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Local Identity: Tracey Wilson p27



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# Forster Fortnightly

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

FREE

Wednesday 11 November 2026 PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS Circulation 7,000 No. 159


# 'Tri' something new!




*School-age children from across the Great Lakes community were invited to get active and try something new at the Kids Tri - All Abilities held at the Great Lakes Aquatic & Leisure Centre on Sunday 1 November. Photo by Mary Yule. More photos on page 34.*

## Keep expectations high & keep advocating!

**By Mary Yule – Forster Fortnightly**

"The community has to have a high level of expectation that Stage Two of the Manning Base Hospital redevelopment is **delivered in full, and that includes a fitted-out fourth floor,**" Dr Bendall said.

Dr Bendall was guest speaker at the Manning Great Lakes Community Health Action Group (MGLCHAG) AGM, held at Taree's Uniting Church Hall on Thursday, 5 November.
Dr Bendall is a specialist anaesthetist, paramedic and rural health advocate based at Manning Base Hospital (MBH).

Around 40 people attended the meeting, including MBH General Manager Jodi Neaiss, Deputy Mayor Jeremy Miller, Councillor Digby Wilson, NSW Nurses & Midwives Association MBH branch secretary and emergency nurse Scott Grant, and MBH Pharmacy Manager Laura Boyce.

Manning Base Hospital services a growing population of over 100,000 people in the Manning and Great Lakes region - which also

**Continued on page 32.**





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*Tuncurry Community Pantry turns 5. See p11*

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# Funding awarded for MidCoast events & festivals



**MidCoast Council**

MidCoast Council has awarded $88,000 to support large-scale events and festivals that attract visitors, support the local economy and showcase the best of MidCoast, whilst providing opportunities for residents to participate and local businesses to benefit.

Eighteen applicants have been awarded funding for the Events and Festivals Sponsorship Round Two under the General Events and Festivals category.

Some of the events and festival applicants awarded funding include:

• Djarii Bila: Beats on the Bank All-ages music festival showcasing emerging MidCoast performers and Australian touring artists on Biripi Country in Taree.

• Shuck & Shell Sustainable Seafood Festival Sustainable seafood festival featuring Wallis Lake producers, local chefs, live demonstrations, regional food and music.

• Manning Valley Makers Expo Family-friendly expo showcasing Manning Valley artists and makers while supporting networking, inspiration and small business promotion.

The successful events and festivals will take place between 1 January 2027 and 30 June 2027.

Applications were assessed and successful recipients selected by Council's Events and Festivals Sponsorship Assessment Panel, which includes Councillors Michael Graham, Nicole Turnbull and Peter Howard.

MidCoast Council is committed to attracting and supporting events that capitalise on the strengths of the region to create a vibrant, connected community and drive positive economic and social impacts for the Barrington Coast region.

Successful applicants for the NAIDOC week and Youth Week funding rounds will be announced in the coming weeks.

These Events and Festivals Sponsorship funding programs are offered twice per year and delivered under Council's Grants, Donations and Sponsorship Policy.

The next round opens in early February 2027 for events held between July 1 and December 31, 2027. For more information, visit www.midcoast.nsw.gov.au/grants-and-funding.






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# State government invests in TAFE at Taree but what about Tuncurry?

**By Sophia McCaughan - Forster Fortnightly**

The New South Wales government has committed $1 million dollars to upgrade hairdressing and beauty training facilities at TAFE NSW in Taree, expected to boost the region's workforce and improve access to training in the region.

The upgraded facilities, which stimulate real workplace environments and provide students with hands-on industry experience, including dedicated hairdressing salon spaces, beauty therapy treatment areas, nail technology workstations, and professional client consultation spaces.

The new facilities mean that apprentices no longer need to travel to Port Macquarie to complete their training.

However, for apprentices in the Forster-Tuncurry region, they still need to travel to Taree to complete their training and attend classes, after the closure of Atwea College.

NSW Minister for Skills, TAFE and Tertiary Education, Steve Whan told the Forster Fortnightly that the new facilities were planned as part of TAFE NSW's ongoing investment in training and infrastructure and are not related to the closure of Atwea College.

"This is part of the Minns Labor Government's commitment to rebuilding skills and training across regional NSW through record investment in skills, training and TAFE NSW," Mr Whan said.

"We are ensuring people in communities like Forster-Tuncurry can access high-quality training that supports local jobs, industries and workforce needs."

Mr Whan said in a statement that since 2023, $600,000 has been invested in upgrades at TAFE NSW Great Lakes (Tuncurry) campus, including a new Aboriginal Cultural Learning Space and important facility improvements.

"TAFE NSW Great Lakes continues to deliver training in priority areas such as carpentry, community services, disability support, education support, visual arts and Aboriginal Languages," he explained.

According to Mr Whan, new courses will be offered in Tuncurry at TAFE from next year.

"New courses will be on offer from Semester 1, 2027 at TAFE NSW Great Lakes campus and I encourage people to enrol when course information becomes available on the TAFE NSW website," he said.

The Forster Fortnightly asked Mr Whan what is next on the cards for Forster-Tuncurry when it comes to skills, training and tertiary education following the closure of Atwea College.

"Following Atwea College's closure, the Department of Education has been working closely with affected students to support their transition to alternative local training providers, including TAFE NSW, so they can continue their studies with as little disruption as possible," he concluded.

TAFE NSW in Taree offers courses not only in hair and beauty facilities but in nursing, early childhood education and care, agriculture, automotive, engineering and manufacturing.

While TAFE NSW in Tuncurry offers local training in carpentry, education support, community services, ageing and disability support, visual arts and Aboriginal languages.

The campus also delivers literacy and employment skills courses and the Adult Migrant English Program.

# Forster & Tuncurry: Our community needs your support!




*Above: The Great Lakes Children's Centre on Lake Street Forster will have a reduction in annual funding under changes to NSW funding. Photo by Mary Yule.*

**By Kormal Thomas – Great Lakes Children's Centre**

Great Lakes Children's Centre (GLCC) is facing a reduction in annual government funding from 2027 under changes to NSW preschool and childcare funding.

GLCC is more than a childcare centre. For 50 years, it has provided an important service to our community, particularly supporting Aboriginal families, vulnerable children and families who need access to affordable, quality early education.

As the only service in our local area offering this particular community-based preschool model, losing funding could have far-reaching consequences for the families who rely on it most. This means next year alone 20 kids won't have a spot or anywhere to go to as there are no preschools opening in the area under the NSW plans.

We provide fee-free preschool for eligible families, additional educator support, outdoor learning and quality education – recently achieving an Exceeding rating across all seven National Quality Standard areas.

We cannot afford to lose the services and support that make such a difference to our local children and families.

Please take a moment to sign the petition calling on the NSW Government to review the funding model and protect community preschools.

**Sign the petition**

**Visit:** https://shorturl.at/wFYuY

**Closing date:** 23 November 2026



# Australia Day donation program



**MidCoast Council**

Eligible community groups and organisations can apply for a one-off $500 donation to support free Australia Day activities in their local community

Funding can support a range of activities, including community breakfasts and barbecues, ceremonies, award presentations, cultural activities, entertainment and other community-focused events.

Local community groups play an important role in bringing people together and providing opportunities for people across the MidCoast to connect, participate and mark the day in ways that are meaningful to their community.

One event per location will be eligible for funding.

MidCoast Mayor, Cr Alan Tickle, encouraged eligible groups to apply.

"Australia Day activities are organised locally across the MidCoast and can take many different forms," Cr Tickle said. "This funding is about supporting community groups to create free, welcoming activities that bring people together and encourage participation within their local community."

For more information or to apply for the funding head to Council's website here https://www.midcoast.nsw.gov.au/Community/Community-support-and-statistics/

# Summary: Council meeting 28 October 2026

## Financial Assistance Grants

Following clear feedback from many councils, including MidCoast Council, the NSW Local Government Grants Commission has backtracked on their plan to change the methodology in how funds are allocated. MidCoast Council strongly opposed the proposed changes, which would have resulted in an estimated annual reduction of $5 million in funding for the region. Councillors welcomed the decision to not go ahead with the changes.

## Development activity

Once again MidCoast Council performed strongly by recording the highest number of development applications lodged and assessed throughout regional NSW. There were 255 applications lodged representing more than $93 million in proposed development.

Council's average determination time of 56 days was also markedly better than the NSW average of 76 days.

## Urban release area review

The MidCoast Urban Release Areas Report was adopted by Councillors following its deferral at the previous Council meeting to allow for further consideration of community submissions.

There were 146 submissions which focused mostly on the Hallidays Point area. Diamond Beach Urban Release areas 2 and 3 were removed due to traffic, infrastructure, environmental and bushfire concerns.

Tallwoods Urban Release Area was reinstated with a reduced footprint. The review found sufficient land to accommodate growth over the next 20 years.

## Events & Festivals Sponsorship Round 2

The Events and festivals sponsorship round 2 for 2026 will see $88,000 in funding provided to support 18 events.

The NSW Triathlon Club Championships, Hockey NSW Junior State Championship both received $10,000 with the Senior Viking Challenge and Tastefest on the Manning both receiving $8,000.

About $35,000 remains available for additional major event opportunities and event related expenses.

## October 2026 flood recovery transport update

Council has submitted 51 major reconstruction funding applications worth approximately $200 million to the NSW Reconstruction Authority. Of these, six have received full approval and seven have received preliminary approval.

Council continues to raise concerns about the time taken to assess applications, particularly requests for additional photographic evidence to verify flood damage. The delays are affecting the delivery of repairs and creating additional administrative costs.

## Gloucester Holiday Park redevelopment

MidCoast Council will engage external consultants to undertake a detailed investigation into the condition, operation, risks and future potential of Gloucester Holiday Park.

The Council-owned park returned to direct Council operation on 1 December 2025. Since then, a number of issues, including compliance and a significant maintenance backlog have been identified, along with significant flood risks and questions about the park's long-term financial sustainability.

The investigations are expected to take at least 12 months. A detailed business case will be presented to Council before any decision is made on redevelopment or other major investment. Community consultation will also form part of the process if Council progresses towards a major capital investment decision.

## Council meeting schedule

Council adopted its Ordinary Council Meeting schedule for 2027 with 12 meetings planned. All ordinary meetings will commence at 2pm and held at Council's Administration Building, Yalawanyi Ganya in Taree. Meetings are open to the public and residents are able to catch proceedings through a live webcast on Council's website.

## Retention of Council owned land in paper subdivisions for conservation

Councillors resolved to retain more than 900 Council-owned lots across five paper subdivision areas for conservation and compatible community purposes.

The decision applies to 907 lots covering approximately 225 hectares across North Arm Cove, Pindimar, The Branch, Bundabah and Carrington.

Paper subdivisions are areas where land was historically divided into small lots, often without the infrastructure or planning approvals needed to support residential development. Many of Council's holdings were acquired when landowners transferred properties in lieu of paying rates.

Under the decision, Council will retain these properties in public ownership and will not support residential or urban development proposals involving Council-owned land in these areas.

Retaining the land will help protect environmentally significant areas, including vegetation corridors, wildlife habitats and water quality buffers, while avoiding potentially significant infrastructure costs for Council.

This position provides greater clarity for landowners, developers and the community about how Council-owned land in these areas will be managed into the future.

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

**The next council meeting is on 18 November.**






# Another outstanding Great Lakes College student nominated for ENCORE 2027

**Great Lakes College**

Great Lakes College is thrilled to announce that a second Year 12 Music students, Vinni Santangelo was nominated for possible inclusion in ENCORE 2027, the prestigious statewide showcase of exemplary HSC performances held annually at the Sydney Opera House.

An ENCORE nomination is a significant acknowledgement of outstanding achievement in the HSC Music practical examinations, which took place late in Term 3. This recognition celebrates students who have demonstrated exceptional skill, artistry, and dedication in their musical performances.

Vinni an exceptionally talented drummer who studied the Music 1 course selected four complex works showcasing the progressive rock style. His performances required outstanding technical skills, a deep stylistic awareness, and precise control of dynamics and expressive techniques. Vinni's commitment and musicality have truly set him apart.

GLC Head Teacher Vincent Jensen (and Vinni's music teach) stated, "The college is incredibly proud of Vinni for his achievement. His dedication to music exemplifies the excellence valued and demonstrated in all campuses and across all years at Great Lakes College."

*Right: Vinni Santangelo.*



# Great Lakes spelling star returned to state finals for second year



*Above: Bungwahl Public's Layla Clayton competed at the NSW Spelling Bee.*

**NSW Department of Education**

Mid North Coast Year 3 student Layla Clayton prepared for her second consecutive NSW Premier's Spelling Bee state finals appearance as one of the state's 68 top young spellers to compete at the Q Theatre in Penrith on Friday, 6 November.

The Bungwahl Public School student, who is one of just 32 pupils, has secured one of just 34 places in this year's junior division final.

Layla is the only returning competitor in the junior division, having made her state finals debut as a Year 2 student in 2025, when she was among the competition's youngest finalists.

This year, she competed alongside this year's youngest finalist, Year 2 student Oliver Reid from Tallimba Public School who is represented the Riverina Innovative Education Network. Oliver followed in Layla's footsteps by qualifying for the state finals while still in Year 2, an impressive achievement in a junior division made up predominantly of Year 3 and 4 students.

The junior and senior finalists from Years 2 to 6 represent the top 0.03% of around 210,000 students who took part in school spelling bees across the state during Terms 1 and 2, which culminated in online regional finals in August.

Since its launch in 2004, the Premier's Spelling Bee has grown from 431 participating NSW public schools to more than 1,070 this year, reflecting its enduring popularity and the enthusiasm of young wordsmiths across the state.

Among the 34 senior finalists were seven returning competitors, including five students competing at the state finals for an extraordinary third time.

Half of this year's 68 finalists represented regional NSW, with students travelling from across the state, including Chatsworth Island on the North Coast, Beelbangera near Griffith and Lavington near the Victorian border, to compete at the Penrith event.

Contestants began with 'seen' word lists provided by Macquarie Dictionary before facing 'unseen' challenges that tested spelling skill and composure under pressure.

The Premier's Spelling Bee was hosted by ABC personalities Toni Matthews for the junior final (9:15am to 12:00pm), in which Layla will competed, and Rae Johnston for the senior final (1:30pm to 4:30pm).

The 2026 NSW Premier's Spelling Bee is proudly supported by ABC Radio Sydney, ACCO Brands Australia, Word List Partner, Macquarie Dictionary and Venue Partner Penrith Performing & Visual Arts.



# Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will provide you with a reminder to drive safely.

## Drive safely!

The NSW Police Force is again urging motorists to slow down and take care following a horror week on NSW roads.

In the week between Tuesday 27 October and Monday 2 November 2026, police across the state attended eight different crashes resulting in the deaths of nine people.

A further three people died in two separate crashes on Tuesday 3 November 2026.

291 people have died on NSW roads this year to date and police have attended thousands of crashes across the state.

Minister for Police and Counter-terrorism Yasmin Catley said police can issue fines, suspend licences and take dangerous drivers off NSW roads, but they cannot make the decision to slow down for you.

"Nine people have died on NSW roads in just one week. That means nine families are now facing the unimaginable heartbreak of losing someone they love.

"I was shocked to learn that one vehicle was clocked travelling at 216km/h in an 80km/h zone: this is beyond reckless and it was a decision that put every other person on that road at risk.

"Our Traffic and Highway Patrol Command officers are out there every day trying to prevent these tragedies. They're also the ones who have to knock on a family's door and deliver the worst news imaginable.

"As we head towards Christmas, the NSW Government and NSW Police are asking every driver to think about the people waiting for them at home. No appointment, no deadline and no destination is worth a life," Minister Catley said.





*Above: Senior Constable G. Harris receiving a Region Certificate at the annual Police Awards Day from Assistant Commissioner David Waddell at the Forster Civic Centre on 3rd November. Photo by Geordie Yule.*

Commander of Traffic and Highway Patrol Command, Assistant Commissioner David Driver APM, said speed was consistently a key factor when it came to the survival of road users during a crash.

"The reality is, crashing at speed is fatal for many people and it's avoidable. The faster a vehicle is travelling at impact, the greater the risk of death and serious injury.

"We don't want more officers having to knock on doors and tell families their loved ones aren't coming home; however, if drivers don't take their safety and the safety of others seriously, then more knocks are inevitable.

"As we head into the Christmas/New Year festive season, we know people will be tempted to rush to get things done. That might include going over the speed limit or running amber or red lights. The reality is, this won't really save you any time, but it could "call time" on someone's life," Assistant Commissioner Driver said.

