing firsthand what is working, what isn't and where more needs to be done.

Now it's back to Parliament, and I'm taking those conversations with me.

Whether it's the condition of our roads, access to healthcare, dredging and our waterways, ongoing flood recovery or better support for our small businesses, there were some very clear messages raised right across the electorate.

These visits aren't just about having a chat. They help set my priorities and give me the information I need to raise these issues directly with Ministers and Government departments and continue pushing for practical outcomes.

Thank you to everyone who came along, stopped for a chat or raised an issue with me.

The Village Visits may be finished for now, but the work certainly isn't.

As always, my team and I are here to help, so please get in touch with my office.

Tanya Thompson MP - Member for Myall Lakes



August Citizenship Ceremony

MidCoast Council: On 31 August we had the joy of welcoming the MidCoast's newest citizens who officially became Australians during our latest citizenship ceremony. Join us in wishing them all the best in their journey ahead! Photos supplied.



Laurie & Muriel Bowden's 75th Anniversary

Interview by Vanda Gooley

On 1st September 2026, 94-year-old Muriel and 99-year-old Laurence (Oscar) Bowden celebrated their 75th wedding anniversary. It is known as the 'Diamond and Gold Wedding Anniversary', also playfully referred to as the 'Atomic Anniversary.' It certainly is an amazing milestone. It symbolises an unbreakable commitment, deep companionship and a lifetime of shared memories. Laurence and Muriel have endured every season of life's joys, challenges, triumphs, heartaches and quiet everyday moments.

Muriel Faye Bowen was only 16 when her local dairy farmer father, invited his friend home for dinner after the Stroud show. The friend brought a mate who Muriel thought was 'very handsome and kind.' He was 20-year-old Laurence Bruce Bowden. Laurie said he 'gate-crashed' her family evening meal and there he spotted sixteen-year-old Muriel and thought she was 'a very attractive young lady.' The rest is history, little did she realise the family were sharing dinner with her future husband.

Laurence and Muriel both attended Stroud Central School but the age gap meant their paths never really crossed at school. They

admires his hard-working ethic, his loving, compassionate and thoughtful ways and the way he has always looked after their family. However, Muriel said we all have annoying habits. One of Laurie's is that he never puts things away. He will open a packet of something and leave the packet behind instead of putting it away. Laurie worked as a driver for Coleman's Transport, before working and driving for Masonite (Hardboards Australia), Raymond Terrace. Muriel worked as a clerk at a general store in Stroud before teaching sewing at the Stroud Central School.

In the early 1970's, Laurie was appointed Stroud Council Fire Control Officer, with duties that included ordinance and by-laws inspector and ranger. In 1980 the Stroud Council headquarters relocated to Forster as the Great Lakes Council and in 1981 Laurie and Muriel moved to Forster. Laurie continued as the Great Lakes Fire Control Officer until his retirement in 1990. Muriel was then employed as a domestic at Forster Private Hospital until her retirement in 1990. After retiring Muriel then spent a number of years volunteering as 'Pink Lady' at the Hospital. Both Laurie and Muriel also spent several years volunteering and assisting with the MS Society.

In retirement Laurie and Muriel have been on numerous trips with a core group of close



Above: Laurie and Muriel Bowden on their wedding day - 1st September 1951.

Left: Laurie and Muriel today.



Asked what she values most in their relationship, Muriel said the love and caring for one another. Also being together after so many years and remembering days gone by and old friends. "Sadly, at our age some of our family members and most of our close friends have since passed." Laurie said he admires the love and care Muriel displays to everyone and in every situation. He said she shows enormous respect for all their family members, friends and the wider community and always considers other's needs.

Muriel's tips for a good marriage are, to love and be loved and to be able to communicate with one another. Asked what keeps their

marriage strong, Laurie said it's love and respect that binds them together and being able to forgive and understand each other's point of view. He said there is no secret to a long and happy marriage - just love and respect for each other.

Muriel and Laurie celebrated their 75th Wedding Anniversary at Club Forster, enjoying a lunch attended family members who travelled from Merimbula, Wagga Wagga, Sydney, Newcastle, Bulahdelah, Stroud and Forster.

