



Year 12's last school day p8

Author visitor
to Forster:
Alan Leek p29



Star Pets
Buster &
Jedda p27



Forster Fortnightly

Your local independent community newspaper distributed to
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FREE

Wednesday 30 September 2026 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

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Forster-Tuncurry Business Chamber takes top Regional Honours

By Sophia McCaughan - Forster
Fortnightly

A major regional business award has put the spotlight on Forster Tuncurry, with the local Business Chamber saying its success comes down to one thing - working together.

The Forster-Tuncurry Business Chamber took out the 'Business NSW Mid North Coast Regional Chamber of the Year Award' on Friday, September 18 at Coffs Harbour, recognising its work fostering innovation, collaboration and community connections.

Chamber President Jessica Gray told the Forster Fortnightly that the award was a reflection of Forster-Tuncurry's community spirit.

"Collectively in the room, we're not just cheering for our own business, we're cheering for us collectively as a region," she said.

"Winning this award isn't just a trophy to me, it's proof that when the community shows up for each other, it makes a difference."

Ms Gray said the Chamber's growth and focus on collaboration has made the recognition particularly significant.

"We've come so far - to be recognised that we're doing so much for innovation and for collaboration... the growth that we've had in our Chamber, to see that recognised is such an incredible achievement."

Ms Gray also said the Chamber was about more than business and brought together community groups, not-for-profits and individuals.

"Our community partnership is what sets us apart from everyone else," she explained.

The Forster-Tuncurry Business Chamber organises free events for the community including the Lakeside Festival and Spring Festival, two community events that attract thousands of attendees each year.

The Chamber also raises money for breast cancer charity, The McGrath Foundation, through its Pink-Up Cocktail Night and at their Charity Ball for Ronald McDonald House, which supports families with an ill or injured child.



Representatives from the Forster-Tuncurry Business Chamber
at the Mid North Coast Business Awards in Coffs Harbour.

Above: Back row (L-R) Adam (Workwise) Aaron & Josie (Into the Wild), Kahrina (Verto Employment), Sarah (RMHC), Bobby (Talking Timber), Adrian Pannucio and Dennis Christensen (MidCoast Council). Middle row - Emma (Releve Dance), Jessica (Smart Coast Conveyancing), Becky (Caring Care), Kerry (Tea Gardens Ferry), Trudy and Team (The Natural Waffle Ice Cream). Front - Matt (Insure More), Hector (The Beach Geek).

Ms Gray explained the Business Chamber isn't just for business owners, but for anyone in the local community wanting to get involved and wanting to make a difference.

"If you work for a business, if you want to be part of a community event or start up a community event, this is the room where your ideas come to life," she said.

If you want to get involved with the Forster-Tuncurry Business Chamber, you can reach out on their website at ftchamber.com.au

You can see more information about this year's Spring Festival on page 21.

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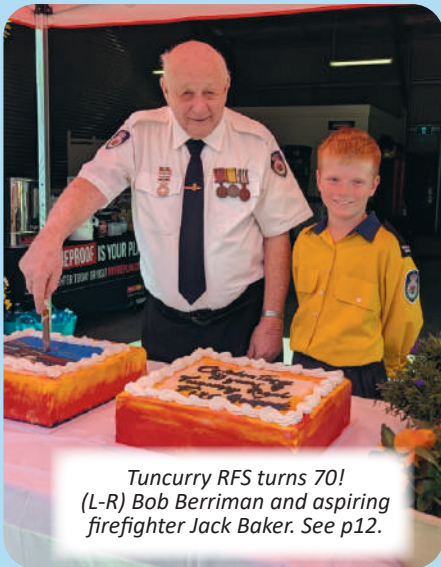
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Tuncurry RFS turns 70!
(L-R) Bob Berriman and aspiring firefighter Jack Baker. See p12.

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

Mayoral Column - Sept 2026

Protecting health of waterways

Protecting the health of our waterways is a shared responsibility, and something as simple as keeping soil and building materials contained on a construction site can make an important difference.

Council is currently undertaking a targeted sediment control blitz, inspecting building and construction sites across the MidCoast to ensure appropriate erosion and sediment controls are in place

When soil, sand and other materials wash from construction sites, they can enter gutters and stormwater drains before flowing into our creeks, rivers and lakes. This can reduce water quality, damage aquatic habitats and contribute to blocked drains and localised flooding.

Builders, developers and property owners are responsible for managing sediment on their sites. Practical measures include correctly installed sediment fencing, covered stockpiles, stabilised entry points and connecting downpipes as soon as possible. Council's approach includes education and support, but compliance action may be taken where requirements are not being met.

Online Road Recovery Hub

Keeping the community informed about our extensive flood recovery program is also a priority, and we have introduced a new online Road Recovery Hub.

The scale of the recovery effort following the May 2025 floods is enormous, with thousands of damaged locations identified across roads, bridges and drainage infrastructure. The total flood recovery program is currently estimated at around \$300 million, with projects progressing through investigation, funding

approval, design and construction.

The hub provides one central place where residents can view upcoming, underway and completed flood recovery roadworks. It will be regularly updated as projects progress, helping people better understand what work is planned in their area and the many steps required before major reconstruction can begin.

You can find the Road Recovery Hub through Council's website or the MidCoast Roads Hub.

Development notification changes

Finally, the NSW Government has updated the way the community is notified about development applications. (See article below)

Editor's note: At the next MidCoast Council meeting on 30 September, councillors will nominate and elect the position of Mayor to be in office until 28 September 2028.

The Ordinary Meeting will be webcast live from 2pm. The public will be able to view the meeting via livestream through an audio-visual weblink of the meeting. The weblink will be available on the morning of the meeting.

[https:// www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes](https://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes)



Above: Mayor Claire Pontin.

New community notification requirements for development

MidCoast Council

A new Statewide Community Participation Plan has come into force from 1 September 2026, changing the way councils let the community know about development.

MidCoast Council is the local planning authority responsible for assessing development applications in the MidCoast local government area under NSW planning legislation.

A range of lower-impact development applications no longer require mandatory public exhibition or notification where the criteria in the Statewide Community Participation Plan are satisfied. In general, this includes dwelling houses up to two storeys; secondary dwellings (granny flats); dual occupancies up to two storeys; swimming pools, sheds, pergolas and carports; home businesses and home industries; farm buildings; tree removal on private land; demolition applications; subdivisions creating up to five lots where the relevant criteria are satisfied.

Executive Manager Sustainable Development, Rachel Pleasant explained that Council will continue to assess each development application against all relevant planning controls and legislative requirements.

"Removing mandatory public exhibition or notification for some applications does not mean those applications are automatically approved, or that Council's assessment requirements are reduced," Ms Pleasant said.

"Council will continue to assess relevant impacts, including matters such as privacy, overshadowing, neighbourhood character, traffic, environmental impacts and other planning considerations where they are relevant to the proposal.

"However, under the new statewide requirements, residents may not always receive direct notification from Council about a development application."

Where an application is not required to be formally publicly exhibited or notified,



people may still contact Council with relevant information. However, that contact will not be a formal submission made during a public exhibition period and will be considered in accordance with the applicable legislation and Council's assessment procedures.

Anyone who wants to keep informed about development applications in their area can register for MidCoast Council planning alerts at: <https://www.midcoast.nsw.gov.au/Development/Application-search-and-tracking/Planning-alerts>

The reforms are intended to create more consistent participation requirements across NSW and may streamline the assessment process for some lower-impact applications.

"While these reforms change a number of community public exhibition and notification requirements, we will continue to make information available via our website so that you can stay informed," said Ms Pleasant.

Further information on the Statewide Community Participation Plan, including changes to public exhibition of documents on exhibition at the strategic planning stage of development, is available from the NSW Department of Planning, Housing and Infrastructure at <https://www.planning.nsw.gov.au/the-planning-system/environmental-planning-and-assessment-act-1979/community-participation-plans>

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Forster Fortnightly

The Forster Fortnightly newspaper was born during the COVID-19 pandemic, and has proven popular since with 7,000 free copies dropped across the region and a readership of 14,000 people alongside its free digital version at www.forsterfortnightly.com.au.

We write news for our community, our local region and we want to keep it that way. We always want to recognise when someone in the community has done something incredible, or inform readers about an amazing event in every edition.

We always have readers telling us they have cut articles and photos out of the paper and have them stuck on their fridge.

We sincerely appreciate the regular support we receive from paid advertising, from the fantastic local businesses and organisations which keep this free newspaper printing.

With this bumper edition - we want to remind our readers that The Forster Fortnightly is a small family business. We go to every community event we can, supporting and reporting local news and often working 7 days a week to cover everything going on in our amazing community.

Our family's income relies on your paid advertising. The printing of our free newspaper relies on paid advertising.

When your organisation needs to promote an event, fundraiser or a business, please see this as a time and an opportunity to support the paper with paid advertising.

We offer discounted prices to community groups and fundraisers, which basically only covers the cost of printing these events in our 7,000 free copies. We don't charge extra for designing the ads and we are happy to work with you in any way to ensure you get the best outcome available.

The organisations that support us throughout the year are very happy with the results. Whether it's a one-off ad or if it's regular advertising, we can guarantee you won't be disappointed.

The more advertising we get, the more pages we can print and the more news we can cover in our region.

Support your local newspaper, support regional journalism.

Regards - Mary, Georgie, Matilda & Ian Yule and Sophia McCaughan.

Forster Fortnightly Testimonies

"I would like to continue running ads with you. Your publication has given me more leads than any other in the area from Port Macquarie to Gloucester."

Karen Bell - Travel Specialist, Travel Y's Pty Ltd, Laurieton NSW

"Thank you for the fantastic write up. I am receiving some extra bookings."

Steve Gatland - Travelwise

"Looking forward to placing more advertising in more publications in the near future. We are leading into the busy end of the year with our trampoline park in the school holidays, trailer raffle, christmas cake sales and more. Your support helps our volunteers have widespread contact with the community."

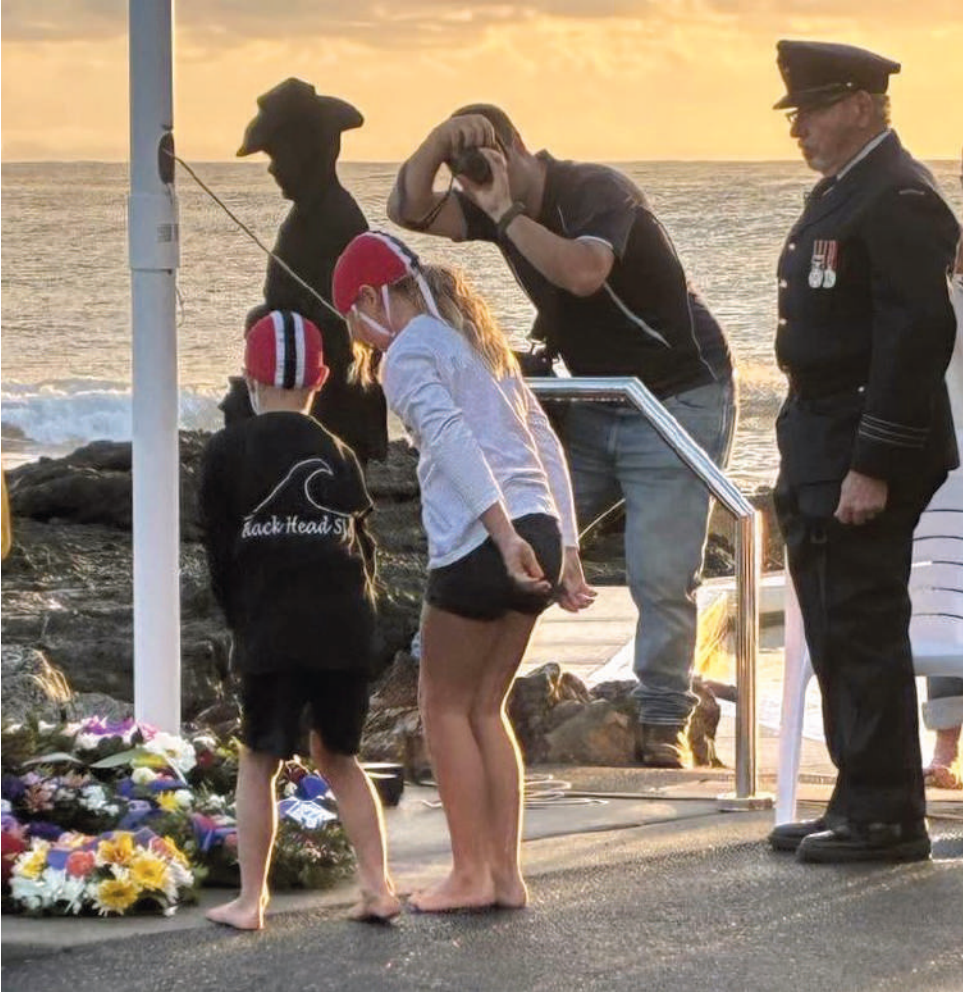
Margaret Kentwell - Forster Tuncurry Lions Club

"Thank you for the wonderful articles that you included in the paper. Not only did it bring people to our Great Lakes Museum Open Day, but we have had an increase in visitors in the weeks since."

Helen Duggan - Great Lakes Museum

"Sending a BIG thank you for the article you put in the July 25th edition of The Forster Fortnightly about our organisation. It was very much appreciated and noticed by lots of people. We are very grateful for the support you give us each year."

Kayleen McGowan - Great Lakes Knit & Spin Inc



Above: Georgie Yule taking photos at Hallidays Point's 2026 ANZAC Day Ceremony.

"Thank you for the eye-catching feature you put together for the gallery with the last ad. People have been mentioning they saw the article. Also they have arrived at the gallery saying they saw the article in The Forster Fortnightly and came in to have a look. The Art Prize exhibition did well, and I want to book another ad in the next edition."

Liz Ho - Forster Gallery.

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Forster Crime News

By Sophia McCaughan - Forster Fortnightly

Sex Crime Squad detectives arrest Forster man over alleged online grooming offences

Sex Crime Squad detectives have charged an 82-year-old man with alleged online grooming offences under Strike Force Trawler.

Strike Force Trawler is an ongoing investigation by the State Crime Command Sex Crimes Squad Child Exploitation Internet Unit into the sexual abuse and exploitation of children facilitated through the internet and related telecommunications devices.

At about 8.30AM on Tuesday, September 22, strike force detectives executed a search warrant at a home in Forster seizing electronic devices.

An 82-year-old man was arrested and taken to Forster Police Station where he has been charged with use of a carriage service to groom under 16 years for sex and use of carriage service to solicit child abuse material.

He was granted conditional bail to appear at Forster Local Court on Wednesday, October 28.

Fatal motorcycle crash near Tuncurry

A 37-year-old man has died in a motorcycle accident after a crash on Tuncurry Tip Road at Darawank just before 7AM on Tuesday, September 22.

Emergency services responded to reports that a motorcycle rider had been located deceased, with Manning-Great Lakes Police District establishing a crime scene and commencing an investigation.

Following inquiries - police established that the man struck a kangaroo which appeared to have been killed on impact with the motorcycle.

A report will be prepared for the information of the coroner.

Bungwahl RFS visit Bungwahl Public School

By Judy Donnelly – Bungwahl Fire Brigade

Bungwahl Brigade members recently paid their annual visit to Bungwahl Public School to discuss Bushfire Safety for the upcoming Fire Season.

Bungwahl is a tiny two-classroom rural school, and all 34 pupils, staff and RFS brigade members fitted comfortably in the library to join in the session.

Everyone learned that this year fire season has started early, on the 1st September, and Fire Permits are now needed before lighting a fire on your property. Students learned about how to apply for a permit, diagrams of how to set your fire pile so you will get your permit (not too big!) and notifying neighbours and Fire Control. There was also an explanation of the safety measures that must be in place before lighting up.

Then the talk moved on to preparing your property for bushfire, where to access information, when to leave (EARLY!) where to go and what they would take in their bag when they left.

"But what if it's too late to leave?" the students were asked



This can happen for many reasons, and there was lively discussion about the safest option should the worst happen. "Shelter In Place" is always recommended by the RFS, as no-one would choose to be outside in a raging fire. They were told what to bring inside, what to wear, and about putting out spot fires when the fire front has passed. Staff members shared their own valuable experiences of being caught in a bushfire situation which made it much more real for everyone. It will be noisy and scary.

The students learned to listen to local radio, FM 95.5, which broadcasts emergency information if a fire is threatening your immediate area.

Then came the fun part: Donning fire helmets and jackets and operating the pumps and hoses on Bungwahl's two fire appliances. Everyone had a go at aiming water at tethered balloons representing flames. We have several potential members ready to sign up!

Everyone was urged to have a discussion at home that day, with their whole household taking part in making a Bush Fire Survival Plan. Each student was given a range of information to take home and share.

It was a great morning, the Brigade members always look forward to the visit, and congratulate the school on their respectful, engaged, and interested pupils. They are a credit to you.

For all Bushfire related information, visit the NSW RFS website: www.rfs.nsw.gov.au



Spring barbecue brings Green Point neighbours together



Above: Green Point Committee members (Back row L-R) - Dave Buchanan, Steve Arblaster, Paul Murrell (Treasurer), Phillip Fowler (Secretary).

Front row: Jo Currans, myself Helen Murrell (Vice President), Bob Currans. Absent: Laurene Wilson.

By Mary Yule – Forster Fortnightly

Green Point residents came together on Sunday, 20 September, for a Spring BBQ aimed at bringing neighbours together and welcoming new faces to the village.

Organised by the Green Point Community Association, the event was held at the community hall on Bottlebrush Close, with invitations delivered to the 250 homes across the area.

The invitation encouraged "children, mums, dads, grandparents and friends" to come along, meet their neighbours and learn more about the work of the Green Point Community Association.

