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Local Identity: Kate Dunn p27



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Forster Fortnightly

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Coomba Park wins NSW Tidy Town title for second year running

Above: (L-R) Matt Bowden, NSW Governor Margaret Beazley and Gillian Tofferi with the 2026 Overall Tidy Town Award for Coomba Park. Photos supplied.

By Mary Yule – Forster Fortnightly

Coomba Park has once again been recognised as NSW's tidiest small town by taking home the 'Overall Keep Australia Beautiful Tidy Town Award' - for population less than 1,500 - at a ceremony in Orange on 17 October.

Representing the Coomba & District Progress Association, President Matt Bowden and Secretary Gillian Tofferi accepted the Overall Award, alongside four other Awards recognising Coomba Park's successful Coomba Gardening and Produce Market (two awards), Mystery Market and Sustainability Table.

Ms Tofferi said the community's success from last year had inspired residents to enter again and showcase the work happening across the district.

"This is the second year in a row we have won this award," she said. "Many years ago in 2000 we came second, which is what gave us the idea to do it in the first place - because why wouldn't you want to be recognised for all these great things that community's doing?"

The awards recognise a range of grassroots initiatives that bring residents together while promoting sustainability, reducing waste and supporting local projects.

Among them is the monthly Coomba Gardening and Produce Market, where residents share, sell or barter surplus home-grown produce, plants and homemade goods.

Unlike traditional markets that can be dominated by commercial stallholders, much of the produce comes directly from local backyards, with residents bringing along what they have grown.

"A lot of people from Coomba and Smiths Lake actually come along to buy their produce at the market because it's all grown organically and all grown locally," Ms Tofferi said. "So, you're cutting down on food miles, you're cutting down on lots of things, and everything's basically being picked that morning."

The market has also created opportunities for local growers and small food businesses, including a sourdough baker and a cake maker from Smiths Lake.

Sustainability is further encouraged through the Sustainability Table, an initiative developed by Kirsty Duncan at the monthly market. Residents can leave unwanted but reusable items, from clothing to household goods, for others to take

Continued on page 2.



Above: The popular monthly Coomba Gardening and Produce Market.

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Pacific Palm's Nipper. See p 32.

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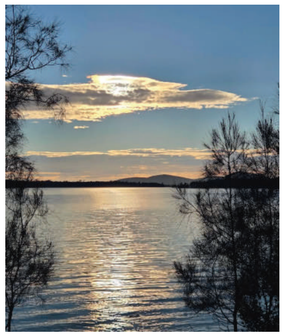
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Smiths Friendly Grocer

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Pollards General store
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Bungwahl
Bungwahl Fuel & Liquor

Seal Rocks
Seal Rocks General Store

Coomba Park takes out NSW Tidy Town title for second year running



Continued from p 1.

success rate in finding new homes for items, helping keep reusable goods out of landfill.

The Mystery Market, held four times a year in partnership with the Community Brunch Café, also promotes reuse while raising funds for community projects and providing another opportunity for residents to socialise.

Ms Tofferi said the Progress Association had recently welcomed several new members while continuing to encourage broader community involvement.

Alongside Mr Bowden and Ms Tofferi, the association's committee includes Treasurer Andrew Geelen and Brunch Café representative Nuran Akbal.

"Nuran represents us on our committee for the Brunch Café, where a lot of our profit comes from and supports the rest of the community," Ms Tofferi said.

Open every Sunday, the Brunch Café is an important part of the community's support network. Volunteers work as cooks, assistants, servers and cashiers, with profits distributed among local organisations that the volunteers belong to, like the Progress Association, Coomba Aquatic Club's Sailability and the local Rural Fire Brigade.

The awards judges praised Coomba Park's volunteer-driven approach, highlighting its environmental stewardship, protection of the Wallis Lake foreshore, food-growing initiatives and opportunities for residents of different generations to connect.

With the 2027 awards set to be held in Dungog, 2026 Winner of the overall title for towns with populations between 1,500 and 5,000, Ms Tofferi said Coomba Park would enter again, with hopes of eventually hosting the ceremony itself.

"We're going to go again, of course," she said. "You can't keep us down."

MidCoast Council welcomes decision to retain grant methodology

MidCoast Council

MidCoast Council has welcomed the decision by the NSW Local Government Grants Commission not to proceed with proposed changes to the way Financial Assistance Grants are distributed among Councils.

Following clear feedback from councils and peak bodies, the Commission has decided the draft revised methodology will not be implemented. The existing methodology will continue to apply.

MidCoast Council strongly opposed the proposed changes, which would have resulted in an estimated annual reduction of $5 million in funding for the region.

General Manager, Adrian Panuccio, said the Commission's decision was a positive result for MidCoast Council and other regional communities.

"The decision not to implement the draft methodology is a welcome outcome for our community," Mr Panuccio said. "Financial Assistance Grants help fund the roads, buildings, drainage, parks and services our community relies on every day."

"Had the proposed changes been introduced, Council would have faced a significant reduction in funding at a time when councils are already managing rising costs, aging infrastructure and increasing demand for services."

Of the 102 councils that made submissions on the proposed methodology, 54 councils raised significant concerns or proposed modifications, while 38 councils opposed the changes.

Mr Panuccio thanked councils that joined MidCoast Council in calling for the proposed changes to be paused and highlighting the potential impacts on regional communities.

"These councils recognised that the proposed model did not adequately account for the unique challenges and circumstances facing regional communities."

MidCoast Council covers more than 10,000 square kilometres and is responsible for a large and diverse network of roads, bridges and community facilities. The region's geographic size, dispersed population and infrastructure responsibilities create significant costs in delivering services across the local government area.

Mr Panuccio said Council remained open to improvements to the grants system, provided any future methodology was fair and evidence-based.

"MidCoast Council would welcome a methodology that is simple, transparent, reliable and genuinely directed to councils with the greatest relative need," he said.



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Remembrance Day 2026



Forster Tuncurry RSL sub-Branch

The Forster Tuncurry RSL sub-Branch will be conducting a Remembrance Day Service at the Lone Pine Memorial Park, Tuncurry on Wednesday 11th November 2026. We will be gathering at 10.30 am for a 10.45 am start.

Members of the Public are invited to attend and if you wish to lay a wreath, could you please advise the sub-Branch Secretary on 6591 6519 or email forster-tuncurrysb@rslnsw.org.au by Monday the 2nd of November 2026.

"These plans could change at short notice due to weather conditions"

Healing through Gathang Language with Uncle Will Paulson

By Sophia McCaughan - Forster Fortnightly

For local Elder, Uncle Will Paulson, studying a Certificate I in Gathang Language through TAFE New South Wales in Taree is healing.

"Learning the Language that has been taken away, it is so great to have it (Language) back and listen to some of the old words that our mums and dads used to say, and pass it on to the next generation," Uncle Will explained.

NSW Aboriginal Languages Week ran from October 18 until October 25, and is a time to celebrate and honour the ongoing work of Aboriginal communities to reawaken, grow and nurture Aboriginal Languages and cultures.

Uncle Will is a proud Worimi and Biripi man and said that learning Gathang is empowering.

"What we have all been through, that Language being taken away, to have it heard again, to speak it again and to get our Language back, not just here, but all around the country," he explained.

"It was (Language) always powerful and strong, and made us strong…learning my Gathang Language and our Aboriginal Language, I'm very proud to be doing it."

This year's theme for Aboriginal Languages Week is "Living Languages, Strong Futures" and acknowledges Aboriginal communities across the state who are leading the way in keeping Languages strong through learning, sharing, teaching and speaking Language every day.

"It's really good to see our young generation stepping up and coming up regarding our Language, it is so important that we revive it," Uncle Will said.

Aboriginal Languages Week honours the courage, strength and resilience of Aboriginal families, who continue to carry and pass on Language through generations.



Uncle Will Paulson. Image credit: Manning Coastal Group.

Aboriginal Languages Week recognises and celebrates the oldest continuing living culture of Earth while acknowledging that previous generations were often at risk of facing punishment for speaking their Language and embracing culture on Country.

For Uncle Will, learning Gathang Language is a full-circle moment, coming from an era where speaking Language was looked down upon, to a time where it is encouraged and celebrated.

"When I was growing up, I didn't know it, but now I am in my first year of learning Gathang Language and only just started TAFE," he explained.

"There are so many beautiful words in the Language (Gathang) and how we say it, how we pronounce it, and just learning how we use the Language, and how it works,"

Uncle Will told the Forster Fortnightly that people in the community who want to embrace culture and learn Gathang should not be afraid.

"I would encourage our young people and our Elders that they needn't fear (about learning Gathang)," he concluded.

"Something (Language) that we have lost over the years can be regained, I can't encourage people enough to have a go."

Gathang greetings

Wiyabu – Hello
Guudji Yiigu – Welcome
Gapu – Bye
Marrungbu – Thank you



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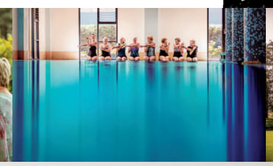








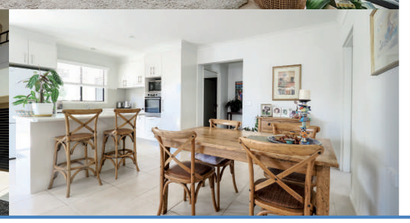












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Our Local Wildlife

FAWNA

By Kym Kilpatrick - FAWNA Hallidays Point

Feast & Famine: Bogong Moths & Grey-Headed Flying Foxes

Feasts and famines are not unusual in nature, but in our sheltered human world, we are rarely so intensely confronted by them as we have been in the last few weeks.

It is ironic that October, in homage to Halloween, is now identified as Bat Appreciation Month. In a macabre, ironic twist, what so many of us have been forcibly confronted with, is the mass deaths of Grey-headed Flying Foxes in our gardens, our parks and along our roadways. So severe and widespread is this starvation event, that experts are concerned that, combined with a high summer temperatures, we could see this already identified Vulnerable Species reach the point of extinction. Why is that so significant? Grey-headed Flying-foxes are the forest regenerators of the East Coast. They co-evolved with so much of our rainforest and temperate climate forests that some tree species only blossom at night to welcome them. Every other forest dweller owes a debt of gratitude to them.

Flying up to 50 km a night and migrating up and down the East Coast from Queensland to Victoria, they pollinate and drop seed as they go. Once there were multiple-millions of them, following the blossoming and fruiting of native trees up and down the east coast. But habitat loss and increasing temperatures are rapidly reducing their numbers despite the illusion created by their increasing proximity to human settlements as they try to adapt and survive.

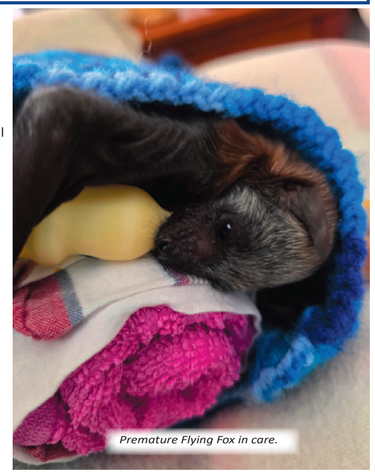
At the same time, another iconic Australian creature, the Bogong Moth, has been arriving in almost biblical numbers. This nondescript little brown moth is so ecologically important it has inspired the naming of a mountain, an area of high plains and a town (it may also have been the origin word for 'bogan' a certain style of Aussie). It too is listed on the global endangered list.

Both Grey-headed Flying-foxes and Bogong Moths are epic migrators.

Bogong Moths breed in grasslands west of the dividing range but then in Spring they migrate some 965 km, up 1800 metres to the high country of the Snowy Mountains to over-summer in dark, humid and cool caves and crevices. Here they enter a state of torpor similar to hibernation, called aestivation. Come Autumn they migrate back again to their breeding grounds, another 965 km.

Along the way these little parcels of flying fat and protein feed insectivore birds, mammals and reptiles. They are especially important to the Critically endangered Mountain Pygmy

Right: Bogong Moths are epic migrators.



Premature Flying Fox in care.

Possum to the extent that in the last few years, when the Bogong Moths were scarce, ecologists fed them 'bogong bikkies' to ensure their survival.

Are the flying-fox mass starvation and the mass surge of bogong moths related? The science is not yet in but almost certainly both are being impacted by our changing weather patterns.

Previous drier years have seen the moths' numbers plummet while the wetter warmer winter of west of the dividing range has resulted in the current surge. Unseasonal winds have blown them off course and of course as moths they navigational skills are compromised by our city lights and urban sprawl.

The mass starvation of the Grey-headed Flying-foxes is believed to be at least in part because of the same warmer wetter winter has brought on the too early flowering of the eucalypts on which they depend at this time of year, especially the pregnant females. Of course, the temperate coastal areas are where we also like to live and farm, consequently their habitat has become increasingly fragmented and the demands of migrating to follow the blossoming and fruiting of native trees, more arduous and hazardous.

This year both species have been competing with honey-eater birds possums/gliders and



insects for nectar, including plants such as callistemons which would not normally be their food source. Nectar production is an intensive process for flowering plants and can take a while to replenish. And of course, both species are incredibly important for the complexity and health of our ecosystems.

FAWNA is not advising people to handle, (including attempting to catch or handfeed) live bats. For unwell bats please call us on 6581 4141 immediately and if possible, and safe to do so, cover with a towel or similar cloth to prevent fly-strike.

We are also encouraging people who have flying-foxes in their vicinity to hang cut fruit, pears, apples and melon, high in trees either through flower pots/bowls or wire garlands with the sharp ends taped to prevent injury (pictured above). String is not advised as it can entangle them although rope is fine.



Smith Lake set to open



MidCoast Council

Smiths Lake will be opened on Wednesday 28 October.

Boaters are strongly advised to remove their vessels from the lake prior to the opening to avoid the risk of stranding.

Once the manual opening is underway, boats left in the lake may become stranded due to the changes in water levels.

The area surrounding the opening will be closed to the public. Barriers will be installed to restrict access, and Council staff will be on-site to ensure public safety.

Please adhere to all instructions from Council staff and keep drones away from operating machinery.

For safety reasons all boat ramps and vehicular access to the beach will be closed during the opening. This is to prevent any potential hazards or accidents during the process.

Heavy machinery will be operating on the beach during the opening. No drones can operate in the vicinity of the opening at this time.

Residents and visitors are urged to stay clear of the area, follow all safety instructions, and monitor Council updates via the website and social media for the latest information.

Realtime data on Smiths Lakes's water levels can also be found on the Smiths Lake Village website at: https://villagefirst.org.au/



Manning - Great Lakes Police

Dear Readers,

This fortnight I will provide you with details regarding great work by local police to stop illegal drug activity and provide you with information regarding E-bike rules in NSW.

Drug arrests

Three men have been charged with drug supply offences after a clandestine laboratory was located and dismantled at Taree.

In recent months, officers from the Manning/ Great Lakes Police District Proactive Crime Team have been investigating drug supply activities in the Taree area.

Following extensive inquiries, local police – assisted by Northern Region Operations Support Group and the Dog Unit – executed four search warrants at properties in Taree on Wednesday 14 October 2026.

During the search of the properties, officers located several items of interest including a clandestine lab, approximately $26,650 cash, 20g methamphetamine, and 82g of a white rock-like substance.

Specialist officers from the Drug and Firearms Squad's Chemical Operations Team and Fire and Rescue NSW Hazmat were called in to safely process the scene.

Three men – aged 23, 38 and 76 – were arrested and taken to Taree Police Station.

The younger man was charged with supply prohibited drug (greater than indictable and less than commercial quantity) and possess prohibited drug.

The 38-year-old man was charged with supply prohibited drug (greater than indictable and less than commercial quantity), possess prohibited drug, recklessly deal with proceeds of crime (greater than $5000), and fail to comply digital evidence access order direction.

Both men were refused bail.

The older man was charged with take part supply prohibited drug (greater than small and less than or equal to indictable quantity), possess prohibited drug, and recklessly deal with proceeds of crime (greater than $5000). He was granted conditional bail to appear before Taree Local Court on Tuesday 17 November 2026.

Inquiries are continuing.

Illegal E-Bikes and Motorised Wheeled Devices

NSW Police alongside Transport for NSW have powers under the Road Transport Act 2013 to seize certain illegal non-registrable vehicles being used on roads and public places.

Examples may include:

- E-bikes that exceed legal power limits.
- Modified e-bikes
- Electric/petrol motorcycles that are incapable of being registered.
- Other prohibited motorised wheeled devices that are incapable of being registered (e-scooter, segway, electric skateboards)

What happens if a vehicle is seized?

If a non-registrable vehicle is seized:

- A seizure notice will be issued.
- The vehicle will be seized and stored at a secure location.
- Information will be provided about any available process to apply for the vehicle's return.

Applying for return of a seized vehicle

An owner of a seized non-registrable vehicle may be able to apply for its return.

Applications are assessed in accordance with the relevant legislation and the individual circumstances of each matter.

Important: Not all devices sold as "e-bikes" are legal to ride on NSW roads, shared paths or public places. If in doubt, check the vehicle specifications before purchasing or using.

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

Chief Inspector Timothy Bayly - OIC Forster





Safe Harbour opens in Forster for those who need it most

By Sophia McCaughan - Forster Fortnightly

Life can get hard sometimes, overwhelming, all-consuming, and we all need a safe space place to drop an "anchor".

A new space has opened in Forster, the Great Lakes Suicide Prevention Network's (GLSPN) Safe Harbour.

Safe Harbour is a welcoming, supportive space for people in the Forster, Tuncurry and the wider Great Lakes community who may be experiencing emotional distress, loneliness, isolation or challenges with their mental health.

Committee Member of GLSPN, Mark Davies said the Safe Harbour is designed for people to connect with mental health services within our community.

"It will be a conduit for people to connect with them with services, because some people can't get to places during the day, we are here to help them when they need it most," Mr Davies explained.

Safe Harbour is run by GLSPN trained volunteers, and offers a friendly, non-judgemental environment where an individual can connect with others, have a cup of tea, share a conversation or simply spend some time with people who care.