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 Police Station**

# Man denied bail after $350k worth of cocaine allegedly found in car

**By Sophia McCaughan - Forster Fortnightly**

A roadside stop by Highway Patrol over alleged speeding has led to a 32-year-old man being arrested and charged with a commercial drug supply offence earlier this month.

At about 12.15pm on Wednesday, November 4, Highway Patrol officers stopped a vehicle on the Pacific Highway at Nabiac, after it was allegedly detected speeding.

The alleged driver, Walid Amadouche, was subjected to an oral fluid test that allegedly returned a positive result for cocaine.

He was arrested and then underwent a secondary oral fluid test that will be sent for further analysis.

Following further inquiries, officers commenced a search of his vehicle where they allegedly located and seized a 1.1 kilogram brick of cocaine, with a potential street value of $350,000.




*Above: A 32-year-old man has been denied bail after cocaine was allegedly found in his car. Image: NSW Police*

The 32-year-old was taken to Forster Police Station where he was charged with supplying a prohibited drug in a large commercial quantity.

Mr Amadouche faced court on Thursday, November 5 where he was denied bail by the court.

# Forster man denied internet access after alleged child grooming charges

**By Sophia McCaughan - Forster Fortnightly**

An 82-year-old Forster man has been denied any access to the internet as part of strict bail conditions after he was charged with alleged online grooming offences.

Edward Nelson Richardson appeared before Judge Gina Towney at Forster Local Court on Wednesday, October 28.

Mr Richardson was arrested on Tuesday, September 22, where he was charged with allegedly using a carriage service to groom under 16-years for sex and use of a carriage service to solicit child abuse material.

He was granted conditional bail in September, with court documents revealing his bail undertaking will continue until his next court appearance.

Mr Richardson's bail conditions include to not be in the company, communicate directly or indirectly with any person under the age of 18-years-old and to not have any access to the internet at any address he may reside.

The 82-year-old man is not to possess any device that is capable of accessing the internet and has been barred from accessing/using any social networking sites through any means.




*Above: Forster Court House. Photo by Sophia McCaughan.*

His next court date will be at Taree Local Court on Friday, February 5, 2027.

Mr Richardson has been excused from attending court on his next court date.

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NSW GOVERNMENT



# Knitting friendship & kindness into rugs for those in need

**By May Yule - Forster Fortnightly**

A group of residents at Pacific Cape Village have been putting their knitting skills to good use, creating ten colourful, hand-knitted rugs to bring warmth and comfort to people doing it tough in the community.

The rugs were presented to Corinne Stephenson from the Forster Neighbourhood Centre during a visit to the Pacific Cape Club House on Monday, October 26.

What began as a small knitting group has grown into a popular weekly gathering, with residents coming together every Monday afternoon to knit colourful squares, share stories and enjoy each other's company.

"I love getting people together. That's my job in this village, just to keep everybody busy with things to do all the time," said Edwina Goodwin. "I came up with the idea of a knitting group months ago and asked the other ladies what do you think? We started with five ladies and then it grew to 20. We made the 10 rugs over eight weeks."

She said the social aspect was just as important as the finished rugs.

"It's a time to sit, knit and have a chat just once a week on a Monday afternoon."

The project was inspired by the group's connection with the Forster Neighbourhood Centre and the need for warm blankets for people experiencing homelessness and hardship.

Nerelle Duff said the residents were enthusiastic when they heard about the opportunity to help.

"When we told the girls, they said, 'Let's knit'. So that's what's happened," Nerelle said.

She explained that residents knit individual squares, with Jan Manning and Nerelle sewing them together and another resident, Hannah Buchanan, adding a crocheted border.

"We ended up with beautiful rugs that are warm and lovely and made with love."



*Above: (L-R) Corrine Stephenson (FNC), Hannah Buchanan, Edwina Goodwin and Narelle Duff. Photos by Mary Yule.*



*The ladies knitted 10 colourful rungs to present to the Forster Neighbourhood Centre.*

Corinne said the handmade rugs would provide more than physical warmth for people accessing the centre's support services.

"They're very unique and they're personal, so it's something that people who are struggling can use as a comfort, not only to stay warm, but as a personal item that they can hold close," she said.

Corinne particularly liked the colourful designs and said clients would have the opportunity to choose a rug that appealed to them.

The centre plans to distribute the rugs as part of its Christmas hampers, with approximately 50 hampers already ordered. Corinne said the rugs would make especially meaningful gifts for people, including single mothers who might rarely receive something just for themselves.

During her visit, Corinne also shared news about the Neighbourhood Centre's programs and plans for its new facility.

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# Morning tea celebration for local OAM recipients

**Order of Australia Association (OAA) Manning Great Lakes Branch**

Fifty years ago, in 1976, the Order of Australia honours system was introduced by the newly elected Whitlam Government, creating a uniquely Australian way to recognise outstanding achievement and service to our nation and community.

On Wednesday 4th November, some members of the Manning and Great Lakes who have been recipients of an Order of Australia Medal, gathered to meet and celebrate those local Awardees who have been newly recognised in 2026.

There was time to socialise, catch up with old friends, and meet new ones.

Those honoured on the 2026 Australia Day list were Debe Brassey from Pacific Palms "For service to the Community of Pacific Palms and the Great Lakes Region, across a wide range of community, creativity and nursing." and John Hahn from Forster "For service to the Cape Hawke Surf Club and Community".

Kings Birthday recipient from Forster was Noline Cornhill "For services to Education in Canberra, and to the Community of Forster Tuncurry".

The branch was very happy to welcome David North OAM, Deputy Chair of the National organisation of OAA, and very active coordinator of the NSW regions

David spoke on the importance of regions in the Order of Australia Association and how over the 50 years of the Order of Australia Honors program just over 50,000 Australians have received an honours award.

He also spoke about the importance of communication and support for recipients, for collegiality and to encourage them to continue their great work in their communities.

Also attending was Diane North OAM, secretary of the NSW Chapter. Diane spoke about the "Young Achievers awards" which encourages principals of high schools to nominate students who are actively engaged in their communities. These awards are presented each year by the Governor at Government house.



*Above: Local OAM recipients (L-R) David North (Deputy Chair - National OAA), Warwick Hansen, John Chadban, Keith McNeill, Debe Brassey, Dr Anne Knight, Ted Bickford, Noline Cornhill and Helen Bryan.*
*Front - Patrick Bright, Lyn Iverson, Sue Mcullough and Leigh Vaughan (Manning Great Lakes Convenor). Photo supplied.*

She also offered thanks "for organising such a lovely morning tea. David and I enjoyed ourselves immensely catching up with you and getting to chat with everyone there. We look forward to coming back again".

Leigh Vaughan OAM and Convenor of Manning Great Lakes Region said, "We would also like to thank Peter Clark and Club Forster for providing the venue."

"Currently there are more than 50 local people on the data base for Manning Great Lakes Regional Group of The Order of Australia Association," she said.

"We are in the process of updating this information so if you know anyone who is an Award recipient, is not involved, or who has not been contacted recently, they are urged to contact me direct at leightvaughan1@gmail.com," said Leigh.

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# Five year anniversary for Tuncurry Community Pantry

**By Mary Yule - Forster Fortnightly**

A community pantry that began with a vision five years ago has become much more than a place to access affordable groceries. For many people, it has become a place of friendship, belonging and a fresh start.

The Forster Tuncurry Church of Christ Community Pantry, located in Douglas Avenue, Tuncurry, celebrated five years of its Community Brunch and Pantry on Monday, October 26, marking a milestone made possible through the generosity of volunteers, local organisations, church members and the wider community.



*Above: Some of the volunteers and local residents celebrating 5 years. New Pantry Coordinator Lisa is at the front (black top) next to former Cordinator Talitha Hardaker (blue top). Photos by Mary Yule.*

For new Pantry Coordinator Lisa, the occasion was particularly special. Having first come to the pantry seeking support herself, she has now stepped into the leadership role, officially taking over after working alongside former Pantry Coordinator Talitha Hardarker.

Lisa's journey is a powerful example of how community support can make a difference.

"I came through Community Pantry as a victim of domestic violence," Lisa explained. "Tamara Clarke started it in 2021, and I probably started volunteering possibly a year later and worked under Tamara, and since May worked with Talitha (who stepped up when Tamara moved away) which has been fantastic."

"I think it's probably my time to shine," she said. "I just love connecting and engaging with the community, going out and sourcing funding. It's just community working alongside community."

Lisa said the church has a great relationship with local organisations including Sea Change Op Shop, Hallidays Op Shop, Hallidays Lions Club, Forster Tuncurry Lions Club and Forster Tuncurry CWA, and thanked them for their support and donations.

"We have volunteers from our church who help at the Op Shops and then they are then able to give us donations to purchase food for the pantry."

Lisa says the pantry attracts between 50 and 80 people each Monday during school terms, supported by around 30 dedicated volunteers.



*Above: Volunteers in the pantry (L-R) Peter Smith, Rob Parks, Julie Meredith and Debbie Layt.*

The service provides a free community brunch, with visitors able to access a pantry of groceries for a $5 contribution. Each pantry allocation contains at least $50 worth of groceries.
The operation is a substantial undertaking, with approximately $3,000 spent on Foodbank supplies each month, plus additional supermarket top-up shopping.
"Our church congregation is very generous, and we couldn't do it without the volunteers. I'm not a one-man team," Lisa said.

She believes the need for services like the pantry is growing, particularly with the rising cost of living and increasing housing pressures.

"Homelessness is a really big struggle here and the cost of living is crazy," she said.

Marianne Crowther, Pastor at the church with John Crowther, who has witnessed the pantry's development over the years, says the community's generosity has also been essential to keeping the service going.

"People that have seen us on Facebook and just had it in their heart to give money towards this because it's something really worthwhile. With the cost of living these days, it's really hard for people to survive out there, grocery wise, so it's a way that we can give back into the community, isn't it? It's what we've come to do.

Marianne says the most important part of the brunch is often not what is served on the plate.

"We do breakfast because people can sit down and just chat and connect," she said.

"Some people have said it's changed their life because they were lonely. It's not the groceries so much, it's just being with people in the community here."

For Lyn, those words ring particularly true.

When she first walked through the pantry doors, she knew nobody and was going through a difficult period in her life.

"When I first came here, I was a bit mixed up in the head," Lyn said. "They were such caring, loving, kind people, and it really did make my life better."

Now, having experienced that kindness herself, Lyn enjoys being able to give something back and has become someone who can offer others a lift to the brunch when they need it.

John Morris has seen the Church change greatly since 2000 when he arrived in Forster Tuncurry with his wife.

"We have changed from a traditional church to a very contemporary church."

The church originally owned a house in Bent Street which was not suitable for the day so they sold the house and bought the existing warehouse in Douglass Avenue.

John said, "For a number of years the church worked hard to pay for and develop the place. We rented out the back bays for a number of years. We also held fundraising craft fairs, they were quite legendary actually. This warehouse eventually became ours when we paid the last of the mortgage some years ago now so we've been able to spend money redeveloping the back bays and then of course the kitchen for the pantry at the back. We now have room for kid's activities, prayer groups and ladies groups."

"The church has changed so much. We had a retired minister called David Mansell for many years here, a giant of Churches of Christ who did preaching all over the world. And then we did a rapid transition through a man called Andrew Wallace who came in as a change agent. After a year he passed it over to Ben Betzs in about 2006, as his first ministry. He had done church youth work in Sydney and elsewhere. He was a dynamo and Helen his wife was especially creative. They made a wonderful team. They had kids and for a while I think we had the only youth group in the whole town. It was a big youth group."

"Brett and Tamara Clarke came about 11 years ago and had their kids. Brett was just so authentic, he was wonderful and Tamara was a powerhouse. The church just continued to grow so."

"Then Tamara started this breakfast and pantry in 2021 with the blessing of the elders (the Leadership Team) and it's a big part of the church now. It's a very, very alive church."

"And Lisa is a miracle. She contacted this church through the pantry because she was struggling. And look how she's just blossomed. As of today she is the coordinator!"

Lisa said, "I don't know what I would do without my volunteers and my church congregation because they are very generous. They back us. They supported Tamara when it was her vision and they've continued to support the community pantry for five years."

Lisa said the pantry also offers much more than food. With visiting representatives from outreach organisations such as Carers NSW, One Door Mental Health, Wesley Mission, Uniting NDIS and Hearing Australia, it has developed into a community hub where people can enjoy a meal, collect groceries and connect with support services.

"I'm just looking forward to seeing how the rest of the year pans out. We're just going to continue to grow and be there for the community. We know how hard it can be," she said. "It's something that we love doing and we're very passionate about it."



*Pastors Marianne and John Crowther with John Morris.*


COMMUNITY CONVERSATIONS

HEAR THE NEWS AND SHARE YOUR VIEWS

You're invited to drop into your nearest Community Conversation. It's an open forum that gives locals a chance to hear from and talk to Councillors and senior staff on your own patch.

This is a chance for community members to learn about Council plans and projects, share ideas and ask questions.

There's no need to register, just turn up on the day. Every MidCoast resident is encouraged to attend.

JOIN THE CONVERSATION

Forster Civic Centre
Tuesday 1 December 2 - 3.30pm

Pacific Palms Surf Life Saving Club
Tuesday 1 December 5.30 - 7pm

Also coming to other locations across the region

FIND OUT MORE

Scan to learn more and for the full schedule of dates and locations.

midcoast.nsw.gov.au/conversations

MIDCOAST council

# Mayor's column

**Mayor Alan Tickle**



*Above: Mayor Alan Tickle.*

**There has been some very welcome news for MidCoast Council and our community, with the NSW Local Government Grants Commission deciding not to proceed with proposed changes to the way Financial Assistance Grants are distributed.**

The existing funding methodology will remain in place.

Had the proposed changes gone ahead, MidCoast Council was facing an annual reduction of almost $5 million from July 2027. That would have placed significant pressure on the roads, buildings, drainage, parks and services our community relies on.

Council strongly opposed the proposal, alongside many other councils and local government organisations. Of the 102 councils that made submissions, only 10 clearly supported the draft model, while the remainder opposed it or raised significant concerns and suggested changes.

This is a positive result and demonstrates what can be achieved when councils work together and advocate strongly for their communities. I would particularly like to acknowledge the neighbouring and regional councils that joined us in raising concerns about the potential impact on regional communities.

While this decision protects our existing allocation, we will continue advocating for the overall national Financial Assistance Grants pool to be returned to one per cent of Commonwealth tax revenue. It currently sits at around half that level, despite councils being required to provide an increasing range of services and manage significant infrastructure networks.

**Council is also progressing an important review of the Wallis Lake and Wallamba River flood risk management studies and plans.**

The existing studies will be updated in line with current NSW flood risk management requirements. This work will improve our understanding of how flooding behaves across the catchment and help guide future land-use planning, emergency management and measures to reduce risks to people, homes and infrastructure.

The review is being supported by $100,000 through the NSW Government's Floodplain Management Program. While studies cannot prevent floods, having accurate and up-to-date information helps Council, emergency services and the community make better-informed decisions.

**November will also bring two major Council-supported events to the region.**

The Barrington Coast Airshow returned to Taree Regional Airport on Saturday 7 November, with aerobatic displays, warbirds, family entertainment, exhibits and food vendors. More than 6,000 visitors were expected, delivering an estimated economic benefit of more than $2 million to local businesses.

Later in the month, the Barrington Coast Beach 5s Championships will return to Forster Main Beach from Friday 20 to Sunday 22 November. Following the success of the inaugural event in 2025, this year's program will offer another energetic celebration of sport, community and our spectacular coastline.

Council supports these events because they attract visitors, strengthen our visitor economy and give residents even more reasons to enjoy our region. I encourage everyone to get involved and make the most of what promises to be an exciting Spring across the MidCoast.

# Vale Phil Rodham

**Great Lakes Prostate Cancer Support Group**



*Above: Phil Rodham founded the Great Lakes Prostate Cancer Support Group.*

Born in March 1938 at Lithgow, NSW, Phil Rodham was educated at Lithgow Primary and High School, leaving after the fourth year in 1954. In the school Cadet Corps he attained the rank of Sgt Major and represented the school in athletics, gymnastics, swimming, football and hockey. A playing and coaching history in hockey followed over the next fifty years, along with interests in golf and fishing. In 2003 Phil Rodham represented Australia in Europe at the Grand Masters Hockey Tour.

Phil Rodham completed a 5 year apprenticeship as a carpenter and joiner working firstly with the Lithgow Construction Company before transferring to A.W. Edwards in Sydney. He then completed studies to qualify as a Clerk of Works, and in 1963 joined the Snowy Mountains Authority as a Civil Inspector at the Geehi and Jindabyne dam projects.

