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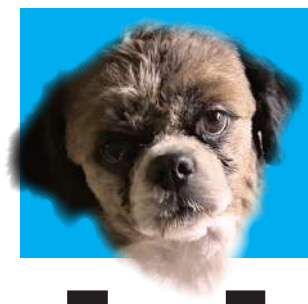

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Forster Fortnightly

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Sun, sand and rugby!



Above: "Main Beach at Forster is just perfect for the sport we are playing," Photo by Sophia McCaughan.

By Sophia McCaughan - Forster Fortnightly

Hundreds of players descended onto Forster Main Beach from November 20th until November 22nd for the annual Beach 5's Rugby competition.

Forster Beach 5's Tournament Director, Shane Brow-Raison, told The Forster Fortnightly that since last year's inaugural event, team registrations have gone through the roof.

"Our first year here was in 2025, and this year we have experienced a 350 per cent growth in numbers, so we have gone from 18 to 26 teams this year," he explained.

"On Sunday, we think the crowd was in the thousands, probably even more; we had 30

Continued on page 31.

Urgent Care Service finally announced for Forster-Tuncurry

By Mary Yule – Forster Fortnightly

After years of community advocacy, Forster-Tuncurry is finally set to receive its first Urgent Care Service, with the State Government announcing on 12 November that the service will open in early 2027 at the Forster Community Health facility in Breese Parade.

The new service, to be established by Hunter New England Local Health District (HNELHD), will provide treatment for non-life-threatening conditions, giving residents access to local medical care when they cannot wait for a GP appointment, without having to travel to Manning Base Hospital in Taree.

A multidisciplinary team of medical, nursing, administrative and allied health staff will provide face-to-face medical consultations and treatment, with referral pathways to external imaging and pathology providers.



Above: The new Urgent Care Service will open at the Forster Community Health Centre on Breese Parade, Forster early in the new year. Photo by Mary Yule.

The service will operate seven days a week, from 5pm to 10pm Monday to Friday and 10am to 10pm on Saturdays and Sundays.

Hunter New England Local Health District Chief Executive Tracey McCosker said the service would provide an important additional healthcare option for the community.

"Once open, our local team will provide care at no cost to patients for a range of urgent, non-life-threatening conditions, seven days a week," Ms McCosker said.

Labor spokesperson for Myall Lakes Emily Suvaal also welcomed the announcement.

"This is an important new service for the Forster-Tuncurry community, who have advocated for better access to public health services over many years," Ms Suvaal said.

However, while welcoming the long-awaited announcement, Member for Myall Lakes Tanya Thompson has questioned the delay, pointing out that the community had previously been given an assurance the service would be operating by Christmas.

Mrs Thompson said the announcement followed her ongoing campaign for improved local healthcare, including a meeting with Health Minister Ryan Park in August.

"When I met with Minister Park in August, I made it very clear how desperately our community needed this service, and I was given an assurance it would be operating by

Continued on page 2.



We welcome your stories, photos & letters

Please send to: info@forsterfortnightly.com.au
Editor: Mary Yule 0413 410 492

Journalist: Sophia McCaughan
sophia@forsterfortnightly.com.au

Sales Manager: Geordie Yule 0403 586 342
sales@forsterfortnightly.com.au



Gurrwa-gaarr (White's Seahorse) Hackathon in Forster. See p4.

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Coomba Aquatic Centre

Bungwahl
Bungwahl Fuel & Liquor

Seal Rocks
Seal Rocks General Store

Urgent Care Service finally announced for Forster-Tuncurry

Continued from page 1.

Christmas," Mrs Thompson said.

"Now we're being told it won't open until 2027, with no firm date in sight.

"There is no question this service will make a real difference for local families, particularly when someone becomes unwell after their GP has closed."

Mrs Thompson said the announcement was welcome progress but stressed that other significant healthcare needs across the Myall Lakes electorate remained unresolved.

"We desperately need that fourth floor fitted out in the current redevelopment of Manning Base Hospital, more beds and cardiac services, as well as accessible care for Bulahdelah. I'll continue to take these issues to the Minister and the Government.

"I welcome this progress and thank the Manning Great Lakes Community Health Action Group, residents and health professionals who have continued making the case for better local healthcare.

"But an announcement does not mean the doors are open. Recruitment still needs to be completed, and I will keep pressing the Minister to ensure our community can access this care as soon as possible."

The Manning Great Lakes Community Health Action Group (MGLCHAG), which has campaigned for an urgent care service for more than six years, also welcomed the Government's decision but expressed concern that the proposed operating hours would not adequately meet local demand.

Eddie Wood, President for the group said it was pleasing to see the service finally coming to fruition and acknowledged the Labor Government for approving it.

However, the group believes the proposed hours fall short of those offered by other Urgent Care Centres across NSW.

"Whilst it is very pleasing that this is finally coming to fruition, the proposed hours will not provide the same level of access as other Urgent Care Centres in NSW," Eddie said.

The group pointed to operating hours at several other centres, including Wauchope (8am–6pm), Maitland (8am–10pm), Coffs Harbour (8am–8pm), Tweed Heads (7am–9pm), Orange (8am–8pm) and Bega (8am–10pm), all operating seven days a week.

Urgent Care Services within NSW also operate from 8am to 8pm every day.

It also raised concerns that an early 2027 opening would mean the Forster-Tuncurry service would miss the significant influx of holidaymakers during the Christmas and Easter holiday periods.

According to the group, the proposed hours are unlikely to provide sufficient relief to Manning Base Hospital's Emergency Department, particularly given the seasonal population increase across the Great Lakes region.

The group cited the Manning Clinical Services Plan, which identifies approximately 5,000 to 6,000 annual presentations to Manning Base Hospital's Emergency Department that could potentially be managed through an Urgent Care Centre at Forster.

"Forster needs similar opening hours to other centres to help alleviate the pressure on the Emergency Department at Manning Base Hospital," Eddie said.

The Government has advised that further information, including a confirmed opening date, will be shared with the community once recruitment has been completed.





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Manning - Great Lakes Police District Update

Dear Readers,

This fortnight I will provide you with information regarding a local arrest and the details of a reward offered for information relating to the suspicious disappearance of a Forster man 14 years ago.

Local arrest

About 2.10am on 16/11/2026, local police were called to a home in Forster following reports of a trespass. At the scene, police were told a group of people – one allegedly armed with a knife - had allegedly entered the yard of the home before leaving the property. About 3.25pm on 17/11/2026, police were patrolling Cross Street, Forster, when they arrested a 17-year-old boy. He was taken to Forster Police Station and charged with armed with intent commit indictable offence. He was also charged with four unrelated offences: Aggravated break and enter commit serious indictable offence; Be carried in conveyance taken without consent of owner; Aggravated break and enter with intent – armed and Reckless wounding – in company. He was refused bail.

Reward for information relating to the suspicious disappearance of Marlon McDonald

The NSW Government and NSW Police Force have announced a $500,000 reward for information relating to the suspicious disappearance of Marlon McDonald.

Marlon McDonald, then aged 42, was last seen at about 6pm at Forster Police Station on Wednesday 5 September 2012. This was the last confirmed sighting of Marlon. Family members first reported Marlon missing to Forster Police on Friday 25 January 2013, where detectives from Lake Macquarie Police District established Strike Force Josquin to investigate the disappearance. As part of the investigation, detectives explored numerous leads in Forster, Lake Macquarie, Newcastle and Sydney in relation to Marlon's disappearance.