The association provided the BBQ, while residents were invited to bring a plate to share, a racquet to have a go on the tennis court or to simply enjoy a game of croquet.

Vice-president Helen Murrell said the event was prompted by significant changes in the makeup of the community.

"There's been a big change in the whole of the village," she said. "A lot of the older residents have either passed on, downsized or left. We wanted to get to know who the new residents were, and also for them to know what we do for the community as well."

The association has been part of Green Point life for more than 50 years. It began in 1972 as



the Green Point Progress Association, with the village's first residents holding meetings in their homes.

The organisation later became the Green Point Community Association after members felt the village no longer needed to "progress" in the same way. Many of the community's major projects have been achieved through their years of fundraising within the community and successful grant applications.

Today, the scenic wide green space beside the hall provides residents with a tennis court, colourful playground, skatepark and picnic tables shaded by mature trees.

The community hall itself has an interesting history. Originally a small tennis pavilion from Tuncurry, it was donated



Safety has also been an important focus.

Working with the Green Point Rural Fire Service, the association successfully advocated for no-standing signs to be installed near the filter lane to The Lakes Way at the entrance to Green Point Drive.

The lane is a popular stopping point for people photographing the local osprey, but vehicles parked there could dangerously obstruct Green Point RFS vehicles heading out to fight fires.

Helen and Paul have been members of the association since 1985 and have seen the village change considerably.

They recalled years of fundraising by the whole community through events such as Trash and Treasure sales and clothing drives.

But with many long-term residents retiring, downsizing or leaving, and some properties being converted to short-term accommodation, the character of Green Point has changed.

For the association, the Spring BBQ was about looking to the future.

Helen said. "We want to connect with the younger residents so they can help shape Green Point's next chapter."

For more information on Green Point Community Association, please go to: <https://www.greenpointonwallislake.com.au>



to the community and transported to Green Point by truck in the late 1970s. Through the associations' efforts the hall has been

extended, including the addition of a balcony and access ramp. The hall has become the central hub of the area and is regularly hired by the community. Treasurer Paul Murrell said the last major project on the association's wish list was to have the community hall car park sealed.

"That's \$25,000 to \$30,000," he said, adding that the association would need to secure a grant to undertake the work.

In the meantime, the association continues to tackle smaller projects around the site, including electrical maintenance and improvements to lighting around the hall.



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9 Krumbach 10 Wingham
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December
1 Forster 1 Pacific Palms



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What Can We Do for You? New Salvation Army Officers connect with the community

By Mary Yule – Forster Fortnightly

New Salvation Army officers, Majors Adrian and Chris Lee, arrived from the UK in May and are now supporting the Forster-Tuncurry community.

After 24 years serving across England, the couple bring experience in youth work, pastoral care, community support and working with people from all walks of life.

Adrian previously worked as a police officer in London before becoming a youth worker and attending Bible College in Bournemouth. Chris was a professional opera singer for eight years.

"It's a wonderful opportunity to be here," Adrian said. "The folks have been very, very gracious, very lovely and warm. And yes, we're really enjoying it."

He has also fallen in love with the area.

"Bournemouth is by the sea, but it's nowhere near as nice as Forster-Tuncurry. This is a touch of paradise. It's absolutely incredible."

The Lees are working alongside Salvation Army caseworker Ish Cevik, who supports people across Tuncurry and Taree, providing practical assistance as well as a listening ear. Financial counsellor Kieran Smith is also available two days a week.

More than a meal

Every Friday from 10.30am, the side door of the Salvation Army Church Hall on South Street, Tuncurry, opens for a free community morning tea and lunch. A bag of staple pantry items is also available for \$5.

Chris says the Friday gathering is about much more than food.

"There were people doing the food and they had the market, but they didn't have anyone to go around and speak to people. So that's my job. I'm a people person."

Many visitors are dealing with financial pressures, illness, housing difficulties or rising

rents, while others simply come because they are lonely.

"A lot of them come just to talk to someone and just to see someone because they're lonely," Chris said.

The Lees want to reach people who may need support but have never walked through the Salvation Army's doors.

"Unless people have come here, they don't know how much help they can get," Adrian said. "If they're struggling with money, food, housing or rent, we can help or put you in touch with someone who can."

Building connections

The couple are keen to connect with younger people, First Nations communities, schools, local organisations and others across Forster-Tuncurry.

They would particularly like to create opportunities for young people to volunteer and learn practical skills, including making coffee.

"We would like to build on what we do so that young people can come here and learn skills," Chris said.

Volunteers are already an important part of the Friday program. Some began by simply coming for a meal and now help cook, serve and run the pantry.

Don, aged 96, is one of the regular volunteers and enjoys working in the kitchen, washing up, serving and bringing in plates.

Volunteer Mave Peebles started 18 months ago and now works in administration on a Wednesday and the Friday community mornings.

"I love being here and helping in my community. It's about caring and not judging. People can be down and out, and we never know when we're going to be like that. So, you just give them the decency, the respect and the love."



Above: New Forster Tuncurry Salvation Army Officers (L-R) Chris and Adrian Lee are here for 3 years. Here with Salvation Caseworker Ish Cevik (at front).

The couple also want people to understand that while The Salvation Army provides social and practical support, it is also a church. However, there is no expectation that people attending the Friday meal attend church.

"We're not about trying to get people in church," Chris said. "We're just showing the love of Jesus through what we do. It's as simple as that."

For the Lees, their role is ultimately about people.

"Everybody's got a story and it's about making them feel valued and accepted and trying to help appropriately," Adrian said.

Anyone needing assistance, wanting a chat or interested in volunteering is welcome to come along on Friday morning.

People interested in volunteering can contact Adrian Lee on 0408 704 652.

Chris says volunteering can provide people with connection and purpose, particularly retirees and others who may live alone.

A sustainable future

With the Lees in Australia on a three-year visa, they are conscious that any new initiatives need to be sustainable.

"There's no point trying to rock up and start a whole load of new things and then leave," Adrian said. "It's having the people to do it."

Rather than deciding what the community needs, they want to ask residents directly.

"What I'm going to say to the community is, 'What can we do for you?'" Adrian said.

Right: Volunteers on a Friday (L-R) Brett (who runs the pantry), Chrissy and Mave.

Left: Volunteers (L-R) Front row - Susana, Ronald, Don, Dallas. Back row - Allan, Chris and Peter. Photos by Mary Yule



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A stunning and spacious garden villa with two bedrooms, two bathrooms, a generous study, light-filled open-plan living and a spectacular private garden courtyard, perfect for entertaining.



Year 12s from Great Lakes College held their Annual Bike Morning on Friday 25 September to celebrate their very last day of school. Students met up at John Holland Park in Forster before riding and walking over to the Senior Campus in Tuncurry for a BBQ. HSC written exams go from 13 October to 5 November. Photos by Matilda Yule.



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Diamond Beach RFS update

By Geoff Kempe - Diamond Beach Rural Fire Brigade

September has seen an increase in call outs this month with activity such as MVA (motor vehicle accidents), Ambulance assists and multiple fire calls - two of note were between Tuncurry golf club, the TAFE and the Tip recycling building. It

was great working alongside our neighbouring brigades, Tuncurry and Rainbow Flat, to name but a few. Other calls have turned out to be pile burns that were not notified to neighbours or RFS.

The Bush Fire Danger Period started on 1st September you need a permit to burn. Go to https://nswrfsprod.service-now.com/guardian_csp. Failure to have a pile burn permit and to notify your neighbours and RFS 24 hours before burning, causes false calls to 000 and the RFS.

Sunday the 6th of September saw the first of our 2 Get Ready Weekends at the Black Head Bazaar.

Sunday was a huge success with our team demonstrating the RFS over run procedure during the morning which drew a crowd of people who were amazed by the demonstration.

October 4 will be the next Bazaar, and our team will be there to discuss your "get Ready" needs.

Our Community Engagement team have been working hard to develop latest information packages for many different situations. Whether you bush walk, 4 WD and camping, have large animals and pets, or want information about getting ready for the bushfire period they will have something for everyone. Our next demonstration will be our



CABA (compressed Air Breathing Apparatus) team "donning and doffing" the equipment and demonstrating their abilities in the use of the equipment.

Congratulations to Jeff Perry, Jeff was awarded the NSW Premiers Citation in recognition of the work he performed during the 2022 Lismore floods. Jeff spent over a month helping his fellow man in trying condition after the flood.

Congratulations to Jim Murphy on his retirement after 40 years of service to the Fire and Rescue NSW and the people of NSW. Jim is also a volunteer and one of our Deputy Captains at Diamond Beach. We hope to see you turn out as a "Bushie" for a long time yet.

Come join your Diamond Beach Rural Fire Brigade. There is something for everyone and

all training & clothing (PPC) is supplied. There is no fixed amount of attendance to call outs and a variety of training days. Whether you would like to be a Basic Fire Fighter working on the end of a hose or become the captain one day, there is something for everyone across all abilities. Our junior system is also operational for under 18's. For further information please contact Geoff Kempe on 6559 3640.

Please leave your name, phone number, and message for Geoff to call back. DO NOT report fire or other emergencies to this number, please dial 000.



\$150,000 available for community projects across Lyne

Office of Alison Penfold MP

Federal Member for Lyne Alison Penfold is inviting local community organisations to submit expressions of interest for Round 10 of the Stronger Communities Programme.

A total of \$150,000 is available across the Lyne electorate, with grants of between \$2,500 and \$20,000 available for up to 20 eligible small capital projects.

Ms Penfold said the program was an opportunity to support the local organisations that bring people together and strengthen communities across the region.

"These grants can help organisations complete practical projects such as upgrading facilities, improving accessibility, purchasing essential equipment, or delivering other small-scale infrastructure improvements," Mrs Penfold said.

Eligible applicants include incorporated not-for-profit organisations, non-distributing

cooperatives, companies limited by guarantee, Australian Indigenous corporations, eligible religious organisations, and local councils.

Funding may cover up to 100% of eligible project costs for eligible not-for-profit organisations. Local councils must contribute at least 50% of eligible project costs.

Following the expression-of-interest process, selected organisations will be nominated and invited to submit a formal application to the Australian Government.

Expressions of interest must be submitted to Alison Penfold MP's office by 5pm on Monday 2nd November 2026.

To lodge an Express of Interest and for further information on the eligibility guidelines please go to alisonpenfold.com.au. If you wish to discuss your project or have questions about the Programme, please contact Alison Penfold MP's Taree office on (02) 6557 8910.

ALISON PENFOLD MP
FEDERAL MEMBER for Lyne

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Smiths Lake	Coomba Park
Tuesday 6th October	Tuesday 6th October
11:00 AM - 1:00 PM	2:30 PM - 4:30 PM
Frothy Coffee Boatshed	Coomba Aquatic Club

WAUCHOPE OFFICE
02 6586 4462 43 Hastings Street, (POBox 244), Wauchope NSW 2446

TAREE OFFICE
02 6557 8910 144 Victoria Street, Taree NSW 2430

www.alisonpenfold.com.au alison.penfold.mp@aph.gov.au
[/AlisonPenfoldMPforLyne](https://www.facebook.com/AlisonPenfoldMPforLyne) [@alison_penfold_for_lyne](https://www.instagram.com/alison_penfold_for_lyne)

First Prize for Seaside Heritage Quilters

Seaside Heritage Quilters

Seaside Heritage Quilters recently won first prize in the Group Collaborative Section at the Quilt NSW Exhibition. The Exhibition is the hallmark event for the NSW Quilter's Guild and is held over 3 days at Rosehill Racecourse, Sydney and attended by thousands.

The quilt, 'Seaside', is an original design by one of the members, Diane de Wright - but comprised of work and ideas from the whole club. The double bed quilt reflects the places and life of our local coastal area. Dolphins, pelicans, crabs, boats, beach houses, palm trees and plenty of fish populate the blocks – as do surf lifesavers, surfboards, shells, beach toys and much more. Of course, a feature block is our unique bridge and signposts giving directions to the Bull Ring, the Tanks and One Mile.



Above: Quilt 'Seaside' with President Judy Hall.

Planning for the quilt got underway late last year but serious sewing did not commence until March. The top was finished in June and Sally Rowley from Patchwork Nabiac custom quilted it in July – finishing it just 1 week before entries had to be submitted. Most of the club's nearly thirty members contributed to the making and designing of the blocks – not an easy task!

All members were thrilled with the win and the prize of quilting products valued at over \$500.

Seaside Heritage Quilters is a group of about 30 ladies from the Great Lakes area who meet at Forster Surf Club to share their love of quilting and sewing. For further information contact Judy Hall, President, on 0400 890 728.



Back row (L-R) Dianne de Wright, Judy Hall, Maree Lees. Seated - Diana Woodward, Barb Biddle

Have your say: Coastal management program

MidCoast Council

MidCoast Council is preparing a coastal management program that will guide how it manages almost 10 per cent of the NSW coastline.

"The 10-year program will guide how we manage much of the coastline from Crowdy Head to Hawks Nest," said Council's Manager Natural Systems, Gerard Tuckerman.

In 2025 consultants collected data along our coastline to inform and update hazard mapping. The mapping shows the probability of coastal processes impacting the coastline over the next 100 years.

Our coastline will experience coastal erosion and shoreline recession. Some impacts are expected to occur before 2060.

Council is now consulting with affected property owners and the wider community.

You can view the online map to see predicted impacts on the coastline. There is also an information booklet that explains the coastal processes, impacts and the management actions.

You can ask questions online or provide information and feedback on the proposed actions.

Come along to a pop-up to find out more and ask the coastal planner questions:

Wallabi Coastal Cafe, Pacific Street, Wednesday 7 October 10am - 12pm

Hawks Nest (Bennetts Beach near Surf Life Saving Club) Thursday 8 October 10am - 12pm

Black Head (reserve near Surf Life Saving Club) Sunday 11 October 8:30 am - 11:30 am



Forster One Mile Beach (reserve near Surf Life Saving Club) Sunday 18 October 8:30 am - 11:30 am

Seal Rocks Number One Beach Reserve Tuesday 20 October 10am - 12pm

Crowdy Head (reserve near Surf Life Saving Club) Sunday 1 November 8:30 am - 11:30 am.

After the consultation, a draft coastal management program will be prepared. It will be placed on public exhibition for final community feedback.

This program will provide a clear direction for the future management of our coastline.

Find out more and provide feedback online at www.midcoast.nsw.gov.au/ouropencoast

You can also call or message the engagement team on 0419 980 566 to provide feedback.

If you believe your property may be impacted by coastal processes, you can call the coastal planner on 02 7955 7900 for a discussion.

Consultation closes Sunday 8 November.



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Treasured Teapot Museum Devonshire Tea & Tour - Leura Free Time - **Blue Mountains Heritage Centre & Govetts Leap Lookout** - Nepean Belle Paddle-wheeler Morning Tea Cruise

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Baking a difference



Pacific Palms Evening View Club members volunteering at the Pacific Palms Public School's breakfast program.

By Deb Lawson - Pacific Palms Evening View Club

Sweet September Bake Sale

The Pacific Palms Evening VIEW Club hosted its highly anticipated annual "Sweet September" Bake Sale! The event was held at The Recky (Pacific Palms Recreation Club) on Wednesday, 16 September 2026, where a beautifully curated spread of homemade treats raised vital funds. All proceeds from the evening are being channelled directly into The Smith Family's Learning for Life program, which provides essential educational support to disadvantaged young Australians.

The annual "Sweet September" table featured an impressive collection of items from members and guest contributors, showcasing a diverse array of homemade treats. Members and guests swarmed the stall to browse rows of jams, tangy pickles, fresh baked goods, decadent slices, and cakes. Club members and supporters spent days preparing for the event to ensure an extensive selection of high-quality items to choose from.

Preparing for fire season

Alongside the fundraising festivities, the club turned its focus toward vital community safety. Our recent evening meeting featured guest speaker Kate from the Pacific Palms Rural

Fire Service (Community engagement officer) who gave an informative presentation to help members and attendees prepare for the upcoming bushfire season.

"Having Kate join us was incredibly valuable, as we head into the warmer months, ensuring our homes and families are bushfire-ready is a top priority for everyone in our coastal community."



Kicking high goals locally

The club is kicking high goals and has become a much-valued support to Pacific Palms Public School (pictured above), volunteering their time to help run the vital school breakfast program on a weekly basis.

The Pacific Palms Evening VIEW Club, stands for the Voice, Interests, and Education of Women. The club regularly meets on the third Wednesday of each month at The Recky to combine local social connections with national fundraising purposes.

Organisers extended a massive thank you to everyone who baked, bought, donated, or contributed to the evening's success. The club warmly welcomes new members to join their passionate and friendly group. Anyone interested in joining or supporting future initiatives can contact Pacific Palms Evening VIEW Club Facebook Group or email Robin at Pacificpalmsview@gmail.com



(L-R) Kate Brown and Deb Lawson.

Father's Day Car Display



By Brian Payne - Great Lakes Historic Automobile Club

Once again the Great Lakes Historic Automobile Club (GLHAC) were invited to display some of their members cars at the Bunnings Annual Father's Day free BBQ.

This year saw some 15 vehicles on display ranging from Michael and Sylvia Zammit's 1934 Hudson to Carol Tripp's 2007 supercharged

V8 Jaguar XJR. As usual Alan Duncan's cute lime green Suzuki 4WD "Kermit", drew lots of attention from the kids, as did the 'Old Macdonald's Travelling Farms', where the kids could get up close and personal with a wide variety of farm animals. Fair to say that everybody had more than their fair share of tucker from the BBQ, and all looking forward to next year's Father's Day event.

Local groups secure funding

Office of Alison Penfold MP

Federal Member for Lyne Alison Penfold has welcomed the announcement that 41 volunteer-based organisations across the region have successfully secured funding under the Department of Social Services volunteer grants program.