In 1966 he joined the NSW Electricity Commission and supervised construction works for power stations at Liddell, Wallerawang, Bayswater, Eraring and finally Vales Point where from 1988 until his retirement in 1996, he was the civil plant owner.

In 1960 Phil Rodham married Denise Dart at Rockdale Methodist Church and they had three children - Debra, Brian and Lisa, who have then produced grand-children and great-grand children.

Over the next 35 years Phil and Denise Rodham moved around the state of NSW from Sydney, Bella Vista and Jindabyne in the Snowy Mountains, Singleton, Lithgow, Muswellbrook, Belmont and finally Forster. Along the way he constructed four Rodham family houses and his retirement home at Forster Keys in 1997.

For much of the past 25 years, Phil Rodham has devoted much of his life to promoting prostate cancer awareness amongst men and their partners. His motto was "a problem shared is a problem halved" and by opening up to others about his personal experiences with prostate cancer, he encouraged other men to do the same.

He created the Great Lakes Prostate Cancer Support Group which meets monthly at Club Forster; he attended and participated at conferences on this subject, and has produced several easy to read booklets on prostate cancer awareness.

Phil Rodham died in late September and was farewelled by family and friends at a memorial service at Club Forster on 16th October, 2026.






# Still cleaning up after the floods



**Office of Tanya Thompson MP**

For many of our farmers and rural landholders, the clean-up from last year's devastating floods is far from over.

There is some practical help available that I want to make sure our community knows about!

The NSW EPA is offering FREE removal of eligible flood debris from rural properties across the MidCoast affected by the May 2025 flood event.

This includes large or hazardous items such as silage bales, fuel tanks, gas bottles, metal sheeting and other man-made debris washed onto properties.

I know just how much work is still being done on farms and rural properties across our region, and this assistance could make a real difference.

Eligible landholders can have approved debris removed by specialist contractors at no cost.

Find out more and register here: www.epa.nsw.gov.au/rural-flood-clean-up

# Barrington Coast author brings debut novel to the screen with Gloucester shoot

**Treechange Films**

Barrington Coast author Anne Keen is taking her debut novel, Karamea House, from the page to the screen, and she is doing it in Gloucester with the help of local creatives.

In January, a local cast and crew will gather in Gloucester to film Critical Juncture, a short drama produced by Anne's local production company, Treechange Films. It follows 18-year-old Sara who, raised in a close-knit religious community, loses her closest friend and finds herself caught between the only family she has ever known and a secret she promised to keep.

It is a story Anne knows well. Karamea House is set primarily in Gloucester, with scenes in Taree and Forster, and is on the School Library Association of NSW (SLANSW) recommended reading list for Stage 6 (Years 11 and 12) students.

"The story is reflective of what it can be like growing up in a small town," Anne says. "While it's set in Gloucester, it's not about Gloucester in particular, it's more of a social commentary on what it can be like growing up in a vacuum."

For Anne, the short film is a first step. It is a proof of concept for a Karamea House feature film or series, and she hopes to see the full story filmed on the Barrington Coast.

"I want the people of Gloucester to see their town on screen and to feel this film belongs to them," she says. "If this goes further, I'd love to make it here, with the people who live here."

Sara is played by Elyssa Keen, who's start came on school stages: she took the lead in both her school musicals, as Donna Sheridan in Mamma Mia! at Gloucester High School and as Scaramouche in We Will Rock You at Great Lakes College. Playing opposite her as John is Forster actor Mace Murray, who was Buddy in that Great Lakes College production and has since gone on to lead the feature film Misgivings, filmed around Blueys Beach and Pacific Palms. Dave Keen, a familiar face on stage with Arts Gloucester and the GACCI Players, plays Mr Edwards.



*Above: Elyssa Keen, who appears on the cover of Karamea House, looks out over the valley towards Gloucester during the book cover shoot. She now plays Sara in Critical Juncture, filmed in Gloucester in January. Photo by Anne Keen.*

Everyone in front of the camera is a volunteer, and the production is calling on local volunteers and extras to help bring the film to life over two to three days of shooting in Gloucester.

Funds are being raised through the Australian Cultural Fund, run by Creative Australia, to cover the things goodwill can't, including equipment, insurance, post-production and original music. Donations over $2 are tax deductible, and every dollar goes directly to the film. The campaign runs until Friday, January 22.

Once finished, Critical Juncture heads to festivals in Australia and overseas, and then home to Gloucester for a community screening for everyone who helped make it.

A former journalist at the Gloucester Advocate, Anne spent many years telling the stories of this community. She now owns Treechange Films, the local production company behind documentaries including Nanna Power: The Story of the Gloucester Knitting Nannas.

"It has given me an insight into how people think and behave in different situations," she said. "And while some of my inspiration is from Gloucester, Karamea House is strictly a fiction story."

To find out more or donate, visit: https://annekeen.square.site/critical-juncture



# Beach safety in focus after two fatal drownings in one week

**By Sophia McCaughan - Forster Fortnightly**

Beach safety is in focus after two fatal drownings occurred in the region in the span of one week in the last week of October this year.

A man - believed to be in his 60's - died after being pulled from the water at Number One Beach at Seal Rocks.

On Monday, October 26 at about 2.20PM, NSW Police attended and were told members of the public had pulled a male surfer from the water after he was found unresponsive.

He was treated by NSW Ambulance paramedics but he could not be revived and died at the scene.

In another incident, a 68-year-old man died after being pulled from water at One Mile Beach on Marine Drive, Forster on Thursday, October 29 at around 4.30PM.

NSW Police attended and were told the man was pulled by members of the public and treated by paramedics but died at the scene.

The two fatal drownings have prompted calls from local surf life saving clubs for the public to be safe in the surf.

President of Forster Surf Life Saving Club, John Quinn told the Forster Fortnightly that there are dangers in the surf that people are unaware of.

"Waves come in sets, you could look at the ocean now and it looks nice, but then five or 10 minutes later another set comes through, and those conditions could change dramatically," he explained.

One Mile Beach is only patrolled on the weekends while Number One Beach is unpatrolled.

Mr Quinn wants to remind the community it is always best practice to go to a patrolled beach.

"It's always better to swim with a friend or go to a patrolled beach and swim in between the flags," he said.



"If you do get in trouble, there's going to be somebody there that can help you get out of the water, provide first aid and get a hold of an ambulance quickly."

## Forster Main Beach patrols have started

Patrols are on Saturdays and Sundays from 9AM to 1PM, and once the school holidays start there will be patrols on weekdays and public holidays from 9AM to 5PM.

Forster Main Beach also has UAV drones that are patrolling the area from about 8am until about 7.30PM in the evening.

"It (UAV drones) just gives you a little bit of comfort, they can't rescue anybody but they can alert," Mr Quinn said.

For beach-goers who want to swim at unpatrolled beaches, Mr Quinn has some advice. "You can put your hand up to wave, and hopefully there is a surfer or somebody on the beach that has the ability to get you," he said.

"Otherwise just go with the rip, eventually you will be able to swim to the side and get out of the rip... don't struggle, don't waste energy trying to swim against the rip, let it take you out and it will (the rip) stop."

Mr Quinn has a message for the community as the weather starts to heat up and more people head to the beach for a swim in the surf.

"Always have a look at the surf before going for a swim, don't rush - and pay attention," he concluded.



*Right: Forster Surf Club President John Quinn (on far left) on patrol at Main Beach Forster. Photos by Patricia Macvean.*

# Eleanor Rigby meets the Neighbours...



**By Mary Yule – Forster Fortnightly**

Who would have thought Eleanor Rigby and the theme song from Neighbours would make such beautiful musical bedfellows?

This unlikely but thoroughly entertaining mash-up was the surprise hit of the Forster Neighbourhood 'Sing-Up' fundraiser at the Belle in Tuncurry on 8 November. Learnt and performed on the spot, it proved that you don't need weeks of rehearsals, just a good conductor, a willing crowd and a healthy disregard for musical boundaries!

Conductor Sandra Kwa worked her magic, teaching clever harmonies for the high, middle and low voices in the room. Before long, the audience had found its voice and was belting it out alongside Tash Rusterholz and Rob Butler up front.

Keeping everyone in tune were band members Annabelle Lewis, Larry Belton, Matt Bannerman and Ian Sercombe, who provided the musical backing.

There were plenty of smiles, a few surprises and, by the end of the night, one very enthusiastic choir. Best of all, the fun was all for a great cause - raising funds for Forster Neighbourhood's newly opened Mental Health Hub.

Who says you can't get by with a little help from your neighbours?



*Great fun at the Sing-Up - a fundraiser for the Forster Naighbourhood Centre. Photos by Sophia McCaughan and Geordie Yule.*



*Felicity Carter, President of the Forster Neighbourhood Centre, introduced the event.*

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RETIREMENT VILLAGE

## Tanya's Community Update



The past fortnight has reminded me why I love representing this wonderful part of the world.

I've spent time with fantastic local businesses, including Little Guy Australia in Taree, where it's exciting to see Australian manufacturing creating opportunities right here in our region.

I've also been standing alongside our community preschools, whose educators and families are deeply concerned about proposed funding changes. These services are the heart of our communities, and their voices deserve to be heard.

As we mark Remembrance Day, we honour those who served, those who made the ultimate sacrifice and the families who carry that loss. Lest We Forget.

The next fortnight takes me back to Parliament for the final sitting weeks before the March election.

There's plenty I'll be pushing for, including fair preschool funding, better healthcare, safer roads, ongoing flood recovery, a clear dredging strategy and greater support for those facing homelessness.

After nearly four years representing the Myall Lakes, one thing hasn't changed. I love this community, I know the challenges we face, and I'll never stop standing up for the people who call it home.

**Tanya Thompson MP**

# Recognition & grant for Marine Rescue



*Above: (L-R) Cherie Herdon, Robin Warner, Alison Penfold MP, Geoff Anderson Unit Commander and Carmel Moore (seated). Photo by Mary Yule.*

**By Mary Yule - Forster Fortnightly**

Three Marine Rescue Forster Tuncurry volunteers have been recognised for their dedication and service, with two 15 Year Service Medals and a radio training certificate presented by Member for Lyne Alison Penfold on 4 November.

The presentation also acknowledged a $1,000 government grant awarded to the local Marine Rescue unit to support its fundraising activities.

Robin Warner received a Certificate and Epaulettes after successfully completing training and being assessed as competent to independently conduct radio watches.

Carmel Moore and Cherie Herdon were each presented with a 15 Year Service Medal in recognition of their longstanding contributions to the organisation.

Carmel was recognised for her fundraising efforts and involvement with the Breakwall Belles, while Cherie was acknowledged for her work fundraising at Marine Rescue's monthly Tuncurry Market and as a member of the Belles. The Breakwall Belles are a dedicated group of ladies who meet regularly to sew, knit and create handmade items, which are sold at the market to raise much-needed funds for the local Marine Rescue service.

Ms Penfold thanked the volunteers for their commitment, particularly with the busy Christmas holiday period approaching.

"I want to thank you all so very much for the service that you do for Marine Rescue. You turn up all the time as volunteers and it's a huge effort," she said.

Unit Commander Geoff Anderson said the $1,000 government grant will help Marine Rescue purchase online payment squares for use at the Tuncurry Market and other community fundraising activities.

Geoff told the audience at the presentation, "We have applied next to update the radio because we've now got the Public Service Network (PSN), used by all the emergency services but only have one station at the back of the boat - so, when you're out there and the two crew are at the back of the boat and people trying to talk to you, the skipper cannot leave the helm. We're asking for funding to hopefully put a remote up by the helm, and also to ask for better shock absorbent seats so the skipper can talk on the radio without bouncing around!"

The presentation took place while both Marine Rescue vessels were actively engaged in operations.

The larger vessel, Cape Hawke F030, was assisting Marine Area Command (Water Police) in locating a vessel reportedly drifting from its mooring and out to sea, while the smaller Wallis F020 was conducting risk assessment training on Wallis Lake.

Geoff explained that any at-sea assistance requires police approval.

"Basically, both boats are operating at the moment. One training and one helping," he said.

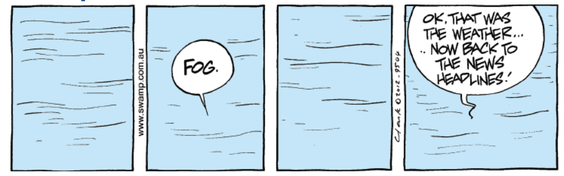





## The Grin Bin




## Swamp




## Doodley Squat




## Bushy Tales



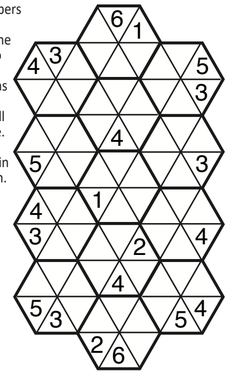

## Sudoku

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

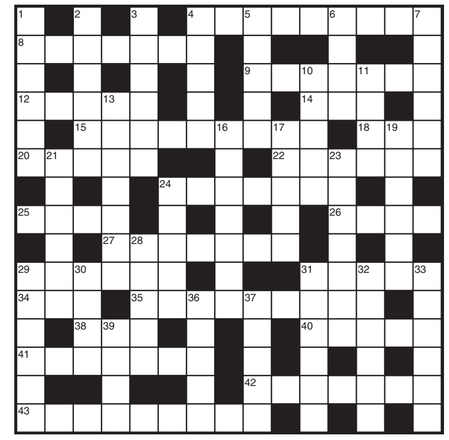
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | 4 | | | | | | |
| 9 | | 2 | | 3 | | | | |
| | | 3 | 5 | 1 | | | | 8 |
| | 3 | 8 | 1 | | | | | |
| | | | | 4 | | | 8 | |
| | 6 | | | | | | 4 | 5 |
| | | | | | | 6 | 7 | 3 |
| | | | | | 6 | | 5 | |
| | | | 7 | | 3 | 9 | | |

## 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**
4 Not disposed of by will
8 Bowed
9 Nullified
12 Coral isle
14 Do wrong
15 Optical instrument
18 Utilise
20 Endures
22 Useful things
24 Floor show
25 Remedy
26 Performs
27 Russian monetary units
29 Animals
31 Neckwear
34 And so forth (abb)
35 Encouraged
38 Frozen formation
40 Burnt remains
41 Sanction
42 Augment
43 Scatters

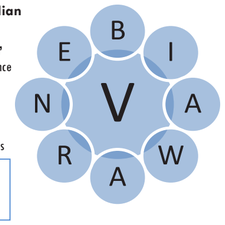
**DOWN**
1 Attack
2 Automatons
3 Hexes
4 Notions
5 Dance
6 Rend
7 Whirlpools
10 Farm birds
11 Faithful
13 Missives
16 Mender of shoes
17 Separates
19 Fixed part of motor
21 Charm
23 Modes of standing
24 Bring about
28 Second of two
29 Decapitate
30 Sour
31 Garden pests
32 Stick
33 Promote development
36 Affirms with confidence
37 Domesticates
39 Henhouse

## 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: 9 words
Very good: 16 words
Excellent: 25 words



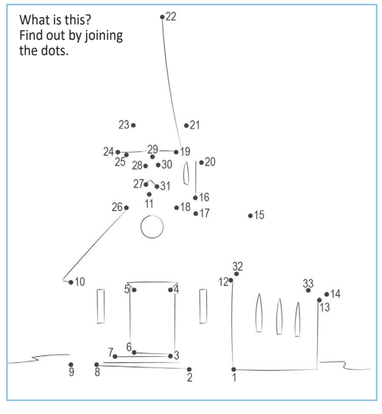

**Reference: Macquarie Concise Dictionary**
Focus No. 4003

## Spot the 5 Differences



## Join the Dots

What is this? Find out by joining the dots.

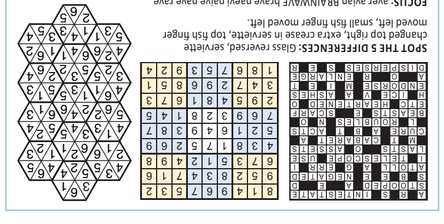


## Solutions

Puzzles and pagination supplied by Auspac Media

**SPOT THE 5 DIFFERENCES:** Glass reversed, serviette changed top right, extra crease in serviette, top fish finger moved left, small fish finger moved left.