A coronial inquest, presided over by the NSW State Coroner, was held in Taree and Toronto



Above: Marlon McDonald's family are still waiting for answers more than 14 years after he disappeared. (Image credit: Nakita Jager, ABC Mid North Coast)

in May and October of 2018. On Friday 2 November 2018, the NSW State Coroner found Marlon McDonald was deceased, likely on or shortly after 5 September 2012, but was unable to determine the cause of his death other than finding it suspicious. The coroner recommended State Crime Command's Unsolved Homicide Unit continue its regular reviewing and monitoring of the case.

As part of ongoing inquiries, police have announced a $500,000 reward for information leading to the arrest and conviction of any person or persons responsible for Marlon's disappearance or death.

Minister for Police and Counter-terrorism, Yasmin Catley said Marlon's family had spent more than a decade living with the pain of not knowing what happened to their loved one.

"More than a decade has passed, but for Marlon's family, the questions have never gone away. They have had to wake up every morning and go to bed every night without knowing what happened to someone they love. They deserve to know what happened to Marlon, and they deserve the chance to find some closure. Police have never given up on Marlon or his family and will continue to follow every line of inquiry and investigate every piece of information that comes to them. f you have information, no matter how small or insignificant you think it may be, please come forward."

Homicide Squad Commander, Detective Superintendent Joe Doueihi said police remain determined to provide answers to Marlon's family.

Right: Marlon McDonald grew up in Forster. (Permission to republish photos was granted by Marlon McDonald's family.)



"Marlon's disappearance is being treated as suspicious, and we believe there are people who know exactly what happened to him. This reward is designed to encourage those individuals to speak with investigators so we can progress this matter. We know Marlon had connections across Forster, Newcastle and Sydney, and we believe key information may still be held within those communities. We are appealing to anyone who recalls his movements or interactions in early September 2012 to contact police. Marlon's family has lived with uncertainty for more than a decade. They deserve clarity, and they deserve justice. If you know something that can help us deliver that, now is the time to come forward."

Anyone with information about Marlon's disappearance is urged to contact Crime Stoppers: 1800 333 000 or https://nsw.crimestoppers.com.au

Information is managed on a confidential basis.

This is my final police update for the year. Have a safe and happy Christmas. 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



Students pitch innovative ideas to protect endangered White's Seahorse at Forster Hackathon

By Mary Yule – Forster Fortnightly

Livestreams, underwater cameras, art exhibitions, children's books, seahorse hotels, merchandise and educational packages for schools were among the innovative ideas developed by local high school students at the Gurrwa-gaarr (White's Seahorse) Hackathon in Forster.

Fourteen teams of students aged 15 to 18 explored creative ways to support and fund the conservation of the endangered White's Seahorse, which is found in local Wallis Lake and as far north as Moreton Bay in south-east Queensland.

Students from nine local schools took part in the event, held at Forster Civic Centre on Wednesday November 18. Participating schools included Alesco College, Aurora College, Chatham High School, Great Lakes College (Forster, Tuncurry and Senior campuses), Manning Valley Anglican College, St Clare's High School and Wingham High School.

Youth Hackathon Facilitator Gavin Heaton, from Disruptors Co, said hackathons had long been used in the start-up world to generate creative solutions to challenging problems.

"In one day, the students go from a high-level understanding of the challenges, such as seahorse habitat, safety and breeding, to a deep awareness of them and real excitement about turning their ideas into impact," Gavin said.

"To help them, we have assembled a cast of seahorse and ecology experts as mentors. At the end of the day, the students pitch their ideas 'Shark Tank style' in just three minutes."

Gavin acknowledged that presenting ideas in front of an audience for the first time could be daunting for some students, but said the judging process considered more than just their final presentations.

While it was the first hackathon held in Forster, it was the fifth that Disruptors Co had facilitated with schools across the MidCoast region. Previous challenges had focused on water security, koala conservation and the Manning River Turtle.

Gavin said he worked closely with local First Nations Elder Uncle Will Paulson, Taree Universities Campus CEO Donna Ballard and MidCoast Council to deliver each event.

Having grown up in the area and attended school locally through to Year 12, Gavin said he was particularly pleased with the strong involvement of the First Nations community in the project.

"Kitana Paulson designed the logo, while Mandy Davis worked with the local language group to come up with a name for the seahorse – Gurrwa-gaarr – which never existed before, and then a story to go with it," he said. "So we've got a whole new way of understanding the role of the seahorse in the local community and something more to build around."

"Uncle Will is basically the one who comes up with the ideas for each hackathon, and then he'll call me and we work together to bring all the experts together," he said.



Above: Students from 9 local schools spent a day at the Forster Civic Centre for the Gurrwa-gaarr Hackathon.

At the end of the day, the Seahorse Seniors from Great Lakes College were announced as the winning team. Their proposal was to establish a Gurawakar Discovery Centre at an existing, unused site beside Wallis Lake, with potential funding support from community partners such as Taree Universities Campus (TUC).

The students presented a professional concept image of the proposed centre at the actual site, featuring underwater viewing facilities, a café and opportunities for visitors to learn more about the lake's unique marine environment.

In their pitch, the team said: "By bringing together research, education, cultural connection and sustainable tourism, Gurawakar Discovery Centre aims to become a destination that celebrates, protects and promotes the unique marine life of Wallis Lake while creating lasting opportunities for the Forster community."

MidCoast Council Ranger and Environmental Officer Erin Masters praised the winning concept, saying it was an idea with the potential to become a reality.

"This is actually one of those ideas that I think every single one of us would love to have and to actually be able to implement," she said. "Who knows, maybe you guys can start working towards this and we can look forward to it in the future."

As part of their prize, the winning team will receive the opportunity to appear on a podcast with Live Barrington Coast to share their story.



Above: The winning Seahorse Senior Team with organisers - Back row (L-R) Donna Ballard (CEO of TUC), Ash Pegrum, Summer Watson, Harper Patterson, Erin Masters (MidCoast Council Ranger & Environmental Office), Uncle Will Paulson, El Rattray (Publisher of Barrington Coast magazine & Producer of Ziggy the Magic Seahorse Project)

Front row: Ella Pegrum, Penny Bell, Lyra McFadden and Gavin Heaton (Youth Hackathon Facilitator). Photos by Mary Yule.



We know things are tough right now, but the NSW Government is helping with everyday health expenses.

- NSW GPs with additional training can now prescribe and manage ADHD medication for people aged 6 years and over.
- Free 24/7 health advice from a registered nurse.
- For urgent but not life-threatening illnesses or injuries, you may be able to access urgent care. Some services offer extended hours and no out-of-pocket costs for eligible patients.

There's help with everyday expenses, **visit nsw.gov.au**

NSW GOVERNMENT



Bushfires at Green Point and Harrington

By Mary Yule – Forster Fortnightly

Multiple local Rural Fire Brigades responded to a bushfire caused by a lightening strike, burning along Green Point Drive near The Lakes Way on Wednesday 11 November.

A towering funnel of thick, dark smoke could be seen for miles as the fire burned. Green Point residents were urged to monitor conditions and follow the instructions of emergency crews, while Green Point Drive was closed on and off into the evening. Support from helicopters preventing the fire from dangerously crossing in to more bushland south of Green Point Drive.

On Thursday, 12 November, crews from Green Point, Pacific Palms, Coomba Park, Bungwahl, Tuncurry and Lansdowne Rural Fire Brigades, together with National Parks & Wildlife Service personnel, remained on the fireground to carry out backburning operations along The Lakes Way.