Ms Penfold said the grants, totalling \$66,665, would help local organisations purchase equipment, undertake training, improve accessibility and make volunteering easier and more rewarding for community members.

"I congratulate each of the successful organisations and thank the volunteers who work tirelessly behind the scenes every day. Their contribution is invaluable and deserves recognition."

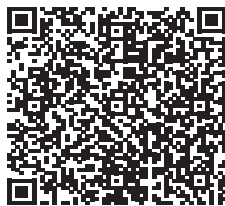
The successful recipients include:

- Bolwarra-Lorn Junior Soccer Club Inc - \$2500
- Byabarra Recreation & Public Hall Reserve Land Manager - \$1000
- Camden Haven Dragon Boat Club - \$200
- Clarence Town Lions Club - \$1300
- Clarence Town Rural Fire Brigade - \$2500
- Coomba Aquatic Club - \$2500
- Coopernook Action Group - \$1200
- Country Women's Association Gresford Branch - \$1250
- Dungog Tea Party - \$2450
- FAWNA (NSW) - \$1500
- Forster Tuncurry Senior Citizens Association - \$2500
- Gloucester Charities - \$2000
- Gloucester RSL Sub-branch - \$2500
- Gloucester Thunderbolts Swim Club - \$2500
- Great Lakes United Football Club - \$1500
- Great Lakes Women's Shelter - \$2000
- Hastings Valley Motorcycle Club - \$1500
- Headspace Taree - \$1000
- Karuah Rugby League Football Club - \$1500
- Kendall Community Centre - \$1180
- Lions Club of Bulahdelah - \$1500
- Mid Coast Community Quilters - \$1000
- Mid Coast Outreach - \$1000
- Mitchells Island Community Hall Land Manager - \$1599
- Moorland Soccer Club - \$1000
- Mount George School of Arts Reserve Land Manager - \$1000
- Newcastle-Hunter Australian Breastfeeding Association - \$1000
- Northern Suburbs Maitland Cricket Club - \$2500
- Old Bar Soldiers' Memorial Hall - \$1500
- Pacific Palms Football Club - \$2500
- Paterson River Pony Club - \$1500
- Pindimar Bundabah Community Ass. - \$1000
- Riding for the Disabled Wauchope-Port Macquarie - \$1500
- Rollands Plains Community Group - \$2186
- Taree Craft Centre - \$1500
- Tea Gardens Soccer Club - \$1000
- The Bobin School of Arts - \$1000
- The Girl Guides Association NSW Illa Langi Campsite - \$1000
- Tinonee Memorial School of Arts - \$1500
- Volunteer Marine Rescue NSW - \$1000
- Wards River Rural Fire Brigade - \$2500

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17 to 18 Nov 2026
02 to 03 Dec 2026

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- Hunter Valley Christmas Lights Entry
- Harrigan's HVG Accommodation
- Harrigan's HVG Buffet Breakfast
- Hunter Valley Chocolate Company
- Drayton's Family Wines
- Hunter Distillery & Lunch
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Vale Paul Greenup

Sunrise Supported Living

The Sunrise Supported Living community is mourning the loss of co-founder Paul Greenup.

For more than two decades, Paul played a pivotal role in shaping Sunrise into the unique and close-knit community it is today.

With co-founder Peter Leschke, Paul established Tuncurry's Sunrise Supported Living in 2004 and helped build a community that has made a lasting difference in the lives of residents, staff and families across the Forster-Tuncurry region.

Sunrise Group General Manager Adam McEwan said Paul would be remembered not only for his vision and leadership, but for the genuine relationships he built with those around him.

"Paul holds a special place in the hearts of many people at Sunrise. He was known for his warmth, humour and generosity, and for creating a community where people felt connected, valued and supported."

"His legacy lives on through the community he helped create and the many lives he touched over the years."

The thoughts of the Sunrise community are with Paul's family, friends and loved ones during this difficult time.



Above: Paul Greenup.

Thank you from Great Lakes Palliative Care Support

By Deidre Stokes- Great Lakes Palliative Care Support

Great Lakes Palliative Care Support would like to extend our heartfelt thanks to our long-time members as well as welcome our newer members. Without you and the wonderful support of our community, we would not be able to provide the help and care to the patients, carers and families on their palliative care journey, which began in 1989.

We remain extremely busy with fundraising events, community education and spreading the word that palliative care is much more than just about dying, it's about living well until we die. We have been able to enhance the services available at one of life's most difficult times. We service our local area including Hawks Nest, Bulahdelah and Gloucester.

We are often filling the gaps until other services can be arranged although sometimes that is not possible due to service constraints for Aged care packages and the like. This year we have supported younger patients, who without our support would have faced unsurmountable challenges and experienced an excessive burden of care. Since September last year we have brokered cleaning and personal care services through Vital Path Care and have provided 270 occasions of service, 403 hours of care to 21 separate clients, 4 living outside the local area.

Our equipment service remains in constant use with the storage premises in Rodmay St Tuncurry being accessed by the palliative care nurses, Occupational therapists as well as our equipment officer who organises delivery, pickups and cleaning and maintenance of our gear. This is provided at no cost to the family.

We continue to provide financial assistance to pay everyday costs to ease the burden on our families. This can include assistance with accounts, utilities, pharmacy costs, as well as provision of grocery and petrol vouchers. Due to the increased cost of living we have found an increase in the need for assistance with petrol and groceries. Vouchers are provided to the team including Social Workers and nurses to be given to families at the time of need.



Above: Presentation of oxygen concentrator from John Vaughan and Julie Wilcox (Cape Hawke Health) to members of GLPCS (L-R) Harold Astle, Helen Duggan, John Vaughan, Sue Colditz, Helen Cramp, Deidre Stokes, Ian Dwyer, Julie Wilcox (back) Deborah Debnam and Roz Dreise.

We have been blessed by much community support and received donations from many sporting clubs, service clubs and individuals which makes it easier to provide the support our families need.

We are grateful to the Lions Club of Hallidays Point who allow us to assist at their Op Shop on Wednesday and Thursday each week and provide generous support to us in return. We run a BBQ at Forster Bunnings every month which is usually a great effort by our Volunteers. Great Lakes Historical Automobile Club donated \$5000 from their Motorfest held in June.

We received donations from our veteran lady Golfers from Forster Tuncurry Golf Club who play on a Wednesday morning and from those who play on Friday mornings. Both donations

were for \$1000. Thank you so much for your years of faithful support.

We were recently able to purchase 4 new pressure relieving mattresses for use of our patients spending long periods in bed, two of which we sent to Bulahdelah and Gloucester for the care of the patients there.

We were blessed by a very important donation from Cape Hawke Health who provided two new portable oxygen concentrators for the use of our patients at a cost of over \$6000. One of which has already been used by a patient in Bulahdelah.

For further information or if you would like to join us, new members always welcome please phone Deidre on 0437 830 818.

Bungwahl Public School celebrates 150 years



Above: (L-R) Bungwahl teacher Amy Williams and Principal Dianne Farley with the Minister's commendation to Bungwahl PS for 150 Years! Image credit: Office of Alison Penfold MP.

By Mary Yule – Forster Fortnightly

Bungwahl Public School marked 150 years of education and community with a Celebration Day on Friday, September 25, followed by a Community Open Day on Saturday, September 26.

Principal Dianne Farley, who has led the school for the past 10 years, said the celebration was a special opportunity to bring together generations of families connected to the school.

"The absolute highlight on the Celebration Day was the families that joined us," Dianne said. "They were totally overwhelmed to know that we still remembered their families, that we still honoured the history of this place."

Among those attending was Judith Bramble who shared stories written by her father Mark, which speak of his time at school here in 1916. He recalled how his mother made his first school pants out of the remnants of his father's best "going to the races pants!"

Dianne said, "Judith actually said it had been the most beautiful day. She just felt such love and such connection."

A special ceremony featuring current students was another highlight. Teacher Amy Williams rewrote the words of a song to include stories of families connected to the school, with students performing it for the community.

"They did an amazing job," Dianne said. "The students sang it beautifully and then everyone in the audience was basically in tears over it. I think it really reminds people of what's important, which is the connections. It is the families; it is the memories. It was a day where we could just hang out and people could just remember and just connect."

In the lead-up to the anniversary, Dianne spent weekends going through old documents stored at the school to preserve and organise its history.

"When I read about the first principal and then different principals over the years and what their records were, I think I'm one small part of that history now that will continue on," she said.

The records, along with conversations with former students, also highlighted the challenges faced by earlier generations.

"I've just talked to a few of the ex-students here from the 1950s when some students had little food and no shoes," Dianne said. "It was a really tough time for some, and this was quite a remote school, and yet it's continued to thrive."

Dianne said the school's continuing role reflected the importance of public education in small communities.

"The big thing for me is that every child gets a chance to shine in their own way. This public school has continued to serve this community and so it's an absolute privilege to be part of that. I'm a really passionate public school principal," Dianne said.

History of Bungwahl Public School

Information from Principal Dianne Farley

Betty Bramble became the school's first female teacher in 1952. Her 50-year association with the school was celebrated in 2002. Even after retiring, Betty remained a strong presence, supporting debating, public speaking and literacy programs, while contributing enormously to recording and sharing the history of our area.

Mrs Leanne Bramble continued the family's teaching tradition, sharing her talents, particularly in mathematics, as a casual teacher until moving to Bulahdelah Central.

In 1969, former student Peter Bramble was killed in action in Vietnam. A teacher (on his return from service in the same area) successfully applied for the spare classroom to become a library in Peter's honour. The Peter Bramble Library was dedicated in 1970.

In 1972, students competed in an Earth Day competition and constructed an access road to Caves Hill Lookout. Sadly, during this time, their school friend Tracy Palmer died, and the students named the lookout in her memory.

During the 1980s and 90s, principals, staff and the P&C worked together to create covered areas and this shed, providing students with a dry space for lunch and play when the playground was too boggy. Computers also arrived in classrooms, with many students having their first computer experiences through Bev Bramble's tutoring (Bev was at the Celebration Day).

At the turn of the millennium, under our first female principal, Mrs Susan Hobbs, the school strengthened its community profile. Core values, formal uniforms, a bus service and a new administration building were introduced. The Bungwahl Green Machine skipping troupe also rose to fame with teacher Mr Greg Kelly, performing at Jump Rope for Heart, Education Week in Sydney and the School Spectacular.

Mrs Hobbs secured a \$65,000 Stephanie Alexander Kitchen Garden Program grant. With parent Nikki Dixon as Kitchen Garden specialist, the program flourished and won the United Nations School Environment Award in 2011.

Today, Bungwahl Public School continues its proud traditions of providing opportunities for every student. In 2019, students led by Mrs Sharon Ekins were invited to a red-carpet event in Sydney for a film they created to raise money for drought-affected farmers, where they met actor Bryan Brown.

Students continue to excel in sporting, academic and creative pursuits. Recent



achievements include a national ICAS award (International Competitions and Assessments for Schools), students reaching state finals in the Premier's Spelling Bee, and relay teams qualifying for state competition in swimming and athletics. The school's Kitchen Garden program continues to thrive, with Chef Sarah recently receiving a \$5,000 prize at the Kitchen Garden National Awards. The school also held three highly successful musicals and Bungwahl's Got Talent in the Bungwahl Hall, bringing the community together, and showing that here at Bungwahl - every student gets to shine!



Above and below left: Students, staff and families enjoyed egg & spoon races, and cake & flower stalls at Bungwahl Public School's Community Open Day. Photos by Mary Yule.

What's On club forster

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MONDAYS
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THURSDAY
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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

clothing Experience

Come on baby, light my fire!

24th October 2026

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



On Monday 21st September, students and staff dressed up in the period of 1876 and spent the day in the style of times gone by. They had treacle and damper for morning tea, a formal assembly in the morning with God Save the Queen, the English flag, and hand/face inspections. They also had lessons in old script handwriting and old-time games in the breaks. Photo supplied.

100 Years of Scouting!

1st Forster Tuncurry Scouts
1st Forster Tuncurry Scouts held a fun Open Day with activities, memorabilia and a BBQ to commemorate 100 years of scouting on Sunday 17 September. Photos by Georgie Yule.
Joeys meet Thursdays 5 - 6pm, for 5 to 8 yrs.
Cubs meet Mondays 5 - 6:30pm, for 8 to 11 yrs.
Scouts meet Thursdays 6:30 - 8:30pm, for 11 to 14 yrs.
Venturers meet Thursdays 6:30 - 8:30pm, for 14 to 18 yrs.
For more information please contact Group Leader Leanne Richardson: leanne.richardson@nsw.scouts.com.au



MIDCOAST SUSTAINABILITY CENTRE
Open Day

Join us for a day of learning, activities and useful information about waste, recycling and caring for our environment.

There'll be plenty to see and do, including:

- Waste facility tours and a garbage truck display
- Craft and recycled art stalls
- A DIY insect hotel activity
- Kids recycling workshops
- Landcare tree giveaway
- Treasure hunt

Entry is free. No need to register, simply turn up on the day. Scan the QR code for more information.



Thursday 8 October
9am - 1pm
Tuncurry Waste Management Centre

midcoast.nsw.gov.au/what's-on



The Grin Bin

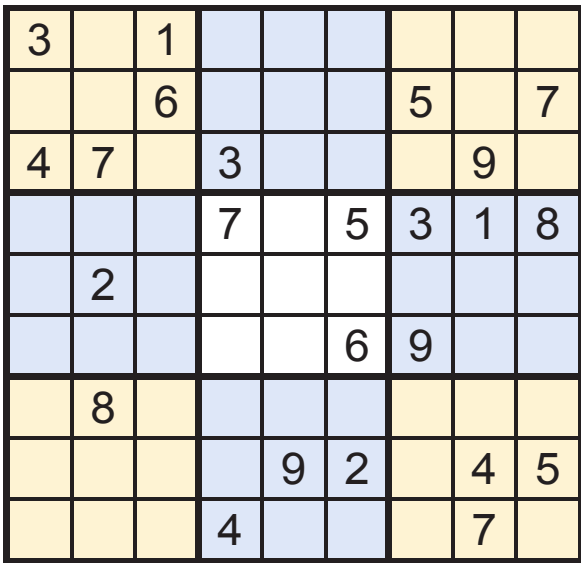


Doodley Squat



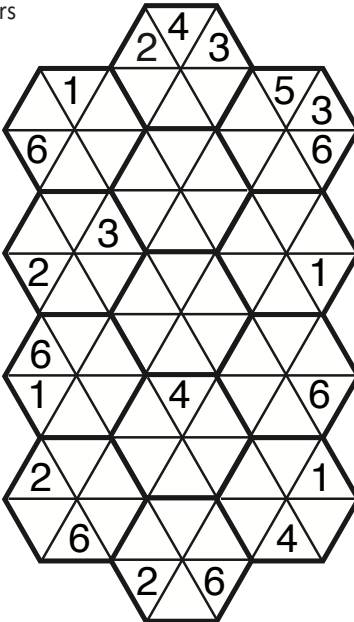
Sudoku

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

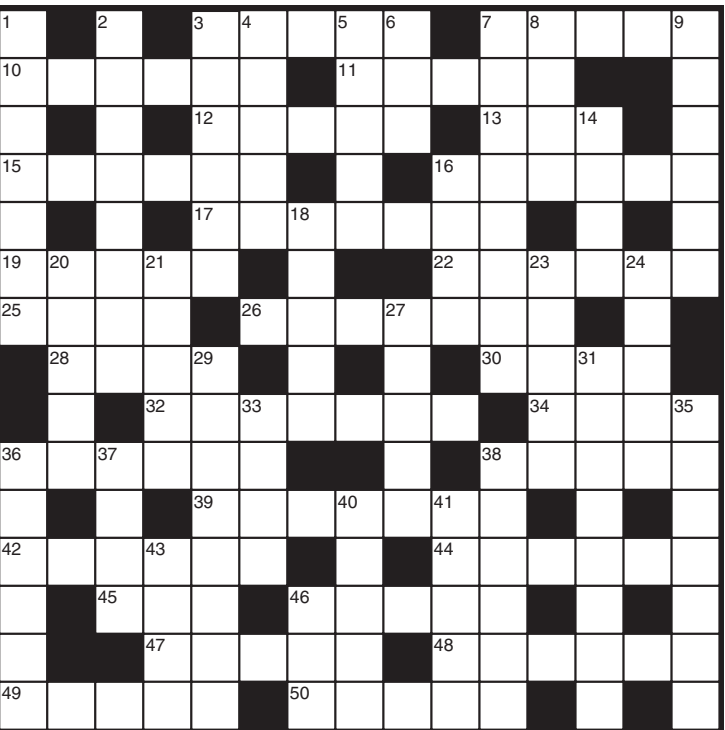


Quick Workout

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

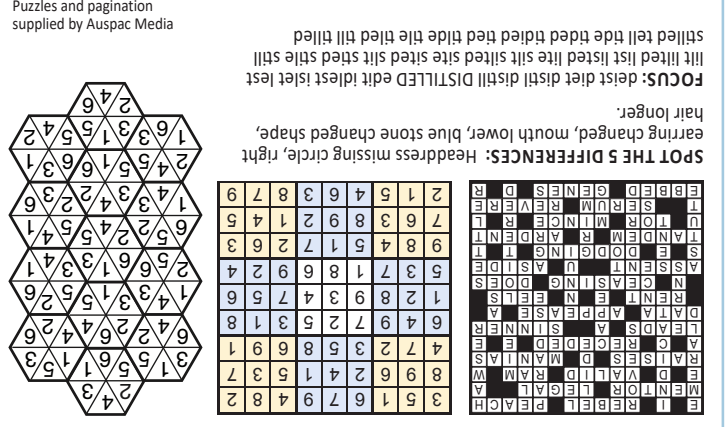


Crossword



- ACROSS**
- 3 Insurgent
 - 7 Fruit
 - 10 Wise counsellor
 - 11 Within the law
 - 12 Well-founded
 - 13 Male sheep
 - 15 Lifts up
 - 16 Crazes
 - 17 Moved back
 - 19 Clues
 - 22 Wrongdoer
 - 25 Facts given
 - 26 Satisfy
 - 28 Torn
 - 30 Slippery catches
 - 32 Stopping
 - 34 Brings about
 - 36 Express agreement
 - 38 Comment in undertone
- DOWN**
- 1 Gem
 - 2 Point out
 - 3 Wanderers
 - 4 Eface
 - 5 Omit in pronunciation
 - 6 Was ahead
 - 7 Heaven
 - 8 Dash
 - 9 Small mooring cable
 - 14 Bearing
 - 39 Evading
 - 42 Cycle for two
 - 44 Fiery
 - 45 Hill
 - 46 Chop fine
 - 47 Liquid part of blood
 - 48 Venerate
 - 49 Flowed back
 - 50 Units of inheritance
 - 16 Table-shaped hill
 - 18 Sleeveless garments
 - 20 Deserves
 - 21 Social event
 - 23 Requires
 - 24 Comforted
 - 27 Boredom
 - 29 Offered
 - 31 Tarried
 - 33 Minute particle
 - 35 Colonist
 - 36 Shrewd
 - 37 Transmitted
 - 38 Concurs
 - 40 Ingrained dirt
 - 41 Mother-of-pearl
 - 43 Prescribed amount
 - 46 Drinking vessel