**FOCUS:** awer avian BRAINWAVE brave raevi naive nave rave raven ravine rive riven vain vainer vane vein verb vibe view vine waive waiver wave waver waiver



# YOUR FORTNIGHTLY TV GUIDE

## November 11 – 17

| | ABC TV | SBS | SEVEN | NBN | TEN |
|---|---|---|---|---|---|
| WEDNESDAY | 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 Hard Quiz. 8.30 Separated At Birth. 9.00 Austin. 9.30 Celebrity Escape. 10.15 Planet America. 10.50 News. 11.05 The Business. 11.20 Dustfall. 12.10 Murdoch Mysteries. 12.55 Long Lost Family. 1.40 Rage. 3.30 Dr Ann's Secret Lives. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 7.30. | 6.00 Morning Programs. 2.00 2.6 Seconds: Death In The Outback. 3.00 Weekend Escapes. 3.35 The Cook Up. 4.05 Dear Mr Manley: A WWI Working Men's Club Mystery. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Bill Bailey's Korea. 8.30 2.6 Seconds: Death In The Outback. 9.40 Living Black. 10.10 SBS News. 10.40 The Old Man. 11.35 Classified. 3.50 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 My Kitchen Rules. (PG) 9.15 House Of Wellness. (PG) 10.15 Chicago Fire. (M) 11.15 Australia's Most Dangerous Prisoners. (MA15+) 12.15 Riviera. (M) 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 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. (PG) 8.40 Taronga: Who's Who In The Zoo. (PG) 9.40 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 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 Boston Blue. 9.40 News. 10.40 Cheap Seats. 11.40 Two And A Half Men. 1.00 Shopping. |
| THURSDAY | 6.00 Morning Programs. 12.00 News. 1.00 The Forsytes. 2.00 Back Roads. 2.30 Take 5. 2.55 Frankie Drake. 3.45 Old People's Home For Teenagers. 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 Joanna Lumley's Danube. 9.35 Dustfall. 10.35 News. 10.50 The Business. 11.05 Saint-Pierre. 11.50 Frankie Drake. 12.40 Long Lost Family. 1.25 Rage. 3.30 Dr Ann's Secret Lives. 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 2.6 Seconds: Death In The Outback. 3.00 Weekend Escapes. 3.35 The Cook Up. 4.05 The Supervet. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 JFK: One Day In America. 8.25 Inside Sydney Fish Market. 9.25 Blue Lights. 10.35 SBS News. 11.05 Cry Wolf. 11.55 Babylon Berlin. 2.35 Julia Bradbury's Irish Journey. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight. | 6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Christmas House Wars. 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 Budget Battlers. 1.00 Explore TV. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 RBT. (M) 8.30 Paramedics. (M) 9.30 Love Island Australia. (M) 10.50 9News Late. 11.20 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. 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 Boston Blue. 9.40 News. 10.40 Sports Tonight: The Weekly Kick-Off. 11.10 Two And A Half Men. 12.30 Shopping. |
| FRIDAY | 6.00 News Breakfast. 9.00 News. 10.00 Gruen. 11.15 Grand Designs NZ. 12.00 News. 1.00 Recipe Of The Year. 1.50 Dustfall. 2.35 A Bite To Eat. 3.05 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 Gardening Aust. 8.20 Saint-Pierre. (M) 9.05 Recipe Of The Year. 9.55 Separated At Birth. (M) 10.20 Austin. 10.50 News. 11.10 Murdoch Mysteries. 11.55 triple j Live At The Wireless. 12.50 Rage New Music. 5.00 Rage. | 6.00 Morning Programs. 2.00 Living Black. 2.30 The Point. 3.00 Nula. 3.35 The Cook Up. 4.10 The Supervet. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Hotel Portofino. 8.30 Summer In The Isles Of Scilly. 9.25 Queens That Changed The World. 10.20 SBS News. 10.50 Helsinki Syndrome. 11.50 Darkness: Those Who Kill. 1.35 Wisting. 3.15 Julia Bradbury's Irish Journey. 4.10 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight. | 6.00 Sunrise. 9.00 The Morning Show. 12.00 NFL. New York Giants v Washington Commanders. 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 2.** (1990) (M) Bruce Willis, Bonnie Bedelia. 11.00 GetOn Extra. 11.30 To Be Advised. 1.15 Jamestown. (MA15+) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today. | 6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Sullivan's Crossing. 2.00 Pointless. 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 4.30 Tipping Point Australia. (PG) 5.30 NBN News. 6.00 9News. 7.00 A Current Affair. **7.30 Swimming.** Swim GP. Night 1. **9.50 MOVIE: My Big Fat Greek Wedding.** (2002) (PG) 11.50 See No Evil. (M) 12.40 Next Stop. 1.05 Cross Court. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG) | 6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 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 Selling Houses Aust. 9.40 News. 10.40 Two And A Half Men. 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. 1.30 Saint-Pierre. 2.15 MSO: Andrea Lam Plays Tchaikovsky. 4.05 Conquest Of The Skies. 5.00 I Was Actually There. (PG) 5.30 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. **7.30 Return To Paradise.** (PG) **8.30 Midsomer Murders.** (M) 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. Sydney United 58 FC v South Melbourne FC. 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 Earl, His Lover, The Escort, Her Brother. 10.40 The Good Ship Murder. 2.15 Julia Bradbury's Irish Journey. 3.10 Hidden Volcano: Eruption From The Abyss. 4.10 Bamay. 5.15 Euronews. 5.30 ANC Philippines The World Tonight. | 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. (PG) 12.00 Horse Racing. Hunter Race Day And C.F. Orr Stakes Day. 5.00 News. 5.30 Weekender. **6.00 Seven News.** **7.00 The Great Outdoors.** (PG) **7.30 MOVIE: Independence Day.** (1996) (M) Will Smith, Bill Pullman. **10.25 MOVIE: The Adjustment Bureau.** (2011) (M) Matt Damon. **12.35 Jamestown.** (MA15+) 2.00 Home Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG) | 6.00 Morning Programs. 1.30 Gen Well. 2.00 Find My Country House Aust. 2.30 Jamie Durie's Future House. 3.30 Open Homes Australia: Best Of The Best. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 ACA. 7.30 Swimming. Swim GP. 9.55 MOVIE: Aquaman And The Lost Kingdom. (2023) 12.15 Dirty John. 1.10 Find My Country House Aust. 1.35 Garden Gurus. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands. | 6.00 Morning Programs. 9.00 Everyday Gourmet. 9.20 Big Brother Australia. 10.30 What's Up Down Under. 11.30 Love It Or List It: Brilliant Builds. 12.30 Deal Or No Deal. 1.00 Surf Life Saving. Iron Series. Thirroul, NSW. 3.00 Millionaire Hot Seat. 3.30 Food Trail: South Africa. 4.00 Lingo. 5.00 News. 6.30 Healthy, Wealthy & Wise. 7.30 Selling Houses Aust. 9.40 Love It Or List It: Brilliant Builds. 10.40 The Graham Norton Show. 11.40 Healthy, Wealthy & Wise. 12.30 Shopping. 5.00 Hour Of Power. |
| SUNDAY | 6.00 Morning Programs. 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. 3.05 A Bite To Eat. 3.35 Ages Of Ice. 4.25 Joanna Lumley's Danube. 5.15 Grand Designs NZ. 6.00 Antiques Roadshow. 7.00 News. 7.30 Recipe Of The Year. 8.20 Dustfall. 9.15 The Forsytes. 10.00 Return To Paradise. 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. 1.00 Motorcycle Racing. Aust Superbike C'ship. 4.00 Figure Skating. ISU Grand Prix 2. Canada Part 2. H'lights. 5.30 The Graveyard Of Truk Lagoon. 6.30 News. 7.30 Richard E. Grant's Very Modern Odyssey. 8.25 Byzantium: Secrets Of An Empire. 9.30 Secret Sardinia Mysteries Of The Nuraghi. 10.25 Ancient Superstructures. 11.25 The Ottoman Empire By Train. 4.05 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons. | 6.00 Morning Programs. 2.30 House Of Wellness. 3.30 Rugby League World Cup Pre-Game. 4.00 Rugby League. Women's World Cup. Final. NZ v Aust. 6.00 News. 6.45 Rugby League World Cup Pre-Game. 7.00 Rugby League. World Cup. Final. NZ v Aust. 9.30 Rugby League World Cup Post-Game. 10.15 24 Hours In Police Custody. 11.15 Crime Investigation Australia. 12.45 Pure Genius. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise. | 6.00 Morning Programs. 12.30 Drive TV Presents. 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 A Remarkable Place To Die. 10.00 9News Late. 10.30 Clarice. 11.30 The Mendez Murders: Erik Tells All. 12.20 Tasman Trails. 1.10 A Golf Club Somewhere. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today. | 6.00 Morning Programs. 8.00 Australia By Design: Architecture. 8.30 Well Traveller. 9.00 Intrepid Adventures. 9.30 GCBC. 10.00 Healthy, Wealthy & Wise. 11.00 Mixed Martial Arts. UFC 334 Prelims. 1.00 Surf Life Saving. Iron Series. Thirroul, NSW. 3.00 Millionaire Hot Seat. 3.30 Deal Or No Deal. 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. 3.00 Murdoch Mysteries. 3.45 Old People's Home For Teenagers. 4.40 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 Mark Of A Murderer. 9.20 Media Watch. 9.40 Planet America. 10.10 If You're Listening. 10.35 ASSASSINS With Aslan Pahari. 11.00 News. 11.15 The Business. 11.30 Murdoch Mysteries. 12.20 Long Lost Family. 1.05 Rage. 3.30 Dr Ann's Secret Lives. 4.00 Creative Types. 4.30 Late Programs. | 6.00 Morning Programs. 2.00 Australia My Home: An Albanian Migration. 3.40 The Cook Up. 4.10 The Supervet. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Big Fat Quiz Best Bits: Ultimate Flops. 8.30 24 Hours In Emergency. 9.30 8 Out Of 10 Cats. 10.25 SBS News. 10.55 Pandore. 12.55 The Vanishing Triangle. 3.30 Scotland's Scenic Railways. 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 Beat The Chasers UK. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) **9.15 The Hunting Party.** (M) 11.15 Family Guy. (M) 11.45 American Dad! (M) 12.15 Transplant. (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 A Remarkable Place To Die. 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 Travel Guides. (PG) **9.00 Love Island Australia.** (MA15+) 10.25 Destination X. (PG) 11.40 9News Late. 12.10 NBL: Overtime. (PG) 1.05 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today. | 6.00 Morning Programs. 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. 3.40 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 Ages Of Ice. 8.55 Wild Isles With David Attenborough. 9.55 Grand Designs NZ. 10.40 News. 10.55 The Business. 11.10 Mark Of A Murderer. 12.00 Media Watch. 12.20 Murdoch Mysteries. 1.05 Long Lost Family. 1.50 Rage. 3.30 Dr Ann's Secret Lives. 4.00 Creative Types. 4.30 Antiques Roadshow. 5.30 Late Programs. | 6.00 Morning Programs. 3.05 Going Places. 3.35 The Cook Up. 4.10 The Supervet. 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. 9.35 The Point. 10.10 SBS News. 10.40 Going Places. 11.40 Cold Summer. 12.40 Snow. 3.25 Scotland's Scenic Railways. 4.20 Dancing At The Royal Palaces. 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. (M) 10.15 The Amazing Race. (PG) 11.45 It's Always Sunny In Philadelphia. (MA15+) 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. 2.00 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. 8.30 Jamie Durie's Future House. 9.35 Love Island Australia. 10.55 9News Late. 11.25 The Assassination Of Gianni Versace: American Crime Story. 12.15 Tipping Point. 1.05 Surfing Aust. 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. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Big Brother Australia. 8.40 Ghosts. (PG) 9.40 News. 10.40 Two And A Half Men. (M) 12.00 Shopping. |