"It might just help people take a couple of steps in the right direction," he said.

"We want to help people connect with services, so they know there is somewhere that they can drop in."

Mr Davies said Safe Harbour is designed for everyone.

You don't need to have all the answers, you don't need to explain everything and you don't have to face life's storms alone.

Mr Davies explained that Safe Harbour is a place where people can feel welcome, find connection, and know that YOU matter.



Safe Harbour is located on the corner of Wallis and West Street in Forster, on the 3rd Friday of the month; 6pm to 9pm.

Safe Harbour in Forster opened on Friday October 16 with Mr Davies explaining that there is opportunity for the facility to expand.

"We're just starting off once a month on a Friday evening, so people can drop in and have the space to sit and just chill out, relax and so forth," he said.

October marks Mental Health month in New South Wales.

"One of the key reasons we opened up this month is because it is Mental Health Month in New South Wales, and a little connection goes a long way," he said.

The GLSPN committee said it was important to open a Safe Harbour service, after comments from the MidCoast Mayor acknowledged the gap in mental health services in the region.

"The Mayor recently described Forster Tuncurry as being a black hole when it comes to mental health services, because all the resources are nearly in Taree or in Port Macquarie," he explained.

Whether you are doing it tough, feeling disconnected or simply need someone to talk to, Safe Harbour is a place where you can feel welcome, find connection and know that you matter

Safe Harbour is located on the corner of Wallis and West Street in Forster, on the 3rd Friday of the month; 6.00PM to 9.00PM.

Tanya's Community Update



Whether I am in Parliament or home in the Myall Lakes, my priority is making sure our community gets the support it needs.

Over the past fortnight, I have been pressing for better healthcare, answers on the promised Forster–Tuncurry Urgent Care Clinic, and investment in safer roads.

I also raised the distressing experience of families caught in the homelessness system. People asking for help deserve more than another phone number to call.

Here at home, we see what can be achieved when people come together to support others. The Dundaloo All Abilities Ball was a wonderful celebration of inclusion, and joining Lions members at the annual Lions Convention was a reminder of how much volunteers contribute to our towns.

That same generosity has been on display throughout Breast Cancer Awareness Month. Thank you to every local business that supported this month's Pink Up events.

We will continue that support with a Pink Up event at my electorate office on 30 October. I hope you can join us as we raise awareness and stand alongside local families affected by breast cancer.

My team and I are always here to help. Please reach out if there is anything you need.

Tanya Thompson - MP for Myall Lakes



Great Lakes College drama students earn prestigious OnStage nominations

By Mary Yule - Forster Fortnightly

Great Lakes College is celebrating an outstanding achievement for its HSC Drama students, with five performances nominated for OnStage, the prestigious annual showcase of exemplary HSC Drama performances from across New South Wales.

Those selected for the final OnStage program will have the opportunity to perform at Sydney's Seymour Centre in February, with the final selections expected to be announced in late November.

Drama teacher Wendy Williams said, "We've been fortunate to receive Onstage nominations in previous years, but to have two group performances and three individual performances nominated in the same year is exceptional."

"It's just a testament to their talent and dedication really. They worked so well with each other, they listened to feedback and they went and performed to as many audiences as they could."

OnStage nominations are awarded following practical examinations, which account for 60% of their HSC Drama marks. Students perform before three experienced HSC Drama markers, who assess their work against established criteria.

Among the nominated works is The Curse of the Sea, an original, self-devised group performance combining energetic physical comedy with a story about a group attempting to cure what they believe is a curse, only to discover the real culprit is scurvy.





Above: Individual Performance "Living with the Enemy" - Grace Randall. Photos supplied.

The work was also performed at the recent Shine On showcase, which featured performances from local schools. Ms Williams said the opportunity to perform before audiences helped students build confidence and refine their work.

Left: Group Performance "The Curse of the Sea"- Back row: (L-R) Slater Caldwell, Charlotte Johnson, Oliver Castle, Front Row: Jarrah Verdich, Haley Ramsden.

The group included students with varying levels of performance experience, including Hayley Ramsden and Charlotte Johnson, who had never performed before.

Another nominated work, Living with the Enemy, is a comedic monologue performed by Grace Randall. The piece explores an unusual relationship between a woman and a cockroach that gradually becomes her unlikely companion.

While the group performances were devised entirely by the students, the nominated individual monologues were adapted from existing works and developed to suit each performer.



Above: Individual Performance "The Cover is Blue" - Jarrah Verdich.

Ms Williams said her role as a drama teacher was to guide students while ensuring their work remained their own.

"The main thing is that it was all on their own and that I guide them because otherwise it's not authentic and it's not their own. The second thing is obviously they need to have fun with it but there's clear marking criteria and so I always bring them back to that criteria and get them to reflect and analyze on their performances all the way throughout. And I think that's really helped them. Year 11 is a stepping stone into year 12. So all the skills that they learn in year 11 is setting them up to thrive in year 12."

Although a nomination does not guarantee selection for the final OnStage program, Ms Williams said it was a significant achievement in itself.





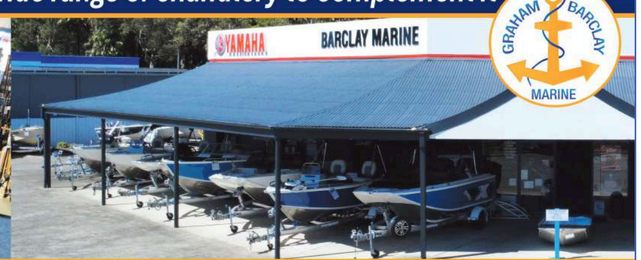
Above: Individual Performance "Bombshells" - Ashlyn Johnson.

"I think the most important part is that they really enjoyed the process, and it that came through on the day. I couldn't be prouder of them really," she said.

Left: Group Performance "Athazagoraphobia" - (L-R) Isabella Pecnik, Ashlyn Johnson, Ruby Machon.

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Great Lakes College student receives distinguished music nomination

Great Lakes College

Great Lakes College is proud to celebrate the outstanding achievements of our Year 12 student Jocelyn Grieve. Her passion, dedication and commitment to music have led to some extraordinary opportunities.

Jocelyn's musical talent and application have seen her nominated to perform as part of the North Coast Orchestra, culminating in the incredible opportunity to perform at the iconic Sydney Opera House. Not only was performing in the orchestra an achievement in itself, she was also the only musician to present a solo performance.

And the exciting news didn't stop there!

Just before the end of Term 3, Jocelyn discovered she had been nominated for ENCORE, a prestigious recognition reserved for exemplary HSC Music major works identified by external HSC markers. This nomination recognises the exceptional quality of her work and places her among students whose musical achievements have been identified as outstanding.

Jocelyn's musical journey began in Year 2, when she chose the flute after her school offered students the opportunity to learn an instrument.

Despite initially struggling, she gradually developed her skills through school band participation and other performance opportunities.

"For the first couple of years I hated it. I couldn't do it, I was bad at it," she said. "I joined the band and over time I grew to really like it."

In primary school, Jocelyn participated in workshops with the Hunter Wind Ensemble, later joining the group herself. She is now its first flute player.



Above: Jocelyn Grieve has been nominated for ENCORE from her exemplary HSC Music major work.

Great Lakes College music teacher Vincent Jensen said Jocelyn had demonstrated considerable potential from an early stage.

"Early on Jocelyn showed high potential, particularly from Year 7," he said.

Mr Jensen said she had consistently sought opportunities to improve beyond the classroom, including arranging additional online lessons and attending specialist workshops and masterclasses.

He also observed a significant improvement in her technique during Year 10, when Jocelyn began dedicating holiday time to developing skills beyond the usual expectations of students her age.

"A lot of it has been her own self-determination and hard work and grit, really," he said.

Jocelyn now hopes to continue pursuing music after finishing school. She would like to move to a city with regular performance opportunities, join a university orchestra and potentially tutor other musicians.

Her experience of receiving guidance from older students has also influenced her interest in teaching, with Jocelyn now enjoying the opportunity to help younger musicians develop their skills.

"I just want to always keep going with it," she said.

National Water Week Junior Writing Winners

MidCoast Council

The winners of MidCoast Council's second annual National Water Week Junior Writing Prize have been announced, with the competition attracting its largest field of entries yet.

Manning Valley Anglican College student Harvey Crameri was awarded first prize in the Primary School category for 'The water that connects our family', a thoughtful reflection on the way water connects across generations of his family.

In the Junior High School category, MidCoast Christian College student Chloe Ekins was awarded first prize for 'The Rockpool's Song', an imaginative meditation on water's timeless ability to draw people to it to relax, soothe and heal.

Finally, in the Senior High School category, Taree boarding school student Eva Wood McGuire was awarded first prize for her poem 'Water Bird', which takes the reader on a journey down the Manning River, from its roots in the Barrington Tops to its meeting point with the ocean at Old Bar and beyond, examining the landscapes, industries and human settlements it interacts with along the way.

Council's Director of Infrastructure and Engineering Services, Rob Scott, said this year's theme of 'Water connects everything' inspired students to engage with a broad range of ideas, which helped to illustrate all the different ways people and other living things interacted with water.

"From water as a defining feature of family history to a source of sustenance, survival, destruction or relaxation, the entries we received this year were really thought-provoking and diverse," said Mr Scott.

Continued on page 28.

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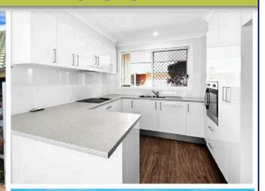
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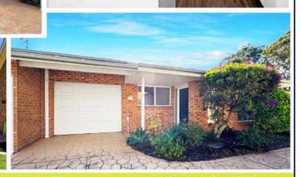
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Reviva Reuse Competition



Resource Recovery Australia

Last chance for MidCoast residents to enter their 'repair, makeover or creative transformation' for the 2026 Reviva Reuse Competition, with a $300 national prize and a $200 MidCoast prize up for grabs.

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

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

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

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

Country Education alumna Brooke McCarthy honoured at NSW Parliament House

Country Education Foundation

Country Education Foundation alumna, Brooke McCarthy from Rainbow Flat, who is also the Manager of the NSW Women's Newcastle Knights has been recognised as the 2026 Audi Foundation – CEF Young Achiever! Brooke was recognised at an event at NSW Parliament House for her determination, talent and early career accomplishments.

Brooke was honoured at the CEF Luncheon, on Friday 9th October at NSW Parliament House, where the 2026 Audi Foundation - CEF Alumni Awards (the Awards) were presented. The CEF Luncheon is a signature event on the Country Education Foundation (CEF) calendar.

The Awards honour past and present CEF-supported students across five categories who demonstrate merit, commitment and dedication to their studies or training, and are making standout contributions in their communities.

The Audi Foundation – CEF Young Achiever Award is presented to a recent graduate with determination and talent, resulting in early career accomplishments in their field of choice.

Country Education Foundation CEO Wendy Mason said Brooke was a shining example of a student's potential, when given the right support.

"Brooke demonstrated commitment and drive early on in her educational journey by completing two, full-time university degrees, which she is now using in a highly reputable, high-performance environment as the Manager of the NSW Women's Newcastle Knights team," Ms Mason said.

"She has also been extremely resilient after the trauma of losing her father last year, so to achieve what she has in such as short space of time is remarkable."

Brooke was a CEF-supported student throughout her studies from 2020 until 2024 and said the recognition of receiving the Audi Foundation – CEF Young Achiever Award meant a lot to her when she had to rebuild her life after suffering the loss of her father.



Above: Tracey Spurling (Brooke's mum), Helen Bryan (Great Lakes Education Fund representative), Brooke McCarthy and Rebecca Harper (GLEF). Photo supplied.

"I cannot speak highly enough of the Country Education Foundation, particularly the local branch in Forster – the Great Lakes Education Fund," Brooke said.

"From the very first day, they took me in and welcomed me wholeheartedly, and Helen Bryan constantly messages and checks in on me, even years after I have finished up."

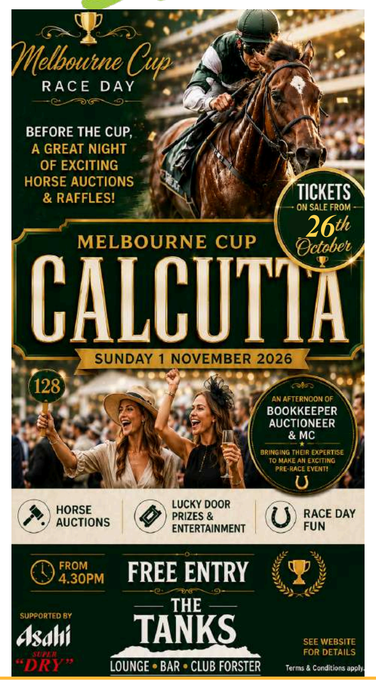
Brooke completed a Bachelor of Social Work (Honours) through the University of Newcastle and a Bachelor of Business (Sports Management) through the Torrens University in 2024.

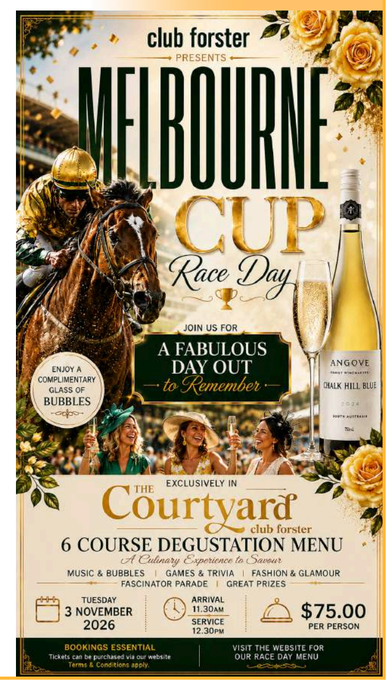
She is currently working as a social worker at Kurri Kurri High School, alongside her work with the NSW Women's Premiership Newcastle Knights team.

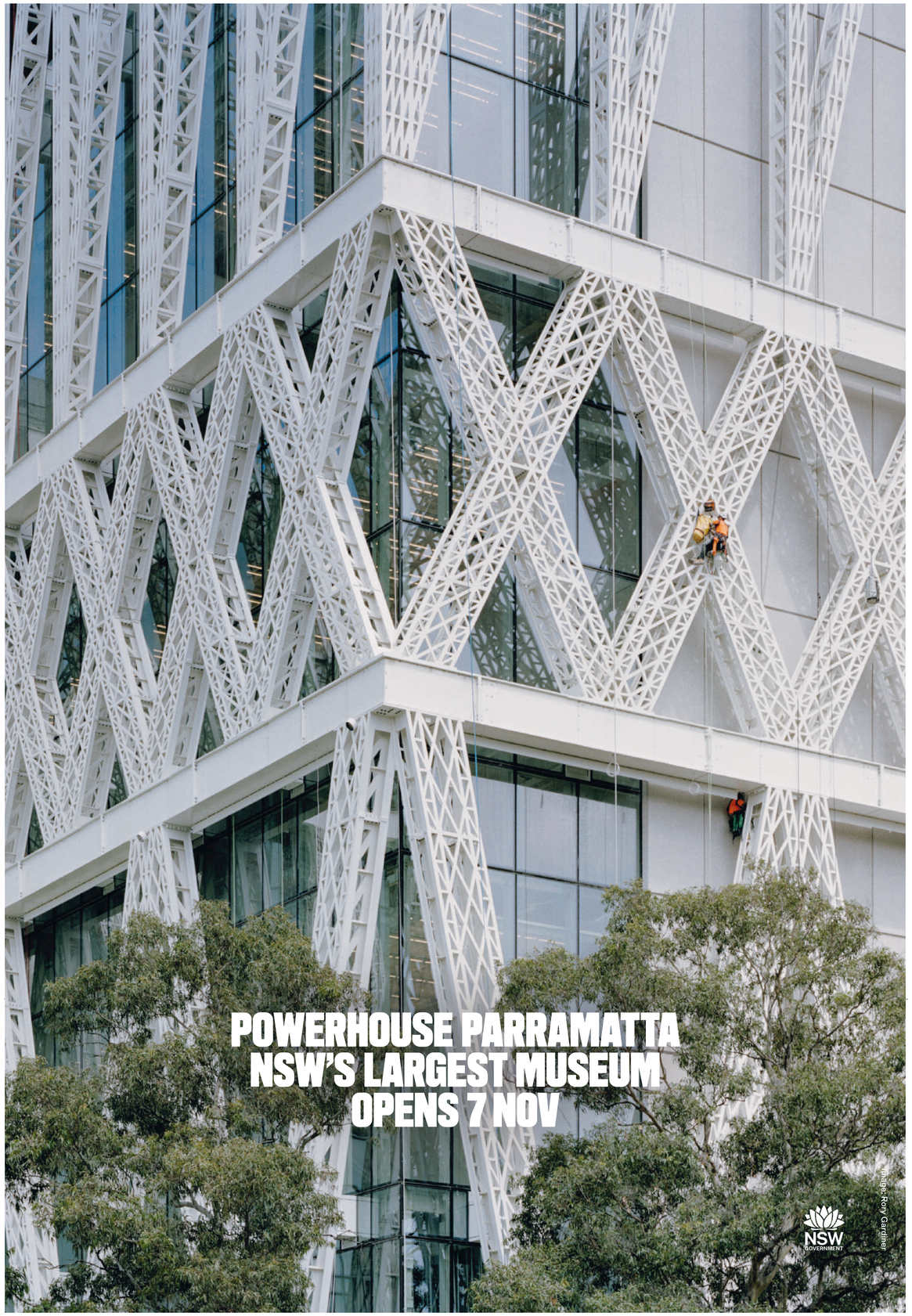
When it comes to words of wisdom for students chasing their dreams, Brooke said students should just "go for it"!

What's On club forster
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Volunteer joint training from 4 Marine Rescue Bases



By Diane Hallam - Marine Rescue Forster Tuncurry

Volunteers from four different bases - Forster Tuncurry, Crowdy Harrington, Camden Haven and Trial Bay, came together at Marine Rescue Forster Tuncurry to further develop their skills, build their confidence, and work towards gaining additional crew qualifications.