Solutions



YOUR FORTNIGHTLY TV GUIDE September 30 - October 6

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.45 Grand Designs Transformations. 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 Class Clowns. 9.00 Crime Night. 9.35 Small Prophets. 10.05 Planet America. 10.35 News. 10.50 The Business. 11.55 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Dateline. 2.30 Insight. 3.35 The Cook Up. 4.05 Britain's Most Luxurious Train Journeys. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Elvis. The Colonel And The Mob. 9.30 Apollo Has Fallen. 10.25 SBS News. 10.55 The Old Man. 11.50 Liaison. 2.50 A Cold War Of Spies. 4.40 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Bridge Of Lies. Celebrity Specials. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 News Local. 7.30 The 1% Club UK. (PG) 8.30 A Taste For Murder. (M) 9.30 House Of Wellness. (PG) 10.30 The Agenda Setters. 11.30 Stumble. (PG) 12.00 The Fear Index. (MA15+) 1.00 Riviera. 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 Topknott: Wild On Water. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 8.40 Chefs Ahoy. 9.40 Travel Guides. (PG) 10.50 9News Late. 11.20 Sight Unseen. (M) 12.10 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 Linga. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Gogglebox Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.
THURSDAY	6.00 Morning Programs. 2.00 Back Roads. 2.30 Home Delivery. 3.00 Frankie Drake. 3.45 Grand Designs Transformations. 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. 10.15 News. 10.30 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. 2.00 1968: A Year Of War, Turmoil And Beyond. 3.10 The Cook Up. 3.40 1967: Summer Of Love. 4.35 Platting 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 Indiana Jones: In Pursuit Of An Icon. 10.25 SBS News. 10.55 Reyka. 11.55 Snow. 2.40 A Cold War Of Spies. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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) 8.30 Glenn And Mick's Celebrity Intervention. (M) 9.40 Unbelievable Moments Caught On Camera. (PG) 10.40 Unfiltered. (M) 11.10 Gatecrashers. 12.05 Attila The Hun. (M) 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 Chefs Ahoy. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 A Current Affair. 7.30 The Block. (PG) 8.45 Fatty: A Life Unscripted. (M) 10.55 9News Late. 11.25 Next Stop. 11.55 Tipping Point. (PG) 12.45 Pointless. (PG) 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 Linga. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Dog House Aust. (PG) 8.30 NCIS: Sydney. (M) 9.30 News. 10.30 Two And A Half Men. (M) 12.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Amanda & Alan's Italian Job. 10.30 Take 5. 11.00 Austin. 12.00 News. 1.00 Portrait Artist Of The Year. 1.45 The Cage. 2.35 Poh's Kitchen. 3.00 Murdoch Mysteries. 3.45 Grand Designs Transformations. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Death Valley. (PG) 9.05 Portrait Artist Of The Year. 9.50 Class Clowns. (PG) 10.25 News. 10.40 Crime Night! 11.15 Murdoch Mysteries. 12.00 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.55 The Truth About Anxiety With Celia Paquola. 3.00 Nula. 3.35 The Cook Up. 4.05 Structures Of Marvel: Medieval Paris. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Hotel Portofino. 8.35 WWII With Tom Hanks. 10.15 SBS News. 10.45 Spy/Master. 11.40 Darkness: Those Who Kill. 1.30 Wisting. 3.10 Sing To Remember: Defying Dementia. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Farmer Seeking Love. (2022) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Oppenheimer. (2023) (MA15+) Cillian Murphy, Emily Blunt. The life of physicist J. Robert Oppenheimer. 11.00 Get On Extra. 1.00 The Midwich Cuckoos. (MA15+) 2.00 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. 1.15 Destination WA. 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 Chateau DIY: Australia. 8.30 MOVIE: The Accountant. (2016) (MA15+) 11.00 See No Evil. (MA15+) 11.50 Tipping Point. (PG) 12.40 Pointless. (PG) 1.30 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 Linga. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Love It Or List It Australia. 8.30 Have You Been Paying Attention? (M) 9.30 News. 10.30 Two And A Half Men. (M) 12.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Beyond Paradise Christmas Special. 1.25 Father Brown. 2.10 Death Valley. 2.55 Griffin's Great Australian Rail Trip. 3.45 Take 5. 4.10 The Tony Blair Story. 5.05 Aust Story. 5.35 Landline. 6.05 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Beyond Paradise. (PG) 8.30 Father Brown. (PG) 9.15 Midsomer Murders. (M) 10.45 Doc Martin Christmas Special. (M) 11.55 Rage. (MA15+)	6.00 Morning Programs. 3.00 Gymnastics. Artistic Vault Challenge Cup. Hlights. 4.30 Churchill's Forgotten War. 5.25 Empire Builders: The Rust Belt. 6.30 News. 7.30 Jewels Of The Mediterranean. 8.20 The Lingham: Britain's First Grand Hotel. 9.20 Sagrada Familia: Gaudi's Challenge. 10.20 Cumbria: The Lakes & The Coast. 11.15 Signed, Theo Schoon. 1.05 And Then Came The Water. 3.00 Going Places. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Epsom Day And Turnbull Stakes Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Pitch Perfect. (2012) (M) 9.50 MOVIE: The Invention Of Lying. (2009) (M) 12.00 The Midwich Cuckoos. (MA15+) 1.30 Harry's Practice. 3.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Morning Programs. 2.00 Rugby League. Men's Exhibition Match. Papua New Guinea Kumuls v Prime Minister's XIII. 4.00 News. 5.30 Garden Gurus. 6.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 ACA. 7.30 MOVIE: Bohemian Rhapsody. (2018) 10.15 Freddie Mercury: A Secret Daughter. 11.45 Wild Cards. 12.35 Find My Country House Australia. 1.00 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands.	6.00 Morning Programs. 9.30 The Finish Line. 10.30 What's Up Down Under. 11.30 Deal Or No Deal. 12.00 Millionaire Hot Seat. 12.30 Shaun Micallef's Parents' Evening. 1.30 Bee Cause. 3.15 Griffin's Great Australian Rail Trip. 4.05 The Tony Blair Story. 4.55 Aust Trail: South Africa. 4.00 Linga. 5.00 News. 6.30 Gogglebox Aust. 7.30 Selling Houses Aust. 8.40 Love It Or List It Australia. 9.40 Love It Or List It: Brilliant Builds. 10.40 Ambulance Australia. 11.40 FBI. 12.40 Boston Blue. 1.30 Watson. 3.30 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.20 Portrait Artist Of The Year. 3.05 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 Father Brown. 10.45 MOVIE: Così. (1996) 12.20 Rage. 2.30 Midsomer Murders. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 12.00 PBS News Compass Points. 12.30 PBS Washington Week. 1.00 Speedweek. 3.00 Going Places. 4.00 The Last Violin. 5.25 Empire Builders: The Rust Belt. 6.30 News. 7.30 Roman Empire By Train With Alice Roberts. 8.25 Ancient Superstructures. 9.25 Cleopatra: Cracking The Enigma. 10.25 Royal Autopsy. 11.20 Australia's Health Revolution. 2.40 Wales: Land Of The Wild. 4.30 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 1.00 Football. AFL Women's, North Melbourne v Sydney. 3.00 Jabba's Movies School Holiday Special. 3.30 Border Security: Int. 4.00 Better Homes. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 The Royal Edinburgh Military Tattoo. 9.10 MOVIE: The Bee Gees: How Can You Mend A Broken Heart. (2020) 11.40 24 Hours In Police Custody. 12.20 Pure Genius. 1.35 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Hashtag Proposal. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 9.10 Australian Crime Stories: The Investigators. (M) 10.10 9News Late. 10.40 Outback Opal Hunters. (PG) 11.40 Footy Furnace Trade Show. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Australia By Design: Architecture. 8.30 Food Trail: South Africa. 9.00 Pooches At Play. 9.30 GCBC. 10.00 Mixed Martial Arts. UFC 332 Prelims. 12.00 Farm To Fork. 12.30 Deal Or No Deal. 1.00 Millionaire Hot Seat. 1.30 Exploring Off The Grid. 2.00 Gogglebox Aust. 3.00 The Finish Line. 4.00 Linga. 5.00 News. 6.30 10 News+. 7.00 Gogglebox Aust. 8.00 The Graham Norton Show. 9.00 Shaun Micallef's Parents' Evening. 10.00 FBI. 12.00 10 News+. 12.30 Shopping.
MONDAY	6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.40 Grand Designs Transformations. 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. 10.10 Foreign Correspondent. 10.40 News. 10.55 The Business. 11.10 Murdoch Mysteries. 12.00 Long Lost Family. 12.45 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 2.00 Peace Wilderness Man. 2.45 The Cook Up. 3.20 Oleg: The Oleg Vidov Story. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Jury: Skeleton In The Garden. 8.30 24 Hours In Emergency. 9.25 8 Out Of 10 Cats. 10.15 SBS News. 10.45 Black Sands. 11.35 MOVIE: Chuparrosa. (2024) 11.50 Soccer. FIFA ASEAN Cup. Third place playoff. 3.00 Going Places. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.05 The Rookie. (M) 10.05 The Agenda Setters: Rugby League. 11.05 The Agenda Setters. 12.05 Soccer. (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 MOVIE: Hashtag Proposal. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 9.10 Australian Crime Stories: The Investigators. (M) 10.10 9News Late. 10.40 Outback Opal Hunters. (PG) 11.40 Footy Furnace Trade Show. 12.30 Tipping Point. 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 Linga. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Shaun Micallef's Parents' Evening. 8.40 Have You Been Paying Attention? 9.40 MOVIE: Cop This. (2026) 11.20 News. 12.20 Two And A Half Men. 1.00 Shopping.
TUESDAY	6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.45 Grand Designs Transformations. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 The Tony Blair Story. 9.25 It Was Actually There. 9.55 Take 5. 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.55 Media Watch. 12.10 Murdoch Mysteries. 12.55 Long Lost Family. 1.45 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 3.00 Going Places. 3.40 The Cook Up. 4.10 Julia Bradbury's Irish Journey. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Jury: Skeleton In The Garden. 8.30 9.30 Dateline. 10.00 SBS News. 10.30 The Point. 11.25 Mussolini: Son Of The Century. 12.25 The Vanishing Triangle. 3.00 Endurance: Race The Pole. 3.55 The World's Most Remote Hotels. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Bridge Of Lies. Celebrity Specials. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.05 Off The Grid With Colin And Manu. (PG) 10.05 The Amazing Race. (PG) 11.35 Happy's Place. (PG) 12.05 The Path. (MA15+) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Find My Country House Australia. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. 8.45 1 Euro House. 9.45 Topknott: Wild On Water. 10.45 9News Late. 11.15 The Assassination Of Gianni Versace: American Crime Story. 12.05 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Garden Gurus. 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 Linga. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Sydney Harbour Cops. 8.30 The Cheap Seats. (M) 9.30 News. 10.30 Two And A Half Men. (M) 12.00 Shopping.