Firefighters continued patrolling the fire line throughout the night before returning to the fireground the following morning to carry out what is known as 'blackout' operations. This involves extinguishing any remaining burning material along the edges of the fire to ensure there are no active hotspots that could reignite.

Meanwhile, on Saturday, 14 November, crews from Tuncurry, Burrell Creek, Tinonee, Harrington and Coopernook Rural Fire Brigades joined National Parks & Wildlife Service personnel to assist with backburning operations and strengthen containment lines at the Sand Track Fire in Crowdy Bay National Park, near Harrington.

During the firefighting efforts, Taree Airport was used by firefighting aircraft for refuelling and for loading water and fire retardant.

The fire burnt approximately 1,800 hectares before firefighters successfully brought it under control.

Tuncurry Rural Fire Brigade acknowledged the combined efforts of those involved at both bushfires, stating: 'A big thank you to all crews and agencies working together to protect the community.'

Green Point Rural Fire Brigade also encouraged residents to consider volunteering, highlighting how quickly bushfires can affect local communities.

'You've seen what can happen without warning in your hometown. Join your local Rural Fire Brigade today and help make a difference in the community.'

Interested in volunteering? Find out more and join the NSW Rural Fire Service at: https://www.rfs.nsw.gov.au/volunteer/join-the-rfs

For the latest fire warnings, updates and safety advice, download and regularly monitor the Hazards Near Me NSW app.



Right: Green Point Drive just before it was closed in the late afternoon on 11 November.

Photo by Matilda Yule (who had to wait for the road to reopen so she could leave Green Point to get home.)

Secondary School Cadet Program successfully completed



Great Lakes College - Forster Campus

At the end of Term 3, 14 students from Forster Campus proudly completed the RFS Secondary School Cadet Program, run by the Green Point RFS Brigade during school sport periods throughout the term.

Over the course of the program, students developed a range of firefighting skills while also enhancing important soft skills such as teamwork, communication, and leadership. This hands-on experience provided valuable insights into the work of the Rural Fire Service and fostered a strong sense of community responsibility.

We extend our sincere thanks to the Green Point RFS Brigade for their commitment and support in running this excellent program. Congratulations to all students for their dedication and achievement.



Relief for community preschool funding for another two years

By Mary Yule – Forster Fortnightly

Community preschools across NSW have welcomed a two-year reprieve from proposed government funding changes, giving services more time to prepare for a new funding model.

The Minns Labor Government recently announced it would guarantee community preschools at least the same level of funding they received this year for the next two years, before gradually introducing the new model.

Bek Loadsman, Director of Great Lakes Child Care Centre, said the announcement was welcome news after concerns that the proposed changes could leave many community preschools struggling financially.

Ms Loadsman has been director for almost four years, having previously worked as an Early Childhood Teacher at the centre for 10 years.

She said the new funding model, released only weeks before the start of the new year, had created uncertainty for services that had already begun preparing their budgets and staffing arrangements.

“Essentially, what they were looking to do was provide universal preschool, which is their model of what they would like to do,” Ms Loadsman said.

“But the model they were proposing was causing a lot of deductions in funding for a lot of services. They were taking away part of the funding but wanting us to include more children in the program, which is very difficult to do.”

Following strong advocacy from community preschool services, the government has agreed to guarantee existing funding levels for the next two years.

“Now they're saying that they're guaranteeing services at least the same amount of funding they received this year for the next two years, and then they will essentially phase in the new funding model,” she said.

However, Ms Loadsman said uncertainty remained about how centres would manage when the changes eventually take effect.

While she supported the idea of providing more preschool places for three and four-year-old children, she questioned how services could accommodate additional enrolments without extra resources.

“To include more children we need more staff, we need to be able to pay the staff, we need more space, and you can't do that on less funding,” she said.

Great Lakes Child Care Centre is a not-for-profit, community-owned preschool governed by a parent committee, made up of parents of enrolled children. Any profits are reinvested into the service, which relies on government funding to operate.



Bek Loadsman, Director of Great Lakes Child Care Centre on Lake Street, Forster. Photo by Mary Yule.

Ms Loadsman said the proposed changes could have significant consequences for community-based services that had supported local families for many years.

She also raised concerns about the government's plans to introduce public preschools on the grounds of local public schools, although none have been announced for the immediate area.

“We do zero to five, so what that means for us, I'm not entirely sure,” she said.

Ms Loadsman said ongoing communication about the reforms had also been challenging, with services receiving information in stages and then having to explain complex funding terminology to families and parent committees.

She credited local advocacy, including the work of Tanya Thompson, for helping secure the funding reprieve.

“Everyone is still advocating really hard for that,” she said.

“We did have a little win,” she said. “So I'm hoping they are also going to change the guidelines as well, to allow us to do more with the funding.”

Great Lakes Child Care Centre will be celebrating 50 years next year.

Tanya's Community Update



As Parliament wraps up for another year, there's certainly been no shortage of issues to raise on behalf of our Myall Lakes community.

From healthcare and community preschools to roads, flood recovery and the services our growing region needs, it's been a busy final few weeks.

I welcome confirmation that Forster's long-awaited urgent care service is expected to open in early 2027, although I'll continue pushing for better healthcare locally.

Back home, it was wonderful to enjoy the Bulahdelah Show, catch up with locals and see the incredible work of our show committee and volunteers.

I also caught up with local legend Kyle Brown, who is taking on an extraordinary Movember challenge, running 5km every hour for 12 hours to raise awareness and funds for men's health. Kyle's commitment to this important cause deserves enormous recognition.

Another highlight was the Black and White Ball. Congratulations to Ashley Newlan and everyone involved in raising funds for Manning Base Hospital's children's ward and neonatal intensive care unit.

With Parliament finished for the year, I'm looking forward to spending more time across our wonderful electorate. There's plenty of work ahead, and my team and I are always here to help.

MP Tanya Thompson



Forster Family Retreat celebrates 20 years of supporting families

By Mary Yule - Forster Fortnightly

The Forster Family Retreat has celebrated 20 years of providing respite for families with seriously ill children, marking the milestone with a gathering of local organisations, businesses, volunteers and community supporters at the retreat on the corner of Oyster Parade and Dolphin Drive near the Forster-Tuncurry Bridge, on November 12.

Sarah Wilkinson, Mid North Coast Community Engagement Coordinator for Ronald McDonald House Northern NSW, told guests the retreat had grown from a vision shared by a small group of community members into a facility supporting thousands of families.

"A group of people had a dream," Sarah said. "They believed that families facing unimaginable circumstances deserved the opportunity to escape, spend time together and create happy memories, even in the midst of some of life's most challenging circumstances."

The idea began in November 2002 when local identity Ross Presgrave and Adam Sherman, then licensee of the McDonald's Forster store, discussed ways to make a meaningful difference to children and families, having previously worked together on the successful Helping Hands fundraiser, which supported local children with diabetes.

Drawing on his own family's experience of having a seriously ill child, Ross understood that families needed more than support with medical treatment. He envisaged a beach house in Forster where families could step away from hospitals, appointments and the uncertainty surrounding their child's illness.



Above: The cutting of the cake with staff and volunteers (L-R) Kris Loadsman, Naomi White, Jan Smeaton (special guest), Sarah Wilkinson (Community Engagement Coordinator), Gail Edwards and Jacqui Toland.

Newcastle Permanent contributed a remarkable $84,000 and ANZ Bank provided $50,000. McDonald's family restaurants also played an enormous role through ongoing fundraising initiatives, Helping Hands and McHappy Day.