The training covered a range of essential skills required to operate safely and effectively on the water, including fire safety, water survival, and, of course, the ever-present paperwork that comes with the job!



These sessions provide a valuable opportunity for volunteers to learn from one another, share experiences, and strengthen the teamwork that is so important when responding to emergencies at sea.

Every hour spent training helps ensure our crews are better prepared to respond when the community needs them most.

Huge thanks to Zone Training Officer Mitch Harvey, Forster Tuncurry Training Officer Peter Mouwen, and Woolgoolga Training Officer Taylor Harvey for their continued support and dedication. We truly appreciate everything you do in organising and delivering the training. And well done to all the attending volunteers for their commitment to learning and improving their skills.

Another regional air service lost as Rex suspends Port Macquarie flights

Office of Alison Penfold MP

Federal Member for Lyne Alison Penfold has expressed deep disappointment at Rex Airlines' decision to suspend its Sydney–Port Macquarie service from 25 October, warning that the loss of another regional airline leaves Mid North Coast passengers with fewer choices and potentially higher airfares.

Ms Penfold said the region first lost Virgin Australia from Port Macquarie, then FlyPelican from Taree, and now Rex.

She said it was incredibly disappointing to see another regional air service disappear.

"Regional communities depend on reliable and affordable air travel," Ms Penfold said.

"Whether it is for business, medical appointments, family commitments or tourism, air connections are an essential service, not a luxury.

"While Newcastle Airport offers alternative domestic connections, it does not offer regular direct passenger flights to Sydney, where many Mid North Coast residents need to travel for specialist medical appointments, hospital treatment and other essential services.

"For older residents, people undergoing medical treatment and those who cannot comfortably make the long drive to Sydney, maintaining affordable direct air connections is particularly important."

Rex has attributed its decision to sustained high aviation fuel prices resulting from the ongoing conflict in the Middle East, combined with insufficient passenger demand to make the route commercially viable.

The airline has described the suspension as temporary and indicated it would consider resuming flights when fuel prices returned to commercially sustainable levels.

Ms Penfold said she recognised the enormous pressures confronting regional airlines, particularly with soaring fuel prices affecting aviation operators around the world.

"Rex has a long history of serving regional Australia, and I welcome its commitment to reconsidering the suspension when conditions improve," she said.

"I sincerely hope we see Rex return to Port Macquarie sooner rather than later."

Ms Penfold said the decision would leave QantasLink as the sole operator of regular passenger flights between Port Macquarie and Sydney, raising serious concerns about competition and affordability.

She said with Rex gone, QantasLink effectively had a monopoly on scheduled passenger flights from Port Macquarie.

"My concern is that less competition will mean higher fares for local passengers," Ms Penfold said.

"I have written to QantasLink to thank the airline for its ongoing commitment to the Mid North Coast, but also to seek an assurance that it will not take advantage of its position by increasing fares simply because passengers no longer have an alternative.

"Regional Australians already pay a premium for so many essential services, they should not be penalised further simply because of where they live."



Above: The decision to indefinitely suspend Rex flights from Sydney to Port Macquarie, and Sydney to Orange in the Central West, comes less than a year after the carrier was sold to American company Air T in a deal that featured a $60 million rescue package and a further $108 million to restructure Commonwealth debt. Information & image credit: ABC Central West News.

Ms Penfold said the latest withdrawal highlighted the vulnerability of regional aviation and the importance of maintaining competition and connectivity outside the capital cities.

"Every time we lose another regional service, our communities become a little more isolated and our local economy loses another opportunity," she said.

"Regional Australians deserve the same access to essential services as people living in our capital cities."

Rex has advised that affected passengers booked to travel from 25 October will be contacted directly and offered a full refund, or the opportunity to rebook on an alternative Rex service at no additional cost, subject to availability.

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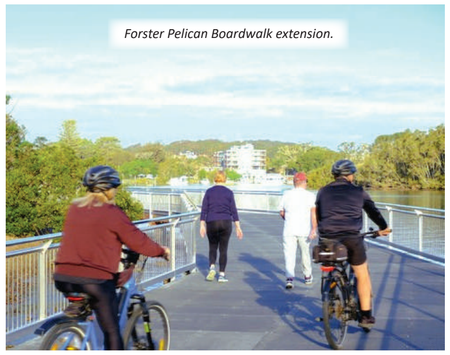
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More than $11 million invested in MidCoast outdoor spaces

MidCoast Council



Forster Pelican Boardwalk extension.

During the first three years since the MidCoast Open Space and Recreation Strategy adoption, 73 actions within the plan have been either completed or partially completed.

The total cost of the completed actions is $11,334,750. External funding contributed $9,130,085 and $2,204,665 was funded by Council.

The work has delivered improvements people can enjoy across the region. Some of the projects include the Black Head Skatepark, Forster Pelican Boardwalk extension, Tea Gardens Boat Ramp upgrade, Gloucester Billabong Park Suspension Bridge, playground renewals and other recreation upgrades.

"We are proud to deliver projects that the community have told us they need and can enjoy for years to come," said Council's Executive Manager Public Spaces, Mr Liam Bulley.

Council has also worked with community groups to improve local facilities. These projects include sports courts improvement and new fenced off-leash dog areas.

Planning has also been undertaken for the future of key recreation areas. Master plans have been completed for Taree Recreation Grounds, Old Bar Park and Wingham Central Park.

The Open Space and Recreation Strategy guides the future of parks, sports fields, playgrounds, dog parks, foreshores, walkways, cycleways and other public spaces across the MidCoast until 2035.

The strategy is supported by further individual plans covering play spaces, skateparks, outdoor sports courts, sports lighting, boating infrastructure, public toilets in parks, walking and cycling, trails and aquatic facilities.

A further 22 actions have been completed from these plans. The value of these additional actions is $2,155,005.60 with $1,290,457 being funded externally and $864,548.60 was funded by Council.

To learn more about the strategy, see what has been delivered and find out what's planned for the future, visit https://haveyoursay.midcoast.nsw.gov.au/outdoor-spaces.

"Do it once and do it well"

Energy Matters, 14 October

The federal battery rebate, delivered through the Cheaper Home Batteries Program, gets smaller on 1 January 2027 but doesn't end until 2030. That difference matters, because battery sellers lean heavily on cold calls and door knocks. An ACCC review published in July 2026 found solar panels and energy devices were among the products Australians most often bought through unsolicited selling. Two in three people approached this way said they felt pressured, and some salespeople misrepresented whether customers qualified for government programs.

Before the last battery rebate step-down on 1 May 2026, the Clean Energy Regulator (CER) publicly warned retailers that deceptive or misleading behaviour would be reported to fair trading bodies.

With the next step-down less than three months away, this guide explains what's actually changing.

Quick summary

- The battery rebate drops on 1 January 2027 but continues until 31 December 2030.
- Real step-downs happen only on 1 January and 1 July. Any other "deadline" is a red flag.
- If you signed after a cold call or door knock, you generally have 10 business days to cancel.

When does the battery rebate step down?

Both federal rebates run through the same scheme, the Small-scale Renewable Energy Scheme, and both shrink every year (solar panels) and every 6 months (home batteries) on a published schedule until the end of 2030. Neither ends before then.

Three details matter more than most salespeople let on

- It's the install date that counts, not the signing date. The CER says the rebate is set by when the system is installed, not when you sign the contract. A deal signed in December but installed in January gets January's rebate.



- Big batteries get less per kWh. Since 1 May 2026, the battery rebate is tiered. The first 14 kWh of usable capacity earns the full rate, every kWh from 14 to 28 earns 60%, and every kWh from 28 to 50 earns 15%. A quote that applies the full rate to a 30 kWh battery is overstating your discount.
- Each step is a trim, not a cliff. A step-down reduces the number of certificates your system earns. It doesn't remove the rebate. You can check the exact current figure for your system with the CER's battery STC calculator.

What the regulator says

Ahead of the May 2026 step-down, the Clean Energy Regulator told retailers not to rush installations to beat the change. As CER Executive General Manager Carl Binning put it: "Installers are being urged to do it once and do it well." (Clean Energy Regulator)

Expert tips

- Get the install date in writing, not just the contract date. Ask the retailer to state on the quote who pays the difference if the install slips past a step-down.
- Ask for two prices on the same quote: one for installing before the step-down and one for after. An honest installer can work this out in minutes, and it shows you exactly what waiting would cost.
- Before responding to a rebate offer from a cold call or social media ad, look up the business on the government's ABN Lookup site. A company with no history, or a name that doesn't match the ad, is a reason to walk away.

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New pump-out facilities helping protect Wallis Lake

MidCoast Council

Boaters will soon have greater access to safe and environmentally responsible waste disposal, with two public marine effluent pump-out facilities available in Forster to help protect the health of Wallis Lake.

MidCoast Council, with support from the NSW Government, are delivering the facilities to provide recreational boaters with a convenient way to dispose of onboard toilet waste directly into the sewer network.

The facilities will be located at Memorial Drive and Forster Marina, providing options for boats operating in different parts of the Wallis Lake and Forster harbour system.

The Memorial Drive location has a history of providing pump-out services under a previous site owner, while the Forster Marina project will renew and enhance the existing pump-out facility.

The Memorial Drive facility is suited to vessels operating in the calmer waters on the lake side of the Forster-Tuncurry bridge, while the Forster Marina facility provides access for larger vessels and boats operating in the harbour area east of the bridge.

Providing two strategically located facilities makes responsible waste disposal more accessible for recreational boaters and helps reduce the risk of wastewater being discharged into the lake.

Wallis Lake is an important environmental, recreational, and economic asset for the MidCoast, and maintaining its water quality is a shared responsibility.

By using the pump-out facilities, boaters can play a direct role in protecting water quality and healthy marine habitats while helping keep Wallis Lake clean and enjoyable for everyone.

The facilities also provide an important addition to the area's recreational boating infrastructure, making it easier for boat owners to do the right thing while out on the water.

The project was developed following water quality investigations arising from a previous norovirus outbreak in Wallis Lake, and extensive consultation with Transport for NSW (Maritime), local stakeholders and MidCoast Council.

This work identified the need for accessible pump-out infrastructure that could cater for different types of vessels and boating locations.

The facilities which are expected to be operational by Friday 30 October will provide practical infrastructure for the boating community while supporting the long-term protection of the environmental values that make Wallis Lake such an important part of the MidCoast.



Right: The new pump-out facilities will be located at Memorial Drive and Forster Marina.

Flood risk management plans to be updated

MidCoast Council

MidCoast Council will progress three recommendations following a review of its floodplain risk management studies and plans.

"After the devastating 2021 and 2025 floods, Council obtained funding from the NSW Department of Climate Change, Energy, Environment and Water to conduct a review of our flood management plans," said Council's Director of Infrastructure and Engineering Services, Mr Robert Scott.

Council's consultant Rhelm undertook the review.

The report was on public exhibition for community feedback from 27 March - 5 May 2026. Eight public submissions were received, and a further addition to one submission was also considered.

The Floodplain Management Reference Group also contributed advice and feedback during the project.



As a result of the review, Council will:

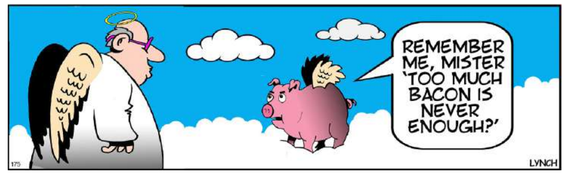
- Seek grant funding to complete the feasibility study for the establishment of Voluntary House Raising and Voluntary Purchase Schemes
- Seek grant funding to install additional flood gauges at Stroud, Nabiac and Harrington
- Update the Flood Warning Levels and emergency response information.

You can view a summary of the feedback received and Council's response to each submission at: https://haveyoursay.midcoast.nsw.gov.au/floodplain-risk-management-review

Left: The Manning River peaked at 6.5 metres during the flood event of May 2025, causing widespread flooding and devastation (The previous record was 6 metres in 1929.)



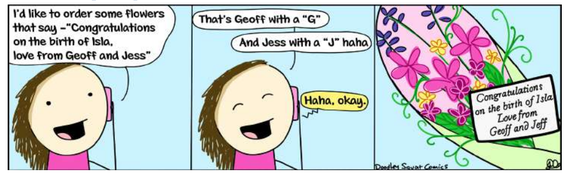
The Grin Bin



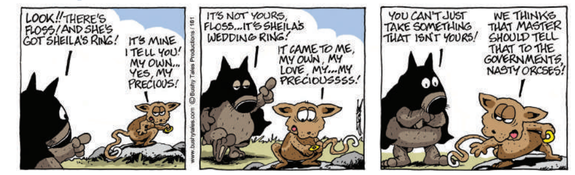
Swamp



Doodley Squat



Bushy Tales



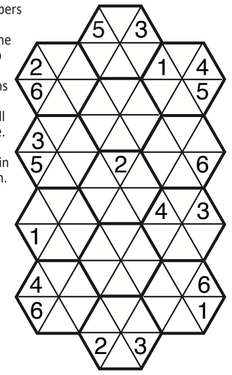
Sudoku

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

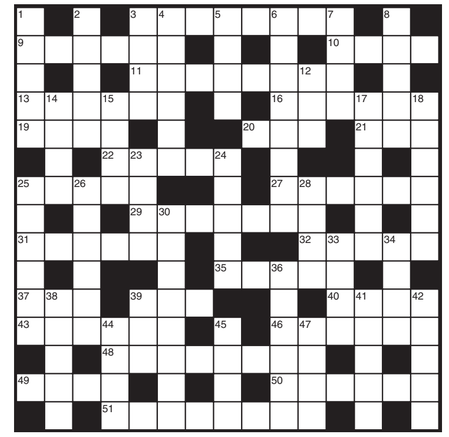
				9			1	
3		9					2	8
	2	7				4		
	4							
2				1			6	
			4	8		1		
	6			2			3	
			3	4	9	7		
					6			9

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 Contends for a prize
9 Arachnid
10 Way out
11 Painstaking
13 Dwells
16 Waistbands
19 Fashion
20 Pigs enclosure
21 And so forth (abb)
22 Boredom
25 Incline
27 Pass away
29 Satisfy
31 Bring into being
32 Finished
35 Slight error
37 First woman
39 Not many
40 Earth
43 Evades
46 Become established
48 Entered uninvited
49 Shoal
50 Held principles
51 Amulet

DOWN

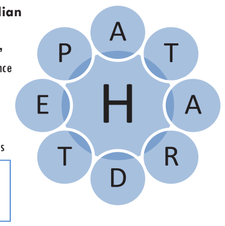
1 Muslim religion
2 Unbending
3 Yield
4 Prayer
5 Affectedly proper
6 Table supports
7 Becomes firm
8 Fastener
12 Negative vote
14 Inflamed swelling
15 Far down
17 Aided
18 Harangue
23 Tidy
24 Perfect
25 Holy
26 Followed orders
28 Liquor dregs
30 Support for a column
33 Nidus
34 Wicked
36 Former Spanish monetary unit
38 Speech sound
39 Marsh
41 Aquatic furred mammal
42 Letting contract
44 Present
45 Rudimentary shoots
47 Paradise

Focus

An All Australian Word Game

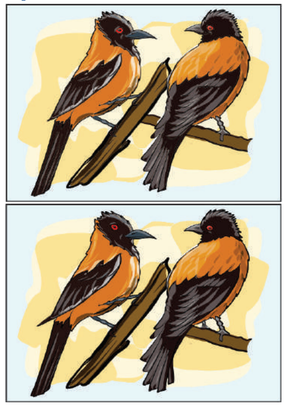
* Each word must contain the centre **'Focus'** letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 15 words
Very good: 23 words
Excellent: 32 words



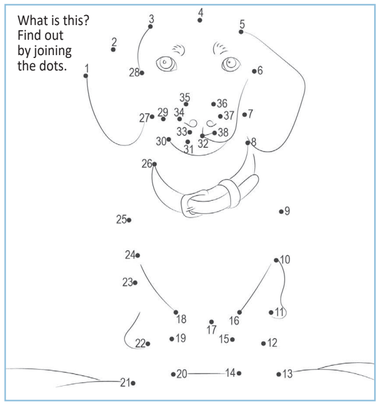
Reference: Macquarie Concise Dictionary
Focus No. 4002

Spot the 5 Differences



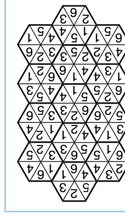
Join the Dots

What is this? Find out by joining the dots.



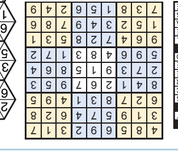
Solutions

Puzzles and pagination supplied by Auspac Media



SPOT THE 5 DIFFERENCES: First bird's eye moved, extra leg on second bird, part of branch missing, extra feather on second bird's tail, first bird's wing longer.