Both Laurie and Muriel agreed that in Forster they enjoy the scenery, the people and their friendly attitude and the beautiful weather.

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later courted for three years before Laurence popped the question and with the family's approval they married on 1st September 1951 at Stroud Baptist Church and then celebrated afterwards, with family and friends at the Stroud RSL Hall. Muriel was only 19 years old and Laurence, 24 years old. Their honeymoon was a train trip to Canberra, enjoying the capital's sights before settling in Stroud.

Muriel said the couple's greatest achievement has been seeing their three children, Garry, Kerry (deceased) and Gaye grow into wonderful adults and watching their seven grandchildren and thirteen great grandchildren growing up.

Muriel (who affectionately calls him Laurie whilst to everyone else, he is known as Oscar)

friends touring and seeing most of Australia and New Zealand. Together they very much enjoyed each other's company and the lasting friendship of their fellow travellers. Muriel said we both have lots of love for our family and friends although we are now the only members of our travelling group still alive. Sadly, travelling and touring is no longer an option.

Muriel said Laurie was a keen sportsperson, spending much of his younger life playing competition cricket, tennis, golf and woodchopping together with recreational fishing, darts and snooker. Although Muriel occasionally played golf she enjoyed staying at home - sewing, knitting, needle-working and cooking.

Tanya THOMPSON MP
Member for Myall Lakes

As your local State MP
I'M HERE TO ASSIST YOU WITH:

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📍 1-9 Manning Street, Tuncurry
📞 02 6555 4099
✉ myalllakes@parliament.nsw.gov.au
🌐 tanyathompson.com.au
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Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements August 2026.



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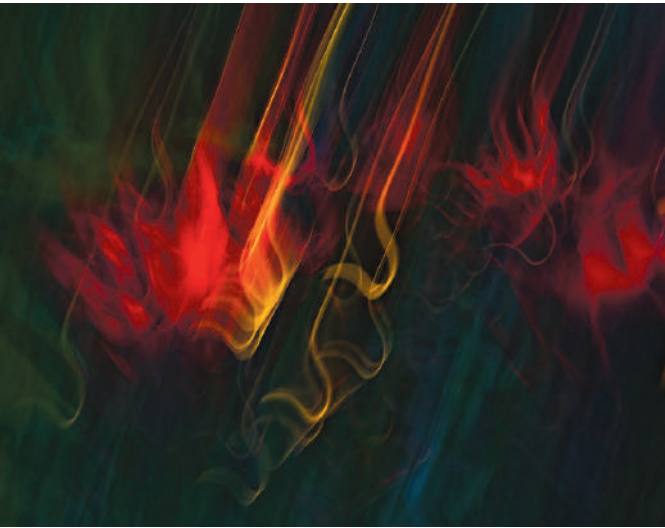
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FDPC July Results 2026



Above: Fire Flowers by Lyn Wilson.

By Keith Pascoe – Forster Digital Photography Club

For the month of July members entered 37 images for the "In Camera Movement" category and 47 images for "Open".

The Judges Choice for "In Camera Movement" was awarded to Lyn Wilson with her amazing image "Fire Flowers".

In the Open category the Judges Choice went to Lesley Walter for her fabulous image "Lighting the Way". Our congratulations to both winners.

The following are the results for both competitions.

Right: Lighting the Way by Lesley Walter.



In camera movement

Merit: Fire Flowers by Lyn Wilson (also Judges Choice) Devil Rose by Yvonne Moule, Viola by Lyn Wilson, The Vivid Bridge by Marguerite Lamb.

Credit: Lights by Danny Dunne, Snookered by Keith Pascoe, Double Take by Marguerite Lamb, Booti Booti Sunset by Jan Amato.

Open

Merit: Lighting the Way by Lesley Walter (also Judges Choice), Abandoned by Lesley Walter the Laneway - Infrared by Andy Tychon, A Spec in the Ocean by Kathy Majewski.

Credit: A Stranded Boat by Jane Hulme, Look Out by Robyn Pascoe, I can't see it by John Hulme, Looks Dubious to Me by Grahame Wilson.

Our Local wildlife



Alice McGlashan

Above: Photo of Australian Wood Duck by Alice McGlashan.