Above: 2004 announcement of $150K from the Federal Government for the Ronald McDonald Beach House Forster project. (L-R) Former McDonald's Forster licensee Adam Sherman, former Great Lakes Councillor Vic Jeffery, Federal Minister for Health Tony Abbott, Federal Member for Paterson Bob Baldwin (obscured), Chairman of the Beach House board Ross Presgrave, Great Lakes Council Mayor John Chadban, McDonald's Forster licensees Maree & Brian Melick, Laurie Hagan of Baker & Borthwick Solicitors and Melissa Morgan from the then YMCA. Photo Craig Mason East Coast Photography (republished with permission).

A steering committee was established, bringing together Ross and Adam, Chris McConachie, Marie Battle, Great Lakes councillor Vic Jeffreys and federal Member for Paterson Bob Baldwin.

In March 2003, a presentation to Great Lakes Council secured in-principle support from Ronald McDonald House Charities. A suitable site was identified on Crown land, formerly part of the Forster Beach Caravan Park overflow area. Council support enabled a long-term lease to be approved, with planning approval following in June 2004.

A major fundraising campaign was launched, bringing together local businesses, community groups and individuals, with everyone contributing in whatever way they could.

Fundraising activities included a Wimbledon-themed tennis tournament in Forster, a rugby union event organised by NSW Police, a Christmas in July celebration, sporting memorabilia auctions and countless other initiatives.

People gave their time, skills and resources, while the financial support was extraordinary. Ronald McDonald House Australia contributed $200,000 towards the project, while the Australian Government provided $150,000, which was matched by the local community through its fundraising efforts.

Construction foundations were laid on August 23, 2005, and the first cabins arrived on March 24, 2006. Landscaping assistance from the Better Homes and Gardens team and Hunter Valley Gardens helped complete the retreat in September that year.

One of the significant contributors to the original fundraising campaign was five-year-old Cooper Smeaton, who was battling acute lymphoblastic leukaemia. Cooper and his family became the public face of the project, helping the community understand the importance of giving families facing childhood illness an opportunity to spend precious time together.

At the anniversary celebration, Cooper's mother, Jan Smeaton, thanked the community for its generosity and ongoing support.

"You may not see the families but be certain you have touched their families with kindness at an incredibly vulnerable time," she said. "Here's to 20 years of families, friendship, memories, and to a further 20 years of giving families an opportunity to step away from the hardest moments of their lives."



Special guests at the 20th anniversary. Photos by Mary Yule.

Sarah said what began as a community dream had grown into the largest family retreat in Australia.

The retreat now has four cabins and supports approximately 130 families each year, with guests travelling from across Australia. A family from Melbourne recently enjoyed a week at the facility.

"Some are navigating ongoing treatments, others might be caring for a child that's receiving palliative care, and some may be learning how to move forward after the heartbreaking loss of a child," she said.

Sarah paid tribute to the volunteers whose ongoing efforts help keep the retreat looking beautiful and welcoming.

"It takes a lot of hard work to keep the family retreat looking as beautiful as it does, and it wouldn't be possible without the generosity and energy of our volunteers," she said.

"Many of them are here today, both current and previous. They are the people who put the heart into our retreat and, without your ongoing support, it simply wouldn't be the welcoming home away from home that families experience when they arrive."

Sarah also acknowledged the many local organisations and businesses that have supported the retreat throughout its history, with representatives from several attending the celebration.

The Forster Tuncurry Lions Club was acknowledged for keeping the retreat's pantry stocked, providing families with access to trampolines and mini golf during school holidays, and assisting with working bees and fundraising activities.

Sarah also paid tribute to current and former McDonald's store owners, including Craig and Amanda Evans, who attended the celebration, for their continued partnership.

"We're very proud of having McDonald's as our forever mission partner," she said.

Mike Coddington, Head of Programs and Facilities for Ronald McDonald House Northern NSW, shared a message from CEO Ross Bingham, acknowledging the legacy of founder Ross Presgrave.

Ross Presgrave passed away in April 2012. Ronald McDonald House Northern NSW subsequently took over the retreat's operations, continuing the vision he had helped establish.

The organisation remains committed to providing families with a week at the retreat at no cost.

Looking towards the next 20 years, Sarah encouraged the community to continue supporting the facility through volunteering, donations, fundraising, cabin sponsorship and partnerships.

"Our wish is that Forster continues to be that much-loved holiday escape for families from across Australia," she said. "A place where children can be children, parents can take a breath, families can reconnect and everyone can experience a little bit of happiness when they need it most."

Club Forster was recognised for providing seed funding at the beginning of the project and continuing to support improvements, including new kitchens. The club also provides opportunities for families to enjoy time at Club Forster and the Sporties.

Tuncurry Beach Bowling Club was recognised for its ongoing support of the retreat and its contribution to helping local families.

The Man Walk was thanked for its regular volunteer assistance, including working bees and Meals from the Heart initiatives.

Lower MidCoast Rotary Club was recognised for its longstanding support, including board involvement, Christmas fundraising, regular Meals from the Heart initiatives and ongoing assistance with maintenance and improvements at the retreat.

Forster Bowling Club's contribution has included support for the initial construction, annual toy raffles, the retreat's golf day and other fundraising activities.

"Grown in response to the needs of the community"

By Corinne Stephenson – Forster Neighbourhood Centre

Forster Neighbourhood Centre (FNC), on Lake Street Forster, exists to support and improve the well-being of all Great Lakes residents. We have operated a central hub within the community for over 40 years. We are flexible and have grown in response to the needs of the community.

As a regional community, we miss out on key services and more often than not, the Great Lakes solves its own problems with support from business, community volunteers and limited government funding – so a big thank you to our supporters and partners for your ongoing support.

These are just a few highlights of what we have achieved together in the last financial year:

- Our central hub (staffed by volunteers) responded to 3087 requests for information, advice and referral.
- We launched the brand-new MidCoast Financial Wellbeing Hub, greatly increasing the support we can provide to people presenting in financial crises.
- We worked in partnership with the Great Lakes Suicide Prevention Network, Kahi Simon Fund, Evolve Mental Health and Wellbeing Hub Charlestown and the community to establish the Evolve Mental Health and Wellbeing Hub Great Lakes.
- We launched the Sunshine 2428 Program (funded by generous community members) to recognise and appreciate Great Lakes community members through random acts of kindness (often a voucher or gift to bring sunshine to their day).
- We distributed 749 emergency relief packages for community members doing it tough (a 50% increase on last year) made possible through Club Grants support from Club Forster and Forster Bowling Club.
- We provided 217 No Interest Loans for community members to access essential items.
- We supported over 80 families with specialist Child and Family Support.
- We supported community members to work off over $13K in debt through Work Development Orders.
- We assisted people struggling with paying their electricity bills to access over $38K in EAPA vouchers.
- We provided 450 booking for outreach spaces for essential services to be based at our central hub.
- We hosted a number of community events to celebrate important dates including NAIDOC, Reconciliation Week, Wallis Lake Cultural Cruises, Big Sing by the Sea and Culture Days at Pebbly Beach.



We could not achieve a quarter of our impact without the dedicated and reliable team of staff and volunteers who work towards our shared vision of 'An inclusive and connected community where people are respected, resilient and resourceful.'

We are committed to facilitating a coordinated person-centred service where people, families and communities are supported through a single, accessible hub that connects them to the right services at the right time. Our Hub ensures a no wrong door, culturally safe experience.