FOCUS: ahead dearth death DEATTRAP depth earth hade hater head hear heard heart heat hefted herd path rhea that theta thread threat



YOUR FORTNIGHTLY TV GUIDE October 28 – November 3

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Class Clowns. 9.00 Crime Night! 9.35 Small Prophets. 10.05 Planet America. 10.35 News. 10.50 The Business. 11.10 Dustfall. 12.00 Murdoch Mysteries. 12.45 Long Lost Family. 1.35 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Every Family Has A Secret. 3.05 Weekend Escapes. 3.40 The Cook Up. 4.10 Dinosaur With Stephen Fry. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Korea. 8.30 Killing Sherlock With Lucy Worsley. 9.30 Apollo Has Fallen. 10.20 SBS News. 10.50 The Old Man. 11.35 Classified. 3.00 Legacy List. 4.00 Auction. 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 @ 6:30. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) **8.30 A Taste For Murder.** (M) **9.30 House Of Wellness.** (PG) 10.30 Chicago Fire. (M) 11.30 Happy's Place. (PG) 12.00 Riviera. (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 1 Euro House. 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 Budget Battlers. 8.40 Love Island Australia. (M) 9.50 Sullivan's Crossing. 10.50 9News Late. 11.20 Sight Unseen. 12.10 Tipping Point. 1.05 Drive TV. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Everyday Gourmet. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Big Brother Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Big Brother Australia. (M) **8.40 The Celebrity Traitors UK.** (PG) 10.10 News. 11.10 Cheap Seats. (M) 12.00 Two And A Half Men. (PG) 1.30 Shopping.
THURSDAY	6.00 Morning Programs. 11.00 Crime Night! 11.30 Small Prophets. 12.00 News. 1.00 The Forsytes. 2.00 Parliament. 3.00 Frankie Drake. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Grand Designs NZ. 8.45 Joanna Lumley's Danube. 9.30 Dustfall. 10.35 News. 10.50 The Business. 11.05 Frankie Drake. 11.50 Long Lost Family. 12.40 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.25 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.00 BBC News At Ten. 12.30 France 24. 1.00 PBS News. 2.00 Every Family Has A Secret. 3.05 Weekend Escapes. 3.40 The Cook Up. 4.10 Dinosaur With Stephen Fry. 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. 9.20 Blue Lights. 10.25 SBS News. 10.55 Cry Wolf. 11.50 Babylon Berlin. 2.35 Legacy List. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Time Is Money. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Glenn And Mick's Celebrity Intervention. (M) 9.40 Unbelievable Moments Caught On Camera. (PG) 10.40 Renters. (PG) 11.10 Gatecrashers. 12.10 Vampire Academy. 1.10 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Budget Battlers. 1.10 Explore TV. 1.40 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 RBT. (M) 8.30 Love Island Australia. (M) 9.40 The Incel Celebrity Kidnap Plot. (MA15+) 10.40 9News Late. 11.10 Chicago Med. 12.00 Tipping Point. 1.00 Next Stop. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Lingo. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 The Celebrity Traitors UK. 10.10 News. 11.10 Sports Tonight: The Weekly Kick-Off. 11.40 Two And A Half Men. 1.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Believe In Magic: The Mother Of All Cons. 11.00 Austin. 12.00 News. 1.00 Recipe Of The Year. 1.50 Dustfall. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Australia. 8.20 Vera. (M) 9.50 Recipe Of The Year. 10.45 Class Clowns. (PG) 11.15 News. 11.30 Crime Night! (PG) 12.00 Murdoch Mysteries. (PG) 12.45 Rage New Music. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Every Family Has A Secret. 3.00 Nula. 3.40 The Cook Up. 4.10 Dinosaur With Stephen Fry. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Hotel Portofino. 8.35 Summer In The Isles Of Scilly. 9.30 Queens That Changed The World. 10.25 SBS News. 10.55 Helsinki Syndrome. 11.50 Darkness: Those Who Kill. 1.35 Wisting. 3.20 Legacy List. 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 MOVIE: Roadhouse Romance. (2021) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens. 7.30 Rugby League. World Cup. Group Stage. Pool B & C. England v Papua New Guinea. 10.00 Rugby League World Cup Post-Game. 10.30 My Kitchen Rules. 12.10 GetOn Extra. 12.40 Jamestown. (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 Sullivan's Crossing. 1.00 Best Of Explore TV. 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: Civil War.** (2024) (MA15+) 10.40 Race To The Melbourne Cup Carnival. (PG) 11.40 See No Evil. (M) 12.40 Tipping Point. (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 Lingo. 9.00 The Finish Line. 10.00 Farm To Fork. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Everyday Gourmet. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. (PG) 7.30 Big Brother Australia. 8.40 Love It Or List It Australia. 9.40 News. 10.40 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. 1.25 Vera. (M) 3.00 Grand Designs: House Of The Year. 3.50 You Can't Ask That. (PG) 4.05 Islands Of The Atlantic. (PG) 4.55 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.25 Hard Quiz. (PG) 7.00 ABC News. **7.30 Beyond Paradise.** (PG) **8.30 Lynley.** (M) **10.00 Darby And Joan.** (PG) 10.45 The Forsytes. 11.35 Rage. (MA15+)	6.00 Morning Programs. 2.00 Going Places. 3.00 Soccer. Aust C'ship. Sutherland Sharks v Sydney United 58. 5.05 Going Places. 5.35 Greatest Escapes Of WWII. 6.30 News. 7.30 Royals And Their Gardens. 8.30 Great British Train Journeys From Above. 9.25 The Jury: Skeleton In The Garden. 10.30 Cumbria: The Lakes & The Coast. 11.25 MOVIE: Argo. (2012) 1.45 Wonders Of The World I Can't See. 3.30 Legacy List. 4.45 Bamay. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Golden Eagle Day And Derby Raceday. 5.00 News. 5.30 Weekender. 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 Rugby League. World Cup. Group Stage. Pool A. Aust v Cook Islands. 10.00 Rugby League World Cup Post-Game. 10.30 MOVIE: The Rock. (1996) (MA15+) 1.20 Jamestown. (MA15+) 2.30 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Getaway. 6.30 ACA. 7.00 Weekend Today. 10.00 Today Extra: Saturday. 11.30 Horse Racing. Melbourne Cup Carnival. Victoria Derby Day. 6.00 9News Saturday. 7.00 A Current Affair. 7.30 MOVIE: Bohemian Rhapsody. (2018) (M) 10.15 Freddie Mercury: A Secret Daughter. (M) 11.40 Dirty John. (MA15+) 12.30 Topknotz: Wild On Water. (M) 1.30 Garden Gurus. 2.00 The Incredible Journey. (PG) 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands. (PG)	6.00 Morning Programs. 11.30 Love It Or List It: Brilliant Builds. 12.30 Buy To Build. 1.00 Silvia's Italian Masterclass. 1.30 4x4 Adventures. 2.30 Planet Shapers. 3.00 Millionaire Hot Seat. 3.30 Food Trail: South Africa. 4.00 Lingo. 5.00 News. 6.30 Deal Or No Deal. 7.00 A-League Pre-Game. 7.40 Soccer. A-League Men. Macarthur FC v Western Sydney. 10.15 Love It Or List It: Brilliant Builds. 11.15 The Graham Norton Show. 12.10 FBI: International. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.15 Recipe Of The Year. 3.10 A Bite To Eat. 3.35 Annabel Crabb's Civic Duty. 4.25 Joanna Lumley's Danube. 6.00 Antiques Roadshow. 7.00 News. 7.30 Recipe Of The Year. 8.20 Dustfall. (M) 9.15 The Forsytes. (PG) 10.05 Lynley. (M) 11.35 Rage. (MA15+) 2.45 Dr Ann's Secret Lives. 3.15 Darby And Joan. 4.00 Antiques Roadshow. 5.00 Insiders.	6.00 Morning Programs. 12.30 PBS Washington Week. 1.00 Speedweek. 3.00 Figure Skating. ISU Grand Prix 1. H'lights. 5.35 Greatest Escapes Of WWII. 6.30 News. 7.30 Richard E. Grant's Very Modern Odyssey. 8.25 The Hunt For King Knut: England's Viking King. 9.45 Army Of Lovers: Ancient Greece. 11.20 MOVIE: James Blunt: One Brit Wonder. (2023) 1.10 Wonders Of The World I Can't See. 3.00 Legacy List. 4.15 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 3.00 Rugby League World Cup Pre-Game. 3.30 Rugby League. Women's World Cup. Group Stage. Pool A. Aust v Wales. 5.30 Rugby League. World Cup. Group Stage. Pool B & C. Lebanon v France. 6.00 News. 7.00 Rugby League. World Cup. Group Stage. Pool B & C. Lebanon v France. 7.30 Rugby League. World Cup. Group Stage. Pool B & C. Tonga v Samoa. 10.00 Rugby League World Cup Post-Game. 10.30 24 Hours In Police Custody. 11.30 Late Programs.	6.00 Morning Programs. 12.30 Drive TV. 1.00 Tasman Trails. 2.00 Budget Battlers. 3.00 1 Euro House. 4.00 Ready Vet Go: The Vet Ambulance Service. 4.30 Explore TV. 5.00 News. 5.30 RBT. 6.00 9News Sunday. 7.00 The Block. 8.45 60 Minutes. 9.45 Scrublands: Silver. 10.45 9News Late. 11.15 The First 48. 12.15 Ready Vet Go: The Vet Ambulance Service. 12.40 A Golf Club Somewhere. 1.05 Fishing Aust. 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 Food Trail: South Africa. 9.00 Pooches At Play. 9.30 GCBC. 10.00 Farm To Fork. 10.30 Well Traveller. 11.00 Intrepid Adventures. 11.30 Deal Or No Deal. 12.00 Big Brother Australia. 1.30 Exploring Off The Grid. 2.00 Gogglebox Aust. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 Big Brother Australia. 8.10 The Graham Norton Show. 9.10 Sam Pang Tonight. 10.10 FBI. 11.10 FBI: International. 12.00 10 News+. 12.30 Shopping.
MONDAY	6.00 Morning Programs. 2.00 Back Roads. 2.30 You Can't Ask That. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 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. 9.40 Planet America. 10.10 The State Of Man. 11.00 News. 11.15 The Business. 11.35 Murdoch Mysteries. 12.20 Long Lost Family. 1.05 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Every Family Has A Secret. 3.05 Weekend Escapes. 3.40 The Cook Up. 4.10 Dinosaur With Stephen Fry. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Big Fat Quiz Best Bits: Ultimate Rebels. 8.30 24 Hours In Emergency. 9.30 8 Out Of 10 Cats. 10.25 SBS News. 10.55 Icebreaker. 12.45 Prisoner. 3.00 Legacy List. 4.10 Auction. 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 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.00 The Hunting Party. (M) 11.00 The Agenda Setters: Rugby League. 12.00 It's Always Sunny In Philadelphia. (M) 12.30 Transplant. (MA15+) 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 The Block. 1.45 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 Travel Guides. (PG) 8.35 Love Island Australia. (M) 9.45 Race To The Melbourne Cup Carnival. (PG) 10.45 9News Late. 11.15 The Lord Of The Rings: The Rings Of Power. (M) 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 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 Sam Pang Tonight. 9.40 News. 10.40 Australian True Crime With Meshel Laurie. 11.40 Two And A Half Men. 1.00 Shopping.
TUESDAY	6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Ages Of Ice. 8.55 Making Life On Earth: Attenborough's Greatest Adventure. 9.50 Grand Designs NZ. 10.35 News. 10.50 The Business. 11.10 Four Corners. 12.00 Media Watch. 12.15 Murdoch Mysteries. 1.00 Long Lost Family. 1.50 Rage. 3.25 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 2.00 Every Family Has A Secret. 3.05 Weekend Escapes. 3.40 The Cook Up. 4.10 Endurance: Race The Pole. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.40 Norwegian Odyssey. 9.35 Going Places. 10.35 SBS News. 11.05 Cold Summer. 12.05 A Body That Works. 3.20 Legacy List. 4.30 Auction. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 Horse Racing. The Big Dance On Cup Day and Melbourne Cup Raceday. 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) **9.15 Off The Grid With Colin And Manu.** (M) 10.15 The Amazing Race. (PG) 11.45 Happy's Place. (PG) 12.15 The Path. (MA15+) 1.15 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 2.30 Horse Racing. Melbourne Cup Carnival. Melbourne Cup Day. Race. 3.30 Horse Racing. Melbourne Cup Carnival. Melbourne Cup Day. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 1 Euro House. 8.30 Jamie Durie's Future House. 9.35 Love Island Australia. 10.45 9News Late. 11.15 The Lord Of The Rings: The Rings Of Power. 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 Farm To Fork: Pick Of The Crop. 8.00 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 Cheap Seats. (M) 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.

November 4 – 10

ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 2.00 Back Roads. 2.30 Take 5. 3.00 Murdoch Mysteries. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Class Clowns. 9.00 Crime Night! 9.30 Small Prophets. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 Dustfall. 12.00 Murdoch Mysteries. 12.50 Long Lost Family. 1.35 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News Special: US Midterms. 2.00 Bollywed. 3.00 Weekend Escapes. 3.40 The Cook Up. 4.10 Endurance: Race The Pole. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Bill Bailey's Korea. 8.30 Killing Sherlock With Lucy Worsley. 9.30 Apollo Has Fallen. 10.25 SBS News. 10.55 The Old Man. 11.50 Classified. 4.00 Legacy List. 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 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 A Taste For Murder. (M) 9.30 House Of Wellness. (PG) 10.30 Chicago Fire. (M) 11.30 Australia's Most Dangerous Prisoners. (MA15+) 12.30 Riviera. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 America Decides 2026: The Midterms. 12.30 1 Euro House. 1.30 Explore TV. 2.10 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 Budget Battlers. 8.40 Taronga: Who's Who In The Zoo. 9.40 Love Island Australia. 10.50 9News Late. 11.20 The Lord Of The Rings: The Rings Of Power. 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 Farm To Fork: Pick Of The Crop. 8.00 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 The Celebrity Traitors UK. 10.10 News. 11.10 Cheap Seats. 12.10 Two And A Half Men. 1.30 Shopping.	WEDNESDAY
6.00 Morning Programs. 11.30 Small Prophets. 12.00 News. 1.00 The Forsytes. 2.00 Back Roads. 2.30 Take 5. 3.00 Frankie Drake. 3.45 Grand Designs Aust. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Grand Designs NZ. 8.45 ABC Young Performers Awards. 9.50 Dustfall. 10.45 News. 11.00 The Business. 11.15 Frankie Drake. 12.00 Long Lost Family. 12.50 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Bollywed. 3.00 Weekend Escapes. 3.40 The Cook Up. 4.10 Endurance: Race The Pole. 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. 9.20 Blue Lights. 10.25 SBS News. 10.55 Cry Wolf. 11.50 Babylon Berlin. 2.25 Legacy List. 3.30 Auction. 4.25 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Time Is Money. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 Glenn And Mick's Celebrity Intervention. (M) 9.40 Christmas House Wars. (PG) 10.40 Renters. (PG) 11.10 Gatecrashers. 12.10 Vampire Academy. (MA15+) 1.10 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Getaway. 12.30 Horse Racing. Melbourne Cup Carnival. Oaks Day. 6.00 9News. 7.00 A Current Affair. **7.30 RBT.** (PG) **8.30 Paramedics.** (M) **9.30 Love Island Australia.** (M) 10.40 9News Late. 11.10 The Lord Of The Rings: The Rings Of Power. (M) 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 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 The Celebrity Traitors UK. 10.10 News. 11.05 Sports Tonight: The Weekly Kick-Off. 11.35 Two And A Half Men. 12.00 Shopping.	THURSDAY
6.00 News Breakfast. 9.00 News. 10.00 Gruen. 11.10 Grand Designs NZ. 12.00 News. 1.00 Recipe Of The Year. 1.50 Dustfall. 2.55 Murdoch Mysteries. 3.40 Old People's Home For Teenagers. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Australia. 8.20 Saint-Pierre. (M) 9.05 Recipe Of The Year. 9.55 Class Clowns. (PG) 10.25 Crime Night! (PG) 10.55 News. 11.15 Murdoch Mysteries. (M) 12.00 Rage New Music. (MA15+) 5.00 Rage.	6.00 Morning Programs. 3.00 Nula. 3.35 The Cook Up. 4.05 The Art Of Henna: A Journey To Freedom. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Hotel Portofino. 8.35 Summer In The Isles Of Scilly. 9.25 Queens That Changed The World. 10.25 SBS News. 10.55 Helsinki Syndrome. 11.50 Darkness: Those Who Kill. 1.35 Wisting. 3.15 Fragile Black Heart. 4.00 Legacy List. 4.30 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 NFL. Baltimore Ravens v Jacksonville Jaguars. 3.30 Border Security: Int. (PG) 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: Die Hard.** (1988) (M) Bruce Willis, Bonnie Bedelia. 11.15 GetOn Extra. 11.45 Highway Cops. (PG) 12.15 Jamestown. (MA15+) 1.15 Harry's Practice. 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 Sullivan's Crossing. 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 For The Love Of Pets. (PG) **8.30 MOVIE: We Bought A Zoo.** (2011) (PG) Matt Damon. 11.00 See No Evil. (M) 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. (PG)	6.00 Morning Programs. 7.30 Farm To Fork: Pick Of The Crop. 8.00 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 Love It Or List It Australia. 9.40 News. 10.40 Two And A Half Men. 12.00 Shopping.	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. 1.30 Saint-Pierre. 2.15 Grand Designs: House Of The Year. 3.05 ABC Young Performers Awards. 4.10 Conquest Of The Skies. 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. 7.30 Beyond Paradise. (PG) **8.30 Midsomer Murders.** 10.00 Darby And Joan. (PG) 10.45 The Forsytes. (PG) 11.35 Rage. (MA15+)	6.00 Morning Programs. 3.00 Soccer. Aust C'ship. Marconi Stallions FC v Bayswater City SC. 5.05 Going Places. 5.35 Greatest Escapes Of WWII. 6.30 News. 7.30 Royals And Their Gardens. 8.30 Great British Train Journeys From Above. 9.25 The Jury: Skeleton In The Garden. 10.30 The Life And Deaths Of Christopher Lee. 12.25 MOVIE: Hallelujah: Leonard Cohen, A Journey, A Song. (2021) 2.30 MOVIE: Whitney: Can I Be Me? (2017) 4.20 Legacy List. 5.15 Euronews. 5.30 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Champions Raceday. Five Diamonds Ladies Day. 5.00 Rugby League. Women's World Cup. First semi-final. 6.00 Seven News. 7.00 Rugby League. Women's World Cup. First semi-final. 7.30 Rugby League. World Cup. First semi-final. 10.00 Rugby League World Cup Post-Game. 10.30 MOVIE: Passengers. (2016) (M) 1.00 Jamestown. (MA15+) 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG)	6.00 Getaway. 6.30 ACA. 7.00 Weekend Today. 10.00 Today Extra: Saturday. 12.00 Horse Racing. Melbourne Cup Carnival. Stakes Day. 6.00 9News Saturday. 7.00 A Current Affair. **7.30 MOVIE: The Other Woman.** (2014) (M) **9.40 MOVIE: Bad Moms.** (2016) (MA15+) 11.40 Dirty John. (MA15+) 12.30 For The Love Of Pets. (PG) 1.30 Garden Gurus. 2.00 The Incredible Journey. (PG) 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands. (PG)	6.00 Morning Programs. 9.20 Big Brother Australia. 10.30 What's Up Down Under. 11.30 The Finish Line. 12.30 Buy To Build. 1.00 Silvia's Italian Masterclass. 1.30 4x4 Adventures. 2.30 Love It Or List It: Brilliant Builds. 3.30 Food Trail: South Africa. 4.00 Lingo. 5.00 News. 6.30 Healthy, Wealthy & Wise. 7.40 Soccer. A-League Men. Melbourne City v Western Sydney. 10.15 Love It Or List It: Brilliant Builds. 11.15 The Graham Norton Show. 12.05 FBI. 1.00 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.15 Recipe Of The Year. 3.05 You Can't Ask That. 3.25 Annabel Crabb's Civic Duty. 4.20 Ages Of Ice. 5.15 Grand Designs NZ. 6.00 Antiques Roadshow. 7.00 News. 7.30 Recipe Of The Year. 8.20 Dustfall. 9.10 The Forsytes. 10.00 Beyond Paradise Christmas Special. 11.00 Midsomer Murders. 12.30 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 Speedweek. 3.00 Going Places. 4.30 The Books He Didn't Burn. 5.35 Greatest Escapes Of WWII. 6.30 News. 7.30 Richard E. Grant's Very Modern Odyssey. 8.25 Lost Treasures Of Arabia. 10.15 Ancient Superstructures. 11.15 Four Years Later. 3.40 Legacy List. 4.10 Auction. 4.40 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 5.00 Rugby League. Women's World Cup. Second semi-final. 6.00 News. 7.00 Rugby League. Women's World Cup. Second semi-final. 7.30 Rugby League. World Cup. Second semi-final. 10.00 Rugby League World Cup Post-Game. 10.30 24 Hours In Police Custody. 11.30 Tik Tok: Murders Gone Viral. 12.30 Motor Racing. Supercars C'ship. Sandown 500. H'lights. 1.30 Pure Genius. 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Late Programs.	6.00 Morning Programs. 12.00 A Golf Club Somewhere. 12.30 Drive TV. 1.00 Tasman Trails. 2.00 Budget Battlers. 3.00 1 Euro House. 4.00 Ready Vet Go: The Vet Ambulance Service. 4.30 Explore TV. 5.00 News. 5.30 RBT. 6.00 9News Sunday. 7.00 60 Minutes. 8.00 Unskilled Adult. 9.15 TBA. 10.15 9News Late. 10.45 The First 48. 11.45 The Mendez Murders: Erik Tells All. 12.35 A Golf Club Somewhere. 1.05 Fishing Aust. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Pooches At Play. 9.30 GCBC. 10.00 Farm To Fork: Pick Of The Crop. 10.30 Intrepid Adventures. 11.00 Healthy, Wealthy & Wise. 12.00 The Finish Line. 1.00 Deal Or No Deal. 1.30 Exploring Off The Grid. 2.00 Millionaire Hot Seat. 2.30 Everyday Gourmet. 2.50 Big Brother Australia. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 Big Brother Australia. 8.10 The Graham Norton Show. 9.10 Sam Pang Tonight. 10.10 FBI. 11.10 FBI: International. 12.00 10 News+. 12.30 Shopping.	SUNDAY
6.00 Morning Programs. 3.40 Old People's Home For Teenagers. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 I Was Actually There. 8.30 Four Corners. 9.20 Media Watch. 9.35 Planet America. 10.10 If You're Listening. 10.35 ASSASSINS With Aslan Pahari. 10.55 News. 11.10 The Business. 11.25 Murdoch Mysteries. 12.15 Long Lost Family. 1.00 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 Late Programs.	6.00 Morning Programs. 2.00 Bollywed. 3.00 Shark Curry: A Cricket Delicacy. 3.40 The Cook Up. 4.15 Love After 60 In India. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Big Fat Quiz Best Bits: Ultimate Triumphs. 8.30 24 Hours In Emergency. 9.25 8 Out Of 10 Cats. 10.20 SBS News. 10.50 Pandore. 12.50 Prisoner. 3.05 Legacy List. 4.05 Auction. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.10 The Hunting Party. (M) 10.10 The Agenda Setters: Rugby League. 11.10 Family Guy. (M) 11.40 American Dad! (M) 12.10 Transplant. (MA15+) 1.10 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Listen Out For Love. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 Travel Guides. (PG) 8.40 Love Island Australia. (M) 9.55 Destination X. (PG) 11.10 9News Late. 11.40 The Lord Of The Rings: The Rings Of Power. 2.00 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 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 Sam Pang Tonight. 9.40 News. 10.40 Australian True Crime With Meshel Laurie. 11.40 Two And A Half Men. 1.00 Shopping.	MONDAY
6.00 Morning Programs. 2.30 Take 5. 2.55 Murdoch Mysteries. 3.45 Old People's Home For Teenagers. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Ages Of Ice. 8.55 Wild Isles With David Attenborough. 9.55 Grand Designs NZ. 10.40 News. 10.55 The Business. 11.10 Four Corners. 12.00 Media Watch. 12.15 Murdoch Mysteries. 1.05 Long Lost Family. 1.50 Rage. 3.30 Dr Karl's How Things Work. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 7.30.	6.00 Morning Programs. 2.00 Bollywed. 3.00 Weekend Escapes. 3.35 The Cook Up. 4.05 Anzac. Lemnos. 1915. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 2.6 Seconds: Death In The Outback. 9.40 The Point. 10.15 SBS News. 10.45 Going Places. 11.45 Cold Summer. 12.45 Snow. 3.30 The Cambridgeshire Crucifixion. 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 News. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) 9.15 Off The Grid With Colin And Manu. (MA15+) 10.15 The Amazing Race. (PG) 11.45 It's Always Sunny In Philadelphia. (M) 12.15 The Path. (MA15+) 1.15 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Planning On Forever. (2022) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 1 Euro House. (PG) 8.30 Jamie Durie's Future House. 9.35 Love Island Australia. (M) 10.55 9News Late. 11.25 The Lord Of The Rings: The Rings Of Power. (M) 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 Farm To Fork: Pick Of The Crop. 8.00 Lingo. 9.00 The Finish Line. 10.00 GCBC. 10.30 Ent. Tonight. 10.50 Big Brother Australia. 12.00 Farm To Fork: Pick Of The Crop. 12.30 Millionaire Hot Seat. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Big Brother Australia. 8.40 Cheap Seats. (M) 9.40 News. 10.40 Two And A Half Men. 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.