By Kym Kilpatrick – FAWNA Hallidays Point

Australian Wood Duck

Also known as the Maned Duck, or Maned Goose, the Australian Wood Duck (Chenonetta jubata) is a one of its kind. The name holds the clue, 'Chenonetta' means goose-duck, whilst 'jubata' means maned. They are also known as dabbling ducks, an older English term which means they are surface feeders and don't dive.

Wood Ducks are between 45 and 51 centimetres long. The male is grey with a dark brown head and small mane of elongated black feathers on the back of his head and neck. He has a speckled brown-grey breast and a black lower belly and undertail. He also has very thin white-and-black stripes on sides/flanks.

The female has a paler head with two white stripes above and below her eye. Her breast and flanks are speckled brown-white and her belly and undertail are white. Both have grey wings with black primary feathers.

Adding to their 'goose-like' quality is the fact Wood Ducks are grazers, eating a variety of grasses on land as well as insects they find along the way. Water is important, but mostly as safe retreats, including overnighting.

Perhaps the most remarkable fact about Wood Ducks is that they nest in tree hollows (and human made nest boxes are also perfectly fine). It always seems odd to see a duck up a tree, but their feet, whilst still webbed, are well adapted to both perching on branches and walking on land.

Nine to twelve white or cream eggs are laid in a hollow lined with wood chips and down. Incubation, which takes around 28 days, is the female's responsibility while the male stands guard. Once all are hatched, the first major challenge of their very young lives is to launch themselves from the height of the hollow to the ground where their mother is anxiously and loudly calling them.

Typically, they will bounce at least twice before gathering themselves together and seeking the security of their mother. Once all are safely gathered, both parents escort them to the nearest water, and both parents will care for them. However initially the female will be focussed on regaining the weight she has lost during incubation. Meanwhile her mate will continue to be on high alert for both land and air predators. He will actively charge a predator, but both parents rely on distraction strategies, pretending to have a broken wing to attract the predator away. After another 50 to 57 days the ducklings will develop their flight feathers but will stay in the family group for several more weeks. Later they may join in larger flocks until late Winter when the competition for nest hollows will begin again.

Wood ducks are monogamous, mating for life and can live up to 15 years. Courtship happens early in their lives with typically a number of males performing a 'shake-dance' for the female. Once she has made her choice, she will attract her chosen mate away and both will then attack the other suitors who come too close.

They are noisy birds, with females calling out in a loud, rising croaky call that sounds like "gnow?" Males' calls are similar but shorter, and higher pitched. When gathered in flocks they have a staccato chatter.

Wood Ducks are common across much of Australia and their registered status currently stands as 'least concern'. However, they do fall victim to cats, foxes, and motor vehicle strikes while the ducklings are vulnerable to birds of prey as well as falling down drains and similar hazards.

H5 bird flu

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

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Human Papilloma Virus (HPV) likely causes breast cancer

University of NSW with Professor James Lawson and Dr Wendy Glenn

UNSW researchers analysing more than 30 years of data say there is now enough evidence to show a probable causal link between Human Papillomaviruses (HPVs) and about 25% of breast cancers. The authors contributed much of the original research.

The virus that causes almost all cervical cancers is also likely to be responsible for around one in four breast cancers, according to a major new review by UNSW Sydney researchers.

The review draws together more than three decades of international research and concludes the accumulated evidence points to high-risk HPVs likely causing a substantial number of breast cancers.

"When considered together, the evidence now provides compelling support that HPVs have a causal role in breast cancer," says lead author UNSW Emeritus Professor James Lawson.

"While the evidence is not yet conclusive, we believe it has reached the point where probable causation can be recognised."

The review, published recently in the journal Frontiers in Oncology, examines evidence from 45 studies conducted across 23 countries, and shows HPV is consistently detected far more often in breast cancers than in healthy or benign breast tissue.

It also highlights evidence that HPV can be present in normal and benign breast tissue years before cancer develops, supporting the idea that the virus may play a role early in the disease process.

A key advance is evidence supporting a so-called "hit-and-run" mechanism, in which HPV triggers the earliest stages of cancer before disappearing as the tumour develops.