## November 18 – 24

| | ABC TV | SBS | SEVEN | NBN | TEN |
|---|---|---|---|---|---|
| WEDNESDAY | 6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Murdoch Mysteries. 3.45 Old People's Home For Teenagers. 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 Separated At Birth. 9.00 Austin. 9.30 Celebrity Escape. 10.15 Planet America. 10.50 News. 11.05 The Business. 11.20 Dustfall. 12.15 Murdoch Mysteries. 1.00 Long Lost Family. 1.50 Rage. 3.30 Dr Ann's Secret Lives. 4.00 Take 5. 4.30 Antiques Roadshow. 5.30 7.30. | 6.00 Morning Programs. 12.30 France 24. 12.55 PBS News. 1.55 2.6 Seconds: Death In The Outback. 3.00 Going Places. 3.40 The Cook Up. 4.10 The Supervet. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Bill Bailey's Korea. 8.30 2.6 Seconds: Death In The Outback. 9.35 Bridging The Justice Divide. 10.35 SBS News. 11.05 The Corsican Line. 12.10 Those Who Stayed. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight. | 6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Bridge Of Lies: Celebrity Specials. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 The 1% Club UK. (PG) 8.30 Kitchen Nightmares USA. (MA15+) 9.30 House Of Wellness. (PG) 10.30 Chicago Fire. 11.30 Australia's Most Dangerous Prisoners. 12.30 Riviera. 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 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. (PG) 8.40 Taronga: Who's Who In The Zoo. (PG) 9.40 Love Island Australia. (M) 10.55 9News Late. 11.25 Croc Country. (PG) 12.15 Tipping Point. 1.05 Drive TV Presents. 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 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 ARIA Awards 2026. 11.40 News. 12.40 Two And A Half Men. 2.00 Shopping. |
| THURSDAY | 6.00 Morning Programs. 12.00 News. 1.00 The Forsytes. 2.00 Parliament. 3.00 Frankie Drake. 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 Grand Designs NZ. 8.45 Kevin McCloud's Classic Car Road Trips. 9.35 Dustfall. 10.35 News. 10.50 The Business. 11.05 Saint-Pierre. 11.55 Frankie Drake. 12.40 Long Lost Family. 1.25 Rage. 3.30 Dr Ann's Secret Lives. 4.00 Take 5. 4.30 Antiques Roadshow. 5.30 7.30. | 6.00 Morning Programs. 1.55 2.6 Seconds: Death In The Outback. 3.00 The Cook Up. 3.30 MOVIE: Los Hermanos: The Brothers. (2021) 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 JFK: One Day In America. 8.25 Tsunami 2004: The Day The Wave Hit. 10.15 SBS News. 10.45 Faithless. 11.40 Babylon Berlin. 2.25 The Boys Who Said No. 3.25 Scotland's Scenic Railways. 4.15 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight. | 6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Christmas House Wars. 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 Budget Battlers. 1.00 Explore TV. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 RBT. (M) 8.30 Paramedics. (M) 9.30 Love Island Australia. (M) 10.40 9News Late. 11.10 Chicago Med. (MA15+) 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. 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 NCIS: Sydney. 9.40 News. 10.40 Sports Tonight: The Weekly Kick-Off. 11.10 Two And A Half Men. 12.30 Shopping. |
| FRIDAY | 6.00 News Breakfast. 9.00 News. 10.00 Gruen. 11.15 Grand Designs NZ. 12.00 News. 1.00 Recipe Of The Year. 1.50 Dustfall. 3.00 Murdoch Mysteries. 3.45 Old People's Home For Teenagers. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 Gardening Aust. 8.20 Saint-Pierre. (M) 9.05 Recipe Of The Year. 9.55 Separated At Birth. (PG) 10.20 Austin. 10.50 News. 11.10 Murdoch Mysteries. 11.55 triple j Live At The Wireless. 12.45 Rage New Music. 5.00 Rage. | 6.00 Morning Programs. 1.55 Going Places. 2.25 The Point. 3.00 Nula. 3.35 The Cook Up. 4.10 The Supervet. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Hotel Portofino. 8.30 Summer In The Isles Of Scilly. 9.25 A Royal Guide To... 10.20 SBS News. 10.50 Helsinki Syndrome. 11.55 Darkness: Those Who Kill. 1.40 Wisting. 3.25 Scotland's Scenic Railways. 4.20 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight. | 6.00 Sunrise. 9.00 The Morning Show. 12.00 NFL. Houston Texans v Indianapolis Colts. 3.30 Border Security: Int. 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 With A Vengeance.** (1995) (M) Bruce Willis, Samuel L Jackson. 11.10 GetOn Extra. 11.40 To Be Advised. 1.25 Jamestown. (MA15+) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today. | 6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 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: The Avengers.** (2012) (M) Robert Downey Jr. 11.20 See No Evil. (M) 12.10 Tipping Point. (PG) 1.00 Cross Court. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards. (PG) | 6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 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 Selling Houses Aust. 9.50 News. 10.50 Two And A Half Men. 12.30 Shopping. |
| SATURDAY | 6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Return To Paradise. 1.25 Saint-Pierre. 2.15 QSO: The Music Of Video Games. 3.45 Take 5. (PG) 4.10 Conquest Of The Skies. 5.00 I Was Actually There. (PG) 5.30 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. **7.30 Return To Paradise.** (M) **8.30 Midsomer Murders.** (M) 10.00 Darby And Joan. (PG) 10.45 The Forsytes. (PG) 11.35 Rage. (MA15+) | 6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Cycling. MTB Enduro National C'ships. H'lights. 3.00 Soccer. Aust C'ship. Oakleigh Cannons FC v Bayswater City SC. 5.05 Going Places. 5.35 Cuban Missile Crisis. 6.30 News. 7.30 Royals And Their Gardens. 8.30 The Three Kings Of 1936. 9.50 The Story Of Irish Dance. 11.25 The Good Ship Murder. 3.00 Scotland's Scenic Railways. 3.55 Bamay. 4.55 Destination Flavour. 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. Cranbourne Cup, The Gong Race Day and Mooloolaba Cup Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 The Great Outdoors. (PG) **7.30 MOVIE: Independence Day: Resurgence.** (2016) (M) 10.00 MOVIE: Bullet Train. (2022) (MA15+) 12.35 Jamestown. (MA15+) 1.35 Harry's Practice. 2.00 Shopping. 4.00 It's Academic. 5.00 House Of Wellness. (PG) | 6.00 Morning Programs. 1.30 Gen Well. 2.00 Find My Country House Aust. 2.30 For The Love Of Pets. 3.30 Jamie Durie's Future House. 4.30 Garden Gurus. 5.00 News. 5.30 Getaway. 6.00 9News Saturday. 7.00 ACA. 7.30 MOVIE: The Wizard Of Oz. (1939) 9.35 MOVIE: Charlie And The Chocolate Factory. (2005) 11.50 Dirty John. 12.40 Find My Country House Aust. 1.10 Australia's Top Ten Of Everything. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands. | 6.00 Morning Programs. 9.20 Big Brother Australia. 10.30 What's Up Down Under. 11.30 The Yes Experiment. 12.00 Millionaire Hot Seat. 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. Brisbane v Sydney FC. 10.00 Love It Or List It: Brilliant Builds. 11.00 Healthy, Wealthy & Wise. 12.00 Shopping. 5.00 Hour Of Power. |
| SUNDAY | 6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.15 Recipe Of The Year. 3.05 A Bite To Eat. 3.30 Ages Of Ice. 4.25 Kevin McCloud's Classic Car Road Trips. 5.15 Grand Designs NZ. 6.00 Antiques Roadshow. 7.00 News. 7.30 Recipe Of The Year. 8.20 Shakedown. 9.10 Return To Paradise. 10.05 Midsomer Murders. 11.35 Home Delivery. 12.35 Rage. 2.40 Dr Karl's How Things Work. 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 3. China. H'lights. 5.30 Capturing Kennedy. 6.30 News. 7.30 Richard E. Grant's Very Modern Odyssey. 8.25 Secrets Of The Assyrian Empire. 9.30 Caral: Sacred City In The Andes. 10.30 Ancient Superstructures. 11.30 MOVIE: The Curious Case Of Benjamin Button. (2008) 2.30 A Cold War Of Spies. 4.20 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons. | 6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Supercars Final Preview Show. 1.00 House Of Wellness. 2.00 Jabba's Movies. 2.30 TBA. 4.15 Surveillance Oz. 4.30 Border Security: Int. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Cricket. T20 Gold Clash. Team Footy v Team Cricket. 10.30 24 Hours In Police Custody. (M) 11.30 Crime Investigation Australia. 12.50 Pure Genius. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise. | 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 Find My Country House Australia. 5.00 News. 5.30 RBT. 6.00 9News Sunday. 7.00 60 Minutes. 8.00 A Remarkable Place To Die. 10.00 9News Late. 10.30 Clarice. 11.30 The Mendez Murders: Erik Tells All. 12.20 Tasman Trails. 1.10 A Golf Club Somewhere. 1.30 TV Shop. 4.00 Skippy. 4.30 Destination WA. 5.00 Today Early News. 5.30 Today. | 6.00 Morning Programs. 10.00 Farm To Fork. 10.30 Food Trail: South Africa. 11.00 Healthy, Wealthy & Wise. 12.00 Country House Facelift. 12.30 Millionaire Hot Seat. 1.00 Deal Or No Deal. 1.30 Exploring Off The Grid. 2.00 Good Food Everyday. 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. |
| MONDAY | 6.00 Morning Programs. 3.00 Murdoch Mysteries. 3.45 The Piano. 4.40 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 Mark Of A Murderer. 9.20 Planet America. 9.55 If You're Listening. 10.20 ASSASSINS With Aslan Pahari. 10.35 News. 10.50 The Business. 11.05 Murdoch Mysteries. 11.50 Long Lost Family. 12.40 Parliament. 1.40 Rage. 3.25 Take 5. 3.50 Shaun Micallef's Eve Of Destruction. 4.30 Antiques Roadshow. 5.30 Late Programs. | 6.00 Morning Programs. 2.00 Scottish Islands With Ben Fogle. 3.10 Going Places. 3.40 The Cook Up. 4.10 The Supervet. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Big Fat Quiz Best Bits: Ultimate Rants. 8.30 24 Hours In Emergency. 9.25 8 Out Of 10 Cats. 10.20 SBS News. 10.50 Pandore. 12.45 The Vanishing Triangle. 3.20 Scotland's Scenic Railways. 4.15 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight. | 6.00 Sunrise. 9.00 The Morning Show. 12.00 Blankety Blank. 1.40 Motorbike Cops. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) **9.15 The Hunting Party.** (M) 11.15 Family Guy. (M) 11.45 American Dad! (M) 12.15 Transplant. (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 A Remarkable Place To Die. 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) 10.00 Destination X. (PG) 11.15 9News Late. 11.45 NBL: Overtime. (PG) 12.40 Tipping Point. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today. | 6.00 Morning Programs. 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. 12.30 Shopping. |
| TUESDAY | 6.00 Morning Programs. 2.00 Parliament. 3.00 Murdoch Mysteries. 3.45 The Piano. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 The Great Food Con. 8.50 Wild Isles With David Attenborough. 9.50 Grand Designs NZ. 10.35 News. 10.50 The Business. 11.05 Mark Of A Murderer. 11.55 Murdoch Mysteries. 12.40 Long Lost Family. 1.30 Parliament. 2.30 Rage. 3.25 Take 5. 3.50 Shaun Micallef's Eve Of Destruction. 4.30 Antiques Roadshow. 5.30 7.30. | 6.00 Morning Programs. 12.30 France 24. 1.00 PBS News. 2.00 Scottish Islands With Ben Fogle. 3.10 Going Places. 3.40 The Cook Up. 4.10 The Supervet. 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 Hitler's Jewish Soldier? Australia Uncovered. 9.50 Rock Legends. 10.15 SBS News. 10.45 Going Places. 11.45 Cold Summer. 12.45 Estonia. 4.05 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 Blankety Blank. 1.40 Motorbike Cops. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 My Kitchen Rules. (PG) **9.10 Live It Up: The Mental As Anything Story.** (M) 11.10 The Amazing Race. (PG) 12.40 The Path. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise. | 6.00 Morning Programs. 12.00 Croc Country. 1.00 Taronga: Who's Who In The Zoo. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 4.30 Tipping Point Australia. 5.30 NBN News. 6.00 9News. 7.00 ACA. 7.30 1 Euro House. 8.30 Jamie Durie's Future House. 9.35 Love Island Australia. 11.00 9News Late. 11.30 The Assassination Of Gianni Versace: American Crime Story. 12.35 Tipping Point. 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. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Big Brother Australia. 8.40 Ghosts. (PG) 9.40 News. 10.40 Two And A Half Men. (M) 12.00 Shopping. |






# What's on around town & beyond!

## Local Calendar

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

### November



**Now until 13 Dec - Driving Home for Christmas Exhibition (see above)** Open 10am to 4pm Fri, Sat & Sun at Forster Gallery 34 Lake Street.
**(See advertisement opposite page)**

**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

### December

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

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

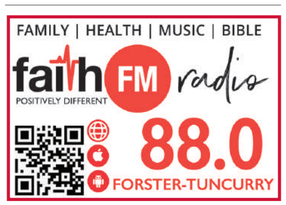
**Sun 6 Dec - Hallidays Point Car Boot Sale**
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

**Sat 12 Dec - Tuncurry Market**
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

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

**Sun 13 Dec - Pacific Palms Market**
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

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

























# What's on around town & beyond!

## Christmas comes early to Forster Gallery




**Elizabeth Ho - Forster Gallery**

Forster Gallery's vibrant new exhibition, Driving Home for Christmas, is a rich and thoughtful exploration of the creativity and diversity of our talented local artists. The gallery displays a broad range of mediums and styles which keep collectors coming back to see what their favourite artists have to offer.

Central to this exhibition is a rare monotype painting, Oyster Leases, by celebrated local artist Valerie Wright (1920 – 2008), which has come up for sale. A monotype is a unique printmaking technique where an image is painted or drawn on a smooth surface and transferred to paper, producing a one-of-a-kind artwork. The technique dates back to the 1600s and unlike traditional prints, monotypes cannot be exactly duplicated, making the piece a singular work of art.

This exhibition's feature wall brings a powerful local focus, showcasing two of the gallery's outstanding members, Debbie Daymond and Kathy Corner, whose works speak directly to our region. Their works complement each other and together they create an emotional and deeply memorable centrepiece.

Debbie has been painting for 38 years and after moving to the coast, was captivated by the ever-changing colours, movement, and light of the ocean. Her stunning coastal scenes capture the energy of the surf and the peaceful beauty of the coastline.

Kathy is a self-taught artist who has been painting for 20 years. After moving to Forster, she too was inspired by the brilliant colours and the vibrant presence of beachgoers, umbrellas and cabanas. Her settings include instantly recognisable local landmarks.



And the setting matches the work. Forster Gallery is an attractive, spacious haven in the heart of town, with easy parking right at the door and full disability-friendly access, including level entry and generous space to move. Entry is free and all works are for sale. For information on classes and workshops visit www.forstergallery.org

Whether you come for quiet contemplation, festive inspiration, or to find an extraordinary Christmas gift, Driving Home for Christmas offers a moving and joyful experience.

**(See advertisement below)**




## Let us entertain you!



**Great Lakes Band**

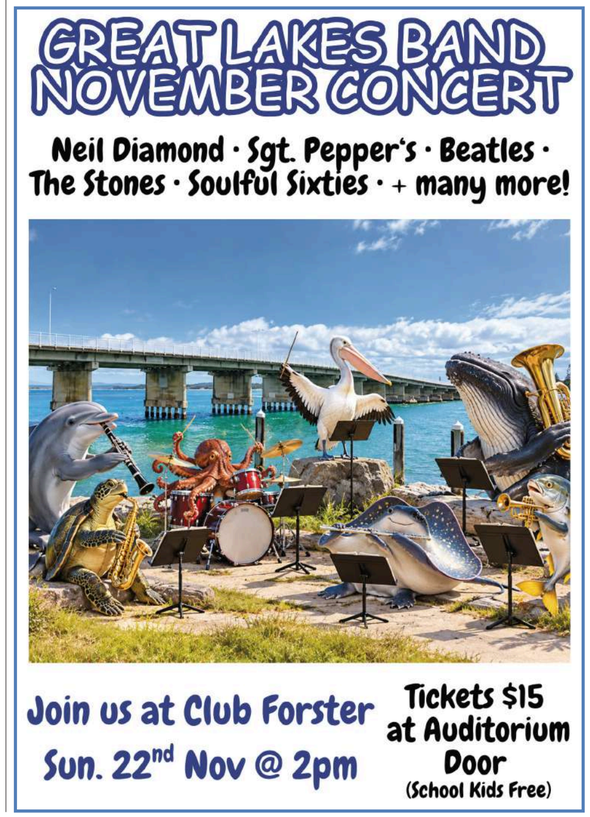
The Great Lakes Band is back again at Club Forster for another afternoon of great music as we present our November Concert. There'll be some memorable favourites from our Concert Band and some awesome Jazz classics from our newly formed Big Band! The Concert will be a cool way to chill out for a couple of hours - away from the distractions of shopping and other household chores.

Our Band is exploring lots of new repertoire under Director, Neil Buckley, and our players are enthusiastically rising to meet the challenge. Whilst continuing to meet all our regular community commitments (Anzac Day, Remembrance Day, Christmas Carols etc.) the Band is always looking for new challenges – so keep an ear and an eye out for some extra appearances at events like Forster's 'Christmas Spirit Festival' in December and 'Concert For George' in January.

We will also be starting a Development Band in the New Year (February) which will provide an opportunity for anyone who'd like to start learning an instrument – or maybe you'd just like to brush up on skills that may have become a little rusty over time. Players of all ages will be most welcome. Contact Neil Buckley on 0491 301 018 or follow us on Facebook for further information and updates. (The Great Lakes Band, Forster – Facebook).

So, on Sunday, 22nd November at 2pm, come along with family and friends (yes - kids are free) to Club Forster Auditorium and "Let Us Entertain You". Foot tapping and humming along with your favourites is definitely encouraged!

**(See advertisement below)**



# 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**

### Swings and roundabouts

The new roundabout at the corner of Black Head and Diamond Beach Roads (at Hallidays Point) has been moving ahead at an impressive speed, unlike the one at Red Head Road which I believe is still not finished. If only this same team were given the job of installing one where it's really needed, at the corner of Failford Road and The Lakes Way.

My only grievance (for the new roundabout at Black Head & Diamond Beach Roads), apart from the lack of a garden, is that it's a single feed-in lane from each direction is a step backwards in my opinion. When I mentioned this to a council representative as to why, when so much residential development is about to begin, his reply was, 'Oh well, it'll give us something to do in five years, fixing it.'

*By Geof Maher – Hallidays Point*




***Above: "Thanks for putting Doug in the last issue of the paper, it was much appreciated," M. Werner.***




## "We would've won if I was on the ballot," says f**kwit who spent whole election telling nation to pretend he's on the ballot

**The Shovel**

**POLITICAL SATIRE:** After the Republicans suffered major losses in the 2026 midterms, President Donald Trump has alleged that the result would be different if he were on the ballot, despite spending the entire campaign telling voters to pretend that very thing.

With the Congress and Senate both flipping blue, Republicans in DC are scratching their heads over what caused them to face such devastating losses. Meanwhile, the President has alleged on Truth Social that his party got shellacked because he lacked visibility during the campaign.

"The problem is I wasn't out there more," said the a***hole who spent the last day of the campaign talking about his billion-dollar ballroom, reflecting pool renovations, and John Husted's ass.




"Voters needed to imagine I was on the ballot; that's the problem," said the dipsh*t who started a useless war against Iran, which spiked petrol prices internationally.

"Yup, I just should've been out there more," said the f***wit who promised to release the Epstein Files, then didn't because he's in them.

US voters have assured the President they did exactly as he asked.

## Screen Reviews

***TV Show Review by Harriet Kelly - regular visitor to Pacific Palms***

### TAMPA: The Turning Point

This outstanding three-part documentary makes some of the best ABC viewing this year.

Interviews with the award-winning producer Dan Goldberg suggests that he was keen to highlight not just the plight of the refugees involved, but the rights of a country to protect its sovereign boarders – keeping the audience 'swinging' between these two competing causes.

Anyone who has lived experience in human suffering might beg to differ, however. Whilst Alexander Downer (Minster for Foreign Affairs at the time) was keen to point out these people already had a home and were simply making a conscious choice to a better life, his tough stance seem to fall short on any insight into the extremes of their suffering and the sacrifices they were willing to make for a life outside their certain deaths as 'Hazaras' if they remained in Afghanistan.

At many points in this excellent series, you can feel a creeping deep sense of national shame. Shame for the disregard shown to the Norwegian Captain and crew of the Tampa, shame for sending Australian SAS Troops on board the Tampa (rather than providing the much-needed medical aid the Ship's Captain repeatedly begged for). And then absolute bewilderment for the treatment by our SAS Troops towards Norway's Ambassador to Australia whist he was being conveyed on their Zodiac to board the Tampa.



Interviews with leading crewman who were trying to get in touch with relatives from their homelands with medical knowledge on how to provide medical assistance to the badly dehydrated and pregnant refugees on board – all whilst this ship sat docked right on the doorstep of a leading western nation such as Australia, aptly reflects the absurdity of the situation.

Tampa: The Turning Point is a masterpiece by Dan Goldberg, but rather than keeping the 'pendulum swinging' between the rights of these refuges and the rights of those trying to protect their boarders – it became very much stuck on the point of a national disgrace for all of us.