November

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

Sun 1 Nov - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088



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

Sat 7 Nov - Real Food Market
8am -11am Pacific Palms Community Centre.
Enquiries: Sue Williams 0438 433 063.

Sat 21 Nov - Forster Farmers Market
8am to 12pm in the grounds next door to Forster Court House on Little St.
Enquiries: Linda 0421 347 273

Sat 28 Nov - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 29 Nov - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516





Tuncurry Market is run by volunteers from Marine Rescue Forster Tuncurry every 4th Saturday of month - 8am to 1pm at John Wright Park. Photos from Saturday 24 October by Matilda Yule.







What's on around town & beyond!

FNC 'Sing-Up' at the Bellevue Hotel in Tuncurry



Above: The popular FNC Sing-Up is returning on Sunday 8 November.

Forster Neighbourhood Centre

8th November
Come and sing with the band!
Doors open at 4.45 pm

If you're looking for an evening of singing, laughter and maybe a drink or two, join us at the Belle, for our 3rd FNC Sing-Up, starting to sing at 5.30 pm.

Yes, it's a fund raiser! Forster Neighbourhood Centre (FNC) needs your help to augment its coffers so that we can support our newly opened Mental Health Hub – especially with the rapidly rising numbers of mental health issues.

Led by our most talented musical Maestra, Sandra Kwa and Tash Rusterholz, you will quickly be transformed from someone who "only sings in the shower" to an "out-there" chorister trying to out sing the person you're standing next to.

Our now 'almost famous' band will reprise of Gina Rhinestone (Annabelle Lewis) on keyboard, Larry, the Bass Belton on bass, Matt (Knoffler) Bannerman on acoustic guitar and Daddy Cool - Ian Sercombe on electric guitar.

Tickets are $25 and can be purchased on the FNC website. Please call FNC on 6555 4351 with any questions.

(See advertisement below)



Sinfonia MNC plays for Great Lakes audiences

Sinfonia Mid North Coast



Sinfonia MNC, our local Symphony Orchestra, is proud to announce performances at Tuncurry Memorial Hall, on Saturday 14th November at 2pm, with tickets on sale now.

This "Symphonic Symbiosis" showcases the many instruments played in an Orchestra, with skilful arrangements by Sinfonia's Conductor and Musical Director, Mr Iain Pole. The word "Symbiosis" implies a close and long-term interaction between two different species, in this case, the Brass, Strings, Woodwind, Percussion and other Orchestral instruments. The result, a fantastic Concert of well-known works, with each section of the Orchestra playing its part. Prepare to hear, "The Young Person's Guide to the Orchestra" by Benjamin Britten, works from JS Bach, Handel, Mozart, Saint Saen's "Carnival of the Animals" as well as themes from Forrest Gump and Slide and the Family "Bones".

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

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

Please see our Advertisement below for further information, or contact Jennie Wright, Publicity, on 0418 205 971.



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

Great Lakes Education Fund Golf Day 2026

What a great day! Great weather, great golf, great fun and a great spirit at the 19th hole. Everyone seemed to enjoy the day, which is our main hope. Raising funds while doing so is a great bonus. While figures are yet to be finalised (cash, epos, online payments, donations and expenses all need to be accounted) it looks like in excess of $8,000 will have been raised, which will be a great support to a couple of students we will assist.

Our hear felt thanks must go to everyone who contributed to our success.

To Mal Saad for organising the weather - a first for us - no rain!

To Forster Golf Club - the board, ground staff and bar staff - for all the support they provided in making the day a success. The course was in great condition! And to Ash in Buko's for being so flexible and considerate with the catering.

To all our sponsors: Club Forster, Coastal Workspace, Forster Bowling Club, Great Lakes Nissan, Lifestyle Group, On Top Developments, Ray White Forster Tuncurry, Smith Electrix, Stack's, STIHL Shop Forster, Sunshine 2428, The Physio Clinic Tuncurry, The Professionals, and Thomas Scaffolding.

To our prize donors: Buko's Bistro, Forster Bowling Club, Grant Moss, Great Lakes Paddocks, Manning Shoe Stores, LJ Hooker, Steve A kins, Watsons Friendly Pharmacy, and Yarad's Menswear.

To Dot Redman, Tony Reed and Mal Saad for extraordinary efforts behind the scenes.

To Donna Rankin for giving the beautiful painting for auction.

To Ben Reed and SKEGGS for giving the signed album for auction.

To Pacific Coast Property Network for all our promotional printing.

To Sue Richards and Mary Browne for producing and printing the personalised score cards.

To Amy Guiver and Dave Gardner for all their efforts in planning and organising the day.

To Sue Richards, Mary Browne, Marg Price, Helen Bryan, Dave Gardner and Lucy Conan from the GLEF committee for all their efforts on the day.

And to all our volunteers on the day who turned up and did what was needed.

My thanks to all for making the GLEF Golf Day a great event and for helping GLEF provide support to needy local young folk seeking higher education and training.

Steve Nicholas - Chairperson GLEF



French authorities insist it's not a Riot. "It can only be called a Riot if it's from France's Riôt region, otherwise it's Sparkling Social Discontent"

The Shovel

POLITICAL SATIRE: The French Government has clarified that the looting and violence that have gripped the country over the past few week are technically not riots, given they did not originate from the Riôt region, as specified under Appellation d'Origine Contrôlée (AOC) regulations.

"Just because people are setting fire to things and throwing objects at riot police does not make it a riot," France's Interior Minister said.

"It has some of the same characteristics as a riot, and imitates many of the same methods, but given it is largely being produced in other regions it can not be given that name. We can use the terms Sparkling Social Discontent, or if required, French-style Community Feedback. Please, let's get the terminology right".

Officials said the distinction was important to protect the integrity of France's historic riot-making industry. "Riots from Riôt have a particular character," said a government spokesperson. "They are generally robust, energetic and characterised by a strong sense of tradition. Anyone can have a violent confrontation with police. But a Riôt riot is about much more than that".



The spokesperson said authentic Riôt riots must adhere to strict production standards, including a minimum number of overturned cars, sustained levels of shouting and at least one person photographed standing on top of something they probably shouldn't be standing on. They must also have "a certain je ne sais quoi".

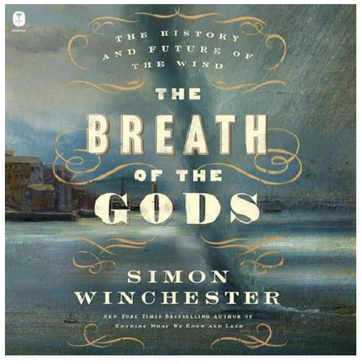
France has reportedly begun cracking down on counterfeit riots following a recent increase in unrest across Europe. A group of protesters in Belgium was ordered to remove the word "riot" from its promotional material after authorities determined that the event had not taken place in Riôt and had been "made using inferior ingredients".

"We have spent centuries developing the finest civil unrest in Europe," the spokesperson said. "It would be irresponsible to allow people from just anywhere to start calling their angry gatherings riots".

Book Review

Book Review by John King - Pacific Palms Librarian

The Breath of the Gods



Simon Winchester's latest book The Breath of the Gods, subtitled The History and Future of the Wind is mostly history and very little about the future except perhaps for one especially remarkable quote from USN Admiral Locklear, commander of US forces in the Indo-Pacific region, in an interview in March 2013. He declared that in spite of the wide belief that China and North Korea posed the greatest security threat to the region, and to humanity more generally, the greater potential foe was worse and wilder weather brought about by climate change (p 336 & 337). Recent evidence is that cyclones are much more intense and destructive. Just eight months after Admiral Locklear's interview, a super-typhoon, one of an increasing number, slammed into the Philippines with 6,500 killed and 27,000 injured. In 2024, the Philippines was hit by no fewer than four typhoons at the same time.

Much of the book is accounts of damaging winds, including Cyclone Tracy. It starts with the obliteration of a small town in Mississippi in March 2023 and later goes back to the devastating dust storm of May 1934 stripping topsoil from the high western plains and dumping it on New York. The wind did the damage but the causes were man-made through ploughing up the grasses holding the soil together.

Winchester makes clear that man has long made use of the wind starting with feluccas sailing up the Nile and moving eventually into open ocean voyages for trade and conquest with their even greater hazards. Even before then, windmills were used to grind grain and pump water not simply for agriculture but to reclaim low lying land as in the Netherlands.

He explains that the Beaufort scale correlates wind and sea-state and it is of course both that are of prime importance to mariners. Rogue waves and intersection of storm patterns destroyed the NZ car ferry, the Wahine, trying to enter Wellington Harbour in April 1968. The meeting of the north and south moving systems was unforeseen. Winchester records the work done prior to the D-day landings to forecast wave conditions, yet, curiously, he makes no mention of work on rogue waves such are of common account around the Cape of Good Hope and overwhelm even the strongest vessels.

Returning to Cyclone Tracy: it was a most unusual system. Cyclones can be hundreds of miles in diameter. Tracy, by contrast, was only very small and tightly wound, eventually with a diameter of less than ten miles when it flattened Darwin in 1974. Though not recounted by Winchester, one notable consequence was that the RAN deployed an Oberon class submarine to Darwin Harbour to provide electricity for the devastated city. Hmm.

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

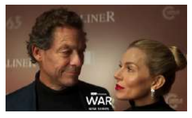
TV Show Reviews by Leon Batman - Forster

Unabomber - Netflix Movie, 1hr 40 mins, released September 2026



American crime drama based on the life of Ted Kaczynski, the Unabomber, when he enters Harvard University and becomes involved with Professor Henry Murray and through psychological experiments where he is subjected to confrontational interviews. By 1990 the FBI begins to investigate a series of mail bombings by a terrorist known as the Unabomber. Through the publishing of the Unabombers manifesto the FBI, and with help from the Kaczynski's family, Ted is confirmed as a suspect and is located living in a remote cabin in Montana. He was arrested there ending the search and sentenced to life imprisonment.

War – HBO, 8 Episode, series released October 2026



A legal drama set in the UK about a scandalous divorce case and the prestigious law firms representing them. The series starts with the best friend, at the behest of the wife in the divorce case, seducing the husband to prove his infidelity. Both law firms are out to make as much money and fame as possible from this divorce case. Added to this is the mother (of the woman who seduced the husband) asking for a large amount of money not to spill the beans about the seduction. All is fair in love and war. Currently only a few episodes have been released so it's bound to get more interesting as more dirty tricks come to play.

Blue Lights – SBS, 4 seasons 24 Episodes, released March 2023



Season 4 of this fantastic Northern Ireland Belfast based police force has just been released (September 2026) and this quality show continues with the Belfast police not only keeping the loyalists and republicans apart but also keeping tabs on local criminal activities. In the latest series, an additional problem starts confronting the police - unrest with the influx of immigrants into the Belfast area resulting in numerous demonstrations. If you haven't previously watched this show, please watch earlier seasons first. You won't be disappointed.

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Forster Tuncurry Gloucester

FORSTER LOCAL ABORIGINAL LAND COUNCIL
ABN 42 286 760 787
10 BRECKEN RIDGE STREET FORSTER NSW 2428
PO BOX 384 FORSTER NSW 2428
PHONE 02 6555 5411
EMAIL: ceo@forsterlalc.org.au

FORSTER LOCAL ABORIGINAL LAND COUNCIL (FLALC)
Notice of Annual General Meeting of the Forster LALC

DATE: 11th November 2026
TIME: 10.30am
VENUE: 10 Breckenridge Street, Forster, NSW 2428

The meeting will be the Forster LALC Annual General Meeting for the Financial Year ending 30 June 2026.