This explains observations the researchers couldn't previously understand, where HPV was

active in benign breast tissue but absent in cancers that later developed in the same patients.

"Hit-and-run viruses trigger cancer and then disappear," says study co-author Dr Wendy Glenn from the UNSW School of Biotechnology & Biomolecular Sciences.

"HPVs have been shown to do this in cancers of the oesophagus."

The review also points to early evidence that HPV vaccination may reduce breast cancer risk.

Dr Glenn says the findings reinforce the value of HPV vaccination, which is already recommended worldwide to prevent cervical and several other cancers. "This work reinforces the recommendation that universal HPV vaccinations will save lives," says Dr Glenn. "Australia is a leader, with a high percentage (~80%) of young women and men already vaccinated against HPVs, but worldwide only about 30% of people are vaccinated."

Breast cancer is the most common cancer in women, but in 95% of cases there is no known cause

While this research probably accounts for a quarter of breast cancers, what causes the bulk of the remaining breast cancers remains unknown. It is known that there is an inherited susceptibility among some women.



The researchers believe other viruses could be the culprit and want to see more research into confirmation and prevention. "If multiple different viruses do cause almost all breast cancers, then they could potentially be prevented," says Professor Lawson.

"It will take many decades to complete the evidence, develop preventive vaccines and implement their delivery."

HPV vaccine

In NSW a one-off Human papillomavirus (HPV) vaccine is offered to boys and girls in Year 7 to protect against HPV related cancers such as cervical cancer, cancers of the head and neck, genital cancers and genital warts. The vaccine is given to ensure maximum protection before potential exposure to the virus. Without a vaccination program, 4 out of 5 people will be infected with HPV over their lifetime. (NSW Department of Health)

James Lawson is the author of 'Catching Breast Cancer.'

Beach Permits



MidCoast Council

Beach driving permit fees are helping improve beach access across the MidCoast, with upgrades underway at Boomerang Beach.

Four beach accessways at Boomerang Beach are being renewed ahead of the busy summer period, providing safer and improved access to the beach. Works include replacing aging decking and stairs and adding new landings to better connect the accessways with road entry points.

Two of the four accessways have already been completed, including the access at the northern end of the car park. Work on the remaining two accessways is expected to be completed by the end of September.

The upgrades are being delivered through Council's Beach Access Renewals Budget, which is funded by the purchase of beach driving permits.

Visit midcoast.nsw.gov.au and search 'Driving on beaches' to purchase a permit or find out more.

This year is set to be the hottest El Nino on record

By Elliot Lawry - The Daily Aus

A rapidly intensifying El Niño in the Pacific is on track to become the strongest ever recorded.

El Niño is a weather pattern that causes hotter and drier conditions in most of Australia and a higher risk of heatwaves, drought and bushfires.

The warnings come from both the UN's World Meteorological Organization (WMO) and Australia's Bureau of Meteorology (BoM).

UN warning

On Thursday (4 September), the WMO said El Niño is "firmly established" in the tropical Pacific Ocean and will intensify into a "very strong event" in the coming months. Forecasters now put the likelihood of El Niño lasting until February 2027 at almost 100%, the most certain the WMO has ever been in one of these updates. WMO Secretary-General Celeste Saulo said: "If this trajectory continues, it may be stronger than anything since our monitoring began, so literally off the charts".

BoM warning

The BoM's data shows El Niño is firmly underway in the Pacific, and it's already running hot. The key patch of ocean scientists watch to track El Niño's strength was more than two degrees warmer than average in the last week of August, well past the point needed to call it an official El Niño. The BoM says it could get hotter still. Forecasts suggest it may reach



Above: Photo of Main Beach in Forster by Patricia Macvaeen.

levels beyond anything recorded since reliable records began in 1950, and the BoM expects the event to stick around until autumn 2027.

Climate change

A study published by the University of Michigan found El Niño events have grown nearly 40% stronger than in the pre-industrial era. Lead author Julia Cole said: "We don't see a time in the past where El Niños have been as strong as today, and we show that the strength of El Niño changes in parallel with the warming of global temperature".

What's next?