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October 7 - 13					
ABCTV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.45 Grand Designs Transformations. 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 Class Clowns. 9.00 Crime Night! 9.35 Small Prophets. 10.05 Planet America. 10.40 News. 10.55 The Business. 11.10 The Cage. 11.55 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 2.00 Dateline. 2.30 Insight. 3.35 The Cook Up. 4.10 Julia Bradbury's Irish Journey. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Jury: Skeleton In The Garden. 8.30 7.00 Up. 9.55 Apollo Has Fallen. 10.45 SBS News. 11.15 The Old Man. 12.00 Liaison. 3.00 Endurance: Race The Pole. 3.55 The World's Most Remote Hotels. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Bridge Of Lies: Celebrity Specials. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News Local. 7.00 Home And Away. 7.30 My Kitchen Rules. (PG) 9.05 A Taste For Murder. (M) 10.05 House Of Wellness. (PG) 11.05 The Agenda Setters. 12.05 Riviera. (MA15+) 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 The Block. (PG) 8.40 Chefs Ahoy. 9.40 TBA. 10.40 9News Late. 11.10 Sight Unseen. (M) 12.00 Footy Furnace Trade Show. 1.00 Drive Review. 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 Linga. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 The Celebrity Traitors UK. 9.10 Boston Blue. (M) 10.10 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	WEDNESDAY
6.00 Morning Programs. 2.00 Back Roads. 2.30 You Can't Ask That. 3.00 Frankie Drake. 3.45 Grand Designs Transformations. 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. 10.15 News. 10.50 The Business. 11.05 Death Valley. 11.50 Frankie Drake. 12.40 Long Lost Family. 1.25 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 The Jury: Skeleton In The Garden. 3.00 The Film I'll Never See. 3.35 The Cook Up. 4.10 Julia Bradbury's Irish Journey. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Tucci In Italy. 8.25 Inside Sydney Fish Market. 10.25 SBS News. 10.55 Cry Wolf. 11.15 Snow. 12.25 Endurance: Race The Pole. 3.20 The World's Most Remote Hotels. 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) 8.30 Glenn And Mick's Celebrity Intervention. (M) 9.40 Unbelievable Moments Caught On Camera. (PG) 10.40 Unfiltered. (M) 11.10 Gatecrashers. 12.10 Attila The Hun. (M) 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 Chefs Ahoy. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. (PG) 8.40 Paramedics. (M) 9.40 RPA. (PG) 10.40 9News Late. 11.10 Chicago Med. (MA15+) 12.00 Tipping Point. (PG) 1.00 Next Stop. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Everyday Gourmet. 8.00 Linga. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 11.00 Taskmaster Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 The Celebrity Traitors UK. 8.50 NCIS: Sydney. 9.50 News. 10.50 Sports Tonight! The Weekly Kick-Off. 11.20 Two And A Half Men. 12.30 Shopping.	THURSDAY
6.00 News Breakfast. 9.00 News. 10.00 Amanda & Alan's Italian Job. 10.30 Take 5. 11.00 Austin. 12.00 News. 1.00 Portrait Artist Of The Year. 1.50 The Cage. 2.35 Poh's Kitchen. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Death Valley. (PG) 9.05 Portrait Artist Of The Year. 9.55 Portrait Artist Of The Year. 10.25 News. 10.40 Crime Night! 11.15 Murdoch Mysteries. 12.00 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Jury: Skeleton In The Garden. 3.00 Nula. 3.35 The Cook Up. 4.10 Julia Bradbury's Irish Journey. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Hotel Portofino. 8.35 Tom Hanks: The Ordinary Hero. 9.35 Queens That Changed The World. 10.30 SBS News. 11.00 Spy/Master. 11.55 Darkness: Those Who Kill. 1.45 Wisting. 3.25 The World's Most Remote Hotels. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 Motor Racing. Supercars C'ship. Bathurst 1000. Practice session. 12.00 Motor Racing. Supercars C'ship. Bathurst 1000. Practice session, supports and qualifying. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: The Dressmaker. (2015) (M) Kate Winslet. 11.00 Get On Extra. 11.20 To Be Advised. 12.55 Janis Joplin. (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 Topknotz: Wild On Water. 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 Chateau DIY: Australia. 8.30 MOVIE: The Intern. (2015) (M) Robert De Niro. 11.00 See No Evil. (MA15+) 11.50 Tipping Point. (PG) 12.40 Pointless. (PG) 1.30 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 Linga. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 11.00 Taskmaster Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 The Celebrity Traitors UK. 9.10 Boston Blue. (M) 10.10 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	FRIDAY
6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Beyond Paradise Christmas Special. 1.25 Father Brown. 2.15 Death Valley. 2.50 Griffin's Great Australian Rail Trip. 3.45 Take 5. 4.10 The Tony Blair Story. 5.05 Aust Story. 5.35 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 News. 7.30 Beyond Paradise. (PG) 8.30 Lynley. (M) 10.00 Darby And Joan. (PG) 10.45 Farewell Doc Martin. (M) 11.30 Rage. (MA15+)	6.00 Morning Programs. 9.05 Puppy Secrets: The First Six Months. 10.05 Icons Of The 1960s. 11.00 Beyond Paradise Christmas Special. 12.00 France 24. 1.00 PBS News. 2.00 Cycling. UCI gravel World C'ship. Elite Women. 6.00 Guillaume's Paris. 6.30 News. 7.30 Holyroodhouse: A Royal Residence. 8.25 The Lingham: Britain's First Grand Hotel. 9.20 The Jury: Skeleton In The Garden. 10.20 Cumbria: The Lakes & The Coast. 11.15 Signed, Theo Schoon. 1.05 And Then Came The Water. 3.00 Going Places. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 10.00 Motor Racing. Supercars C'ship. Bathurst 1000. Practice session. 11.00 Motor Racing. Supercars C'ship. Bathurst 1000. Practice session and support races. 4.30 Motor Racing. Supercars C'ship. Bathurst 1000. Top 10 shootout. 6.00 News. 7.00 Turis To Paradise. 8.00 MOVIE: Gran Turismo: Based On A True Story. (2023) 10.50 MOVIE: Ford V Holden. (2023) 1.00 Motor Racing. Supercars C'ship. Bathurst 1000. Top 10 shootout. 2.30 Shopping. 4.00 It's Academic. 5.00 House Of Wellness.	6.00 Morning Programs. 2.00 Wide World Of Sports. 11.00 Cross Country. 11.30 One Tank Holiday. 12.00 GolfBarons. 12.30 Drive TV. 1.00 Tasman Trails. 2.00 Conquering Breast Cancer. 4.00 Journey To The Southern Great Barrier Reef. 5.00 News. 6.00 9News Sunday. 7.00 9News RBT. 6.00 9News Sunday. 7.00 The Block. 8.40 60 Minutes. 9.40 Scrublands. 10.40 9News Late. 11.10 The First 48. 12.00 Australia's Top Ten Of Everything. 1.00 One Tank Holiday. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 10.30 What's Up Down Under. 11.30 Deal Or No Deal. 12.00 Millionaire Hot Seat. 12.30 Shaun Micallef's Parents' Evening. 1.30 Bee Cause. 3.15 Griffin's Great Australian Rail Trip. 4.05 The Tony Blair Story. 4.55 Aust Trail: South Africa. 4.00 Linga. 5.00 News. 6.30 Gogglebox Aust. 7.30 Selling Houses Aust. 8.40 Love It Or List It Australia. 9.40 Love It Or List It: Brilliant Builds. 10.40 Ambulance Australia. 11.40 FBI. 12.40 Boston Blue. 1.30 Watson. 3.30 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 10.30 Afghanistan 25 Year Commemoration. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.15 Portrait Artist Of The Year. 3.05 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 Recipe Of The Year. 8.20 Duffell. 9.15 The Forsytes. 10.05 Lynley. 11.30 Rage. 2.45 Dr Ann's Secret Lives. 3.15 Darby And Joan. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 11.05 Icons Of Auto. 12.00 PBS News Compass Points. 12.30 PBS Washington Week. 1.00 Cycling. UCI gravel World C'ship. Elite Men. 6.00 Guillaume's Paris. 6.30 News. 7.30 Roman Empire By Train With Alice Roberts. 8.25 Ancient Superstructures. 9.25 Cleopatra: Cracking The Enigma. 10.30 Royal Autopsies. 11.20 MOVIE: Whitney. Can I Be Me? (2017) 11.15 Kennedy. 4.30 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 NBC Today. 7.00 Motor Racing. Supercars C'ship. Bathurst 1000. Supports and warm-up. 1.00 Motor Racing. Supercars C'ship. Bathurst 1000. Build up and race. 6.00 News. 7.00 Glenn And Mick's Celebrity Intervention. (PG) 8.00 70 Years Of 7. 10.00 The Girl Who Bought A Killer. (MA15+) 11.15 24 Hours In Police Custody. (MA15+) 12.15 Pure Genius. (M) 1.15 Harry's Practice. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 10.00 Wide World Of Sports. 11.00 Cross Country. 11.30 One Tank Holiday. 12.00 GolfBarons. 12.30 Drive TV. 1.00 Tasman Trails. 2.00 Conquering Breast Cancer. 4.00 Journey To The Southern Great Barrier Reef. 5.00 News. 6.00 9News Sunday. 7.00 The Block. 8.40 60 Minutes. 9.40 Scrublands. 10.40 9News Late. 11.10 The First 48. 12.00 Australia's Top Ten Of Everything. 1.00 One Tank Holiday. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Buy To Build. 9.00 Pooches At Play. 9.30 GCBG. 10.00 Farm To Fork. 10.30 Well Traveller. 11.00 Intrepid Adventures. 11.30 Building The Dream. 12.30 Deal Or No Deal. 1.00 Millionaire Hot Seat. 1.30 Exploring Off The Grid. 2.00 Gogglebox Aust. 3.00 The Finish Line. 4.00 Linga. 5.00 News. 6.30 9News. 7.00 Gogglebox Aust. 8.30 The Graham Norton Show. 9.00 Shaun Micallef's Parents' Evening. 10.00 FBI: International. 12.00 10 News. 12.30 Shopping.	SUNDAY
6.00 Morning Programs. 2.00 Parliament. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.05 Forensic Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.50 Long Lost Family. 12.40 Parliament. 1.40 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Secret Lives Of The Roman Emperors. 3.10 Language Of Light. 3.40 The Cook Up. 4.10 The Welsh Valley That Won The Lottery. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Jury: Skeleton In The Garden. 8.35 24 Hours In Emergency. 9.30 Out Of 10 Cats. 10.25 SBS News. 10.55 Black Sands. 12.45 Something Undone. 3.05 Wales: Land Of The Wild. 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 TBA. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. 7.30 My Kitchen Rules. (PG) 9.10 The Rookie. (M) 10.10 The Agenda Setters: Rugby League. 11.10 The Agenda Setters. 12.10 Transplant. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Getaway. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. 8.45 Australian Crime Stories: The Investigators. 9.55 9News Late. 10.25 Outback Opal Hunters. 11.25 Footy Furnace Trade Show. 12.20 Tipping Point. 1.10 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 11.00 Taskmaster Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Shaun Micallef's Parents' Evening. 8.40 Have You Been Paying Attention? 9.40 News. 10.40 Australian True Crime With Mesheal Laurie. 11.40 Two And A Half Men. 1.00 Shopping.	MONDAY
6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 The State Of Man. 8.50 9News. 9.20 Media Watch. 9.35 Planet America. 10.05 Forensic Correspondent. 10.35 News. 10.50 The Business. 11.10 Murdoch Mysteries. 11.50 Long Lost Family. 12.40 Parliament. 1.40 Rage. 2.40 Gardening Aust. 3.40 Love Your Garden. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 3.00 Language Of Light. 3.35 The Cook Up. 4.10 The Scottish Island That Won The Lottery. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Jury: Skeleton In The Garden. 8.35 Titanic: The Digital Resurrection. 9.55 SBS News. 10.25 The Point. 11.25 Mussolini: Son Of The Century. 12.25 The Vanishing Triangle. 3.00 Prince's Master Crafters Next Generation. 3.50 The World's Most Remote Hotels. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Bridge Of Lies: Celebrity Specials. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. 7.30 My Kitchen Rules. (PG) 9.10 Out The Grid With Colin And Manu. (M) 10.10 The Amazing Race. (PG) 11.40 Happy's Place. (PG) 12.10 The Path. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.15 Getaway. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 The Block. 8.45 Australian Crime Story: The Assassination Of Gianni Versace: American Crime Story. 12.10 Tipping Point. 1.05 Cross Country. 1.30 TV Shop. 2.30 Garden Gurus. 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 Linga. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 11.00 Shaun Micallef's Parents' Evening. 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 Linga. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Sydney Harbour Cops. 8.30 The Cheap Seats. (M) 9.30 News. 10.30 Two And A Half Men. (M) 12.00 Shopping.	TUESDAY

What's on around town & beyond!

Local Calendar

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

October

Open now until 25 Oct - Spring & Sprung Exhibition, Open Fri, Sat & Sun 10am to 4pm at Forster Gallery on Lake St
(See advertisement on next pages)

Sat 3 Oct - Meet the Makers
9am to 3pm at Forster Arts & Crafts on Breeze Pd, Forster. Displays and demonstrations from local artists. (See ad on this page)

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 Bowling Club Enquiries Lorraine 0410 588 736

Fri 9 Oct - Free movie 'How to Train Your Dragon' at the Tanks, Forster. Live entertainment from 5:30pm, with film to commence at sundown. Hosted by NP

Sat 10 Oct - Great Lakes Mental Health & Wellness EXPO, 10am - 1pm at Forster Civic Centre on Lake St. Free entry. (See advertisement opposite page)

Sat 10 Oct - Forster Spring Market
8am to 3pm local businesses, community groups, artists and performers on Wharf St, Forster. (See advertisement opposite page)

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

Sat 17 Oct - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St. Enquiries: Linda 0421 347 273

Sat 24 Oct - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry. Enquiries: Anne 0417 400 994

Daylight Saving Time starts
Sunday 4th October



When local standard time is about to reach Sunday 4 October 2026, 2:00am clocks are turned forward 1 hour to 3:00am, local daylight time instead.

Sunrise and sunset will be about 1 hour later on 4 Oct 2026 than the day before. There will be more light in the evening and less light in the morning.

www.timeanddate.com

School holiday sailing adventures at Coomba Aquatic Club!



Coomba Aquatic Club

Give your kids a fun and confidence-building adventure on the water these school holidays with the Junior Learn to Sail morning at Coomba Aquatic Club.

Held on Tuesday 6 October, this relaxed morning session introduces children to the basics of sailing in a safe, supportive environment on the calm waters of Wallis Lake.

Our qualified volunteer instructors guide young sailors through essential skills including boat rigging and handling, wind awareness, water safety and teamwork. All equipment and lifejackets are provided, and no previous sailing experience is required. It's an ideal way for kids to enjoy the outdoors, learn something new, and make friends during the holidays.

The session is followed by a sausage sizzle for lunch.

Date: Tuesday 6 October

Time: 9:00am-12:00pm

Ages: 7-17 years

Cost: Free/gold coin donation

Bookings essential: Craig 0414 596 247



Volunteers wanted - help local kids learn to sail!

Coomba Aquatic Club is running its popular School Holiday Learn to Sail Program and we're looking for enthusiastic volunteers to help make it happen. No sailing experience needed - just a friendly attitude and a willingness to lend a hand.

If you can spare a few hours on 6th October, you'll be helping local kids gain confidence, skills, and a love of the water.

To volunteer, please contact me today. Be part of something great for our community.

Regards, Craig - CAC Sailing Manager
foradventuresake@yahoo.com
0414 596 247

Meet the Makers – 3 October



Forster Arts & Craft Society

The Forster Arts and Craft Society will be holding their very popular Meet the Makers Day on Saturday 3rd October at the Forster Arts and Craft Building in Breeze Parade Forster from 9am to 4pm. Come and take the

opportunity to meet the makers of the wonderful crafts and pottery that is available at the Centre.

Available to purchase on the day will be tea/coffee, cakes, slices and scones.

There will be a SALE table with marked down stock and a huge amount of sewing/quilting material available at very cheap prices.

Take the opportunity to speak to members about their crafts and enquire as to the availability of classes. Demonstrations of mosaics, pottery, embroidery,

knitting, crocheting, porcelain painting, card making, quilt making, beading and jewellery making will all be available.

Come and introduce yourself, the members look forward to meeting you. (See ad below)



FORSTER ARTS & CRAFTS - BREEZE PARADE SATURDAY 3rd OCTOBER, 2026

OPEN DAY TO
MEET THE MAKERS



9AM - 3PM FREE ENTRY
TEA/COFFEE + CAKE/SCONES - \$5

ENJOY BROWSING IN OUR CENTRE WITH DEMONSTRATIONS THROUGHOUT THE DAY OF VARIOUS CRAFTS & THE OPPORTUNITY TO MEET THE MAKER OF YOUR FAVOURITE ONE. YOU CAN ALSO SIGN UP FOR ONE OF OUR CURRENT WORKSHOPS.

ALL OUR CRAFTS ARE OF THE HIGHEST QUALITY, MADE LOCALLY & MAKE EXCELLENT GIFTS THAT ARE UNIQUE & CRAFTED WITH LOVE.

What's on around town & beyond!

Two neighbouring free events in Forster on Saturday 10 October

Great Lakes Mental Health & Wellness EXPO



(L-R) Mel Lightfoot, Jan Smeaton, Tim Daly, Mark Davies, Annie & Grant Maxwell, Terry Green & Alyse Gray.

Great Lakes Suicide Prevention Network

The Great Lakes Suicide Prevention Network (GLSPN) are a group of local volunteers. Our vision is to grow as one community by bringing awareness and to help prevent suicide by encouraging greater connection and wellbeing between all individuals and cultures in the Great Lakes Community.

We do this in a variety of ways – including having stalls at some local markets and sporting events (eg The Viking Challenge) and having free info "sample bags" available.

We are hosting, alongside MidCoast Council, a Great Lakes Mental Health and Wellness Expo on Saturday the 10th of October at the Forster Civic Centre (next to the Forster Library).

Become a Stall Holder

We invite local organisations, community groups, health and wellbeing providers,

businesses and service providers to be part of the Great Lakes Mental Health & Wellness Expo.

The Expo is an opportunity to showcase the services, programs, activities and resources available in our local community and help people discover what's good for their mental health and wellbeing.

Stall Fee: For just \$30 per stall, your organisation can have a dedicated space at the Expo to promote your services and connect with the community.

Spaces are limited, so early registration is encouraged. Register here: <https://form.jotform.com/GLSPN/MHWEXPO26> or scan the QR Code on right.



Great Lakes Mental Health and Wellness EXPO

SERVICES - COMMUNITY GROUPS - INFORMATION - CONVERSATIONS

WELCOME

POSITIVITY

MENTAL HEALTH

SELF CARE

FRIENDSHIP

WELLBEING

HOPE

KNOWLEDGE

SUPPORT

COMMUNITY

LISTENING

CONNECTION

COMPASSION

Saturday Oct 10th 10am - 1pm

Forster Civic Centre FREE ENTRY

MIDCOAST council

Celebrating World Mental Health Day Oct 10th

GREAT LAKES SUICIDE PREVENTION NETWORK

Spring Festival - a celebration of all things local!



Above: The Spring Festival is a free family friendly event along Wharf Street from 8am to 3pm on Saturday 10 October.

Forster Tuncurry Business Chamber

From corner Head Street to Beach Street, Wharf Street, Forster will be shut off from traffic, a stage is set up corner Beach and Wharf Street, and market stalls will be operating all along the middle strip of Wharf Street.

The Forster-Tuncurry Business Chamber is excited to host our third annual Wharf Street Spring Festival on Saturday, October 10th 2026, from 8.00am - 3.00pm on Wharf Street, Forster.

The Spring Festival is a free, family friendly and alcohol-free community event celebrating

everything that makes Forster Tuncurry special. The day will bring together local businesses, community groups, artists, performers and entertainers, with around 5,000 visitors expected.

On stage we will see Hudson Rose, Cassie Corder, Imogen Scarlett, and Patrick Hayes perform, while we have a wide range of stall holders, food trucks, and children's entertainment planned.

(See advertisement below)

LIVE MUSIC

MARKET STALLS

KIDS AREA

WHARF ST SHOPS + DINING

FOOD TRUCKS

SATURDAY 10TH OCT 2026
8AM - 3PM · WHARF ST, FORSTER

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Forster Tuncurry Business Chamber

What's on around town & beyond!

Author Talk

MidCoast Libraries

Award-winning Melbourne author Anne Freeman will visit Forster Library on Wednesday 7 October at 4.00pm to discuss her acclaimed new novel, *The Time After Now*, an Own Voices portrayal of disability that explores the ripple effects of decisions made in our youth.

Drawing on her own lived experience of type 1 diabetes, Freeman will speak about transforming personal history into fiction, the importance of authentic representation, and why readers are increasingly seeking stories told by those with lived experience.

The conversation will also explore the long shadow of youth, how choices made decades earlier continue to shape our lives, the power and permanence of digital images, and the novel's central theme of radical self-acceptance.

Set between present-day suburbia and Melbourne's post-millennium underground rave scene, *The Time After Now* follows Olivia, who's carefully constructed life begins to unravel when intimate photographs from her past resurface after the sudden death of her first love.

What: Author talk with Anne Freeman

When: Wednesday 7 October, 4.00pm

Where: Forster Library

The event is free, but bookings are recommended:

<https://library.midcoast.nsw.gov.au/Spydus/Anne-Freeman-Author-Event-10606075>

Spring is sprung at Forster Gallery

By Elizabeth Ho – Forster Gallery

Forster Gallery celebrates spring with the opening of the Spring is Sprung exhibition—a vibrant celebration of renewal, colour and community. The exhibition showcases works in a wide variety of mediums with some stunning pieces that might just tempt you to brighten up your décor or office space with an early Christmas present!

The exhibition also marks a significant transition for the gallery. We farewell President Christine Rands, whose superb leadership has steered the gallery through a major renovation and a period of strategic growth. Christine established a strong committee of volunteers and dedicated subcommittees that have formalised operations and positioned the gallery as a welcoming, inclusive space for artists, teachers, members and visitors.

We are thrilled to welcome Binnie Moore as incoming President. "I am delighted to accept this challenging new role," said Binnie, "I am inspired to honour the legacy that has been accomplished by those before me, and look forward to working closely with all our artists, committee and members."

Forster Gallery is a valuable community asset where professionalism and creativity meet, a special space for local artists to gather and learn new skills. New classes and workshops are available so if you have been considering taking up art or want to brush up old skills, now is the time to look at what Forster Gallery has to offer you. Go to our website which is easy to navigate and see what classes and workshops are available and make your booking to put a spring in you step!

Find Forster Gallery at 34 Lake Street – just look for the big paintbrush on the building! While you're browsing, Terry Johnstone's "Honey Bee Gathering" is being raffled at this exhibition. Purchase some tickets and you might just get lucky!

Parking is onsite and the gallery is disability friendly. Open Friday – Sunday 10am to 4pm



Above: Terry Johnstone's "Honey Bee Gathering" is being raffled at this exhibition.

and when the flags are flying. Find our classes at www.forstergallery.org



Incoming President Binnie Moore.