AGENDA
1. Apologies
2. Minute Of previous meeting
3. The receipt of the Annual Report of the activities of the Council, and
4. The receipt of the Audited Financial Statements 2025/2026 Financial year.
5. Roads to Home, subdivision program guest James Brown.
6. Membership
7. Other business placed on the agenda before the commencement of the meeting.

All inquiries about this meeting should be directed to the Chief Executive Officer (CEO) of the Forster LALC during business hours.

Authorised: Natalie Ridgeway, Chairperson Forster LALC

Biomedical Sports Podiatry BSP
Dr. Haralumboss (Harry) Stivactas
Podiatric Biomechanical Practitioner

Services	Treated Conditions
Gait Analysis	Lower Limb pain
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	Pigeon Toed
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	Bow Legs



0466 - 691 - 935
info@biomedicalsportspodiatry.com
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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.

Rotary Club of Lower Midcoast
Meet 6pm on first and third Monday of each month at Sporties, Tuncurry.
Call Lance Fletcher 0409 850 671.

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: jjpatchwood@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.

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 Moorooba 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, 2pm 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 Moorooba 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
Breese Parade Forster
Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm
Contact 02 6505 2686

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

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

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

"Quilts of Love" Forster Arts & Crafts
Breese Parade, Forster 10am-12noon.
Last Friday of every month Feb-October.
Contact Christine 02 6557 5627

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

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

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

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

Saturdays

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

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 Kevin 0412 420 905

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 Sun once a month from Feb to Dec. See forstertuncurryboardriders.com or contact info@forstertuncurryboardriders.com

Forster Tuncurry Dolphin Dancers
Meet every Sunday 2pm to 5pm at Senior Citizens Hall Breeze Parade Forster
Enquiries Warwick on 0409 600 294.



Red-browed Treecreeper by Brian McCauley.

The 'Weekly Diary' 2 is FREE to promote community group info that changes monthly.

September

Manning Great Lakes Birdwatchers
Thursday 5th November. Farquhar Inlet/ Mudbishops/Old Bar.

Saturday 21st. November. Cattai Wetlands.

Enquiries 0431 878 395

Community Meals & Pantry



Forster Community Lunches

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

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

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

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

Tuncurry Community Morning Tea & Lunch

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

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

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

11:30am to 12:30pm - Lunch served

Enquiries: Office 02 6554 6101. www.facebook.com/Forstersalvos

Tuncurry Community Brunch

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

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

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

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

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

We encourage you to support our local advertisers who help make this paper FREE to pick up.

Star Pet



Name: Doug

Breed: Pure bred Pug

Age: 5 years

Likes: Going on walks and walking through bushes – he is very fit. He also loves dinner time, pats from his owners and is a social butterfly.

Dislikes: Loud noises, hot weather and or storms and does not like dogs who steal his food.

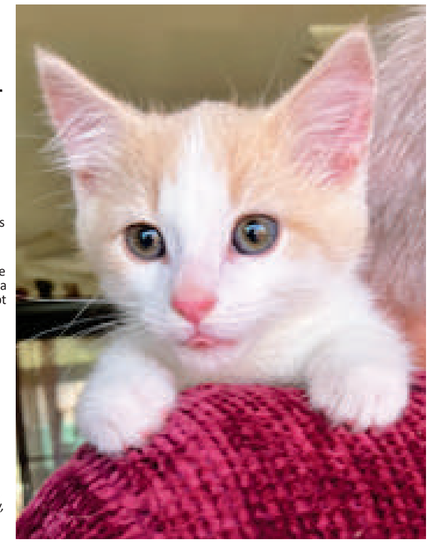
Claim to Fame: He is the mayor of his very own backyard. He is very good at being the mayor.

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

Pet of the Fortnight

By Anita Cooke – Great Lakes & Manning Branch of AWL NSW

Meet Jasper



Jasper is a real cutie. White fur with touches of pale ginger is both unusual and very pretty.

He has a gentle but cheeky nature and is a purrer.

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If you think Jasper is the right fit for you, please call Windandsea Vets on 6555 2275 to arrange a meeting.

AWL rehoming number R251000222.

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NSW primary industries hit record $26 billion in value

NSW Government, 21 October 2026

NSW farmers, fishers and foresters have delivered another record year, with the NSW Government today announcing the state's primary industries have reached a record $26 billion Gross Value of Production in 2025–26.

The latest Department of Primary Industries and Regional Development (DPIRD) Performance, Data and Insights figures show the sector has broken its own record for a second consecutive year, growing by 4% and adding another $1 billion to last year's record result.

Backed by investment in research, biosecurity and business resilience, producers have continued to grow despite challenging seasonal conditions and global market pressures.

Gilgandra cropping and livestock producer, Kevin Kilby, has endorsed DPIRD's research efforts, crediting the Department's guidance and advice as critical to achieving the quality and quantity of production on his farm, particularly under this year's challenging conditions.



Left: Gilgandra farmer Kevin Kilby with son Jon.

"It's an ongoing battle tackling crop diseases and so the Department's research is vital to keep on top of these challenges," Mr Kilby said.

The Minns NSW Government is supporting producers across all our primary industry sectors including some $28 million from the Regional Development Trust to back emerging agricultural industries.

Hemp, in particular, is a growing industry the government has supported with a Taskforce, an industry plan and a statewide investment prospectus, which predicts an industry worth some $100 million by 2032.

The Government's more than $1 billion in biosecurity funding and the $100 million in research capability and infrastructure is also part of the plan to build the State's agriculture industry, create jobs, and strengthen regional communities.

Minister for Agriculture, Tara Moriarty, released details of the record year in NSW Parliament today congratulating producers on what has been an outstanding year.

Some of the highlights from the report include:

Livestock

• Livestock was the standout sector in 2025-26, rising 25% to $11.9 billion, supported by record red meat production and stronger prices compared with levels a year ago.

• The livestock result was 32% above the five-year average, with four livestock commodities - beef cattle, sheep meat, poultry, and wool production - exceeding $1 billion.



Above: Eugowra livestock producer Tess Herbert.

Cropping

• NSW cropping recorded a GVP of $9.8 billion in 2025-26, with five cropping industries exceeding $1 billion for a second consecutive year, including wheat, cotton, oilseeds, barley, and pulses.

• While drier conditions reduced overall crop output, winter production remained the fourth highest on record at 18.7 million tonnes, demonstrating the adaptability of producers managing variable seasonal conditions.

• Barley increased to a new record GVP of $1.1 billion, reflecting strong production and rising export demand.

Horticulture and Forestry

• Horticulture, including wine grapes, recorded a GVP of $3.7 billion, 10% above the five-year average.

• Forestry reached $436 million with higher demand and production of softwood expected to have partially offset reduced hardwood supply, while fisheries reached $226 million.

Exports

• NSW primary industries exports remained strong, reaching $13 billion in 2025-26, the second highest result on record, just short of the $13.1 billion record set in 2022-23.

• Livestock was the highest-value export sector at $6.7 billion, up 24% year-on-year, followed by broadacre cropping at $5.8 billion and horticulture at $411 million.

• Beef exports rose to a third consecutive record high of $3.7 billion, up 34% year-on-year, while sheep, lamb and goat meat exports rose to a second consecutive record of $1.7 billion.

• Wheat exports rose 4% cent year-on-year to $2 billion, supported by higher export volumes and continued demand from South East Asia.

• China remained a major market for NSW primary industries products, with exports rising 6% to a new record high of $3.8 billion, supported by increased beef, cotton, sorghum, and wool exports.

• Exports to the United States grew by 40% year-on-year to $1.9 billion, largely driven by sustained demand for red meat.

The full 2025-26 figures will be published in the upcoming NSW DPIRD Performance Data and Insights annual report scheduled for release in mid-November.



Local Identity: Kate Dunn

Interview by Vanda Gooley

Kate Dunn, 36, is a local girl, born in Taree and raised locally. She now lives in the region with her husband Vincent and two children, Eva and Tommy. Kate currently works as the Regions Community Connector for the Taree Universities Campus Connector Program, as well as the Local Connector for Regional Development Australia.

Kate Dunn, is best known for her work as a Community Connector, helping attract and retain skilled professionals and their families in regional communities. Her role involves assisting newcomers to settle into the area by connecting them with local networks, employment opportunities, schools, sporting groups and community organisations, to help them establish long term roots in the region.

Kate's work has received significant recognition. In 2026 she was selected as an Emerging Champion, a national leadership recognition awarded to just 10 regional professionals, aged 18-39 who are already making substantial contributions to their communities. She was also invited to speak at the SEGRA (Sustainable Economic Growth for Regional Australia) Regional Development Summit, highlighting the success of her work in strengthening regional communities and workforce development.

Under her leadership, the Community Connector Program and the associated CROWD (Creating Regional Opportunities for Workforce Development) initiative have helped hundreds of professionals and their families relocate to the Mid North Coast, bringing much needed expertise in healthcare, engineering, childcare, business, and other sectors. The program has contributed to addressing workforce shortages while supporting the growth and vibrancy of local communities.

Kate is a third generation Mid Coast resident and has spoken about her passion for helping both newcomers and local businesses thrive, with a particular focus on improving regional health services and community wellbeing.

Kate grew up in Old Bar with her parents, Martin and Trish Dunn, who managed a local Bed and Breakfast, with one brother Ben. Kate's father was also an advanced surf coach and was the coach of the Australian teams for a long period. Kate's brother was a professional surfer on the World Tour for many years and is now a professional surfing judge.



Kate Dunn works as the Regions Community Connector for the Taree Universities Campus Connector Program, as well as the Local Connector for Regional Development Australia.

Kate began her career in marketing and worked on Hamilton Island for a while before travelling and living in Europe for four years. She then returned home to Old Bar and purchased the family's Bed and Breakfast business. After renovating it into a boutique accommodation, it is now called Finns at Old Bar and welcomes over 5,000 guests per year.

Four years ago, the Community Connector role came up as a 12-month contract position. Since then, there has been a gradual role expansion of the Connector Program and Kate's position has grown to meet the demands of the region. The position is now full-time and the program helps over 300 essential workers and other skilled professionals and their families arrive and settle into the region every year. The work requires Kate to assist getting people in quickly while ensuring an easy and smooth transition. She helps them find local services, build social networks and feel part of the community. It has turned into something she never imagined, "Every day I go to work and it does not feel like work. I really enjoy it and love helping people."



Above: Kate with her husband and their two children. Photos supplied.

Apart from work, Kate's passions include her friends, family, quality time together at home or on the beach, and travelling to explore new places as well as be home in France whenever they can. She also loves going on active adventures with her husband and children, "However I would say creating and growing the role of the Community Connector has been a massive adventure for me. What started as a completely new concept for the committee (that rallied together to create the position over a two-year period before I was even hired) has been a huge thing for us and the region."

In the beginning Kate faced challenges in explaining the program to businesses and people as no one had heard of it before. However, after hundreds of arrivals and over 200 partner positions being filled, the benefits to the business and to the person coming in are now clearly apparent.

Kate's motto that she lives by is - "Always treat others as you want to be treated, you never know what challenges or life circumstances they are going through behind closed doors." Also, "You can learn something from everyone of any age and that you must always be gentle with yourself as my Grandfather Jack would tell us."

Kate said, "I love the Mid Coast because of its community. People move mountains to help each other, and we have everything we need here - whether you want to live on the beach, in the hinterland, on the river, lake or out in the bush. We are all basically within 20 minutes of everything, as well as being close enough for a city fix in Newcastle or Sydney if you need one."

In June 2026 Kate was formally recognised in the NSW Parliament by Tanya Thompson with a Community Recognition Statement.

Tanya Thompson, NSW Nationals member for the electorate of Myall lakes, said this of Kate...

"It was a real privilege to personally present a Community Recognition Statement to Kate Dunn today following her recognition in the NSW Parliament this week.

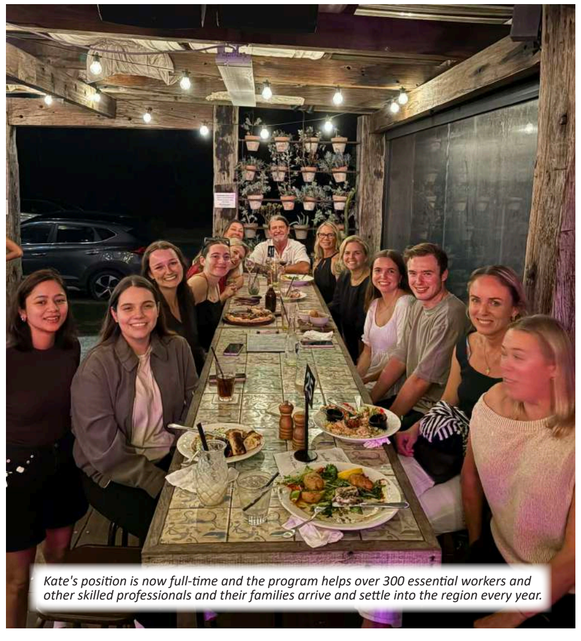
Kate has become one of the quiet achievers of our region through her work as the Mid Coast Community Connector, helping professionals and their families relocate, settle in and build a life here on the mid coast. Through her dedication, warmth and genuine care for people, she has helped attract and retain doctors, nurses, allied health professionals, engineers and many other skilled workers our communities desperately need.

What makes Kate's work so special is that it goes far beyond finding someone a place to live or helping them navigate a move. She helps people feel connected, welcomed and part of our community from day one. Strong communities are built by people who quietly get on with the job of helping others, and Kate is exactly that person.

Congratulations Kate, thank you for everything you do for our region. It was wonderful to be able to recognise your contribution in Parliament and then present that recognition to you in person."

Bree Katsamangos, Manager at Mission Australia on the Mid Coast said this of Kate...

"Kate is simply exceptional in this role. She understands that long-term retention isn't just about attracting people to a region - it's about helping them find a genuine sense of belonging and connection once they arrive. She brings the full weight of her intellect and heart to this work, and the results speak for themselves".



Kate's position is now full-time and the program helps over 300 essential workers and other skilled professionals and their families arrive and settle into the region every year.

Regent Theatre Forster



Above: In November 1980 Forster's grand old Regent Theatre, which stood on the corner of Head and Beach Street was demolished to make way for progress. The Regent has disappeared, but the memories still live on.

Great Lakes Museum

In February 1937, Stroud Shire Council (which oversaw the towns of Forster Tuncurry at the time) approved plans and specifications for a picture theatre upon receiving its application. The theatre was built during the grand old era of movies and was officially opened on Saturday 11th September 1937 by Mr C. T. Abbott, Shire President.

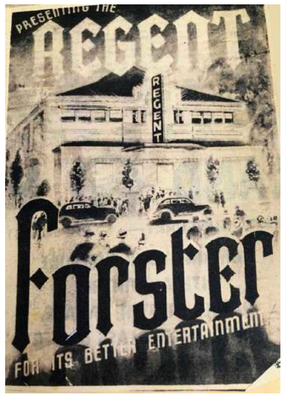
Mr F. G. Treasure from the Hunter region was the builder and a well-known local called Mr Col Rasmussen was the foreman. The theatre had a seating capacity of 600. The lessee was Mr Jim Colliton, who while holidaying in Forster became impressed with its beauty and the possibility that the district warranted an up to date picture theatre. It is believed that Mr Colliton was connected with the Regent Theatre in Sydney and so the Forster Theatre's name was sealed. The opening was a gala event and featured the movie "I Met Him in Paris" starring Claudette Colbert, Melvin Douglas and Robert Young. The associate feature of the night was "Turn Off the Moon" with light entertainment provided with Popeye The Sailor Man. In the beginning the Theatre was opened every Saturday and Wednesday nights. Mr Stan Croad, who was with the Regent for 40 years, recalled when Cinemascope (widescreen pictures) was introduced to the Theatre in 1959.

In the early days before the sand dunes were contained it was possible for the people to walk off the dunes onto the roof of the theatre toilets. Of course, the toilets which were situated at the rear of the Regent, would have always been covered with sand.

In November 1980 Forster's grand old Regent Theatre, which stood on the corner of Head and Beach Street was demolished to make way for progress. The Regent has disappeared, but the memories still live on.

Memories: Who remembers sitting in the theatre, waiting with anticipation for the movie to start and the Jaffas start rolling down the aisle.

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



Writing Winners announced

Continued from page 14.

"Thank you to all the students who took the time to put their creative skills to use and take part in the competition. We look forward to seeing even more entries next year."

To see the full list of winners and read their stories, visit https://haveyoursay.midcoast.nsw.gov.au/water-wiser-hub

Overall results

Primary School

1st The water that connects our family - Harvey Crameri, Manning Valley Anglican College

2nd The Flowing Creek - Anika Krysienna Alexie Tan, Hallidays Point Public School

3rd The flow of the river and the whisper of the wind - Ruby Roberts, Forster Public School

Highly Commended: A Bottle from Faraway - Adalyne Clements, Tuncurry Public School

Junior High

1st The Rockpool's Song - Chloe Ekins, MidCoast Christian College

2nd And then, rain - Mila Cleaver, MidCoast Christian College

3rd Drops - Olivia Ross, Chatham High School

Highly Commended: The Morning Lake - Ella Whight, Manning Valley Anglican College

Senior High

1st Water Bird - Eva Wood McGuire, Taree boarding school student

2nd It's Just Water - Ruby East, Great Lakes College Forster Campus

3rd A tale of a river that brought community - Andessa J Akerlund, Homeschool

Highly Commended: Planet Lunoir - Ellah Sutton, Manning Valley Anglican College

See next page for two awarded entries.

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FEDERAL MEMBER for Lyne

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

National Water Week Junior Writing Prize Winners

The water that connects our family by Harvey Crameri

Splash! As the lure hits the water it sends many ripples shooting out towards me and all around me, left, right, forwards, backwards. Tiny ripples creep towards their end. The clear water trickles across and around the boat, cicadas chirping, birds squawking and the smell of fresh saltwater hits my face in surges. Sitting there holding my rod, hearing nature's music, I feel calm. I feel like I could fall asleep there.