***Photos from 'Live Like Toby' by Taj Jagoe (presentation below) and Anita Toland (Blueys Beach). More photos back page.***




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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.

# Community Meals & Pantry



*Above: Volunteers at the Tuncurry Community Brunch. (L-R) Michele Price, Vanda Gooley and Cathy Atkinson.*

## 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*

## 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*

## 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.*

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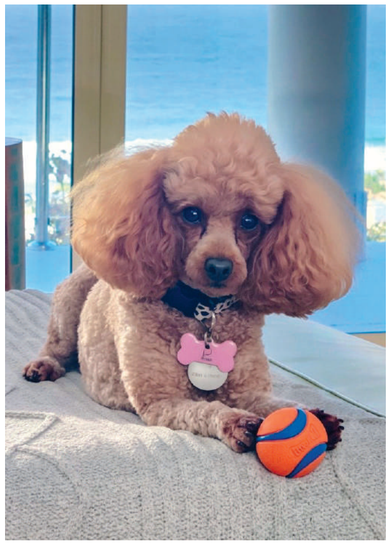
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# Star Pet



**Name:** Maggii

**Breed:** Toy Poodle

**Age:** 6 years

**Likes:** Cheese and bickies, my ball and duckie, walks and cuddles, and driving anywhere in the car, boat or bike with Mum and Dad.

**Dislikes:** Loud noises, being left at home alone, the groomer and the doorbell.

**Claim to Fame:** When Maggii's favourite song "Come and Get Your Love" by Redbone is playing, she will dance on two feet, spin around and jump up and down.

**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 Pippin



Take a look at this pretty kitty! Meet Pippin, a beautiful little fellow with fluffy ginger fur.

Pippin is a touch shy – a real snuggler who loves cuddles and pats, just perfect if you are looking for a smoochy loving pet.

Pippin is waiting to meet you at WindanSea Vets, so call 6555 2275. He's ready to go, with all of his vet work completed.

Animal Welfare League rehoming number R251000222.

Last fortnight's cutie Jasper is having fun with his new family.

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Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.
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# Garden lovers who enjoy sharing our passion

**By Paul McQueen – Palms Garden Club**

We are a friendly group of garden lovers who enjoy sharing our passion and always have room for new members living between Forster in the north, Mayers Flat in the south, and Coomba Park in the west.

Our monthly meetings offer something for everyone. We visit members' gardens, explore local gardens and specialty gardens a short drive away, and welcome interesting guest speakers who share their knowledge and enthusiasm on a wide range of gardening topics. There is always something new to learn, discover and enjoy!

Our 2026 AGM was held on Wednesday 5th August at the beautiful property of Elaine Walsman in Coomba Bay. Elaine's hospitality is always greatly appreciated. Her garden is a delight, the setting is wonderful, and the views are simply spectacular.



*Above: David Raw, President of the Taree Bonsai Club, gave us a fascinating demonstration and introduction to the art of bonsai at our September Club meeting.*



*Above: (L-R) Lila Carrol, Janie Kerr, Jeanie Richardson, David Raw and Margaret Gibbons. Photos supplied.*

All nominations were accepted, and we welcome our committee team for the coming year. The 2026–2027 Executive Team are President: Paul McQueen, Vice President: Tony Lamont, Treasurer: Elaine Walsman, Secretary: Diana Lamont and Membership Secretary: Di Peden. Committee Members are Bodil Davidson, Lila Carroll, Carol O'Brien, Leda Arnett, Carrie Stead, Ian Trembath and Hamish McIntyre.

## September Garden Club Meeting

This month we were delighted to welcome David Raw, President of the Taree Bonsai Club, who gave us a fascinating demonstration and introduction to the art of bonsai at our September Club meeting.

David explained that bonsai is much more than simply growing a small tree in a pot. It is the art of carefully training and shaping a plant to create the appearance of a mature, naturally formed tree in miniature. He talked us through some of the basics, including choosing suitable plants, selecting the right container and developing a pleasing, natural-looking structure.

Members were introduced to some of the techniques used in bonsai, including pruning, root pruning, wiring and training branches into the desired shape. David also explained that wiring needs to be carefully monitored and removed before it begins to mark the growing branches.

Other topics included choosing appropriate fertilisers and growing mediums, selecting suitable wire and understanding the importance of providing the right balance of water, light and nutrition. David brought along a selection of plants and demonstrated how different varieties can be approached and trained as bonsai.

We were also treated to a practical demonstration when Kerry brought along a plant she would like to develop into a bonsai. David worked with the plant, demonstrating how it could be shaped and prepared before planting it into a suitable bonsai vessel.

There were plenty of questions from members throughout the morning, making it an enjoyable and informative session. David's practical approach gave us a wonderful introduction to the fascinating world of bonsai and showed that, with patience and careful attention, a plant can gradually be developed into a beautiful living miniature landscape.

## November Meeting

Our November meeting will be held at a new members garden in Charlotte Bay. Visitors are very welcome. For details, please contact Paul on 0438 639 150.



*Elaine Walsman's beautiful garden.*

# Coombe's Ice-Works

**Great Lakes Museum**




Alfred Benjamin Coombe (1850-1914) moved from Newcastle to Bungwahl, circa 1890, adjacent to Smith's Lake. There, using a boiler allegedly from former employer Sandy McRae in a failed gold sluicing operations near Port Stephens, Coombe established an ice-works and a fish cannery, trading as the Smith's Lake Refrigerating and Fish Cannery Works. Nearby sawmills at Neranie and Bungwahl were obvious sources of timber waste for cheap fuel. Packed with ice from Coombe's ice-works, large quantities of fish regularly caught in Smith's Lake were shipped along with locally canned seafood via the Myall Lakes, for Newcastle and/or Sydney.

The cannery ceased trading at a date unknown. Despite the setback, Coombe prospered not only as a fisherman but also continued to produce ice not only for his own requirements but also for others. In mid-May 1899, some of Cape Hawke Harbour and Wallis Lake's professional fisherman were sending their catches to market using Coombe's steam launch, the Dolphin. After the consignments were forwarded by water to the head of Wallis Lake, they were taken by road to Bungwahl and loaded on the Dolphin for the run down the Myall River/Lakes. In early 1904 competition from the Newcastle Ice, Fish and Cold Storage Company appeared to have squeezed Coombe's operation. The Newcastle based firm had both river and lake steamers operating along the length and breadth of the Myall Lakes to attract custom for its larger vessels plying between Port Stephens and Newcastle.

With no mention of any apparatus of a fish cannery, nor of the steam launch Dolphin, Coombe had his refrigeration plant and ice-making machinery dismantled and transported to the nearby southern shore of Wallis Lake - an area now known as Pacific Palms. From there plant and machinery was conveyed to Tuncurry on a steamer punt owned by sawmill proprietors Wright and McLaren. The plant and machinery from Bungwahl which would comprise much of Tuncurry's first ice-works was re-erected in a purpose built structure already constructed immediately south of Porter and Taylor's recently established sawmill, with Coombe again establishing his business in close proximity to readily available cheap fuel in the form of sawmill residue.

Alfred Benjamin Coombe died in 1914 and ownership was taken over by his widow, Eliza, and son, William Coombe.

In early 1919, some fifteen years after Coombe's move to Tuncurry, a substantial lot of the refrigerating and ice-making plant and machinery was moved closer to the entrance of Cape Hawke Harbour for the Tuncurry Butter Factory & Ice-works.

Coombe's Tuncurry Ice-works in its day purportedly produced a ton of ice in 23 to 28 hours, or roughly seven tons per week.

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

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# Local Identity: Tracey Wilson

**Interview by Vanda Gooley - Forster**

I recently attended Tracey Wilson's book launch at Hallidays Point Library. Tracey is a local researcher and storyteller who released her book Girriwa this year after more than a decade of research. Her book is a comprehensive look at the historical development, original inhabitants, first European landowners, the areas growth and stories of the Hallidays Point and Black Head regions.

Tracey was born and raised in Cessnock with her two sisters, one older, one younger. Their parents are Adrian and Judith Amos (sadly they lost their dad in 2000 while he was waiting for a heart transplant; he had cardiomyopathy).

Tracey met her husband John at the high school they both attended and started dating after he had left school. They have two children, Luke and Mallory. Luke lives in Tasmania with his fiancée, Ally, and Mallory, while Tracey, her husband James and their three children, "my grandbabies," Silas, Kizzy and Kaia, live near Old Bar.

Tracey has always been an animal lover and sporty person. "I have never known life without a dog (or two, or three) and have been lucky enough to love and own my own horses." She also has had several feathered friends and bred her own budgies. In the sporting world, outside of school years, Tracey played basketball and hockey and later competed in Black Head Surf Club's championship rounds, rowed surfboats (the main reason she joined the surf club) and was a member of the club's IRB team; "all a long time ago now." These days for some sporting and exercise, Tracey plays golf, "well, I hit a ball, well, I try to play golf, walk my puppies and play with my grandbabies."

Her hobbies are varied. She knits, sews, paints and sketches (but she hasn't partaken in those activities for a while). She researches and writes about her family history. Tracey has a passion for research, which has taken most of her time, alongside penning her book, Girriwa. She also loves to read, biographies, history books and some fiction books. "My favourite book of all time is 'Roots' by Alex Haley." Tracey also enjoys riding her Harley Low Rider, Dolly, tagging along behind her hubby on his bike.

Tracey's younger self worked in a few places until she finally secured her dream job as a veterinary nurse, reaching Diploma level in qualifications. Later, she worked as a Receptionist/Dental Assistant, to the 'human species,' in a private practice, achieving her Certificate III Dental Assistant. She then went on to work in the sterilisation department at Manning Base Hospital, achieving her Certificate III in Sterilisation, GENCA Endoscope Processing, Care & Maintenance and was an Administrator for MAQS - a computerised tracking system for processing all reusable surgical instruments and items. Tracey has been retired since 2021.

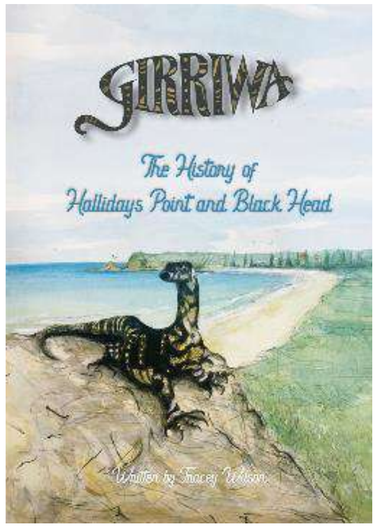
She first came to Hallidays Point in 1981. John's family was originally from Wingham and would holiday at Black Head every Christmas. So, he had been coming to this area since he was born; his goal was to eventually live at Black Head, but work opportunities were limited for his skill set back then. In the early nineties Tracey and John purchased a holiday cabin at Beach Front Caravan Park and would visit as much as possible. Then in 1995 an employment opportunity became available, and they moved permanently to Hallidays Point.

Tracey's research in family history ignited a strong interest in lesser-known towns and villages. Why were these places where they are? What brought people to these places? And so on. Once moving to the area, Hallidays Point and Black Head became a strong focus for the questions Tracey had. So, she began asking long-term locals (those who grew up in the area) about the area and members of the surf club about why the original surfboat was named "Kerrewa" and what that meant, for example. However, the discussions highlighted a few inconsistencies and additional research exposed that there were virtually no written records, specifically to Hallidays Point and Black Head, in existence that was readily available to access. So, Tracey decided to write a book, 'Girriwa.'

To ensure she was doing everything correctly, Tracey enrolled at Armidale University and studied the Local, Family and Applied History Diploma; she did this part-time for six years while working full-time, raising a family and all the things associated with day-to-day living and researching for the book. Researching Hallidays Point and Black Head involved many hours trolling the local libraries and museums, being online reading land registry, Trove, BDM (Birth, Death & Marriages), associated information and overseas websites. It involved accessing council records that initially was free but later required a fee, interviews with locals, correspondence with the Birpai people and informal discussions with First Nation people, trips to the State Library, State Archives and, of course, excursions around the Manning area.

It entailed sorting through information and stories and then eliminating those that could not be verified, grouping all information and resources gathered, and finally, cataloguing and archiving all of this research and the resources; a process that is still happening.

Time was one of the biggest challenges Tracey faced. She was still working when she started the researching process; finding the time to go to the State Library and State Archives was one of the biggest challenges. Unfortunately, Tracey had no success in contacting the Purfleet Land Council, but luckily, she met Russell Saunders, Uncle Russ, via Janine Roberts of MidCoast Stories. Another challenge was the lack of historical records. There are some historical records that have been lost to history, for example, information on Simon Halliday.




Other challenges were; the Covid period, frustration from lack of time, lack of resources, costs and finding the correct written wording when writing. Tracey was also doubting herself about her ability to write and convey what was in her head to paper in a way that would be understandable to others and be of interest. She asked herself - had she done enough research and did she find all relevant information? Grouping all information and resources gathered was also a challenge.

Tracey had the support of, and encouragement, not only from her family but also from a few of the long-term locals, especially Roger Lynch. Roger himself had written a book in the history genre, "Built on Roast Beef and Apple Pie" a history on the Cape Hawke Community Hospital. Sadly, Roger never got to see Tracey's book 'Girriwa, as he passed away hours after she had interviewed him. "His encouragement and words that day will never leave me and, like me, he loved the area."

During Tracey's research, she was able to give other people stories and information to them about the places they live and/or work. The Hannam Vale Public School, for example, knew their library building was the former Hallidays Point School but, did not know anything else about it and the leaseholders of the Hallidays Point Tavern knew nothing of its history, building included. Girriwa, Hallidays Point and Black Head has its own story, own history, that needed to be recorded, a rich and diverse history for everyone to learn about and reflect on the area as it is/will be in their "present" time.

The National Archives, National and State Libraries also believe local histories should be recorded and preserved for all to access and had requested any or all of the information, including a copy of Girriwa, for their collections.

Tracey said she absolutely loved the whole process - meeting and talking to people, finding out what they knew and their memories. She also loved learning about the history of the area and being able to write about it. Tracey has so much information she could write another book, so "who knows?"



*Above: Tracey is a local researcher and storyteller.*



*Above: Aerial view of Black Head Village circa 1960s. Images supplied.*

**Sue Schmerlieb – long term friend said this of Tracey…**

*"I met Tracey way back in 1995 when she joined our local surf club and became a member of our surfboat crew. All these years later we are still making time to catch up, reminisce of years gone by and enjoy each other's company.*

*Tracey has a heart of gold and is always there for you in any way needed. We actually have this rapture with researching family history, and she is there for me when I hit a brick wall. I always enjoy reading her research and understand why she took on the mammoth task of researching the Black Head/Hallidays Point area - it's in her blood.*

*I have had the pleasure of reading "Girriwa" and thoroughly enjoy every paragraph!*

*Tracey should be very proud of herself for all the hard work she has done. I know I am."*

**Nancy Spasko – friend of over 40 years**

"*Over that time, I have come to know her as a person of integrity, dedication and strong personal values, with a deep commitment to both her community and the preservation of its history.*

*She is deeply passionate about family history and the history of her local area. Her meticulous attention to detail is one of her most outstanding qualities. She approaches her work with great care and thoroughly researches her information using primary sources wherever possible to ensure accuracy and authenticity.*

*She has invested an extraordinary number of hours in producing a book of outstanding quality, depicting the history of Black Head and Hallidays Point. This work reflects not only her remarkable research skills and perseverance, but also her genuine respect for the stories, people and events that have shaped the area over time.*

*Importantly, she acknowledges Girriwa as part of her work, honouring the First Nation's people of the area with respect and recognition. This demonstrates her thoughtful and inclusive approach to local history and her understanding of the importance of truthfully and respectfully representing the past.*

*I am confident that anyone reading her work or seeking to understand her contribution would recognise the care, integrity and dedication she brings to everything she undertakes."*



***Thousands of people enjoyed a big day out at the Barrington Airshow on Saturday 7 November at the Taree Airport. We met people who had travelled from Brisbane, Sydney and the Central Coast especially for the event. One highlight was watching Paul Bennett (who grew up in Old Bar) and the Sky Aces Formation Team perform breathtaking aerobatic stunts. Photos by Geordie Yule and Mary Yule.***







# Forster Shores Probus Club celebrates 50 Years of Probus in Australia







***By Chris Lidbury - Forster Shores Probus Club***

***Forster Shores Probus Club celebrated 50 years of Probus in Australia, recently, at the October meeting. This is quite an achievement, and President Brian spoke of the history of our Club as well.***

***We enjoyed a special afternoon tea, to celebrate, and were then entertained with a talk by Ted Bickford. Ted and his wonderful team work so hard to keep our town looking so beautiful and graffiti-free.***

***See our contact details under "Tuesday" in the Weekly Diary.***



# Our Local wildlife

FAWNA

**By Kym Kilpatrick – FAWNA Hallidays Point**

## Those Deadly Weeds...

The Grey-headed Flying-fox starvation event that has resulted in the death of untold thousands of these forest pollinators has also highlighted the role of introduced toxic weeds as exacerbators of the crisis (and a word of profound thanks to the people who stepped up to put fruit out - you have helped ensure the survival of this critically important species).