Our partners are an integral part of what we do, working together for improved community outcomes. With special mention to Tobwabba Aboriginal Medical Service, Forster Local Aboriginal Land Council, ETC (Employment and Training Company) and Homebase Youth Services for sharing resources to achieve more activities for our community, particularly for young people.

We also thank our outreach services for answering the call of the desperate need for services with a physical presence at our Hub to respond to the increasing community need. With special mention to the following services for greatly enhancing the work we do: Home in Place, Womens Domestic Violence Court Advocacy Service, Great Lakes Womens Shelter Outreach Worker, Social Futures: Care Connect, Flourish Australia, Real Futures: Parent Pathways, Services Australia (Centrelink), Uniting NDIS and Carers Gateway.

On behalf of Forster Neighbourhood Centre, we look forward to working with you in 2027 to continue to advocate for the needs of the Great Lakes community.

Please reach out if you would like to connect or take a tour of the Hub.

See page 27 for an interview with 'Local Identity' Corinne Stephenson by Vanda Gooley.





Game Changer Legends from Pacific Palms Public School



Above: (L-R) Oliver, Harrison, Jack, Ebony Struwe, Billie and Loulou. Absent from photo - Frankie.

By Mary Yule – Forster Fortnightly

A team of Year 6 students from Pacific Palms Public School has earned state-wide recognition after winning an award at the 2026 NSW Game Changer Challenge, which attracted entries from 500 schools across the state.

The grand final, featuring the top 14 primary school and six high school teams, was held from November 10–12 at the NSW Department of Education's head office in Parramatta.

The Game Changer Challenge is the Department of Education's award-winning design thinking competition, which encourages public school students to tackle complex real-world issues. This year's challenge invited students to explore the theme: 'Creating fairer and more connected communities, where people, planet and place thrive together.'

Of the five awards presented at the grand final, Pacific Palms Public School's Year 6 team, Community Carers, took home the prestigious UNICEF Australia Voice of Impact Award.

Under the guidance of Game Changer and High Potential and Gifted Education (HPGE) teacher Ebony Struwe, the students spent nine months developing an innovative solution to help people experiencing financial hardship in their community.

"Our team focused on poverty in our area, particularly among young people aged between 15 and 24," Ms Struwe said.

"We discovered that the Mid Coast has some of the highest numbers in the state, so that's where the students decided to focus their attention."

Their solution, Compass 360, is a concept designed to connect people experiencing hardship with the support services they need through one simple point of contact.

Ms Struwe explained the team's idea: "You call 360 and they connect you with the charity or government support you may need, whether that's housing, food or other assistance. It's kind of like a triple zero service for people experiencing financial hardship."

Reaching the grand final required considerable research, creativity and teamwork. Over nine months, the students developed an extensive design portfolio and brought their concept to life through an app, animation and website.

The three-day grand final provided valuable opportunities to work alongside industry partners, including major technology companies Intel and Apple, as well as organisations such as UNICEF Australia.

"These industry partners came along and gave students feedback on their ideas, helping them develop and improve their concepts," Ms Struwe said.

A major part of the final challenge was a two-hour exhibition, where teams had to present their ideas to visiting judges and repeatedly pitch their concepts as the judges moved between displays.

For Ms Struwe, the award recognises the students' hard work while also providing an opportunity to pass on their experience and knowledge to the next generation of young innovators.

"Now, with the Year 5 team, I'm trying to replicate what the Year 6 students learnt during the three-day grand final. We'll work on prototyping their ideas and preparing for next time," she said.

It is not the first time Pacific Palms Public School has achieved success in the competition. The school previously won the overall primary school award in 2024.

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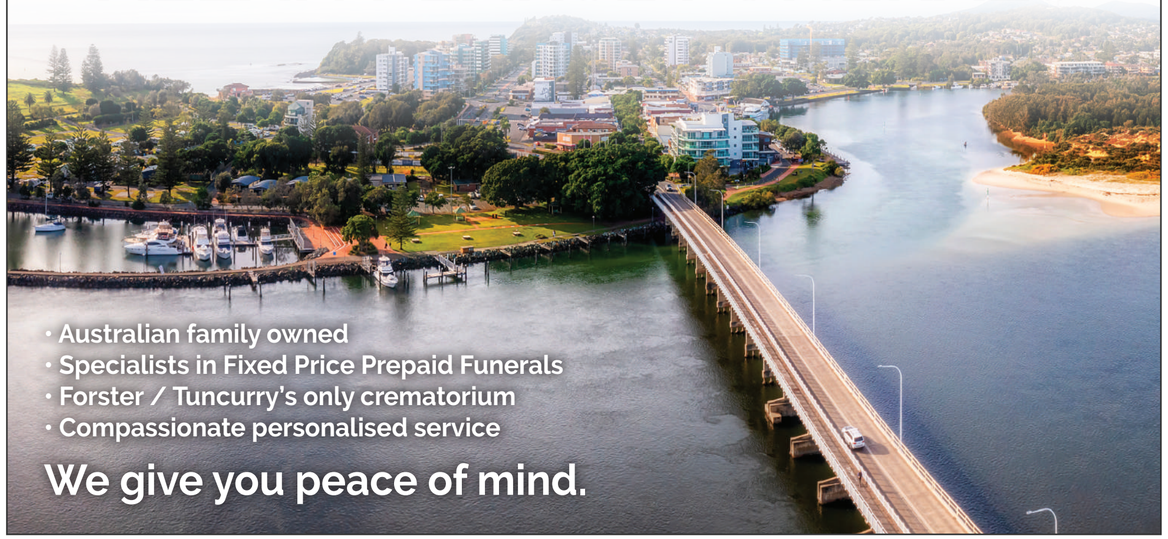
118 Manning St, Tuncurry

ALLAN PEARSE FUNERALS



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We give you peace of mind.

One hundred & forty three Sydney students descend on Forster

By Mary Yule – Forster Fortnightly

If you've spotted large groups of young people out and about in Forster-Tuncurry recently, they may have been among the 143 Year 10 students from Sydney's Methodist Ladies' College (MLC) visiting the region for a three-day excursion.

The excursion is provided by Land's Edge, a not-for-profit foundation that creates meaningful experiences connecting young people with nature through school camps, holiday programs, curriculum-based field studies and Duke of Edinburgh journeys.

During their visit from November 17–19, the students enjoyed a packed program of activities, including bushwalking, kayaking, fishing, surfing, yoga, sound baths, shopping, cooking and a stay at local caravan parks.



Left: MLC School students at the abstract art workshops with Forster Gallery volunteers (L-R) Liz, Christine, Binnie (President), Renate and Bev. Photo supplied.

Sarah Jauncey, Director of Experiential Learning at MLC school said, "The 4 week program is called Dear Future Self. Last week they got to do work experience. This week they are in Forster to basically learn how to live and "how to be" when they are not studying and experience what they need to do to switch off from study."

"When they get back to school, they will have workshops on how to study, driver safety education, vocational workshops, learn to swim, visit universities, maintain a car, financial management, etc. At the end of the program, they do a presentation and the teachers ask questions."

Renae Crowe, a representative from Land's Edge, said the excursion to Forster was designed to encourage independence, teamwork and communication, as well as provide plenty of opportunities to enjoy the local area.

"All the students turned up at Woolies in Tuncurry last night to shop for food. They had a budget and they have to cook for themselves for the week. They are also going to have a MasterChef competition," Ms Crowe said.

"This morning we were at Aqua Golf, which was great as there are some golfers in the group. Later today we go for a hike up Cape Hawke Lookout. We have kayaking tomorrow, then Lobbies for fish and chips."