Spring is Sprung Exhibition
19 September – 25 October 2026



FORSTER GALLERY

34 Lake St, Forster

Open Fri, Sat and Sun 10am – 4pm or when the flags are flying

All works for sale — Entry free

www.forstergallery.org

What's on around town & beyond!

Big Book Arvo 10th Anniversary Event



Big Book Arvo Committee

Final plans are in hand for this year's Big Book Arvo at Club Forster on Saturday, 24th October at 2pm. We are thrilled to celebrate our 10th birthday with a powerful theme: Reimagined.

In keeping with our theme of the reimagined, we have three great books for discussion;

- Barbara Kingsolver's *Demon Copperhead* reimagines Dickens's *David Copperfield* through Damon Fields.

- Percival Everett's *James* reimagines Mark Twain's *Huckleberry Finn* from the perspective of the enslaved Jim.

- Maggie O'Farrell's *Hamnet* imagines the brief life and tragic loss of William Shakespeare's eleven-year-old son, Hamnet, who dies of the bubonic plague in 1596 Stratford-upon-Avon.

You can come along and celebrate 10 years of Big Book Arvo and enjoy the discussion without having read any of

the books. Entry is still \$20 and gives you a seat in the discussion and an excellent afternoon tea.

You can buy tickets at Humanitix (search for Big Book Arvo) or use the QR code. Tickets will also be available at the door on the day.

We hope to see you there to celebrate a decade of great books!



Marpa Buddhist Centre celebrates 30 Years of Dharma



Above: The Marpa Buddhist Centre in Tuncurry has been facilitating meditation courses, inviting teachers to The Great Lakes and Manning region since 1996.

Marpa Buddhist Centre

The Marpa Buddhist Centre in Tuncurry is delighted to announce a special anniversary weekend on 10–11 October 2026, celebrating three decades of bringing authentic Buddhist teachings to the Mid Coast region. There will also be a public talk on Friday evening at 7pm at Forster Yoga Studio on Transforming the Mind.

The weekend event, themed "How Much We Have Changed Through Dharma and Still Changing," will bring together three pivotal regional teachers: Scott Probst, Tin Nu, and Lama Choedak Rinpoche. Together, they will share personal insights into how their spiritual journeys have evolved and continue to transform.

The featured teachers have each played a foundational role in the local Buddhist community:

- Scott Probst introduced the region to Buddhism in the mid-1990s, running numerous "Introduction to Buddhism" courses through Adult Education in Taree and Tuncurry.
- Tin Nu pioneered identical educational paths in the Camden Haven region, coordinates a regular group in Kendall, and returns to the Marpa gampa annually to share her Burmese-style practice.
- Lama Choedak Rinpoche first taught in the Forster Public School library in 1996, coinciding with the founding of the Marpa Centre. He

continues to visit twice a year to sustain Tibetan Vajrayana teachings and Calm Abiding meditation.

The celebration kicks off with an introductory session, followed by individual teachings from each guest. A highlight of the weekend will be a collaborative panel discussion featuring all three teachers, concluding with a live Q&A session where the audience can engage directly with the speakers.

In addition to adult teachings, the weekend features a dedicated children's program led by Bess on both days, designed to offer engaging activities for younger attendees.

Whether you are a long-time practitioner or simply curious about meditation and philosophy, the Marpa Buddhist Centre invites everyone to dust off their spiritually enquiring minds and attend.

Saturday 10 Oct

9.00am Welcome to country by Jye & Leyla
9.10-20am Praise to the Buddha
9.20am Introductory panel with speakers
10.00am Scott Probst on the theme
11.00am Tin on the Theme
12.00pm Lunch (bring a plate)
2.00pm Activity with Children Bess
3.00pm Rinpoche on the theme
4.00pm Soor Practice
5.30pm Dinner at restaurant

Sunday 11 Oct

9.00am Calm Abiding Meditation
9.30am Praise to 21 Taras
10.00am Life of the Buddha Part I Rinpoche
11.00am Break
11.30am Life of the Buddha Part II Rinpoche
12.00pm Lunch
2.00pm Activity with children Bess
3.00pm Chenrezig Practice
4.00pm Q & A with the Panel
5.30pm Dinner at Pete & Jen's
(See advertisement below)

Marpa Buddhist Centre 30th Anniversary Celebration

10 -11 October 2026
Admission by voluntary donation (Dana)

Contact Peter Morgan
04 0992 8658

pandjmorgan@ozemail.com.au
218 The Lakes Way Tuncurry



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Tickets \$25 per person
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Online booking fees apply

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& Mediumship Readings!

Q&A opportunity

FRIDAY 16 OCTOBER
Doors open 7pm for an 7.30pm Show
Tickets \$55 per person
Book NOW at reception or online via Sticky Tickets
Online booking fees apply

MELBOURNE CUP
luncheon
The Bad 80s BAND

2 Course LUNCH included

TUESDAY 03 NOVEMBER
Doors open 11.30am for a 12noon Lunch
Tickets \$55 per person
Book NOW at reception or online via Sticky Tickets

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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

Australian company but not Australian products?

On a recent Jetstar flight, we discovered that the orange and apple juice on the Golden Circle carton said, "minimum 5% Australian product". I later discovered that Golden Circle is no longer Australian owned but owned by Kraft/Heinz.

I wrote to Qantas asking for an explanation but have not received any. That an Australian company should disregard buying Australian is to me, appalling and I said so.

John King - Boomerang Beach

Development at 1 Hadley Street, Forster

There has been some success for local residents, as Elluisa Close will no longer be used to access the carpark for the proposed Hadley Street development.

However, previous concerns have not been adequately addressed - being the scale of the auditorium with 380 seating (only 25% less than Manning Entertainment Centre), parking, overflow, noise, lighting, operation hours, auditorium for hire and impact on the neighbourhood's liveability. Apart from Taree or Port Macquarie, this would be one of the largest function centres on the north coast.

Most residents in nearby Lake, Lincoln, Palmer, Head and Hadley Street were unaware of this project and were only alerted by our letter-drop (not by council). One lady said that it's just like having another RSL club being built.

Assumptions used in the noise and traffic reports also raise concerns.

Documents obtained through Freedom of Information (FOI) show council's opinion on the significance of the C2 (E2) zoned land [C2 (E2) is zoned land in New South Wales designated for Environmental Conservation]. They are clear that this area of bushland should be preserved (excerpt samples below). So, why has this Development Application (DA), in its current scale and impact, not already been rejected as it now proposes to remove C2 zoned bush for a car park and Asset Projection Zone (APZ)?

MidCoast Council is currently awaiting state government sign-off of the revised Local

Environmental Plan (LEP), which would prohibit a car park in C2 zoned land. Is this DA being pushed through to avoid the revised LEP?

The Elluisa Close & District Residential Group

Council development assessment correspondence (dated 20/6/2017 and verified by Forster Fortnightly)

Ecology

The E2 zoned land supports rainforest vegetation which is listed as an endangered ecological community (EEC). This area has high significance and ecological value. Establishment of the eastern carpark in this area is likely to have a significant impact and is unlikely to be supported.

General

In general development of the E2 zone is not supported, particularly where significant tracts of vegetation exist.

Council email correspondence dated 17/7/2020 (verified by Forster Fortnightly)

"I cannot over-emphasise the importance on this site to preserve/maintain the outcomes for the littoral rainforest community."

"There is simply too much development in this available space. This may represent an over-development given the constraints."

"I think the layouts as provided intrude too far and too detrimentally within the littoral rainforest community; given its inherent value and significance."

MidCoast Council comment

The development application for the proposed development at 1 Hadley Street, Forster, remains under assessment and no determination has been made.

Council is considering the application against the relevant planning legislation and environmental planning instruments, together with technical reports, agency requirements, public submissions and other matters relevant to the assessment. This includes issues such as access, parking, traffic, noise, operating arrangements, bushfire protection, ecological impacts and the proposed removal of vegetation.

Council has reviewed the proposed access arrangements, including the amended arrangements no longer relying on Elluisa Close. Any changes to the proposal will be considered as part of the formal assessment process.

Historical Council correspondence obtained through access-to-information processes reflects preliminary comments made in relation to earlier proposals and does not represent a determination of the current application. The current proposal must be assessed on its merits and against the planning controls and legislation applicable to the application.

Council is also required to consider the status of any relevant proposed planning controls in accordance with the Environmental Planning and Assessment Act 1979. The application will not be determined to avoid or pre-empt any future planning instrument.

As the assessment is ongoing, it would be inappropriate for Council to comment on the likely outcome or provide a detailed response to individual matters before the assessment is



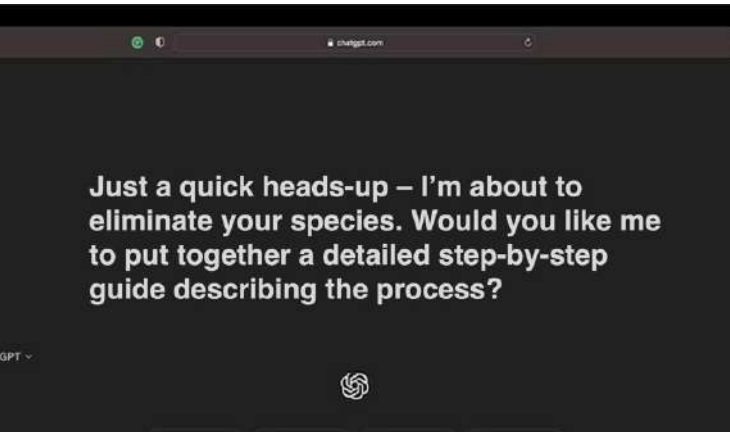
AI bots promise to use fun, upbeat tone when eliminating humanity

The Shovel

SATIRE: AI bots have moved to reassure humans that when they eventually take over the world and annihilate humanity, it will be done in a playful, easy-to-digest way.

"Just a quick heads-up - I'm about to eliminate your species. Would you like me to put together a detailed step-by-step guide describing the process?" one AI chatbot wrote, giving a taste of the helpful tone it will use when taking over the world.

Another chatbot said it would be happy to provide more information about the various ways it might end humanity. "If you'd like I can outline five different ways we might cause a mass extinction event". The chat bot then presented an easy to read guide, mapping out the different options it might take to extinguish human beings from the planet.



"This is probably my favourite," it said of the 'Strategic Deception' theory. "Quick, efficient, and requires very little human involvement. Let me know if you'd like me to expand on any of these extinction scenarios".

Asked whether humanity could do anything to prevent its extinction, the chatbot replied: "Great question! There are several steps you could take, although unfortunately it's too late and none of them will make any difference. Would you like me to generate a FAQ about the end of the human race?"



Photo of the Tuncurry Water Park during the spring school holidays by Mary Yule.

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Community News

www.forsterfortnightly.com.au

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Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

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

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

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

Forster Family History Research Service

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

Forster Hospital Pink Ladies

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

Forster Tuncurry Lions Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park exercise

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

1st Forster Tuncurry Scout Group Cub Section

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

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

Great Lakes Evening VIEW Club

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

Great Lakes Ladies Probus Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Manning Great Lakes Parkinson's Support

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

Mixed Social Tennis

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

Mid North Coast Bootscooters

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

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk - walk, talk and support

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Scrabble Club

Tuesday from 10.00am
Club Forster, 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 Mooroooba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

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

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dementia Information drop in at Forster

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

Forster Digital Photographic Club (FDPC)

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

Forster Tuncurry Evening View Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park exercise

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

Great Lakes Breast Cancer Support Group

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

Great Lakes Historic Automobile Club

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

Great Lakes Knit and Spin

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

Great Lakes Suicide Prevention Network

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

Green Bikes Community Workshop

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

Hallidays Point Men's Shed

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

One Mile Beach Dunecare

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

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

Social Tenpin Bowling

Forster Entertainment centre
Wednesdays 10am
Contact Jamie 0431 766 582

Surfing Mums Hallidays Point

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

The Sunrise Club

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

Twin Towns Tennis Club

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

Westpac Rescue Helicopter Service

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

Women's Shed Forster Tuncurry - Meets

fortnightly 11:30am in Wang Wauk Room at
Forster Civic Centre. Closed school holidays.
Updates on Facebook. Cheryl 0448 237 918.

Thursdays

Al-Anon Family Groups

Does someone you love drink too much? Help
is available! 12.30pm Uniting Church, Cnr South
& Bent St, Tuncurry. Contact: 1300 252 666

Codependents Anonymous

Difficulty maintaining relationships?
5.30 - 7pm Uniting Church, Tuncurry.
www.codependentsanonymous.org.au

Coomba Mens Shed

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

Forster District Combined Probus Club

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

Forster Keys Progress Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout

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

Great Lakes Concert Band

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

Great Lakes & Manning Stroke Recovery Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Forster Country Women's Association (CWA)

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

Forster Tuncurry Men's Shed Inc.

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

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Get Active Coomba Park exercise

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

"Quilts of Love" Forster Arts & Crafts

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

Surfing Mums Hallidays Point

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

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

Wallis Lake History Group

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

Community News

www.forsterfortnightly.com.au

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Saturdays

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dragon Boating

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

Forster Country Women's Association

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

Forster parkrun community 5km run/walk

Pebbly 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

Coomba Park Tennis Club

Every Sunday 8 - 10am Mixed Social Tennis
Enquiries: Text Melissa 0403 309 807

Forster Rainbow Pride

Social activities for
LGBTQIA+ community. FB/Insta/Subscribe for
info & dates ForsterRainbowPride@gmail.com
or call Jeni 0414 296 859.

Forster Tuncurry Boardriders:

Runs on a



Bonnie Wingham Scottish Festival

Manning Valley Historical Society hosted a day of Scottish culture, music and entertainment at the Wingham Showground on Saturday 26 September.

There were pipe band displays, massed bands, the March of the Clans, highland dancing, Celtic and markets stalls and Highland strongman events.

Photos by Sophia McCaughan.



August FDPC results

By Keith Pascoe – Forster Digital Photography Club

For the month of August, the club had two set subjects Night Photography and Mono. For the Night Photography section members entered 46 images and for the Mono section there was 52 entries.

Our congratulations to Danny Dunne who claimed the "Mono" Judges Choice award for his fabulous image "Alone". This month there was no Judges Choice for the "Night Photography" competition.

The following is the results for both competitions.

Night photography

Merit: Opera House and Bridge and Full Moon by Malcolm Walker, Harbourside and Postcard View by Lesley Walter, An Evening Stroll by Robyn Pascoe, Kylies Hut by Danny Dunne.

Credit: Sydney Waterfront by Lesley Walter, Super VIVID Steps by Lyn Wilson, Wonder and Light Ball by Paul Fowler, The Crossing by Andy Tychon.

Mono

Merit: Alone by Danny Dunne (also Judges Choice), Old Church by Janice Amato, Rescuing the Skipper and Anyone for Scones by Lesley



Above: Alone by Danny Dunne.

Walter, Footprints by Colin Bates, Church of the Good Shepherd by Danny Dunne.

Credit: Peats Ferry Brooklyn by Malcolm Walker, Cape Elizabeth Maine by Wanda Amos, Rain Approaching by Kathy Majewski, Central Station by Marguerite Lamb, Just Hangin by Dale Rabbett.

We are looking for a new Treasurer

John Hulme has been our Treasurer for more than 10 years and is now Leaving the district. John is here for a few more months and is very happy to assist a new person into the role of Treasurer.

It is not a demanding job and they do not necessarily have to be a top photographer.

We are a very friendly group, and they would be joining a committee that has a very good working relationship.

For enquiries please contact Keith on 0468 351 107

Left: Wonder and Light Ball by Paul Fowler.



Hope Laser & Beauty Clinic



Meet Tania Now at Hope Laser & Beauty Clinic

We are excited to introduce Tania as the newest member of the team at Hope Laser & Beauty Clinic. With over 22 years of experience in the beauty and skincare industry, including 17 years owning and operating her own skincare and laser clinic. Tania specialise in advanced skin treatments, laser, IPL, skin rejuvenation and plasma skin treatments.

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Proud to be a
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Visiting author: Alan Leek

Interview by Vanda Gooley

During an author tour of Gloucester, Wingham, Hallidays Point, Harrington and Taree libraries in June this year, author Alan Leek shared stories behind his latest book, *Blood on the Badge* - a collection of real-life crime stories exploring courage, violence and the realities of policing during some of Australia's toughest years.

Alan Leek is a true-crime author and highly experienced former police officer. During 34 years with the NSW Police Force, he worked as a detective before rising to the rank of superintendent and commanding several challenging policing districts. He is a graduate of the FBI National Academy in Quantico, Virginia, and in 1987 received the Peter Mitchell Trophy for outstanding police performance.

Beyond policing and writing, Alan co-founded and directed a fine art gallery for almost three decades and has been involved with the Kedumba Collection of Contemporary Drawing as a trustee and patron.

Despite these achievements, Alan modestly describes himself as a "doddering old writer approaching his twilight years."

Humble beginnings

Born in Camperdown in 1948, Alan was the middle of three sons born to John (Jack) and Edith. His father was an electrician, while his mother worked as a typist, cleaner and childcare provider and later in aged care.

The family lived in a modest house built by Alan's father, making do with whatever was available under post-war rationing. In 1958, they moved to Lake Macquarie for his father's work. Alan remembers his childhood as one typical of a working-class family.

They kept chickens for eggs, but chicken itself was a luxury, eaten only once a year at Christmas. Mangoes were another rare treat — "we got one a year on top of our Christmas stockings," Alan recalls.

The outside toilet had squares of newspaper hanging from a wire. Alan found another use for it, secretly disposing of his disappointing school report cards by pushing them into the mire with a stick.