El Niño is forecast to peak in late spring or summer. The BoM's outlook for spring points to below-average rainfall for southern and eastern Australia, and above-average temperatures south of the tropics.

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By Dave Hughes – Forster Runners

In 2025 Sydney was appointed the prestigious title of becoming the seventh world major marathon. It joined the likes of Tokyo, London, Chicago, New York, Boston and Berlin. To think that just a few years ago the number of entrants was under 2,000 and this year attracted over 40,000 entrants from 162 countries (36 296 runners finished the race on Sunday 31 August).

Left: Jake Myers from Forster ran a 2h 29m marathon and placed 22nd in his age group of 3,042 runners. He was 71st overall.

Sydney Marathon attracts over 40,000 entrants

Forster Runners entrants

Forster Runners had four entrants. Jake Myers 2h 29m (22nd place age group/3,042), Jesse Roach 3h 29m (810/3,397), Jessica Van den Brink 4h 30m (889/1,892) and Troy Van Kampen 4h 20m (1211/2,313).

Local runners and podcasters' Women's Running Collective (Hayley Moody and Justine Lea from Forster) were "trackside" to add some vibe to the event. Dressed as unicorns they offered the girls face glitter and plenty of support as they danced away for over 6 hours.

It was Jake Myers' second attempt at this event having succumbed to an injury at the 29km mark at his first attempt. Having previously run a personal best at Valencia, Spain, in 2h 28m he was confident of lowering his time. It is difficult to compare marathon courses as Valencia is renowned for its next to zero elevation. Sydney has the most elevation of the 7 majors with over 300 metres. Jake proudly adorned his Australian Championship bib and was able to warm up within a few metres of the "elites".

In Jake's words "It kinda makes you feel special being so close to the "elites" but just far enough to respect the calibre of those athletes. The race had an awesome feeling that records could tumble today with near perfect weather. The first kilometre was downhill and extremely fast going through in a tad over 3

minutes. I stayed with the elite female pacer for 3km and then decided to settle into a slightly slower pace that I was confident of sustaining. I completed the first 5km in 16m 10s and 10km in 33m 15s. Due to the hilly nature of the course I found it difficult to maintain a constant rhythm and at 25k my legs started to lock up which made the final 17km somewhat challenging to maintain a solid pace. The atmosphere was electric and the support of the massive crowd over the whole course was amazing. It certainly spurred me on to the end and I found a little bit more speed to use towards the last hill climb before the long downhill stretch to the finish line. My time of 2h 29m was only seconds from my Valencia personal best enabling me place 71st overall out of over 36,000 finishers. I look forward to my next marathon and confident I can reduce this time significantly."

Jesse Roche set a goal 12 months ago to run 3h 30m. With dedication and consistency, he met his target. "He came, he saw, he conquered".

The organisers of the Sydney Marathon must be extremely proud - having put together a world class event. Showcasing the beautiful city of Sydney to the world is great for the running community and has a very positive effect on tourism.

Mark's adventures on Mount Blanc

By Dave Hughes – Forster Runners

On the 27th August 2026, Forster Runner's Mark Fletcher embarked on what would be the most epic, hardest task of his life. He was attempting to complete the world famous Ultra Trail Mont Blanc in the small mountainous town of Chamonix in the French Alps. It was a 62 kilometre mountainous trail run with over 3,500 metres of elevation.

To qualify for this race it was necessary to finish highly in the Ultra Trail Australia Blue Mountains ultra marathon event in 2024. He finished 5th which luckily was a sufficient result to gain the entry. And that was the easy part. The hard work was just beginning. Under the

guidance of local running coach Josh Moody he embarked on an extensive training schedule for a race which was ultimately 1000% harder than he could have envisaged. Mark also engaged a strength coach (Jon Cartright) in order to ensure he was on the start line the strongest he has ever been in his entire life.

Nothing could adequately prepare one for the monstrous mountains that challenge mountain goats let alone a humble runner from the Mid North Coast. The "YouTube" video of the course would cast doubts in Mark's mind - however he was not one to snub a challenge. Mark's weekly training routine typically included a 70 km of trail running, sand dunes and hiking (Cape

Hawke, North Brother, Middle Brother) and twice weekly strength sessions with Jon Cartright to get to the start line in the best condition of his life.