"They're given a credit card each with not quite enough money for their budget for the week, so they have to work together as a team and buy in bulk. It encourages group work and communication."

Among the many activities on offer was a series of abstract art workshops at the Forster Gallery. With three workshops held each day, every student had an opportunity to take part, with each group supported by an MLC teacher and a Land's Edge representative.

Forster Gallery President Binnie Moore said the workshops provided students with the opportunity to experiment with art in a relaxed and creative environment.

"We provide a space for the girls and all the artwork for them. It's to teach them to be free and relaxed and to enjoy," Binnie said.

"First of all, they had to start with their eyes closed and paint in black. Then they could add a little bit of colour. We've got all these different objects set out to stamp in paint and put them all over their paintings. When their art is dry, it will be cut into six artworks. We will send it all off to the school once it's all finished."

Liz Ho, also a volunteer from the Forster Gallery, said the gallery was delighted to welcome the students back for another year.

"We had so much fun with them last year that we said yes when they asked to come back this year," she said.

"Now it's more streamlined and we know to put the plastic up on the walls, as the students can get a bit loose with the paint," she said with a laugh.

Asked whether the gallery would be happy to host the workshops again next year, the answer was an enthusiastic "YES!"

"It's great fun and it's great for Forster."

Sponsored content

Local people, real relationships: Across Finance opens doors in Forster Tuncurry

The Forster Tuncurry community has a new hub for comprehensive wealth and lending advice with the grand opening of the Across Finance office in the main street of Forster. Designed to help families and business owners get completely *across* their finances, the new local office brings together expert mortgage broking and dedicated financial planning under one roof.

To ensure clients are supported at every stage of life, the new space offers a complete suite of services. The broking team specializes in residential and investment home loans, commercial and SME lending, and asset and vehicle finance. On the wealth side, the financial planning division provides tailored advice on growing your superannuation, planning for retirement, building wealth, and protecting your family with personal insurance.

At the heart of the business is a commitment to the community, driven by a team of long-standing locals. The mortgage broking division is proudly led by Director Joel Cross. Carrying on a strong family legacy in the industry, Joel brings a dynamic, forward-thinking approach to the local lending landscape. He is supported by his father Ian Cross, a seasoned finance veteran that has been the cornerstone of banking and finance in the mid-north coast since 1986. Rounding out the broking experts is Alyse Northey, who brings over 18 years of financial services experience to the table. Having spent over a decade with ANZ before transitioning into broking, Alyse offers deep expertise in credit analysis and residential and investment lending. Together, the broking team is focused on securing the best outcomes for clients and building the authentic, long-term relationships the community deserves.

Complementing the lending team is Across Financial Planning, headed by Director and Principal Financial Adviser Cameron Dunk. Cameron provides personalized, goals-based guidance to help clients make informed financial decisions. He prides himself on cutting through the jargon to deliver clear, plain-English advice, ensuring everyday people understand their strategies and receive genuine value for money. A dedicated community advocate whose family has been in the area for nearly 70 years, Cameron's local roots run deep. Outside the office, he serves as Secretary of the Forster Tuncurry Touch Football Association and Treasurer for the Forster Tuncurry Hawks. Within the business, his approach is completely client-focused, dedicated to building the trusted, long-lasting partnerships that ensure locals feel confident and supported in their financial futures.

Whether securing a family home, financing a business, building wealth, or mapping out a retirement strategy, the team's localized approach ensures you are fully covered.

Get in touch and experience our promise of Local People, Real Relationships.

Address: 57 Wharf Street, Forster
Phone: 02 5591 7885
Website: www.acrossfinance.com.au



The Across Finance team (L-R) Cameron Dunk, Paige Sutton, Alyse Northey, Joel Cross, Tori Wallace and Ian Cross, standing proudly in front of their new Forster Tuncurry office at 57 Wharf Street Forster.

60th reunion for Vietnam Vets at the Palms





Above: (L-R) Visitor John Verhelst (President of HQ1ATF Association) being presented with a gift from local dignitaries Padre Daryll Moran and Derek Hinde. Photos by Geordie Yule.



By John Verhelst – Head Quarters, 1st Australian Task Force, South Vietnam 1966-1972

A 2026 HQ1ATF Association reunion was held at Tiona Holiday Park, 16 – 20 November to remember 60 years since we first marched into Nui Dat in April 1966. This five day event is an important part of the Association's efforts in the healing process which is achieved through the continual networking of members, and also importantly, their partners and carers. With objectives to improve health and well-being and to reduce social isolation, the reunion plays a significant role. There was ample time for members and families to spend time together over the period of the reunion.

The Commemorative Dinner was held on Tuesday 17 November 2026 at the Palms Pavilion at Tiona with members from all across Australia. The dinner was preceded by a Dedication Service on the lawns facing Wallis Lake.

We had some local dignitaries joining us for this event including Frank Brady - Patron of the Forster RSL Sub Branch (two tours of Vietnam, namely 1 Field Squadron RAE and AATTV), Cecil Miller - President of the Forster RSL Sub Branch and Advocate/Military Pensions Officer for Veterans, Padre Daryll Moran - Forster/ Tuncurry RSL Padre, Derek Hinde – President of Great Lakes Vietnam Veterans, Paul Dawson - Secretary of the Great Lakes Vietnam Veterans, Tom Cahill - Bag Piper and Declan Grieve - Trumpeter for our Last Post.

On Wednesday 18 November the group enjoyed a coach tour to the surrounding countryside with lunch at the Farmers Wife Gin Distillery.

An informal farewell dinner was held at the Recky Club on Thursday 19 November.



***Remembrance Day** was held on 11 November 2026 at John Wright Park in Tuncurry by the Forster Tuncurry RSL sub-Branch, supported by the Great Lakes Town Band. Photos by Geordie Yule.*

Summary: Council meeting 18 November



Mid Coast Council continues to improve financial reporting performance

MidCoast Council has continued to improve its performance in meeting financial reporting obligations, completing its audit and lodging its 2025–26 Financial Statements ahead of the statutory deadline for the third consecutive year.

The audited statements were lodged with the Office of Local Government on 27 October. The NSW Audit Office issued unmodified audit opinions, with no material changes required to the draft statements.

Council recorded a consolidated operating surplus of $69.31 million, compared with $39.06 million in 2024–25. Before capital grants and contributions, the operating result was a $15.34 million surplus, improving from a $31.87 million deficit the previous year.

The improved result was largely driven by increased operating grants and contributions, partly offset by higher expenditure associated with recovery works following the May 2025 floods.

Major event sponsorship package Surf Lifesaving NSW Country Champs 2028-29

Council will provide funding of $20,000 to support the Surf Lifesaving NSW Country Championships which are proposed to be held at Cape Hawke in January 2028 & 2029. These events are expected to bring in about 4,000 visitors each year and generate about $5 million in economic benefits for the region.

The sponsorship will be funded through Council's existing major events budget with additional in-kind support through Council's operational resources.

Glyphosate use in Council managed public space

From 1 February 2027 Council will use alternatives to glyphosate in high sensitivity locations including playgrounds, land near schools and child care centres, sporting fields, picnic areas and other recreational spaces.

The chemical will continue to be used where necessary in other areas. The community will have the opportunity to provide feedback on how Council uses pesticides in public spaces in 2027.

NAIDOC funding

Four community events will receive $4000 each in funding to assist with events being held to celebrate NAIDOC Week from 4 to 11 July 2027.