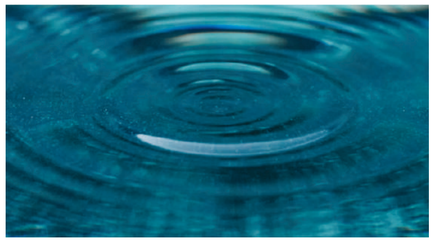
A fish takes hold of my bait, and I look at the ripples again thinking each ripple could stand for a generation.

The ripple moving slowly makes me think of my Great-Grandfather, he was a shipwright who worked in the one tenth-scale loft at the old Newcastle dockyard. To get to work he would catch a ferry across the breezy cool harbour, waves splashing and crashing on the boat making it sway side to side.

There is an old ship that he carved out of wood at my Nan's. I've loved it since I was a little boy. I can just imagine it sailing across windy, stormy seas with waves crashing on the boat.

For Great-Grandfather water was big enough to carry a ship. For my Poppy sometimes only a small amount was needed.

The second ripple makes me think of Pop. I imagine him standing in the back of his pharmacy surrounded by bottles, tubes and medicines. There are small, medium and large bottles of sterilized water. Poppy carefully measures just the right amount of water to mix with different powders to make medicines that help people get better. Sometimes you only need the smallest amount of clean water to save lives.



For Pop, he only needed a small amount of water to help save lives but for Dad sometimes he needs both big and small amounts.

Dad is a firefighter and when he comes home from a bushfire, I can smell the smoke on his uniform, and I imagine what it would be like to be there. Firefighters need water to stay hydrated and to put out fires. Water takes away one of the things fire needs to burn...heat. If you put enough water on it the fire will go out.

The next ripple brings me back to me sitting in the boat with the fishing rod in my hands. Water means something different to me. I don't build ships, make medicines or fight fires. I love water because it connects our family and it's where I fish.

If we don't look after the water and keep it clean there will be no fish and other life there. I hope the water will be as healthy as it is now so I can take my grandchildren there too.

I look at the ripples one for Great-Grandfather, one for Poppy, one for Dad and one for me. Each generation has needed water in a different way.

I watch the ripples join together. Each ripple is a different generation of my family and water connects us all.



It's just water by Ruby East

It's Just Water
A few drops gather
Falling from the sky
Crashing on the shore
Nothing more

It's Just Water
A child chasing puddles
Jumping without fear
Laughing in the rain
The bigger the splash, the bigger the smile

It's Just Water
The farmer watching the clouds gather
Counting every drop like a promise
Deep relief and joy pouring down
That tomorrow might grow

It's Just Water
The stranger sitting by the ocean
Breathing in the salty air
Letting the waves drown out the words
They can't say themselves

It's Just Water
The person without a home sees it differently
The rain plays a song, in a much sadder tune
Drops fall against cardboard

Feeling the cold rush through the clothes they can't replace
A search for somewhere dry to belong

It's Just Water
The sailor with a face marked by the sun
A beautiful horizon, a life
But also, a reminder
The ocean can take as easily as it gives

It's Just Water
The refugee sees distance between yesterday and tomorrow
A stretch of blue holding memories of a home left behind
Carrying the voices of people, that may never be heard again
Not just waves, a journey
Not just a shore, a new beginning

It's Just Water
The scientist knows it's more than a liquid
It's a world within a drop
Hidden beyond the eye
A fragile gift we have forgotten to protect

It's Just Water
To the surfer, it's not something you conquer
It's a lesson in patience and resilience
Life is not a puzzle, it's a wave
You were never meant to carry the wave
You were meant to let it move through you

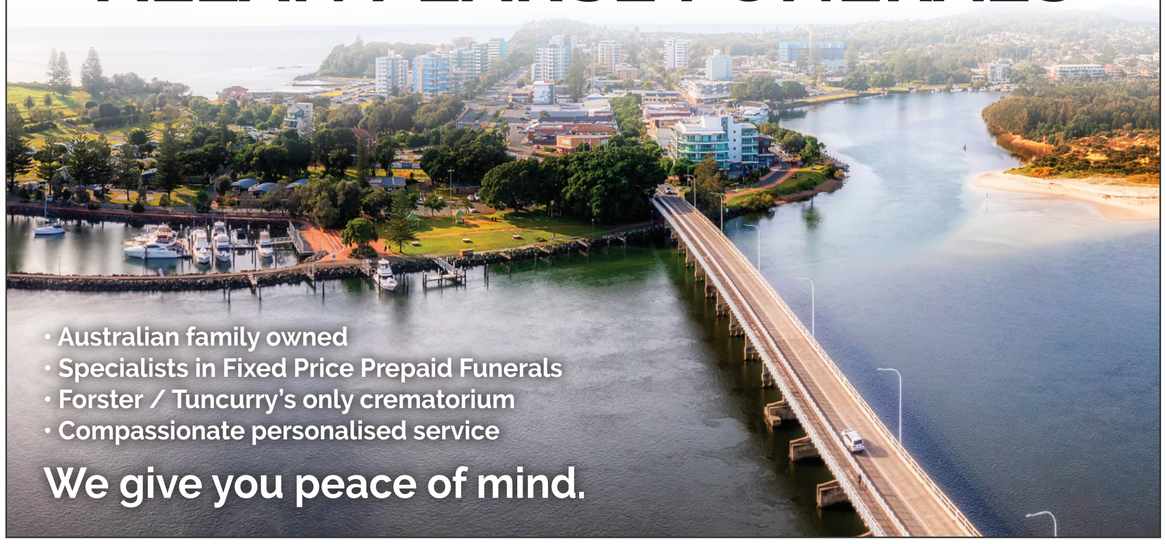
It's Just Water
To the grieving, a sudden wave that pulls you under
It's where tears disappear
Where memories drift
And where silence finally feels understood
It was never just water
It was every journey taken
Every battle fought
Every life protected
Every memory carried

But isn't it poetic
How there is salt in tears
And in the ocean
To show just how deep emotions can be

The same water touched us all,
Yet it held a very different story for everyone.

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Starlink's growing influence has one big point of failure



Left: Musk has claimed he had nothing to do with Starlink reducing speeds for Ukrainians.

Chris Zappone – Sydney Morning Herald, 15 October

The latest decision by Starlink to restrict critical access for the Ukrainian military highlights the danger of relying on superfast, satellite-based internet that's controlled by a single entity.

The entity in question is Elon Musk, whose satellite-delivered internet business has mostly been a hit with the public, many of whom may now have to rethink their position.

Musk claims he had nothing to do with hobbling the speeds on Starlink, instead saying that any interference most likely came at the behest of the US military and its commander-in-chief, Donald Trump.

But Musk's SpaceX, which owns and operates Starlink, already has a track record of leaving the Ukrainians in the lurch, by denying them access to the service in 2023. And the lesson for the broader society - from airlines to rural and regional users - is clear. Maybe putting all your broadband needs in the hands of Starlink isn't such a good idea.

The aviation industry is grappling with that very issue in earnest. Many carriers have rushed to adopt Starlink for high-speed in-flight broadband - including all major US carriers, save one: Delta Air Lines. And Delta's decision to say no to Starlink and Musk is revealing.

Delta prefers to manage its own customer relationships directly rather than outsource them to the whims of a mercurial mogul.

And the airline's caution points to a larger question that extends far beyond commercial aviation: how does society cope when immense technological power is concentrated in so few hands?

What makes things truly worrying is that an early mover on breakthrough technology (think: Google with search, Microsoft with Windows and Uber with ride-sharing) becoming a monopoly provider of the service is almost an article of faith in Silicon Valley.

The aviation industry's blossoming relationship with Starlink is a test case. The experience of Starlink on planes is transformative: people can stream sports live, play video games, conduct Teams meetings, or as I recently did, spend time working on the plane.

So the service is great, but monopoly has its downsides - for the users - and privileges - for the owner. In July, Starlink doubled its prices across the board for aviation customers - both service and hardware.

SpaceX, meanwhile, has also been approved by US regulators to deploy satellites to support a direct satellite-to-mobile phone service. So Starlink could soon be competing with mobile phone providers.

And what will price negotiations look like for airlines, businesses, and consumers using Starlink when the provider has the option of simply flipping off the switch as a bargaining tactic.

Once a business or consumer becomes reliant on the product, what option do they have but to pay?

The monopoly power also extends into the political sphere.

Beyond the military context, Musk's companies have repeatedly defied government authority when it suits his interests – clashing with the Federal Aviation Administration over launches - or, in cases like the DOGE smash-and-grab (and-audit-and-streamline) of US public data, stepped in to reshape government from within.

More recently, Musk's massive spending during US Midterm elections reflects a growing leverage over democratic processes.

Musk's actions point to a broader shift: the growing tension between Silicon Valley's libertarian figureheads and the strategic agreements they strike with sovereign governments.

Who exactly benefits? By accepting the digital convenience, what are we giving up?



In the 20th century, public attitudes toward technology were mixed. Despite destructive inventions like the atomic bomb, technological advancements raised the general standard of living (think: washing machines, vacuum cleaners, jet travel), reinforcing the belief that technology equalled progress.

By contrast, 21st-century monopolies demonstrate how critical infrastructure can operate counter to the public good. Access can be granted or revoked arbitrarily by a single point.

This is technology divorced from social progress.

For all the personal convenience, in the broader picture it's actually a little bit more like, well... high-tech tyranny. Just ask the Ukrainians.

The only question is now whether Starlink itself suffers brand damage? And how much it is willing to bear. Maybe, something to consider the next time you connect to in-flight Wi-Fi on your next flight.



It's working! Tax changes edge 25 years of housing failures into reverse

By Greg Jericho – The Australia Institute, 16 October (Micheal West Media)

Jim Chalmers won't admit it, and investors cry foul, but a downturn in real estate prices and an upturn in new house construction is good news for Australians looking for a home.

In 2021, Australia's housing crisis reached a milestone: for the first time in the post WWII era, a majority of Australians aged 30–34 did not own their home.

Since then, the situation has further deteriorated. From June 2021 to June 2026, average dwelling prices across the nation rose 35% – well ahead of the 18% increase in private sector wages.

Over that period, median house prices rose 77% in Adelaide, 83% in Brisbane, and 87% in Perth. For someone in Brisbane, this meant in the space of five years going from needing $630,000 to buy a median-priced house to requiring $1.15m. In June 2021, only in Sydney was the median house price above $1m; now four cities have a median price in seven figures – Sydney, Canberra, Brisbane, and Perth, and Adelaide has reached $985,000. Even apartment prices were not immune to price rises. The median apartment price in Brisbane nearly doubled from $421,300 in 2021 to $830,100 in 2026.

But the housing crisis did not start in 2021; its origins are the decision in 1999 by the Howard government to provide a 50% discount on capital gains tax (CGT). Combined with negative gearing, this set fire to the housing market, led to increased wealth inequality, and made home ownership unattainable for many Australians.

After 25 years of damage, and policies that avoided tackling the core issue, the government's changes to CGT and negative gearing finally give Australians hope that housing can become affordable again.

The policy solution

In the May 2026 Budget, the Albanese government ended the more than 25 years of distortion in the tax system by replacing the 50% CGT discount with a discount based on inflation and introduced a minimum 30% tax on gains from 1 July 2027.

Crucially, the 50% discount and negative gearing remained in place for investors of newly constructed housing.

These changes had the impact of encouraging new housing construction while no longer providing investors with an advantage over home buyers for established homes.

The changes in the budget were met with some rather over-the-top criticism. One economist in the AFR wrote, "The idea that house prices in Australia exploded because of the CGT discount is wrong, intellectually lazy, and a classic example of the post hoc ergo propter hoc fallacy." However, it did not take long for reports of price falls to be reported.

By early June, property analytics firm Cotality reported auction rates had fallen to the lowest levels for six years. By October, reports were of price falls of up to 5% from the March peak, and economists from a range of institutions have suggested house prices may fall up to 10% to 15%.

The naysayers proven wrong

The ongoing evidence of falling house prices since the budget provoked a sharp about-turn from those who had suggested either the removal of the discount would have no impact or would even raise prices. The same economist who thought people were engaging in a 'post hoc ergo propter hoc fallacy' was now quoted saying "it was 'hard to draw any other conclusion' that changes to the CGT, negative gearing and discretionary trust rules had contributed to the decline in house prices".

Meanwhile, the Liberal Party, which had suggested it was "simple economics" that the abolition of the CGT discount would "push housing prices up", was now arguing in parliament that "Labor's toxic taxes have tanked the housing market" because "The ANZ bank today reports Sydney house prices could fall by almost 15%, the worst crash in more than four decades".

Despite the fact that for 25 years defenders of the Howard/Costello CGT changes argued that tax changes were not the cause of surging house prices, critics of the changes now argue that the removal of those same tax concessions could drive a major reduction in house prices.



However, while those against the removal of the CGT discount have switched to sowing fear of a housing collapse, the prediction of price falls only highlighted how large the crisis had become. Even a 10% fall across the nation in dwelling prices would only take the value of housing in terms of average annual household disposable income back to 2021 levels.

This does not suggest the policy has failed to improve housing affordability – indeed, a 10% fall in prices would be among the biggest improvements in affordability in the past 50 years. Merely, it demonstrates that undoing 25 years of damage (if that is even possible) will take a considerable length of time.

New housing construction

A key aspect of the changes to the CGT discount and negative gearing was the decision to keep both settings for new housing builds. This was intended to encourage investors to shift from established housing to new construction.

We have two sets of data that demonstrate the policy has had an immediate positive impact.

The ABS Lending Indicators survey for the June 2026 quarter revealed a record 8,468 investor loans for the construction of dwellings – up 4.4% on the March quarter and 20.3% higher than the year before.

In the same quarter, investor loans for established dwellings fell 14% and were flat over the year. Usually, the growth of investor loans for construction and for established houses follows the same trajectory.

That investor loans for construction are growing so strongly at a time loans for established houses are falling suggests the policy is having a significant impact.

The ABS Building Activity survey also demonstrates the success of the policy. In the June quarter, 31,707 new houses commenced construction. This was an 11.6% increase on the March quarter and the biggest number of commencements in the past 30 years, outside of the period of the COVID stimulus HomeBuilder, and the pre-GST rush in March 2000.

Hope for young home buyers

For 25 years, Australian housing policy appeared locked into an irrevocable bind – all attempts to improve affordability were hamstrung by the operation of the 50% CGT discount combined with negative gearing.

Despite the efforts of policies designed to improve affordability – such as first-home buyer grants – prices inevitably kept rising such that in the 25 years since the introduction of the CGT discount, dwelling prices had risen more than twice as fast as household incomes.

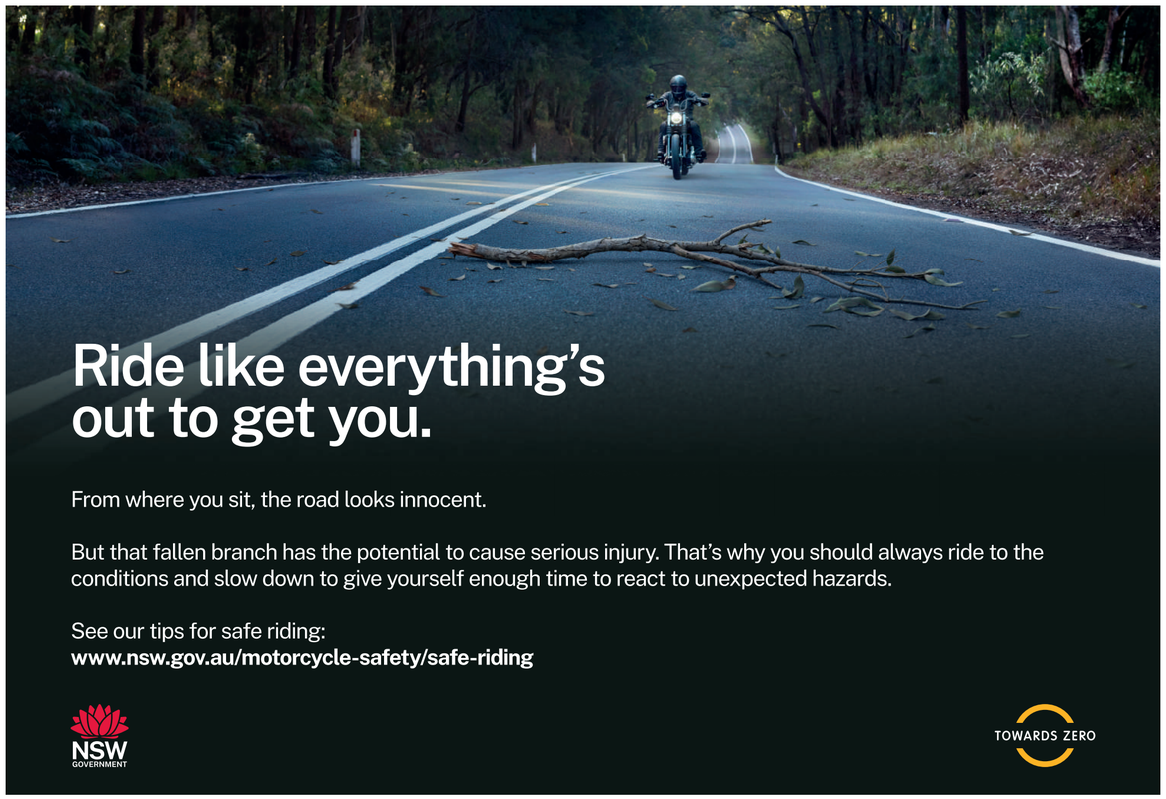
The May budget policy of restricting the 50% CGT discount and negative gearing to new housing builds has had an immediate impact towards achieving it two major aims. House prices have fallen to the point that housing affordability is now forecast to improve by the biggest amount in 50 years.

The fall in house prices, despite what vested interests might suggest, has not destroyed the housing market. Values remain high, and the falls have mostly just restored some necessary balance after the surge of prices since 2020.

The rise in construction, both by investors and homeowners, also demonstrates that the policy has helped to increase housing supply. No longer do investors gain a tax benefit from buying established homes.