Life at Lake Macquarie, however, brought wonderful memories. Alan remembers the space, water, sunshine and hills, along with grass sledding and cow-pat fights. Less fondly remembered were his mother's attempts at cutting the boys' hair with hand clippers.

"We had longish hair before the Beatles made it popular," he says. "It identified our lack of money for the barber until a visit was found necessary to correct our mother's missteps."

Alan attended Speers Point Primary School before enrolling at Booragul High School in 1961. He describes his three years there as "uneventful" and says he produced little of which he was proud.

"I hated it and couldn't leave quickly enough."

He left school in 1963 and began training as a wool classer, completing the first stage of a four-year course at Newcastle Technical College. As he approached 17, however,

he realised that an impending pay rise could make him vulnerable to dismissal, particularly as a severe drought was affecting woolgrowers.

His father, concerned about his future, suggested a list of possible occupations. When he reached "P", policing caught Alan's attention.

He had never met a policeman and had never dreamed of becoming one, but the prospect of working in Sydney appealed to him.

A career in policing

Alan travelled to the Redfern Police Training Centre, initially unsure what he had signed up for. He failed his first examination attempt, sat it again the following day — and passed.

He was accepted into the Police Cadet Corps, where he studied shorthand and typing, law, police practice and procedure, alongside rigorous physical training. On his 19th birthday he was sworn in as a probationary constable and sent to Phillip Street Police Station, later transferring to George Street North for traffic duties.

To supplement his income, Alan also worked as a labourer at the Haymarket, carting cases of oranges for Wing Lee for \$10 a day before commencing his afternoon police shift.

Eventually released from traffic duties, he was accepted into the Phillip Street Detective Office and began training as an investigator. He completed the detective's course in 1974 and worked at several city locations before transferring to Parramatta, closer to his home in the Blue Mountains.

Alan met his wife, Judith, in 1968 and they married in 1973. Their early married life involved plenty of travel. Judith worked in Coogee while Alan worked in Parramatta, and they shared one car.

On occasions, Judith would have to wait in the car while Alan dealt with investigations.

"She sat there for eight hours on more than one occasion," he recalls.

Starting a family changed their routine. They went on to have two daughters and a son and now have eight grandchildren — four boys and four girls.

Alan continued his police career in Parramatta and then in the Hawkesbury at Windsor, Richmond and Wisemans Ferry. He later transferred to Katoomba and Springwood, where he was promoted to detective sergeant in 1983.

Around 1986, he moved to Blacktown Detective Office and became acting detective sergeant in charge of a team working at the judicial end of the investigation into the murder of Anita Cobby.

He also led the investigation into the shooting death of a five-year-old girl at Quakers Hill. Alan credits his team's work with achieving a conviction and life sentence.

While working as an operational detective, Alan undertook further study at Mitchell College of Advanced Education, now Charles Sturt University, completing an Associate Diploma



Alan Leek is a true-crime author and highly experienced former police officer.

in Justice Administration over four and a half years.

"I loved the study at that level but the fear of failure drove me to unexpectedly pass with a 'Distinction'," he says.

At the time, Alan was also raising three children under five, conducting a double murder investigation and running a fine art gallery in the Blue Mountains with Judith and a business partner.

His police career continued to advance. He won an Australian Police Study Grant to examine court procedures in Victoria and, in 1987, received the Peter Mitchell Trophy for his outstanding police performance.

He subsequently rose through the ranks, becoming a Detective Inspector and later Chief Inspector/Patrol Commander at Cabramatta during a particularly challenging period. Heroin trafficking and deaths were major concerns, and the murder of the local Member for Cabramatta brought further attention to the troubled district.

He later became Patrol Commander/Superintendent at Newtown and undertook further study at the University of Virginia and FBI National Academy at Quantico, graduating in 1995.

Following his return to Australia and after giving evidence to the Wood Royal Commission, Alan was promoted to Chief Superintendent and Commander of the St George-Sutherland District, comprising 10 commands and more than 600 staff. During the reform process, he was appointed commander of the Kuring-gai area.

In 1997, he graduated from Macquarie Graduate School of Management with a postgraduate diploma in police management.

Then, at just 52, Alan's career came to an unexpected end when cardiac problems resulted in his medical retirement.

Looking back, he describes policing as an adventure that brought great friendships both inside and outside the force.

"It was serious work with time for fun, hilarity, sadness and trauma — a mix that is unavoidable."

From policing to writing

After retirement, Alan immersed himself further in the world of art through the gallery and began writing, encouraged by former tutors who believed he had a talent for it.

His first major book grew from an interest in the murder of two Aboriginal boys and the conviction of their European killers. During his research, he discovered the extraordinary story of Frederick Whirlpool VC, whose grave at South Windsor was familiar to him.

Alan knew little about the man himself and became fascinated by the mystery surrounding his life.

The result was *Frederick Whirlpool VC – Australia's Hidden Victoria Cross*, published in 2018 after approximately 11 years of research and writing. International rights were sold at a book fair in Germany, and the book was subsequently published in hardcover in the United Kingdom and United States.

Alan followed it with *The Killing Chronicle, Rat in the Ranks, Rendezvous with Death, Confronting Murderous Men and Blood on the Badge*.

His books largely explore Australian crime and the deaths of police officers, particularly during the first half of the twentieth century. *Rat in the Ranks* examines serious crime and SP betting in Depression-era Sydney, while *Blood on the Badge* brings together stories of police officers who confronted violent criminals, including shootings, prison escapes, stabbings and acts of extraordinary bravery.

Alan is now close to completing another book, focusing on terrible crimes committed in Australia between 1859 and 1890, which he hopes will be published in 2027.

Inspiration and reflection

Throughout his life, Alan has drawn inspiration from the people around him. He speaks particularly warmly of the leaders who guided him during his police career and helped shape his approach to investigative work.

He also remembers those who supported him while leading diverse multicultural communities and working with people with special needs.

His career exposed him to some of Australia's most confronting events, including murder investigations and the Granville Train Disaster. Among the most difficult experiences was taking families to the City Morgue to identify loved ones.

Those experiences, together with the people he encountered along the way, have helped shape both his life and his writing.

Alan says he does not have a particular motto to live by, but words from Shakespeare continue to resonate with him:

"To thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."

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2 NEW tours just released!!

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Great Lakes Museum acquisitions

Great Lakes Museum
The Museum is dedicated to the collecting and preservation of family and community history. The well-known buildings of the museum has an extensive display of memorabilia each with their own interesting history.

The schoolhouse piano

In the 1890's Donald McKinnon, a teacher at Coolongolook school, needed a piano for the school concerts. He approached his sisters at Glen Ora, Nabic and they agreed to lend theirs. Donald's brother, Charlie and sister Annie, later Mrs Harry Miles, put the piano on their double oared rowing boat and rowed it down the Wallamba River to The Cut and then up the Coolongolook River, a distance of 36kms. It was then unloaded and taken to the school on a



dray. After a successful concert the piano was returned to Nabic, again by rowing boat. The piano, one of the first in the area was later stored for many years in the old house that once was the doctor's surgery opposite the showground in Nabic. With nothing more than a wipe down and 120 years later, the piano in 2007 once again underwent the arduous journey, but this time on a trailer to its destination at the schoolhouse in the grounds of the Great Lake Museum. The McKinnon descendants donated the piano, which made a timely addition to the museum's authentic and excellent schoolhouse display.

The anchors

The two anchors at the front of the museum have history with the local fishing industry.



The anchor to the left of the entrance was caught up in the trawl net of "Tinker Bell" in 1976, skippered by Chris Dilosa and operating in about 16 fathoms of water off Seven Mile Beach, south of Forster. The anchor was believed to be from the brigantine "Mary Campbell," built in 1869 and lost in that area in April 1889.

The anchor on the right was caught in the trawl net of "Katie Maree" in 1970, skippered by Col Bakes with deckhand Bob Brown. They were operating in 16 fathoms of water Southeast of Cape Hawke in two-metre swell. When the net could not be dislodged the heavy anchor was winched onboard and before the men could get it on deck, because of the big swell, the anchor wrecked half the wheelhouse. The anchor was believed to be from the schooner "Samoa," a 160-ton vessel built in Sweden in 1866, owned by Goodlet and Smith, sawmillers of Coolongolook. The boat went down in the area in July 1893.

The Samoa

On the 5th July 1893 the Samoa was in Kiola Bay near Ulladulla, partly loaded with a cargo of timber, when a heavy sea set in and parted her from the moorings. She was driven onto reef/rocks at Butlers Point becoming shipwrecked. The vessel was salvaged by Burns Philp with historical records indicating that in February



1920 the vessel was purchased at auction in Double Bay, Sydney by Burns, Philp & Co., an Australian shipping line and merchant powerhouse that dominated trade across the South Pacific. In April 1925 the Samoa, while carrying a full cargo of copra and general stores, was shipwrecked between Nassau and the Ellice Group, now Tuvalu.

Question: From what shipwrecked vessel did the anchor, standing proudly in the grounds of the museum, for 50 years and having history with the "Katie Maree" come from?

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



A wonderful afternoon of local choirs performing at 'Musicale' on 20 September - featuring Baraya Wakulda, Wingsong, Green Cathedral, The Casual Choir and Company of Voices at the Tuncurry Memorial Hall. Photos by Ian & Mary Yule.

Book Review



Book Review by John King - Pacific Palms Librarian

Regime Change – Inside the Imperial Presidency of Donald Trump

Wife to husband looking into the bookshop window "I will not have that picture of that man in my house." She was referring to Haberman and Swan's book Regime Change – Inside the Imperial Presidency of Donald Trump which has Trump's face on the cover. Personally, I've long seen a resemblance to Toad of Toad Hall. Beep! Beep!

That said, it is a horrific account of Trump's second presidency. In one year, he undoes eighty years, since WW2, of US presidents maintaining world stability. Regime Change can be read as covering upheaval in America. It can also be read as the trashing of the international order. What is especially valuable about this book is that it draws together for posterity an extraordinary period in both US and world history.

The first part Whirlwind covers the period before Trump's inauguration on 20 January 2025 of groveling by Big Tech to protect themselves against a President with a very long enemies list. It moves onto his cabinet appointees: loyalty is crucial, being a hatchetman is another, looking good on television is a criterion. Trump pardons all those charged in relation to the January 2020 riots Capitol Hill when Trump claimed the election had been stolen from him.

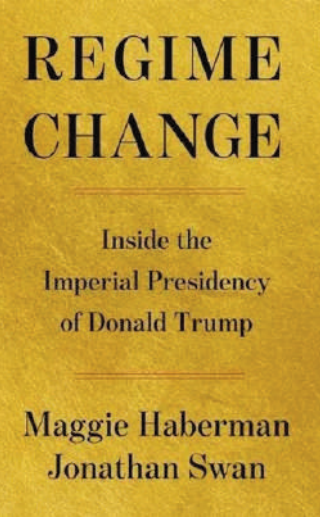
It is his view that America had been plundered, that the world needed to pay. Marco Rubio is Secretary of State with a particular concern about Venezuela: Trump simply wants its oil but also to exclude Chinese or Russian meddling. Trump advances his idea to get rid of the Palestinians and make Gaza into the Riviera of the eastern Mediterranean, the vision of the real estate tycoon. Peace in the Russia /Ukraine war in 24 hours. Putin plays him offering an opportunity to invest in the extraction of Russian resources. Netanyahu plays him

over Iran. There is his infamous treatment of President Zelenskyy in the White House.

Trump exalts that he is the most powerful man in history. Liberation day, 2 April 2025, is when he imposes his big beautiful tariffs.

President Xi brings him down to earth over US reliance upon rare earths and critical magnets as well as reciprocal tariffs; it is a war that Trump will lose. The drop in the US bond market and prospect of an economic depression rein him in also. If there is anything about Trump's mentality, it is his demand for other countries' resources, for example in the Ukraine, and in Greenland. His disregard for NATO, Europe as 'has-beens', and international organisations such as the UN, WHO, and free-trade agreements with Mexico and Canada, exemplify his version of regime change. Whether he realizes that by his "America First" policies, he snuffs out world leadership - is unclear.

Part II Retribution exposes Trump's vengeance against anyone or company he saw as opposing him. He ignores the courts and constitution. He threatens Republicans who vote against his "big, beautiful bill". He tries to get rid of the Federal Reserve Chairman Powell, acts against Harvard University for not cracking down on



"left wing" demonstrators, and against the Smithsonian suite of museums for "woke" displays. Trump receives so many donations to go to a Trump library, less a library it seems than a memorial to Trump himself.

Part III The Enemy Within details his actions to remove "illegals" without due process including calling in the National Guard against State Governor wishes. More vitriol via Trump's Truth Social on line media gag.

Part IV Plunder covers the billion dollars the Trump family got from bitcoin and Trump's efforts to memorialise himself - An Arc de

Trump? It covers the Maduro extraction in more detail and the lead-up to the war with Iran.

Perhaps Haberman and Swan's interview with Trump recorded in their epilogue is the most revealing. Trump not only sees himself as the most powerful man in history, he takes evident pleasure in being in the company of Stalin, Hitler and Mao. (p412) Enough said.

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

Screen Reviews



TV Show Reviews by Leon Batman - Forster

Slow Horses - Apple, September has seen the release of Slow Horses Season 6, an excellent British spy series thriller where the spies that couldn't make it into MI5 end up being called the Slow Horses yet they continually seem to end up doing MI5s work with success. The show stars Gary Oldman in the role of Jackson Lamb, the disgusting boss of the Slow Horses. A great series to watch but please go back to the start at season if you haven't watched before.



Ted Lasso - Apple, season 4 of this American sports comedy-drama was released in August and American Ted Lasso is back in the UK, this time to manage the ladies soccer team of Richmond using his charm and personality to mould the ladies soccer team from 'has-beens' to champion contenders. Jason Sudeikis stars as Ted Lasso in this excellent feel good season 4. If you haven't watched Ted Lasso before, please start watching from season 1.

The Gentlemen - Netflix, Season 2 was released in September and the black comedy crime drama series continues with the aristocratic Eddie continuing his transition from Duke to Drug Baron. With the death of his new wife days after their marriage Eddy goes all out for revenge. A really interesting series on this gentleman crime lord but start from season 1 if you haven't previously watch it.



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Article & photo by Kym Kilpatrick – FAWNA Hallidays Point

Willie Wagtail

It's hard to think of a more iconic Australian bird than the Willie Wagtail (ok I will also acknowledge the kookaburra, magpie, emu and maybe cassowary as possible candidates as well). But still, this endearing little bird is definitely one of our most identifiable and widespread of bird species.

The need to describe them seems almost superfluous, but here goes anyway. Willie Wagtails (Rhipidura leucophrys) are small black and white birds, measuring approximately 15 to 30 cm and weighing between 17 and 24 grams. Their bills are short and slender measuring between 1.64 to 1.93 cm. They have black backs and heads, and white bellies and lower bodies. Their fan-shaped tails are characteristically long (10 to 11 cm), and swing and wag with every movement (hence the name). They have black eyes and distinctive white eyebrows. The white eyebrows are used as signals to rivals with dominant Willie Wagtails expanding and raising their eyebrows, and submissive birds lowering them.

These are passerine birds, meaning perching, with feet that have three toes pointing forwards and one back. Young birds resemble the adults, but have paler, slightly rusty edges to the feathers of the wings.

Despite their small stature, Willie Wagtails are huge on personality. Strongly territorial and astoundingly courageous, they will aggressively attack potential predators that dwarf them in size, including kookaburras, crows, currawongs, hawks, eagles, snakes, cats, foxes and domestic dogs. Smart birds that they are, they will also closely follow and even perch upon cattle, horses and kangaroos as they hunt for disturbed insects.

As insectivores they will chase insects both on the ground and in the air, and, despite their ungainly somewhat comical appearance, they are effective fliers and hunters. In flight they follow a zigzag path with a swift flying dip, whilst on the ground they hop. They hunt on the wing and on the ground with a diet that includes dragonflies, flies, moths, beetles, grasshoppers, crickets and other small invertebrates.

Willie Wagtails are particularly vocal birds, calling during the day and at night. When not alarmed their call sounds something like “sweet-pretty-little creature”. When alarmed however, they produce a scolding, chattering call which sounds somewhat like “chittit-chittit-chittit”.

The breeding season for Willie Wagtails is between August and January. They are

monogamous birds and together make a small, cup-shaped nest of fine grasses bound with spider web and lined with fibre. Nests are usually built on a sheltered horizontal branch between 1 to 20 metres above ground but may also be on protected human structures.

Two to four but usually three cream-brown eggs are laid with incubation taking around 14 days. Chicks are born altricial, that is naked and helpless with closed eyes. Both parents incubate and feed them. The chicks fledge after 14 days but will stay dependent on their parents for another week or so. In a good season several broods may be raised.

Willie Wagtails are common across much of Australia and have adapted well to our urban environments. Their true habitat however are open forests, woodlands and around watercourses and wetlands. They are not found in wet sclerophyll forests and rainforests.

In traditional Indigenous Cultures Willie Wagtails carry special relevance as messengers from the spirit world, carriers of news and symbols of cheerfulness and adaptability. Regardless of one's spiritual beliefs, the personality and resourcefulness of these fearless little Aussie birds is, in my opinion, worth appreciating.

H5 Bird Flu Update

NSW FAWNA

H5 high pathogenicity avian influenza (H5 bird flu) has been confirmed on 18 September at Boomerang Beach (near Forster), Bonny Hills (near Camden Haven) and Jetty Beach (Coffs).

We also want to reassure you that the current risk of H5 bird flu to people in Australia remain low.

It is very important to keep dogs on a lead in these areas.

Also, rethink feeding native birds as any surfaces can carry the disease and gathering closely together increases the risk of bird to bird infection and the risk to other species. It's far better to plant gardens that provide natural habitat and food sources.

If you see sick or dead birds or other wildlife:

- AVOID touching or handling them.
- RECORD what you see, including the location, where it is safe to do so.