The race started in the Swiss town of Orsieres with nearly 2,000 participants. It would wind its way through the alps eventually (hopefully) ending in Chamonix. There were timing cut off points at various locations, but this would never become an issue for someone of Marks ability. Or would it? (See Mark's comments at the end).

Arising at 4:00am in time to catch the 5:00am bus - it was time to don the race attire, pin on his race bib, ensure his water bottles were full, stuff the 16 gels into his hydration vest and have an early breakfast (one banana). He arrived at 6:15am and had a nervous wait for the 8:15 start. Nerves were obvious with long toilet queues (some decided to utilise the open air French designed urinals with zero privacy, but that was far from the runner's minds. Some females decided squatting in nearby bushes was "no big deal").

Based on Mark's past result he was part of the first wave which included the elites. His support team were there to cheer him on. This was the culmination of 15 months training for this specific race and was about to start. Mark estimated a finish time of just over 7 hours. What was to follow was hard to envisage. Spectators were bussed back to Chamonix and were able to follow their



Mark Fletcher finished one of the hardest running races on this planet - 62km with over 3,500 metres of elevation. Photos supplied.

favourite runners on the UTMB live app. Friends and family back in Australia nervously followed his progress and could see video footage of Mark entering certain aide stations.

Mark also took time to add his own video at the crest of the highest mountain. See the following from Mark's commentary - the struggle was obvious. Marks audio recording: Huff puff huff puff "Holy Jesus," "I think I'm at the blooming top," "What a blooming mission this is," "Ahh, thank blooming goodness, I hope this is it," "I hope it's blooming downhill from here guys," "Holy gee, I'll just keep blooming

going." Well, it sounded like blooming - but pretty sure the word started with an F.

At the finish line Mark's wife Sara, family and friends were anxiously waiting, waiting and waiting. And then, the moment when he came around the last bend to the raucous applause of the thousands of spectators. What a life changing moment. It is a moment all trail runners dream about. Crossing the finish line in one of the hardest races on this planet. Mark's finish time was 10 hours and 13 minutes and he was 30th out of 166 runners in his age group. Congratulations Mark, incredible job!



Above: Photo from the first race of the season (L-R) Bruce Hopper, Damian Hiles, Kirby & Mckenna Eichner, Ashley Birks & Evan Milligan, Dean Slight and, Sonia Kennedy. Photo supplied.

By Aaron Eichner – Forster Tri Club

As we head rapidly towards summer the Forster Triathlon club has just kicked off the 2026 triathlon season with the first club race at Forster Keys.

This season the committee and team of volunteers has organised a combination of senior and junior programs and races. Kicking off with 2 duathlons (bike and run) and then adding in the swim come October.

This season the club has just introduced a new logo and with it a fresh race uniform organised

by Angus Westaway and Kirby Eichner. They have been working hard in the background to try and ensure that the club is keeping up with the times and coming up with something that is recognisable at major events as well as keeping with the club and town culture.

The club offers a variety of distances depending on your level of fitness and experience, as well as different event structures including triathlon (swim, bike, run), duathlon (bike, run only) and our very popular summer aquathlon series (swim, run only). Location - all races involving a bike are held at Elizabeth Reserve in Forster

Forster Triathlon Club kicks off season

Keys on a Sunday morning and our aquathons are held at the Bullring on Main Beach Forster on a Friday evening. *(See attached event calendar for first half of season).*

compete in great little outdoor events. Get in touch or come down and see for yourself. You can have a go in up to 2 races for a small fee before membership is required!

In the upcoming season the club will be holding development programs targeting open water swimming and cross country running for juniors (6-14years). Held in the afternoon in 5 week blocks, these programs are designed to improve the confidence as well as strength and fitness of junior athletes. Keep an eye on our club website forstertriclub.com.au or follow us on Facebook for more details on these programs. All participants will be required to be members of the club and it will be run by senior club member's Aaron Eichner (XC running) and Angus Westaway (open water swimming).