Cocos or Queen Palms (Syagrus romanzoffiana) are South America natives. They grow quickly and produce a lot of fruit and a lot of seeds. Their fruit is naturally attractive to flying-foxes, particularly starving ones, but the seeds choke them and block their digestive systems. The dense flower sheaths entrap and entangle their wings, toes and thumbs. The fruit may also contain toxins with reports of vomiting, diarrhea, constipation, lethargy, weight loss, blindness and muscle tremors in dogs that have ingested them.

Geisha Girl, also known as Golden Dew Drop or Brazilian Sky Flower (Durante erecta), has hanging sprays of purple flowers and bright yellow berries. All parts of the plant, flowers and berries, are poisonous to mammals, including dogs, cats, pigs, cows, kangaroos, humans and flying-foxes. Although some bird species appear tolerant, parrots and finches are also reportedly susceptible to the poison. It causes symptoms of drowsiness, drooling, vomiting, diarrhoea, lowered heart rate, tremors and seizures. In their desperation, some Flying-foxes have been found dead in and on the ground nearby these bushes.

Both plants are highly invasive in tropical and sub-tropical areas and invade eucalypt forests, rainforests and riparian zones. Both are prolific seed producers and aggressive at displacing our native plants that flying-foxes and other native animals and birds have naturally co-evolved with over the millennia.

And, despite being Declared Weeds in both NSW and Queensland, both are still available from a variety of commercial and hobby horticulturists, including the larger commercial entities.

Of course, these are only two of the known toxic plants brought into Australia, most often because they were thought to be pretty. Some other examples: African Tulip Trees (Spathodea campanulate) known to kill our native stingless bees; Oleander (Nerium oleander) a cardiotoxic causing heart disruptions and haemorrhaging death to humans, cattle, horses, dogs, cats, chickens and budgerigars; Angels Trumpets (Brugmansia or Datura) extremely toxic to all animals and bees, causing intense thirst, blindness, vomiting, diarrhoea, hallucinations, seizures and coma, and the perfume causes headaches, asthma, nausea and dizziness; Morning Glory (Ipomoea indica) containing neuro- toxins that causes nausea and temporary blindness in horses, cattle and people; and Japanese Honeysuckle (Lonicera japonica) which causes gastro-intestinal irritation and skin rashes.



*Right: Datura erecta bush, one of the toxic imported plants that have exacerbated the Flying-fox crisis. Photos supplied.*

These are just a few of the now uncountable number of imported weeds that are impacting our forests, waterways and grasslands, outcompeting and smothering the native plant species, and ultimately impacting our unique ecosystems and the animals they have historically supported.

Meanwhile, wildlife organizations are seeing increasing numbers of previously unknown illnesses impacting our wildlife with as yet unidentified causes – for example, Lorikeet Paralysis Disease; Black & White Bird Neurological Syndrome; and increases in Lumpy Jaw in macropods.

Beyond the sadness at the loss of species, there is of course the financial costs - The University of Wollongong estimated that weed control measures and production losses costs Australia $5 billion each year. This figure does not, of course, include the labour and costs of volunteer Landcare groups and conservation focussed property-owners all battling to hold a line against overwhelming weed infestations. In contrast, wildlife and environmental tourism is identified as the main drawcard of the over $100 billion Australian Tourist Industry.

Clearly much more needs to be done - by our governments who need our votes, by the horticultural businesses who need our consumer dollars, and by us.



*Above: Some of the rescued bats currently in care - one of which was rescued with 2 cocos palm fruits stuck in her jaws. She would have definitely died if not rescued. Photos supplied.*








***A Gala Evening** was held on Thursday 5 November at the Tuncurry Beach Bowling Club. The event was organised by the Evermoore family to thank future Solaris residents, the Evermore team, consultants, trades, suppliers and the many people who have been helping with the Solaris project on Lake Street Forster this year. Photos by Geordie Yule.*





# Local artist: Paul Guillemot

**By Geof Maher – Hallidays Point**

Sprinkled throughout the Manning Valley, her hills and headlands, is an array of fascinating folk who walk amongst us and whose history and background is hidden for no other reason than we simply don't ask each other. Allow me to introduce Paul Guillemot, who in his retirement, has rekindled his love of art.

Still finding his preferred style, his work is influenced by French abstract and tubist painter Fernand Léger (1881-1955) and Dutch graphic artist MC Escher (1898-1972).



A resident of Halliday's Point these days, Paul's career has taken him predominantly from a formal education degree in London then a return to Australia working in high profile design studios, to forming his own consultancy. Then a long stint in the Middle East, where he collaborated with interior designers and architectural firms fitting out the impressive internal areas of palaces and major hotel brands, banquet halls, grand receptions, royal suites, royal stables and landscaped courtyards. Always impressive, sometimes astonishingly opulent and lavish, his iconic designs were typical of the region.

'My most memorable recollection of my time in Dubai is the lifestyle while living and working in extreme temperatures with high 40s to extreme lows in the desert areas where the temperature governed the working protocol to strict construction schedules for the well-being of all involved.'

Those working in full sunshine in such regions need not only rest but shade and hydration.

'Teams would take turns in the actual tasks at hand and the necessary breaks essential for their health and well-being. For nearly two decades I was continually on the go throughout the Emirates and surrounding gulf countries.'



A family tragedy forced his return to Australia and eventually his retirement to the mid-north coast. With time on his hands and no deadlines, he returned to experimenting with the many and varied styles of art, colour, application of paint in ink, acrylic or oil with attention to detail as a result of a career that functioned with minimal tolerances.

'What I'm endeavouring to do these days is to take from experience and from my education prior to my time abroad, to apply what I've learned and create a drawing or painting that I'm happy with. Incidentally, I've mostly used pen and ink. I've dabbled in watercolours and in portraiture and landscapes. I've only just scraped the surface of acrylics and haven't even started on the use of oils. I'm learning as I progress with my experimenting. What I create is a sharp learning curve to appreciate the function of depicting whatever subject I choose to draw and paint in a style and manner that can result in a modicum of understanding and appreciation of the viewer.'

Paul's ideas come from embracing all the artistic abilities of others and then applying what he sees to his own style.

'I look back on my time in the middle east and remember opulent furniture styles. I see things in my mind that I'd like to change and do so, creating something unique, fresh and alive which gives me pleasure. My new home in Red Head is wall to wall art, floor to ceiling too. I get quite a kick out of people who visit and ask 'who did this great piece?' Because the majority are mine.'

Paul has recently exhibited at The Forster Art Gallery and looks forward to invitations from far and wide. If you're lucky enough to experience some of his work, you'll understand that the skill with which he draws and paints is truly something worth sharing. Paul Guillemot can be an inspiration to others and most certainly is.





# Book Review

***Book Review by John King - Pacific Palms Librarian***

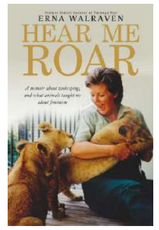
## Hear Me Roar

Erna Walraven spoke five languages and worked as a translator when she arrived in Australia in 1980. Her real love was to work with animals and so resigned her well paid job to go to Taronga Zoo in Sydney at half the pay. It's a hard, dirty, and dangerous job and she loves it.

Erna's book Hear Me Roar is subtitled "A memoir about zookeeping, and what I learned and what animals taught me about feminism." The book's title is ambivalent. It is almost a diatribe about female power in animals and humans which is a pity since it overshadows a lot of genuine interest in the zoo and its animals. The focus on sex overshadows too other aspects of animal life: even in the constrained environment of a zoo, little attention is given to how they amuse themselves, enjoy life, keep active, and play.

One key theme is how zoos and zookeepers have changed from showing animals to centres of conservation. Of course, the former remains important since entrance fees largely cover day-to-day expenses and help to maintain a public and political profile. She learns that politicians like cuddly animals, but never to be seen with snakes.

The daily tasks are demanding – feeding, cleaning up excreta, and moving animals from their night cages to daytime ones, all require vigilance and knowledge of animal behaviour especially those for whom humans are part of the food chain. Frequent health checks involve taking animals to the zoo's veterinary centre as well as collecting urine (lying on one's back in a collection pit!) and other samples for testing not least to see when animals should be put together for mating since avoidance of interbreeding is a prime consideration – and if she may doesn't like him, he may be injured. Breeding and conservation is an international business which involves wide consultation and genetic checking.




There are real insights: a pygmy hippopotamus shows his territoriality by spraying her with excreta. Their old komodo dragon is fed white rats which are waved before his nose to get his attention. She makes the mistake of wearing white sandshoes and only just avoids being grabbed.

Nevertheless, a lot of the book is about female power, working in groups as a sisterhood and of course about matriarchy in elephants for example, and lionesses in the pride. Lions come and go; the pride continues on. In chimpanzee society, the females support their choice of male leader and resolve disputes within the group. Both male and female leaders are chosen on their wisdom in leading or supporting their group. Especially for females, she says, that can continue into old age in animal society.

Walraven makes it clear that they do try to provide a stimulating environment structured to allow each species' natural behaviour to show; tigers to show their tigerness for example. But how does a zoo do that within the constraints it has? Walraven does not say.

Perhaps one of the most moving accounts is having to end an animal's life. Walraven makes it very clear that hard as it is, an animal's suffering must be ended. Barney, the old Kodiak bear, has arthritis and one morning cannot get up. He is frightened. It is time. (p240).

**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.**

# FDPC September Results



**By Keith Pascoe – Forster Digital Photographic Club**

For the month of September, the set subject was a Movie, Song or Book Title. For this section members entered 45 images and for the Open section there was 51 entries.

Our congratulations to Kathy Majewski who claimed the Judges Choice award for "Movie, Song or Book Title " with her fabulous image "The Light Between the Oceans" (pictured above).

For the Open competition the Judges Choice award went to Yvonne Moule for her beautiful image "Bow Tied" (pictured on right)

Our congratulations to both members.

The following is the results for both competitions.

## Movie, song or book title photography

**Merits:** The Light between the Oceans (also Judges Choice)by Kathy Majewski) Wheres Wally by Lyn Wilson,One Eye Open by Malcolm Walker, Ospreys Alan F Poole3 by Marguerite Lamb, Top Gun by Kathy Majewski,

**Credit:** The Birds - A Hitchcock Film by Grahame Wilson, One is a Lonely Number A Movie by Lesley Walter, Beyond the Bolted Door by Yvonne Moule, This is a Sunflower M Schaefer by Marguerite Lamb, The Railway Man by Malcolm Walker

## Open

**Merits:** Bow Tied (also Judges Choice) by Yvonne Moule, Medieval Morning Tea by Lyn Wilson, The Beautiful Bride by Dale Rabbett, The Breakaways by Malcolm Walker, Evening in the Pilbara by Lesley Walter, Golden Morning by Kathy Majewski

**Credits:** After the Colour Parade by Lyn Wilson, Fishing Traps by Janice Amato, Uluru Late Afternoon Vista by Malcolm Walker, Into The Storm by Robyn Pascoe, The Aurora by Andy Tychon, Forest Messages by John Hulme, Star Bursts by Kathy Majewski, Superb Starling by Danny Dunne






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NSW GOVERNMENT

# Keep expectations high and keep advocating!

**Continued from page 1.**

surges in holiday periods - putting added pressure on local GPs and MBH.

Dr Bendall said the commencement of Stage Two was a positive development but stressed that continued community advocacy would be essential to ensure the project met local healthcare needs.

"The fact that Stage Two is underway means there is momentum and many things are looking up. With the help of the community and their advocacy, we can do the things that are required and continue with this momentum," he said.

He said fitting out Level Four with the originally planned 28 beds was a basic requirement to enable hospital staff to provide appropriate patient care. "We have good, caring staff and need more beds, theatres and space to do our job properly." Not fitting out Level Four will cost an extra $15 million if it is left to be done down the track."

"This isn't about wanting more than what we deserve. It's really about getting what is reasonable, fair and appropriate."

Dr Bendall explained that when Stage Two was first proposed in 2019, it was probably close to meeting the hospital's needs. However, years of delays have meant that even the planned redevelopment is now struggling to keep pace with demand. "It won't meet our demands today, but it will make things a little better," he said.

He emphasised that infrastructure remained a major limitation at Manning Base Hospital and that the community must continue advocating for improvements rather than waiting indefinitely for a future Stage Three.

"We can't get into a situation where another nine years down the track we're talking about a Stage Three."

## Hospital has plans for the future

Dr Bendall said hospital executives and staff already had plans identifying what was needed beyond the current redevelopment.

These included a substantial redevelopment of the Emergency Department, additional ward space, refurbishment of existing wards as they are vacated, and further funding to progress operating theatres and other facilities.

He said the hospital had identified a suitable location on the campus for rebuilding its operating theatres and had plans for how existing ward areas could be refurbished once the new building was operational.

"There is the potential that when Stage Two opens, a substantial amount of work and planning can already be in place," he said. "We could start building the operating theatres tomorrow - if there is the will."

"The key message to the community is that this is not due to there being no plan locally. Those running the hospital know exactly what's needed today and are advocating substantially, but the community action and the work of your committee are fundamental to getting those messages heard."

## Community advocacy is making a difference

Dr Bendall acknowledged the important role community advocacy had played in securing improvements to the redevelopment.

He said there had initially been updated plans that did not include a pharmacy and pathology fit-out or loading dock, but sustained community pressure had helped secure these essential facilities. "Through advocacy and sustained effort on behalf of the community, those elements have definitely been delivered."

"I think it's good evidence that the work the committee does actually makes a difference. They are real and tangible outcomes. So keep working and hopefully we'll get this fourth floor fitted out and hopefully another ward for some bed surge capacity."



*Above: MGLCHAG committee members at the AGM on 5 November (L-R) Carmel Bartlett, guest speaker Kate Wood-Foye (Chair & Co-Founder of Luminosity Youth Summit), Trish Wood, Dr Jason Bendall (Associate Professor anaesthetics, paramedic and rural health advocate based at MBH), Eddie Wood (President) and Tom McDonald. Photo by Mary Yule.*

**Dr Bendall urged the community to closely monitor what is ultimately delivered, rather than relying solely on announcements and promises.**

## Community Health Action Group calls for action

Manning Great Lakes Community Health Action Group (MGLCHAG) President Eddie Wood told the AGM that the organisation was entering its 11th year of advocating for better healthcare across the region.

He said the group remained apolitical and had met with representatives from all political parties to advocate for the area's healthcare needs.

"Our local state member Tanya Thompson is also fighting for our healthcare needs, as is our federal member Alison Penfold, and we thank them for their continued efforts," Mr Wood said.

"We continue to fully support all the nurses, doctors, allied health staff and healthcare providers who continue to do a magnificent job under the most trying and stressful conditions at Manning Base Hospital.

"They are working under difficult circumstances due to the financial and physical shortcomings experienced by the health service and a hospital that is not fit for purpose."

## Where is Stage Two up to?

Mr Wood said construction of Stage Two commenced on 3 August 2026, but the community was not getting the complete redevelopment originally anticipated. "What the doctors, nurses, hospital staff and community are getting is a watered-down, inferior and incomplete Stage Two redevelopment," he said.



*Left: Stage Two construction of the Manning Base Hospital Redevelopment is well on its way. Photo supplied.*

"Local senior management and our committee have identified bed shortages as the number one problem for years. Yet here we are, getting three levels of 28 beds, providing 84 beds, and a fourth level that will be an empty shell. We should be getting four levels of 28 beds, totalling 112 beds, which is still totally insufficient for our needs."

Mr Wood said the decision not to fit out the fourth level had been attributed to a lack of funding, despite the committee being advised in August 2024 that the $180 million would be sufficient to complete Stage Two in its entirety.

He said the committee had fought hard alongside politicians from all parties to secure the additional $80 million (included in the $180 million), making the subsequent advice that the funding was still insufficient particularly disappointing.

On a positive note, he welcomed the inclusion of a six-bed coronary care unit in the redevelopment.

However, he raised concerns about the absence of an external spine/link connecting the new inpatient building to the proposed Stage Three redevelopment.