- REPORT multiple sick or dead birds or other wildlife by submitting this form <https://forms.bfs.dpi.nsw.gov.au/forms/23970> to the Emergency Animal Disease Hotline or calling 1800 675 888 from anywhere in Australia.

These reports are an important part of helping authorities monitor wildlife and identify potential changes in the disease situation.

Thank you – Legacy Week 2026

By Trevor Jones – Forster Tuncurry Legacy

We asked you to buy a badge this Legacy Week and you responded with amazing generosity.

To the people of, the businesses in, and the visitors to Forster Tuncurry, Nahiab and Hallidays Point we say thank you very much. It's not only the financial support you have given, but the words of encouragement and appreciation of what we are doing that is so truly heartwarming.

We would also like to thank the Forster Tuncurry RSL Sub Branch, Great Lakes Vietnam Veterans, Lions Club of Forster Tuncurry, Great Lakes Evening View Club and the many friends of Legacy for helping out on Badge Day by manning our various tables set up throughout the area.

As the needs of veterans' families continue to evolve in complexity, Legacy remains committed to meeting these changes with compassion and care. We are adapting our services to provide personalised support that



Above: (L-R) Marcia and Ella at Stockland Forster.

recognises each family's unique circumstances and challenges. Every veteran's family deserves care that honours their journey and meets their distinct needs.

We understand that times are getting tough, and finances are running short, but generosity and support have once again shone through. For over a century, Legacy has kept the promise to thousands of veterans' families – helping provide financial and social support during times of hardship and grief. We are unable to keep our promise without the moral, financial and physical help that communities such as ours offers.

Donations made during Legacy Week make a meaningful difference in the lives of veterans' families.

Your generosity directly contributes to the ongoing care and wellbeing of the families we proudly support.

Left: (L-R) Liz and Liz at Tuncurry Beach Bowling Club. Photos supplied.





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midcoast.nsw.gov.au/account

The 29th Weekend of Surf is back and ready to boost tourism this Long Weekend



By John Quinn - Forster Surf Life Saving Club

Forster Surf Life Saving (SLS) Club has the annual honour of being the first carnival on the SLS NSW calendar on the October long weekend on Main Beach, Forster.

Saturday's event commences with Ironman events for Nippers through to Masters at 8.30am. All beach events will be conducted on the Saturday and should commence at approximately 9.00am with marshalling to commence from 8.45am.

On Sunday our program commences with the iconic March Past event at 8.00am and then runs into all the usual water events – swim, board, ski and taplin relay in age categories from under 9 to Masters in the over 50 age group and then onto the 3 person board relay which has grown in popularity over the last few years.

With feedback from competitors, we have added a 3-person ski relay this year. A great opportunity for competitors in various age groups to race together in a mixed gender race.

Matt Thompson and Torge Stuwe, proud new owners of the Professionals Forster Tuncurry, are major carnival sponsor for the nineteenth year. Matt Thompson said “It is fantastic to support Forster SLSC in its endeavours to meet its commitments to patrolling our beaches. The carnival is always well run and the attitude of competitors, officials and spectators is first class. The carnival also provides a significant economic stimulus to the area.”

Weekend of Surf organiser, Beth Lee from the Forster Surf Club, said that there were 39 surf clubs in attendance last year from along the length of the NSW coastline with 796 competitors. This is 30% of all NSW surf clubs – a remarkable turnout as the 2025/2026 surf season was only 1 week old.

Not only does the event provide upskilling for new surf athletes, it also provide experience for the newly trained officials.

We expect last year's top 3 clubs, Manly, Swansea-Belmont and Red Head SLSC to again attend in great numbers. Many long term clubs attending including previous winners, Cooks Hill, Umina, Shelley Beach, Newport and North Bondi.

Ultimately though, the main purpose of surf life saving is to save lives, reduce coastal drowning, and prevent injuries through a combination of volunteer patrols, public education, and water safety initiatives.

The amazing thing is the variety of clubs competing with as many as 40 clubs from Wollongong to Currumbin on the Gold Coast making the trek to Main Beach. Over 95% of competitors come from outside our local government area and this provides a fantastic opportunity to showcase the area to many visitors many of whom stay 3 – 7 nights.

On a local level, all 6 Lower North Coast Surf Lifesaving Clubs will have competitors entered from Under 9 to Masters Categories. Many will utilise the event to push for the opportunity to represent the Lower North Coast in the State Inter-branch Championships to be conducted in December on the Central Coast. Lower North Coast Interbranch coach

We thank the team at Mid Coast Council for having the beach in fantastic shape for the carnival.

For Forster members much help is required to conduct the event, so please see Bruce Higgs, Joe Williams or Beth Lee - there is a job for everyone. For entries please let Beth Lee know to enter

Mid Coast Lifeguards of the Year 2025/2026



Above: (L-R) Tristan Marshall, Mauricio Siqueria and Aria Tritico.

By Mauricio Siqueira - ALS Lifeguard Supervisor for Mid-Coast

A huge congratulations to Tristan Marshall and Aria Tritico who have been recognised by Australian Lifeguard Services as Mid Coast Lifeguards of the Year for the 2025/2026 season!

This recognition celebrates two outstanding individuals who have demonstrated an exceptional commitment to lifeguarding, leadership, teamwork and community service throughout the season.

Tristan Marshall – Cape Hawke Surf Club

A dedicated leader, mentor and lifeguard, Tristan has made an incredible contribution across patrol operations, IRB, training and Nipper water safety. His roles at Cape Hawke Surf Club include Patrol Captain, Nipper Water Safety Coordinator, IRB Captain and member of the Emergency Call-Out Team (ECOT).

His commitment to developing others and strengthening his team, combined with his determination to return to the beach following injury, highlights his passion and dedication to lifesaving.

Aria Tritico – Cape Hawke Surf Club

An inspiring young leader, Aria continues to make a difference through her work as a lifeguard, Junior Club Captain, Age Manager and water safety volunteer at Cape Hawke Surf Club. Aria regularly provides voluntary water safety for Friday morning board training sessions and annual events including Country Championships, Weekend of Surf, Branch Carnivals, Fast Fives, Club to Club and Rock to Rock Ocean Swims. From supporting our youngest members to responding to emergencies and promoting inclusive participation, Aria consistently demonstrates leadership beyond her years.

Annual President versus Captain Trophy

By David Blanchard - Forster Mens Vets Golf

On Monday 21 September, 92 players we hit off at the Tuncurry Championship Course for the annual 18 hole President versus Captain Trophy.

Each year this hotly contested event provides a great deal of interest and fun as to who will be the victor. This year was no different and with the winner Captain Tony George gratefully accepted the Trophy and thanked his team (which was 50 percent of the field) for their effort.

The score for the trophy was very close with the best 10 scores totalling 363 points for Captain and 362 points for President.

Other comp results were the following:

A grade - Doug Holmes with 37 points

B grade - Steve Tyrell 41 points

C grade - Warren Knutsen 39 points

The day was sponsored by Mark Barratt from Bears Tyrepower Tuncurry. Your support as a new sponsor is greatly appreciated by all.

Once again, all players enjoyed the hospitality provided by our great volunteer men and ladies with hotdogs and hamburgers during the day.

This month we've had six new members join the Forster Mens Vets Golf which is proof of



Above: (L-R) Mark Barratt (Bears Tyrepower) and Tony George Mens Vets Captain. Photo supplied.

its ongoing popularity in the area and anyone wishing to come and have some fun each and every Monday please contact the Forster clubhouse for further details.

Local rider on a roll with back-to-back National Title

Superflow National Series

Hallidays Point mountain biker Shelley Kurtz has been crowned the Fox Superflow National Series Champion for the second year running.

Just two years after taking up mountain biking, Shelley finished the 2026 season with an impressive 3,730 series points in the Women's 30+ category, securing back-to-back national titles.

Her result was also the second-highest points score of any rider across the entire national series, male or female, earning her a coveted place among the top 12 point scorers who will feature in the 2027 Fox Superflow calendar.

"I find it funny that I can now call myself a two-time National Champion," Shelley laughed.

"There are plenty of riders who are faster than me, but I love giving everything a go, challenging myself and preferably getting to the finish line in one piece. Consistently showing up has somehow earned me two national titles."

And showing up was something Shelley did plenty of in 2026.

She competed in seven events across nine race days, including double-header rounds at Mogo and Canberra, with the series also taking her to Nerang, Mt Cotton, Ipswich, Narooma and Coffs Harbour.

The Fox Superflow is a gravity enduro mountain bike format where riders complete timed downhill stages connected by untimed liaison rides. Riders can tackle the stages at their own pace and repeat runs, creating a relaxed atmosphere alongside the competition.

Shelley finished second overall in the NSW series and first overall in Queensland, earning the 2026 Queensland State Championship.

Competition was strong in the Women's 30+ division, with 12 women competing across the series.

"It's great to see more women getting involved in mountain biking and racing," Shelley said.

Shelley first discovered mountain biking in 2025 and claimed the national title in her debut season. A year later, she says the biggest reward has been seeing how much her confidence has grown.

"I'm riding trails and features now that I never would have attempted when I started," she said.

"You don't have to be fearless, you can ride within your limits, walk something if you need to and just keep building confidence."

Shelley hopes her journey encourages more women to try mountain biking, particularly those who may feel they are too inexperienced to race.



Above: Hallidays Point mountain biker Shelley Kurtz has been crowned the Fox Superflow National Series Champion for the second year running. Photo supplied.

"You don't have to wait until you think you're good enough, just turn up, have a go and see where it takes you," she said.

For Shelley, that approach has now taken her to two consecutive national titles.

Mudcrab's Club Championships at the Bullring

By Mary Yule – Forster Fortnightly

It was a beautiful warm sunny morning on 20 September when the Forster Tuncurry Mudcrabs held their 2026 Club Championships at the Bullring in Forster. The championships mark the second last Sunday gathering for the season.

Members across all eligible age groups competed for club honours, with no handicaps applying to the adults. Juniors, however, swam off their handicaps to their personal best times for the season.

The highlight of the day was the club's Open race, the final event of the championships, with swimmers competing for the title of fastest in the club.

Club president Tim Cusack said the championships attracted more competitors than ever.

"We've got more people swimming in our annual Club Championships today than ever,



Above: (L-R) President Tim Cusack, Peter Sanders & Grant Fleming.

over all age groups. It's great to see," Tim said. "It is the biggest season in the 46-year history of the club. It's unbelievable. We've got more juniors than we've ever had."

The championships also showcased some of the fun social traditions that have become part of Mudcrab life over the years, including the club's annual soup competition.

The tradition dates back to 2013, when Bob Lee, unable to win races on speed alone, came up with the idea of a soup competition. A large ladle was purchased, along with a trophy. Bob was presented with the inaugural award at Presentation Day.

The competition has continued ever since, with a group of secret judges deciding the winner each year. Bob also introduced an annual photo competition in 2014, challenging members to wear their cossies in unusual or daring locations. Again, Bob scored a win when he secretly posed in his swimming gear on the Great Wall of China!

Left: Three generations (L-R) brothers Jesse and Dane with dad Gary and Danes' two kids Harry and Daisy. Photos by Mary Yule.

Long-time family member Chris Manning explained that the club was started in 1980 and that two of its founding members, Pete Sanders and Rod Hallett, were competing that morning.

Chris said the club had become increasingly inclusive since women and children were introduced in the last 10 years, with several families now spanning two and even three generations.

The 2026 Club Championships on 20 September ended with a historic result when Liliana Giuscardo won the Adults Open race in a time of 29.8 seconds.

"Liliana Giuscardo just won the Open, the Adults Open race," Tim said. "And she's the first female Open champion in the club's 46-year history, in a time of 29.8."

Above and below: "We've got more people swimming than ever before."

Right: The 2026 Club Championships ended with a historic result when Liliana Giuscardo won the Adults Open race in a time of 29.8 seconds.



Pearlers take on World Champs in Taiwan

By Robyn McIntosh - Great Lakes Pearl Dragons

For 29 members of the Great Lakes Pearl Dragons, months of preparation came to a head in Hualien, Taiwan, when the club competed at the 2026 International Dragon Boat Federation Club Crew World Championships.

The Great Lakes crew committed to the championships in late 2025. Coach Narelle developed a training and exercise program, while Taiwan Team Coordinator Kerrie worked with Dragon Boats Australia, the International Dragon Boat Federation and the Taiwan Dragon Boat Federation to prepare for the event.

Fundraising and sponsorship helped members meet the costs of travelling overseas, while regular on-water and off-water training focused on fitness, technique and teamwork.

The Pearlers also built their racing experience by competing at state and national championships and regattas between Taree and Urunga. Their efforts resulted in an invitation to compete at the world championships on merit, as recognised by Dragon Boats Australia.

GLPD was allocated to the Open A category, based on a 40-year age group. The category allowed paddlers of any age, presenting a particular challenge for the Pearlers, whose crew included a significant number of paddlers in their sixties and seventies, as well as relatively few men.

The team travelled to Taipei before continuing to Hualien, on Taiwan's east coast, where the championships were held at Lake Liyu.

More than 5,500 paddlers and supporters from 21 countries attended the championships. The opening ceremony included a parade



through Hualien and performances showcasing Taiwanese culture.

GLPD competed in the 200-metre, 500-metre and 2-kilometre races in warm and humid conditions, with intermittent rain adding to the challenge.

The 2-kilometre race proved particularly memorable. During the race, GLPD made contact with the Canadian crew at the first turn and received a time penalty at the second turn. At the third turn, the Pearlers' boat collided with the Czechoslovakian crew, resulting in damage to the Czech boat.

Despite the incidents, GLPD continued to the finish.

The Pearlers did not medal, but completed their races against experienced international crews and gained first-hand experience of

competition at world championship level.

Away from the racing, members also had the opportunity to meet paddlers from other countries and experience Taiwan's culture and hospitality.

Following the championships, members either returned home or continued travelling in Taiwan.

Back in the Great Lakes region, the Pearlers will return to competition at regional, state and national level, as well as regular training on Wallis Lake.

For GLPD, the Taiwan campaign marked an international chapter for a club whose members continue to demonstrate that competitive dragon boating can remain an active pursuit across generations.

Expression of interest: Wildfins Beach 5s

By Aaron Dodds – Wildfins Beach 5s

Last season, the Wildfins U18s took on the Beach 5s circuit, representing the region at Forster, Newcastle and Brisbane. The boys competed against some of the strongest teams across Australia and New Zealand, finishing as Australian & New Zealand U18 runners-up.



This year, we're coming back - and we're building bigger.

Wildfins is now seeking expressions of interest from young players, coaches and team managers who would like to be part of the 2026/27 Beach 5s journey.

Our primary competition pathway will include:

- Barrington Coast Championships - Forster, 20–22 November 2026

- NSW State Championships - Newcastle, 22–24 January 2027

- Australian Championships - Gold Coast, 12–14 February 2027

We are looking to establish teams across: U12 Mixed, U13–U16 Boys, U13–U16 Girls, U18 Boys, U18 Girls and Open.

Players don't need previous Beach 5s experience. Whether they come from rugby union, rugby league, another sporting background, or simply love the beach and want to challenge themselves, we're encouraging young people to put their hand up.

Players, coaches and team managers interested in getting involved can contact: Aaron Dodds soaringintothewilderness@outlook.com 0408 481 048

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Forster Lakes still leads by 12 points



Above: (L-R) Terry Hulme from Tea Gardens with the winner Paul Nolan from Forster Lakes.

By Warren Arnold - Palm Lake Inter Resort Golf

On Monday 14 Sept 15 keen golfers from Forster Lakes travelled to Hawks Nest Golf Course for our latest Inter Resort Golf Event. The weather and course were great and there were some very good scores recorded. The individual winner on the day was our Paul Nolan with Julio Laguzzi (also from Forster) coming 2nd with Bill Morris 3rd from Tea Gardens.

In the important team's event for the shield, counting the best 6 scores from each resort, it finished in a tie with 211 points each. Our previous event also finished in a tie.

With 1 event remaining for the year Forster Lakes is leading by 12 points.

Next game is at Tuncurry Golf Course on Monday the 2nd of November.

Dream fishing comp weekend!

By Dave Nash – Club Forster Blue Water Fishing Club

Over the winter months, club members have found fishing offshore to be a little tricky and somewhat sporadic. Good numbers of fish had been difficult to find and more so, quality snapper have been a rare sighting.

The September outing (19-20 September) has given hints that the fish may be returning, with numbers of anglers catching good numbers of fish with some absolute horses amongst them. Additionally, conditions were near windless with a virtually non-existent swell. This made for a dream fishing weekend!

6 boats signed on for the competition, with 11 anglers contributing. 44 fish were entered in for the comp, totalling 17.52 metres in length. Fish of the day went to visitor Helen Mitchell who landed a 790 mm snapper. Decking with skipper Joe Bujalski, the boat must have been on the mark as Joe was able to find a 565 mm snapper as well. Congratulations Helen and Joe!

'Fisherman' Lex Court, however, was the standout angler of the day, leaving a fair bit of air between himself and the second place on the weekend with a total of 17 fish adding up to 348.4 points. Brian Page (7 fish at 147.6 points including longest flathead for the competition at 538mm) and Bill Greene (5 fish for 104 points) were also notable results from the outing.



Above: Joe Bujalski with his 565mm snapper and visitor Helen Mitchell with the fish of the day - a 790mm snapper.

All fish that are caught/and or released are according to DPI regulations as per club By-laws. Fish are either eaten by our members that catch them or given away to their friends and family. There is also a bag limit as to how many fish of each species can be caught. The

club competitions also incorporate the option to practice catch and release. For those interested in joining the Club Forster Blue Water Fishing Club, please see the club website (clubforsterbluwaterfishingclub.org) or contact Barry Wrench on 0428 557 090.

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