The Forster Triathlon Club is a small group of dedicated individuals that allow the community to get involved and

2026 AUGUST TO DECEMBER

RACE CALENDAR

DUATHLON

SUNDAY 30TH AUGUST

7.30AM FORSTER KEYS

DUATHLON

SUNDAY 27TH SEPTEMBER

7.30AM FORSTER KEYS

TRIATHLON

SUNDAY 4TH OCTOBER

7AM FORSTER KEYS

ALL ABILITIES KIDS TRI

SUNDAY 1ST NOVEMBER

9AM GREAT LAKES AQUATIC & LEISURE CENTRE

AQUATHLON

FRIDAY 13TH NOVEMBER

6PM BULLRING FORSTER

TRIATHLON

SUNDAY 29TH NOVEMBER

7AM FORSTER KEYS

AQUATHLON

FRIDAY 4TH DECEMBER

6PM BULLRING FORSTER

TRIATHLON

SUNDAY 20TH DECEMBER

7AM FORSTER KEYS

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Viking Voyagers row their way into patrol & Nipper season



Nipper session on One Mile Beach. Photos by Mary Yule.

By Mary Yule – Forster Fortnightly

The Cape Hawke Surf Club was a hive of activity over the weekend as members and locals kicked off the new surf patrol and Nipper season with an Open Morning on Sunday, 13 September.

The morning featured surf boat demonstrations, Nipper information sessions and plenty of equipment on display as well as a good old BBQ.

“It’s great to see new people signing up for the upcoming Nipper season,” said Cape Hawke Director of Administration and Media & Publicity Officer Karen Rands.

But while some arrived fresh and enthusiastic on Sunday morning, others had already been awake for almost 18 hours.

For the first time, Cape Hawke Surf Club joined the 24-Hour Row for Gotcha4Life, taking on the

challenge with two rowing machines, or Ergs, and a suitably adventurous theme.

Organised by Cape Hawke Surf Club Skip Ben Stevenson, the challenge was transformed into a “Viking Voyage” - because apparently rowing for 24 hours straight wasn’t challenging enough without pretending to be Vikings.

“Gotcha4Life has been going for several years. We wanted to support it this year and made it a Viking theme, ‘Viking Voyage’, to keep it fun,” Ben said.

The fundraiser supports Gotcha4Life’s ongoing delivery and development of preventative mental fitness programs in schools, sporting clubs and community groups across Australia.

The rowing began at 4pm on Saturday 12 September and continued through the night, with the final row scheduled for 4pm on Sunday 13th.

Around 70 locals formed teams to keep the two rowing machines moving. Some brave souls climbed aboard for just a couple of minutes, while others dug deep and rowed for up to two hours at a time.

By Sunday morning, Karen said she was starting to feel the effects of the long night but remained thrilled by the effort and enthusiasm of everyone involved.

“We did a bit of karaoke in the night to keep them going. It has been so much fun.”

Between shifts, teams grabbed some shut-eye upstairs in the clubhouse, while motivating music pumped downstairs to encourage the next Viking onto the Erg.

And the Vikings had another reason to keep rowing: Karen had put her own reputation on the line.

“I made a terrible decision as a non-surf competitor,” Karen stated during the briefing. “If we crack the \$3,500 donation milestone, I will compete in the Surf Life Saving Lower North Coast Branch Carnival! So please do your absolute worst and support our challenge.”

The community clearly took that as a challenge of its own. By 10am Sunday, the fundraiser had smashed through the \$3,500 target and passed the \$4,000 mark.

Fortunately for Karen, help was already at hand. Club member Mel Westaway promptly offered to help train her for the carnival in November.

Right: Vikings Richard Ellery and Mia Westaway on the rowers with Viking Karen Rands and Skip Ben Stevenson.

Inset: Rowing through the night. Photo supplied.

The rowing challenge wasn’t just about fundraising, either. Ben said the Ergs are an important training tool for the club’s surf boat crews.

“Having the rowing machines at the club helps keep our members fit and skilled for rowing the surf boats. We are actively looking for people to join our boat crews.”

With the Vikings finally nearing the end of their epic voyage, the club can now turn its attention to the season ahead. Surf patrols officially start on 26 September, while the Nipper season begins on 18 October.





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10AM-11.30AM

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