The tax system now actively encourages new construction and thus increases housing supply.

After decades of avoiding the obvious problem of housing in Australia, the May budget changes to the CGT discount and negative gearing have demonstrated that strong policy that attacks the heart of a policy problem can have an immediate impact.





Above & below: Nipper's morning on Elizabeth Beach - out the front of the Pacific Palms Surf Life Saving Club. Photos taken on Sunday 25 October by Matilda Yule.







Above: Forster Run Club members dressed in pink on one of their Saturday morning runs during Breast Cancer Awareness Month and raised $150 for the National Breast Cancer Foundation.

Below: Reform Motion held an outdoor pilates class with 50% of every ticket donated directly to the McGrath Foundation. Photos at Forster's Main Beach by Patricia Macvean.



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Forster-Tuncurry Boardriders gathers the community for its 10th year of the 'Live Like Toby'



A previous Live Like Toby event in Forster.

By Vanda Gooley - Forster

The Live Like Toby event brings surfers and the wider community together to honour Toby Flew. The event is a dedicated retro tag team surfing competition centred around friendship and the competitive, playful and joyous spirit that Toby embodied.

Toby's memory has grown into a remarkable community legacy, bringing people together and helping local families facing cancer.

On November 7th the Forster-Tuncurry surfing community will gather to honour Toby Flew.

Toby was a much-loved local surfer whose life was cut short by cancer in 2014. His passing left family and friends grieving the loss of a young man who had made his mark on the people around him.

But from the heartbreak came something extraordinary. Today, the event's legacy extends well beyond the beach. It has helped strengthen local cancer services, bringing practical support to patients who otherwise might have to travel long distances for treatment. After Toby's death, the Forster-Tuncurry Boadriders wanted to help. Their initial efforts to support Toby and his family grew into a memorial surfing competition and fundraising initiative that has made a meaningful difference to local cancer services.

As the Live Like Toby tradition marks its 10th anniversary, its story is a reminder that although a life may be lost, the good that Toby inspires can continue for years to come. It is a reminder of the enduring power of friendship, the importance of community and the good that can emerge from the painful circumstances.

Toby was part of the local surfing community where friendships were built through shared mornings, familiar beaches and time spent together in the water. When cancer entered his life, those friendships took on a different significance.

Toby's treatment in Newcastle meant that his family and friends had to deal with the practical difficulties of travelling to support him. This challenge exposed a problem familiar to many people living in rural areas: accessing specialist treatment can place additional pressure on patients and their families.

The first donations from the Boardriders fundraising went to the Newcastle hospital (Mater) where Toby had received treatment, the first few events raised over $30,000 for the hospital. Eventually they began looking at ways to keep more of the money closer to home.

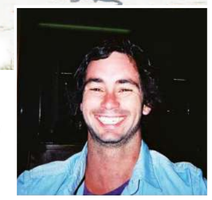
The Forster-Tuncurry Boardriders' fundraising began contributing to local oncology services at the Forster Private Hospital, so patients could receive treatment within their own community, with loved ones nearby.

The people raising the money were surfers, club members, family, friends, volunteers and supporters who had chosen to use their time and collective enthusiasm to make a difference.

The impact of this event has continued to grow. In a 2025 update, Forster Private Hospital (Oncology Unit) reported that just under $150,000 has been raised over several years through the efforts of the Forster-Tuncurry Boardriders. Items and initiatives it has funded at the hospital allow both public and private patients to access the services of the Oncology unit locally.

The money raised has helped create services and practical improvements that local patients can use and benefit from. For Toby's family and friends, it also means that memory of someone they lost has become connected to something that continues to help others. Just some of the items purchased to date are: IV pumps, chemo chairs, scalp cooler caps, massage vouchers for patients undergoing Chemo and a wonderful 'Wellness Garden' to provide a relaxing space for patients and their families before and after treatment.

The 10th anniversary of Live Like Toby memorial competition on November 7th is an invitation from the Forster Tuncurry Boardriders and the Flew family to live with generosity, value friendship and look after the people around us. As long as the community continues to gather in Toby's honour, his legacy will keep moving forward – one act of kindness at a time.



Right: Toby Flew was a much-loved local surfer.

John Vaughan, Chairman, Cape Hawke Health said...

"On behalf of Cape Hawke Health, I would like to extend our sincere thanks and congratulations to Forster-Tuncurry Boardriders Inc for their outstanding achievement in raising $146,900 over the past eight years through the Live Like Toby events, in support of the Oncology Department at Forster Private Hospital.

This remarkable contribution continues to make a meaningful difference to local patients and their families, and is a wonderful example of the power of community spirit and generosity. We are incredibly grateful for their ongoing dedication to supporting local healthcare and improving the health and wellbeing of our community in Toby's memory. Congratulations to Forster-Tuncurry Boardriders Inc on reaching the 10-year anniversary of this fantastic event, and thank you for the lasting impact you continue to make."

Katie – Toby's sister said....

"It's not only a surf comp, it's a community. As a family it's been amazing to see what the community and Forster-Tuncurry Boardriders have created with the Live Like Toby.

Toby was all about good vibes and great mates. The comp is exactly that, whilst raising much needed funds for locals needing cancer treatment."

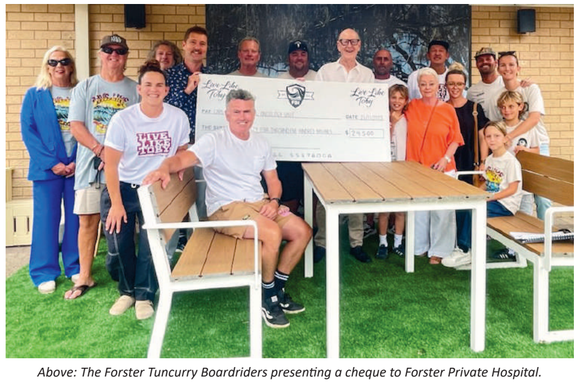
Live Like Toby

Saturday 7th November

7am - 4pm: Retro tag team surfing competition

5pm – close, Club Forster: Presentation, charity auctions, prizes, DJ & more

If any local business would like to support the event this year and donate prizes or items for our auctions and prizes, please contact Forster-Tuncurry Boardriders at: info@forstertuncurryboardriders.com



Above: The Forster Tuncurry Boardriders presenting a cheque to Forster Private Hospital.



Local sporting champion?

Office of Alison Penfold

Federal Member for Lyne Alison Penfold has welcomed the latest round of support for 11 young athletes across the region through the Australian Government's Local Sporting Champions program.

For young athletes in regional areas, being selected to compete at a state, national or international level is a fantastic achievement. It can also mean significant costs for families, particularly when travel and accommodation are involved.



The Australian Sports Commission's Local Sporting Champions program provides grants to eligible young competitors, coaches and officials to help with the cost of attending approved championships. Depending on the competition and travel involved, grants range from $500 to $750.

Successful recipients and their competitions include:

- Blake Bohannon, Herons Creek: 2026 MXGP State challenge
- Cody Field, Mindaribba: Australian Schools and Junior Rugby Union Championship
- Cooper Parkes, Frazers Creek: Australian Enduro Championship
- Emma Webb, Hinton: Olympic test event for Wing Foiling
- Eoin Watkins, Harrington: Australia All Schools Hockey Australia Championship
- Gracie Clements, Vacy: 2026 Australian Interschool Championships
- Lincoln Greentree, Woodville: 2026 Australian Cross Country Championships
- Lydia Proctor, Butterwick: 2026 Horsland Australian Interschool championships
- Morgan Lange, West Haven: Australian National Jiu Jitsu Championship
- Omar Moltzen, Boomerang Beach: Australian Junior Surfing Titles
- Piper Bamford, Forster: School Sport Australia Games 2026 Melbourne

Round 2 applications are open for eligible competitions taking place between 1 July 2026 and 28 February 2027. Applications close on Saturday, 31 October 2026. I encourage eligible athletes, coaches and officials to check the guidelines and apply through: https:// www.ausport.gov.au/ grants_and_funding/local_sporting_champions

Surprising Majors Single win

By Mary Yule – Forster Fortnightly

Paul Morrison has won the 'Blue Ribbon' event of bowling by taking out the Forster Bowling Club's Men's Major Singles on Sunday 11 October. What is surprising is that Paul only took up bowling 9 months ago.

Jason Morse, Head of Bowling at Forster Bowling Club said, "Most players never win an event like this in their whole bowling career, so this is a big achievement for Paul. He used to play NRL for South Sydney, so this is a complete change for him."

Jason said Paul played Nathan Butler in the Men's Major final and won convincingly in the end - 25 to 13. The final attracted a good crowd, many were also new players.

Paul and several other rookies have just come though the coaching program for new players and now meet up officially once a month for a skills session.

What sets Paul apart is how much he has been practising. Jason reckons he sees most players twice a week, with Paul it is every day and said, "He must be sleeping on the greens!"

Jason said, "It just goes to show you how much practise can help."



Above: Paul Morrison has won the 'Blue Ribbon' event of bowling by taking out the Forster Bowling Club's Men's Major Singles on Sunday 11 October. Photo supplied. He will go on to represent the club at the State Champion of Champions for Men's Singles in Sydney come December.

Paul will go on to represent the club at the State Champion of Champions for Men's Singles in Sydney come December.

Successful morning by Forster Runners at the 15k Fernleigh track



Above: Back row (L-R) Mick Healey, Ged Tuckerman, Dave Isbel, Ash Birks and Josh Moody. Front row - Dave Hughes and Mez Yule. Photos supplied.

By Dave Hughes – Forster Runners

The Athlete's Foot Fernleigh 15 took place on Sunday 18th October 2026. This 15km point-to-point event from Adamstown to Belmont features exclusive access, with the Fernleigh Track closed to the public for the duration of the event. Being a one way race most people buy a bus ticket to return to their starting point.

This year saw record numbers register with over 1,800 finishers. The Fernleigh Track is a former rail line – now a beloved running and riding route through Newcastle and Lake Macquarie. Drink stations were well positioned and several road crossings were controlled by the guys in hi vis vests.

The elite were the first away with the usual "race to the tunnel" (about 1.7km) which offered generous prize money for the first male and female. The rest of the participants then departed in waves reflecting their age groups. There were a few "fibbers" amongst us adding at least one or two decades onto their actual birth dates. No names mentioned (Mez, Ged, Ash…you know who you are).

The first two kilometres were the toughest with a slight uphill. Once the tunnel was negotiated it was a gradual downhill/flattish race. Forster runners sent their usual numbers to compete with some outstanding results. Josh Moody (fully recovered from injury) was the quickest of the group with a scintillating time of 55 minutes and an age group finish of third. Rob Freijs utilised the run/walk method with a goal of breaking two hours. Unfortunately, Rob forgot it was actually a race and was seen stopping to take photos and chat with an old friend. He missed his goal by less than a minute.



Right: (L-R) Jack Frost (Plodders Run Group), Rob Friejs and James Quiring.

Forster Runners at the 15k Fernleigh track

Josh Moody - 3rd out of 116 in his age group (55minutes)

Dave Isbel - 4/54 (63m)

Ash Birks - 6/60 (66m)

Mick Healey - 11/54 (70m)

Ged Tuckerman - 17/54 (76m)

Mez Yule - 6/34 (76m)

Dave Hardaker - 14/28 (82m)

Dave Hughes - 3/19 (85m)

James Quiring - 27/28 (117m)

Rob Freijs - 12/19 (120m)

Dennis Fitzgerald - 13/19 (134m)

H Events once again showcased why they are one of the leading event organisers with yet another faultless funrun with big numbers.

Forster triathletes continue the legend of Ironman



Above: Damien Hiles came second in his age group in the Ironman.

By Mary Yule - Forster Fortnightly

Ten members of Forster Tri Club continued the proud tradition of completing the iconic Ironman event at Port Macquarie on Sunday 18 October, with impressive performances across both the full and half-distance races.

The full Ironman consists of a 4km swim, 180km bike ride and 42.2km marathon, while the Ironman 70.3 comprises a 2km swim, 60km bike ride and 21.1km half-marathon.

Forster Tri Club president Aaron Eichner said the event was held in October for the first time, having traditionally taken place in May.

"This time around it was held in October for the first time after being in May for many years," Aaron said. "The change not only brought great conditions but also longer daylight hours for athletes and spectators alike - a real win for the race."

Club members competed across both distances, with several achieving significant personal milestones. Africa and Scott completed their first Ironman 70.3 events, while Apo, Ash and Emma tackled their first full Ironman.

Another highlight was the father-daughter achievement of Richard and Emma, who both completed the full Ironman. For Richard, it marked an emotional return to the distance after an 11-year break.

"It was a very amazing and emotional comeback, something I'm sure the family will look back on for many years," Aaron said.

Colby Gill was the fastest Forster Tri Club competitor in the half Ironman, finishing in four hours and 32 minutes and placing fourth in his age group. The club's youngest half-distance competitor, Colby's performance also earned him qualification for the 2027 Ironman 70.3 World Championship in Chattanooga, Tennessee.

Eichner and Hiles battle it out

In the full Ironman, Aaron Eichner and fellow Forster athlete Damien Hiles enjoyed a close contest throughout the day, pushing each other across all three disciplines.

"I had a great tussle with Damo Hiles all day," Aaron said. "We started together in the swim and transitioned to the bike basically together, where Damo then took the lead and got a few minutes up the road which was a real effort to bring back. At nearly 12 years my senior, Damo was only a few minutes behind at the finish line. He finished second in his age group, and I had to settle for eighth."

Damien Hiles said, "We were sort of only five to six minutes apart all day. So that was good. That kept pushing him."

Hiles said the changing weather added another challenge to an already demanding race.

"It was four seasons in one day," he said. "It rained a little bit in the swim and the bike, while the run started to get warm."

The wet conditions required particular care on the bike course.

"At the start of the bike you just had to get a feel for what the conditions were like underneath you," Hiles said. "Especially for the roundabouts and sharp turns, you just took it easy because the adrenaline's pumping and you didn't want to crash."

A tough run and plenty of support

Hiles was particularly pleased with his performance, having climbed onto the age-group podium after finishing the bike leg in fourth place.

"I'm actually probably prouder of this one because I got off the bike in fourth and ran myself onto the podium for second place in my age group," he said. "So I was really happy."

Despite being pleased with the result, Hiles admitted his marathon was made more difficult by an injury that had disrupted his preparation.

"I had a little injury going into the prep and I couldn't do the long miles on the run, so I knew the back end of the run was going to be pretty mental," he said. "But I was happy to be within two minutes of where I usually am."

Family and friends also played a big part in getting Damien across the finish line, with relatives and their kids travelling from Brisbane, Sydney and Newcastle, alongside Forster friends who made the trip to support him.

Hiles praised the organisation and atmosphere of the event, describing it as a tough but rewarding race.

"It was a great atmosphere. A lot of the comments on the Facebook page were people praising it. A well-run event, as it should be," he said.

"I really enjoyed the day. It's a tough race."

With six full Ironman events now under his belt, Hiles has his sights set on reaching 10.

He has completed two previous Ironman races at Forster in 2003 and 2005 before returning to the distance in recent years and completing his last four consecutively.

Hiles credited his training partners and coach at Rainey Performance Coaching for helping him prepare. His coach from Sydney travelled to Port Macquarie to support him on race day.



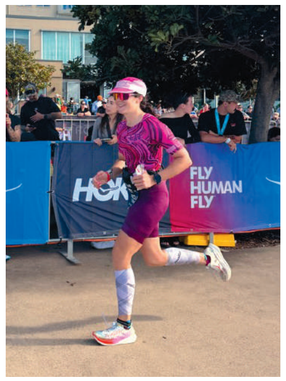
Above: Richard Sewell returns to Ironman.

Thank you to the Forster supporters

Aaron thanked everyone who supported the club's athletes, both in person and from afar.

"On behalf of all the athletes who raced on Sunday, a huge thank you to those who went up and supported in person or tracked our progress on the app," he said.

"We look forward to seeing many of you back at the Club Tris this season."



Above: Emma Sewell in her first full Ironman.

Forster Tri Club results

Full Ironman

Aaron Eichner 9:45:31, 8th in 35-39 age group (PB)

Damien Hiles 9:51:17, 2nd in 50-54

Simon Gay 11:13:28,

Emma Sewell 11:27:42, 10th in 25-29

Ashley Redman 11:44:14

Richard Sewell 12:00:42

Apo Tsolakis 13:43:47

Half Ironman

Coby Gill 4:32:43, 4th in 18-24 age group

Scott Goodman 5:20:38

Africa Vernon 6:15:15



(L-R) Colby Gill (qualified for Worlds 70.3 in Chattanooga, Tennessee 2027), Damien Hiles and Aaron Eichner post race.



Beach 5s Rugby set to make a splash in Forster

By Sophia McCaughan - Forster Fortnightly

After the spectacular success of its inaugural event in 2025, the Barrington Coast Beach 5s returns to Forster Main Beach for an expanded two-day festival of footy, friends and fun.

Since launching in 2018, Beach 5s has grown into one of the fastest-growing beach football experiences in Australia and New Zealand, bringing together players, families, communities and commercial partners through unforgettable sporting events.

More than just another footy competition, Beach 5s is a modern hybrid of Rugby League and Rugby Union, completely purpose built for the sands of Forster.

Right and below: Action shots of Beach 5s Rugby at Forster's Main Beach from 2025. Photos supplied.

Fast, exciting and action packed, it delivers non-stop high quality sporting entertainment for players of every age and ability while transforming Forster into a vibrant spring of summer sporting festivals.

This year's Beach 5s at Forster Main Beach will be held on Saturday November 21 where the Masters, Men's Prems, Open Men, Open Women's and Under 17/18 Boys and Girls will compete while on Sunday November 22 will see the Youth and Schools (Under 12 Mixed, Under 13 to 16 Boys and Girls) will compete.





The Winners of Seniors categories will receive Free Team Entry to another Beach 5s event of their choice.

For more information please visit https://beach5s.com.au/beach-5s-barrington-coast-forster/ or Peter Hickey via peter@beach5s.com.au

(See advertisement below)