Mr Wood also acknowledged Pharmacy Manager Laura Boyce and her team. "I would like to make a special mention of Laura and her team for being fearless in fighting for their department to be a fully fitted-out, modern pharmacy rather than an empty shell."

## Bed shortages putting enormous pressure on staff and patients

Mr Wood said the failure to fit out the fourth floor would mean the loss of 28 much-needed beds, while the absence of an external spine could also create difficulties for future expansion.

He described the consequences of ongoing bed shortages as increasingly serious for patients, ambulance officers and hospital staff.

"Ambulance officers cannot offload patients into the Emergency Department because there are no available beds. The Emergency Department is full, the wards are full, and this results in total bed block and maximum stress levels for all staff. "It's not a staff problem. It's a system problem."

He said the hospital was under enormous pressure, with patients sometimes being sent home from wards to make room for people waiting in the Emergency Department. Mr Wood referred to several recent distressing cases reported in local television news involving elderly patients being asked to leave their hospital beds too early, including during the night.

"While we are getting a new building through the Stage Two redevelopment, it does not increase our bed numbers. In fact, according to information provided by the Hunter New England project team at its community

**Continued next page.**



information day at Manning Base Hospital on 3 February 2026, we will actually have fewer beds. Absolutely unbelievable!"

Mr Wood said the solution was to complete Stage Two in its entirety, as originally promised, including fitting out the fourth floor, with Stage Three following seamlessly.

He called on the Hunter New England Local Health District executive and Health Minister Ryan Park to make Manning Base Hospital a priority. "No more political promises. We need actions, dates and substantial funding.

"It has taken 10 years to get to this point with the Stage Two Redevelopment. It is an absolute disgrace that we are here today still fighting for the same basic needs of our hospital. The doctors, nurses, allied health staff and community deserve better than what we are getting. We are being totally neglected and given little bits of this and that, and they are hoping we will just go away."

"But we will not go away. Our community committee will continue to fight until Manning Base Hospital is returned to its former glory, gets its trauma status back and functions as an acute care hospital."

Mr Wood also acknowledged the opening of the new cancer clinic in Taree on 20 March 2026, describing it as an excellent facility and service for local patients and the wider community.

## Meeting with MLC Emily Suvall to seek Health Minister's support

Mr Wood said the committee had recently met with federal member Alison Penfold and state member Tanya Thompson to discuss the region's healthcare needs.

He said both members were working to raise concerns, although the committee remained disappointed with the level of response from Hunter New England Local Health District Chief Executive Tracey McCosker.

He also praised the community response to the peaceful protest held outside the hospital and redevelopment site during the official sod-turning ceremony when Stage Two commenced on 3 August. More than 50 community members and committee representatives attended, attracting significant media coverage.



*Above: Meeting MLC Emily Suvall on 26 October (L-R) Carmel Bartlett, Dr Murray Hyde-Page, Emily Suvall, Eddie Wood and Tom McDonals. Photo supplied.*

Following the event, the committee held a productive two-hour meeting with Emily Suvall, MLC (representing Minister for Health Ryan Park), on Monday, 26 October. Those attending included Eddie Wood, Trish Wood, Carmel Bartlett, Tom MacDonald and Dr Murray Hyde Page, Co-Chair of the Medical Staff Council.

Discussions covered the Stage Two redevelopment, bed shortages, ambulance bed block and concerns about patients being sent home prematurely.

Mr Wood said Dr Hyde Page had prepared an excellent progress plan, developed in consultation with senior hospital management, outlining a pathway towards completing Stage Two in its entirety.

The committee also asked Ms Suvall to arrange a face-to-face meeting in Sydney with Health Minister Ryan Park. "This has already been requested and we are awaiting the outcome," Mr Wood said.

"We have written an official letter outlining our concerns, which has already been sent to the Minister's office. Emily Suvall has agreed to personally hand that letter to him again next week and raise the issues discussed at our meeting."

## Bulahdelah and Forster healthcare needs must not be forgotten

Mr Wood said the committee was also concerned about the lack of progress on healthcare services in Bulahdelah and Forster.

"It appears that Bulahdelah has again been completely forgotten as far as its health needs are concerned, despite the passionate efforts of its own health action group. "They don't even get a mention, and that is simply not good enough."

He said Forster was still waiting for its urgent care centre, which had been included in the Clinical Services Plan for more than six years. "Many promises and discussions, but no actual dates. Again, playing politics with the community's needs is simply not good enough."

Mr Wood said healthcare was fundamentally about people and communities working together to ensure everyone received appropriate care when they needed it. We no longer want empty promises without dates, timelines or funding commitments, or politicians playing games with our healthcare needs.

"This is disgraceful and a very sorry state of affairs."

## Community Health Rally 4 February 2027 - add it to your calendar!

**The committee is now organising a major community health rally at Club Taree on Thursday, 4 February 2027.**

Mr Wood said the event would bring the community and healthcare workers together, with several guest speakers expected to address local healthcare concerns.

**"We need hundreds of members from the community to support us."**

"Enough is enough. We need to bring Manning Base Hospital back up to the level it should be."

"As a community committee, we are passing on the voice of the community and that's what's going to make a difference!"

## Homegrown guest speakers

As well as guest speaker Dr Bendall, Kate Wood-Foye, Chair and Co-Founder of Luminosity Youth Summit, also spoke at the AGM.

Kate explained that Luminosity is an annual two day event held every July in Port Macquarie, designed especially for regional students to hear and experience world leading innovators, creatives, athletes, entrepreneurs and change makers. Many of the speakers are health professionals from the Mid North Coast Local Health District. The event has been run by volunteers and generous partners for 14 years. Many students from Great Lakes College and High schools in Taree are sponsored and bused to Port every year.

Eddie said, "Dr Bendall completed his schooling at Chatham High School and Kate Wood-Foye completed her schooling at St Clare's High School, proving that one's postcode does not limit how high one can fly. Both these speakers have done so much for our regional area and far further afield."

# Free Food Safety Seminar

**Mid Coast Council**

MidCoast Council invites all food businesses to a free Food Safety seminar on Tuesday 24 November 2026, 2pm to 5pm at Forster Civic Centre.

Whether you own a food business or work in the food industry, you're invited to this fun and informative event on proper food handling, storage, and hygiene.

It's a great refresher for experienced food handlers and a fantastic start for your new staff — from chefs, cooks, kitchen hands and wait staff.

All attendees will receive a certificate of attendance, helping ensure staff are compliant with the Standards Code 3.2.2A.

You'll hear from a line-up of expert presenters with over 50 years' combined experience in food safety, including a former chef.

Council supports local food businesses through seminars, training videos, newsletters, and one-on-one advice. This helps local businesses stay up to date with food safety requirements and equipping staff with the latest food safety knowledge. This support has helped businesses work towards an excellent 'Scores on Doors' rating, which is widely recognised in the food industry and great for building customer confidence.

Safe food handling benefits everyone. It protects customers and encourages repeat business in the region.

Register your attendance at www.midcoast.nsw.gov.au/events

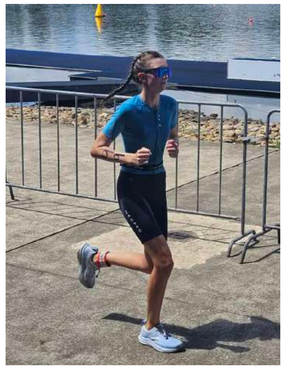
Note: This seminar does not qualify attendees for a Food Safety Supervisor certificate.



*Above: 2025 MidCoast Council's Food Safety Seminar.*



# "The triathlon was so much fun!"



**By Mary Yule – Forster Fortnightly**

Twelve year old Maddie Keegan from Forster represented St Clares Catholic College Taree and the Catholic Diocese of Maitland-Newcastle at the NSW All Schools Triathlon Championship on Wednesday 4 November. The event hosts hundreds of entrants from across the state and was held at the at the Sydney International Regatta Centre in Penrith.

Maddie competed in the Junior Solo event which has an "Enticer" distance of a 300m swim, a 10km bike ride, and a 2km run. She finished 28th female overall out of 67 female competitors and was 4th in the Combined Catholic Colleges in a time of 42:36 minutes.

Maddie said, "The All Abilities Kids Tri the week before was a good warm up race for me. It was also a great opportunity to test my new Tri suit and speedy tyres - plus I got a cool medal and a sausage roll!"

"The triathlon in Sydney was so much fun and I hope to do it again next year!" she said.



*Maddie Keegan at the NSW All Schools Triathlon Championships in Penrith. Photos supplied.*











*The rain cleared in time for a fun active morning at the Kids Tri - All Abilities on Sunday 1st November, organised by Bruce Hopper and the Forster Tri Club. The event began with a swim in the pool at the Great Lakes Aquatic & Leisure Centre, followed by a bike ride around Lake Street and then a run around Lake Street Oval. Photos by Mary Yule.*







# Personal bests at Forster parkrun

**By Mary Yule – Forster Fortnightly**

A number of local runners participated in the Forster parkrun 5km course for a fun competitive morning on Saturday 31st October to see if they could beat their personal best times (PBs) and each other. These runners consisted of elites, dads and 'up and coming' talent.

The results saw 13 runners on the day go under the infamous 20 minute mark and 7 out of the top 10 runners set personal best times on a challenging and windy morning. One regular participant said it was amazing to these fast runners fly around and 'push each other' over the three laps.

Jake Myors again proved he is the strongest runner to finish in first position with a blistering time of 16:53. Young talent Zane Fletcher not only set a personal best but stepped up a few places to finish second in 17:54. Aaron Eichner rounded out the podium in third and was the fastest 'dad' in the top 10 in 17:59.

For the rest of us mere mortals... Forster parkrun is a wonderful free community event for everyone, no matter if you run, walk, push a pram, volunteer or spectate.

Forster parkrun is coming up to its 10th Anniversary on Saturday 28 November. Event Director Chris Newell is encouraging people to wear their milestone or coloured shirts on the day.

On Saturday 5th December the local regular park run kids will be running parkrun for the day as volunteers. Some have already started learning the ropes.

Forster parkrun starts at the Pebbly Beach playground off Head Street Forster at 8am every Saturday. A race briefing for newcomers is at 7:50am.






*Above: Back row (L-R) Brock Jagoe 18:01, Ash Birks 22:01, Mark Fletcher 19:21, Scott Goodman 19:07 (PB), Liam Fletcher 18:48 (PB), Josh Moody 18:51 and Matthew Whight 18:31 (PB). Photos by Thomas Donnelly.*

*Front row: Zane Fletcher 17:54 (PB), Jake Myors 16:53 and Aaron Eichner 17:59 (PB).*

# First time Shield Winners



*Above: (L-R) Winner Graham Reynolds with Terry Hulme (Tea Gardens).*

**By Warren Arnold - Palm Lake Inter Resort Golf Event**

On Monday 2 Nov 29 golfers from Palm Lake Resort Forster Lakes and Tea Gardens played our last event for the year at the beautiful Tuncurry Golf Course in what turned out to be a great day for golf.

There were some really good scores but the individual winner on the day was Graham Reynolds on left (Tea Gardens) with 42pts, 2nd was Julio Laguzzi on left (Forster Lakes) 40pts and 3rd Bill Morris on left (Tea Gardens) 40pts.

In the battle for the shield Tea Gardens with 227 pts (best 6 scores) were the winners on the day from Forster lakes with 219pts.

However, the winning resort for the year was Forster Lakes with 853pts from Tea Gardens on 849pts - a very close result.

This is our first time winning the shield.

Thanks to all the players who participated, and we look forward to another great time next year.






# Live Like Toby Boardrider's Memorial Competition



*Above: President of Forster Tuncurry Boardriders, Sophie Curtis (on the far right), presenting awards at Club Forster after the Live Like Toby event at Blueys Beach. Photo by Vanda Gooley.*

**By Vanda Gooley – Forster**

On a magnificent sunny day, the waves at North Boomerang Beach provided the amazing backdrop to Saturday's Live Like Toby Boardrider's Memorial Competition.

The event is about much more than surfing, bringing together surfers, families, friends and supporters to celebrate the life of Toby Flew, whose memory continues to inspire the Forster Tuncurry community.

A moving Welcome to Country was delivered by local artist and Worimi woman Lara Went, and her nephew Lakey Haddon.

For those gathered on the sand and in the water, the event is an opportunity to celebrate everything Toby represented – a love of surfing, friendship, living life to the fullest and making the most of every moment.

Organised through the Forster Tuncurry Boardriders, the annual memorial competition has become an important fixture and fundraiser on the local surfing calendar. Over 100 surfers competed with hundreds more family, friends and spectators.

A significant contribution of $146,000 (from $170,000 funds raised through previous competitions) has supported cancer care provided by Forster Private Hospital's Oncology services.

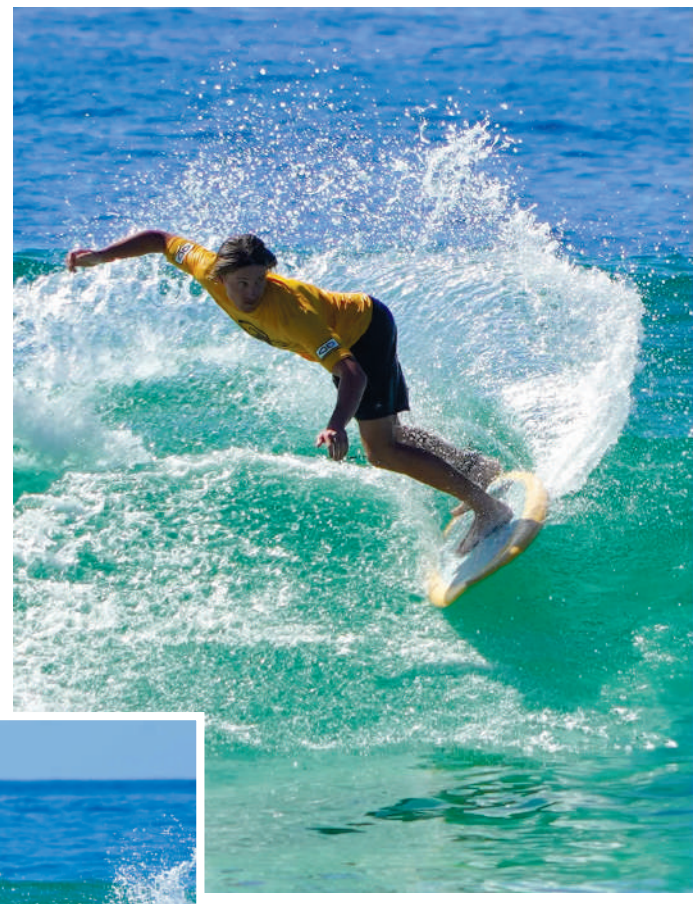
The competition was followed by the presentation and auctions at Club Forster. In attendance was John Vaughan (representing Forster Private Hospital) and Tanya Thompson (Member for Myall Lakes) plus many of the local businesses and individuals who kindly donated to the event who support and enable the fundraising efforts.

The president of Forster Tuncurry Boardriders, Sophie Curtis, said, "It is a privilege to continue bringing the community together in Toby's honour. This could not be done without the incredible efforts of our committee and working group who go above and beyond to host this event. A special thanks goes to the business and sponsors who continue to support the Live Like Toby event. "

## Award winners

**Womens Team:** Barrel Aged Babes – Heidi Hamester, Fern Champion, Bren Riley, Bree Gardner and Pip Whitehouse

**Mens Team:** Right Foot Forward – Bailey Cremin, Dan Tuck, Ben Godwin, Eden Gray, Brad MacDonald





*Left & above: Action shots at Blueys Beach by Anita Toland.*

**Women's Cutback of the Day:** Coco Woolley (sponsored by Corr Building, presented by Michael Schumann)

**Pete Coleman Men's Cutback of the Day:** Byron Simon (sponsored by Danny Godwin and presented by Sally Coleman and Danny Godwin)

**Mick Flew 'Hellman' Award:** Beau Schumann

Pacific Palms Bowling Club

Live Music, Cocktails, Bistro, Lawn Bowls. There's always something happening at the Palms!

Monday
Monday Curry Night $15

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

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

Thursday
Mufti Bowls & Raffle from 12:30pm
Ribs Night $25

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

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

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

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Rueben Carr
Fri 13th November



No Control
Fri 20th November

November
CHILL AROUND THE GREEN
Live Music 3-6 Sundays
15th Sebastian Jones
22th Oliver Debus
Tap Beer - Slushies
Kids Playground - Barefoot Bowls
Space to Kick a Ball
Fishbowl BAR & BBQ from 1pm

- Happy Hour Mon to Sat 3pm to 5pm -