Funding was awarded to the Gloucester Worimi First Peoples Aboriginal Corporation, Tea Gardens Hawkes Nest Aboriginal Reference Group, Tobwabba Aboriginal Corporation Medical Service and Biripi Aboriginal Corporation Medical Centre.

Youth Week funding

Council approved $13,000 in funding to support six community events during NSW Youth Week from 7 to 17 April 2027.

The successful applicants include Tobwabba Aboriginal Corporation Medical Services,



Wingham Amateur Boxing Club, Manning Valley Neighbourhood Service, Homebase Youth Services, Bucketts Way Neighbourhood Group and Tea Gardens Hawks Nest Youth Group.

Community recovery and resilience coordinator program

Following the signing of the funding agreement the Community Recovery and Resilience Coordinator Program is able to begin.

The program will receive $525,150 over two years to support communities recovering from the May 2025 floods. Of the funding $100,000 will be made available to eligible community groups to support recovery resilience and disaster preparedness activities.

The remaining will support a dedicated Program Coordinator, community engagement, recovery initiatives and ongoing support for residents. The coordinator position commenced on 2 November 2026 with all funded activities and community grants to be completed by 30 June 2028.

November 2026 flood recovery transport update

The estimated cost of the damage from the May 2025 floods has risen to $352 million an increase of $9 million since October.

Council has submitted 80 major reconstruction submissions with the NSW Reconstruction Authority with only six packages receiving full approval and 13 received preliminary approval.

Funding approvals remain the biggest challenge with delays and requests for additional evidence affecting Council's ability to begin permanent construction.

Progress continues on the Bight and Tiri Bridge replacements with tenders underway for both projects.

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

The next Council meeting is on 16 December.

Ongoing work for Lakes Way in Forster



MidCoast Council

Council awarded road works between Cape Hawke Drive and Tahiti Avenue on The Lakes Way, Forster to Ditchfield Contracting.

It includes the rehabilitation and reconstruction of about 550 metres of The Lakes Way. New stormwater, subsurface drainage, kerb and guttering, pavements are also being installed.

The project began at the end of October to improve safety, functionality and efficiency for road users.

The works will be staged to minimise disruption to motorists.

Stage one will see the new stormwater, sub soil drainage, kerb and guttering and pavement constructed and is planned for completion around mid December.

Work will then be paused over the Christmas and New Years period before work gets back underway in the new year to avoid traffic impacts during the peak holiday period.

More information on the following stages will be provided closer to the start dates.

Motorists are asked to take extra caution in the area and obey traffic signs. During the construction, there may be slow moving traffic, road and lane closures and contra flow managed by traffic lights.

For more information head to Council's Road Hub.



"It'll never work. Who wants to hang around and talk about books all afternoon!"



The panellists (L-R) Chris Jones, Helen Kemp and Jenny Lindsay.



By Steve Nicols - Big Book Afternoon

Who'd have thought that ten years later the Big Book Arvo (BBA) would still be happening. Well it is - and going strongly. Recently, over one hundred bibliophiles gathered at Club Forster, drawn by the prospect of delving deeply into three great novels - Demon Copperhead (Barbara Kingsolver), James (Percival Everett) and Hamnet (Mary O'Callaghan).

The panellists had done their homework; the panel convenors were primed; and the audience, drawn locally as well as from Wingham, Gloucester, Taree, and Sydney, was eagerly anticipating an afternoon of vibrant discussion while travelling through Shakespeare's plague-ridden England, through the rugged hills of Virginia, and down the Mississippi River.

And thus it was. Punctuated by a sumptuous celebratory afternoon tea, the BBA enthusiasts spent 45 minutes delving into each of these masterpieces of literature, each Reimagining an aspect of a literary forerunner. The discussions were lively and insightful, the audience participation enthusiastic (ultimately!), and the verdict was ...another wonderful time together sharing thoughts and insights on themes, characters, literary styles and issues. There was debate, agreement and disagreement, all in the spirit of cultural harmony. And it was great fun.

The added bonus, of course, was that all funds raised were donated to the Great Lakes Education Fund (GLEF) to go towards grants to support struggling local young folk access higher education and training - a great cause. And where else can you go and get three hours of great entertainment and a great afternoon tea for $20!

The afternoon's enjoyment would not have been possible without the generosity of



Above: Steve Nichols cutting the 10th anniversary cake for Big Book Afternoon. Photos supplied.

Club Forster and the support of Midcoast Library Services, Pacific Palms and Pacific Coast Property Network, Brush Turkey Book Shop, The Wharf restaurant, Spice Monkey restaurant, Si Señorita restaurant, Side B cafe and Penguin Random House Publishers.

Two major roundabout projects for Boomerang Drive

MidCoast Council

Major road works on Boomerang Drive will soon get underway, improving road conditions, pedestrian safety and supporting future growth in the Blueys Beach area.

Rehabilitation works on Boomerang Drive between The Lakes Way and Reef Circuit are expected to start in late November.

Works will include the construction of a new roundabout at the entrance to the Ingenia development, reconstruction of the existing road pavement, kerb and drainage improvements, and a new shared pedestrian pathway.

The project is being jointly delivered by MidCoast Council and two property developers to improve efficiency, streamline construction and achieve a better overall outcome for the community.

The work will improve the condition and safety of Boomerang Drive, improve drainage and provide better pedestrian connections for residents and visitors.

This project is expected to be completed by September 2027, weather permitting.

At the same time, developer-funded works are underway on a new roundabout on Boomerang Drive, opposite the Blueys Beach Village shopping precinct.

These works will be delivered in six stages and are expected to be completed by March 2027, weather permitting.

With both projects taking place along Boomerang Drive, motorists can expect changed traffic conditions over the coming months.

One traffic lane will generally remain open during works, with traffic control used to



manage traffic. Where possible, temporary detours will also be used to help maintain traffic flow.

Two-way traffic will be restored along Boomerang Drive during the busy Christmas/New Year and Easter holiday periods to help minimise impacts on the community and visitors.

Motorists are asked to allow extra travel time, follow traffic control directions and take care when travelling through the work areas.



Mayor's December Column

There are only a few weeks remaining for people living, working or owning property around Wallis Lake and the Wallamba River to share their experiences of flooding.

Council is updating the existing flood studies and flood risk management plans and bringing them together into one consolidated study and plan.

We want to hear where floodwater reached, how deep it was and how it affected homes, businesses, roads and public spaces. Photos, videos and other records can also provide valuable information.

This local knowledge will be combined with technical data to help Council better manage flood risk, consider future mitigation works, inform planning decisions and assist emergency services.

If you have information about the May 2025, July 2022 or March 2021 floods, or any earlier event, I encourage you to complete the short survey on Council's Have Your Say website before Sunday 13 December.

With the Christmas holidays approaching, it is also a good time to check the MidCoast Roads Hub before travelling.

The hub provides information about major road and bridge projects across the region, including work planned over the coming weeks. Its interactive map is updated monthly, while the fortnightly schedule shows where crews are undertaking grading, pothole repairs, roadside vegetation management and other roadworks.

More people will be travelling across our road network during the holidays, so please plan ahead, allow extra time and follow traffic controls. Check Live Traffic NSW for current road closures and conditions before setting out.

The holiday period is a wonderful opportunity to explore our own backyard, visit our beaches, waterways and national parks, support local shops and cafés, or attend one of the many community events taking place across the region.



Above: Mayor Alan Tickle.

There will also be several opportunities to welcome 2027 with fireworks.

In Taree, food stalls will open from 5pm, music will begin at 6pm and the fireworks display will take place at 9pm. Forster–Tuncurry will hold its New Year's Eve display at 9pm, while Gloucester's celebration will run from 5pm to 10pm, with fireworks at 9.30pm. Hallidays Point Lions are providing the fireworks there and other communities throughout the MidCoast may also be conducting similar celebrations.

Harrington will continue the festivities with its popular fireworks display on John Gollan Day on 1 January.

Please check the Barrington Coast website for the latest event details, travel safely and enjoy everything our region has to offer.

Thank you to everyone who has contributed to our community throughout 2026.

This is my final column for 2026. On behalf of my fellow Councillors and Council staff, I would like to wish everyone across the MidCoast every good wish for the Christmas period, good health and a safe and very happy 2027.

AusAlert is now operational - nation wide

NSW Incident Alerts

Australia's new national emergency warning system, AusAlert, is operational.

This Higher Risk Weather Season, you may receive an AusAlert from a state or territory emergency services organisation, or the Australian Government, during a disaster or emergency.

If you receive an AusAlert, your phone may vibrate and play a loud, siren-like sound for around 10 seconds.

If this happens:

- Read the message when it's safe to do so
- Follow the instructions in the message
- Let family and people nearby know

Keep monitoring local emergency information, including radio, TV, emergency apps and websites.

AusAlert will operate alongside the existing SMS-based Emergency Alert system, and some states and territories may use both this season.

Whichever warning you receive, always follow the instructions provided.

AusAlert is just one way to stay informed during an emergency.



Don't wait for a warning before taking action. Prepare yourself and your property, know where to find trusted information and have an emergency plan ready.

Join our Display Homes Grand Opening event.

Be among the first to step inside the brand new display homes at Thyme Lifestyle Resort Forster, a welcoming over-50s lifestyle community.

Tour the beautifully designed homes, explore the growing community and enjoy live music, food and refreshments. Discover the Thyme Advantage and learn more about the benefits of land lease living.

Friday 4th December 2026

SESSION ONE 10:00am
SESSION TWO 12:00pm

Thyme Lifestyle Resort Forster
240 The Southern Parkway, Forster

SCAN QR TO REGISTER

BOOKINGS ARE ESSENTIAL, PLACES ARE LIMITED.
1300 028 557 | forster@thyme.com.au
forster.thyme.com.au



GRAND OPENING EVENT 4TH DEC



FDPC October Results

By Keith Pascoe – Forster Digital Photography Club

For the month of October, we had two Set Subjects 'Food' and 'Nature'. For the Food section members entered 32 images and for the Nature section there was 44 entries.

Our congratulations to Keith Pascoe who claimed the Judges Choice award for Food with his image "Finishing Touches".



Above: 'Lara Wetlands Brolga' by Malcolm Walker.

For the Nature competition the Judges Choice award went to Malcolm Walker for his fantastic image "Lara Wetlands Brolga"



Our congratulations to both members.

The following are the results for both competitions.

Food

Merits: Finishing Touches by Keith Pascoe (also Judges Choice) Festival Biscuit Stall by Lyn Wilson, Apple a Day by Yvonne Moule, Lunch by Dale Rabbett

Credit: Hi Santa and Halloween Snack by Robyn Pascoe, Old Kitchen Table by Yvonne Moule, Strawberries by Janice Amato

Nature

Merits: Lara Wetlands Brogla by Malcolm Walker (also Judges Choice) Dragon's Wings by Grahame Wilson, Red Browed Finch by Marguerite Lamb, Togetherness by Robyn Pascoe, Watching You by Dale Rabbett

Credits: Nankeen Night Heron at Risk by Malcolm Walker, Borneo Venomous Pit Viper by Dale Rabbett, Crunchy by Yvonne Moule, Blue Tiger Butterfly by Wanda Amos

Left: 'Finishing Touches' by Keith Pascoe (using fast shutter speeds and the right type of icing sugar).

Council endorses Urban Release Areas Report

MidCoast Council

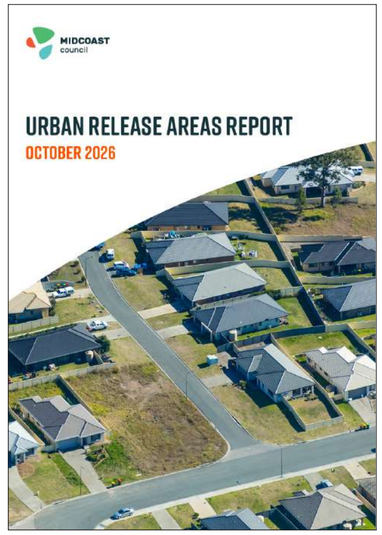
MidCoast Councillors endorsed the MidCoast Urban Release Areas Report 2026 this week, following community consultation from May to July.

The reviewed MidCoast Urban Release Areas Report 2026 updates the original 2021 report. Urban release areas are sites that have been identified for future urban development. The report supports the orderly release of land in appropriate locations, with suitable infrastructure to meet demand.

Executive Manager Sustainable Development, Rachel Pleasant explained that the review was undertaken to reflect technical studies undertaken at Hallidays Point that addressed traffic, bushfire and biodiversity issues in a location that has been subject to high growth. It was also an opportunity to update the constraint mapping for all MidCoast urban release areas.

"The revised Report lists current urban release areas across the MidCoast and better aligns with the Hunter Regional Plan 2041," said Ms Pleasant.

It is important to note that there is sufficient land to cater for the growth of the MidCoast over the next 20 years, given the future development of major growth areas at Brimbin and North Tuncurry which will provide an estimated 10,000 dwellings, as well as the current urban release areas which will provide an estimated 4,300 dwellings.



To view the full report, see: https://haveyoursay.midcoast.nsw.gov.au/review-midcoast-urban-release-areas-report?utm_medium=email&utm_source=govdelivery

ALISON PENFOLD MP
FEDERAL MEMBER for Lyne
Upcoming
MOBILE OFFICE
A simple and convenient way for you to speak with me or my team, ask questions or get help with Federal Government services. No appointment needed.
Tuncurry Marine Rescue Market
Saturday 28th November
8:00 AM - 1:00 PM
John Wright Park, 12-14 Manning Street
WAUCHOPE OFFICE
02 6586 4462 43 Hastings Street, (POBox 244), Wauchope NSW 2446
TAREE OFFICE
02 6557 8910 144 Victoria Street, Taree NSW 2430
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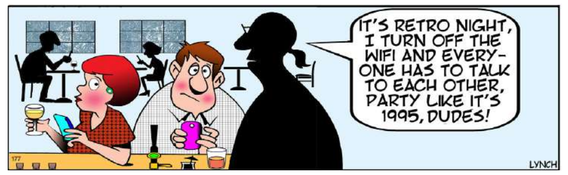
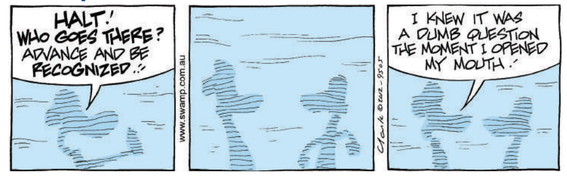
The Grin Bin



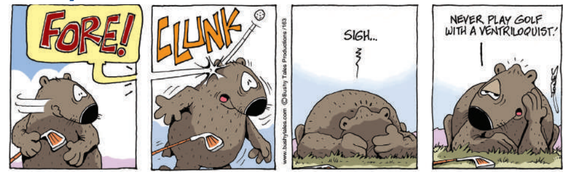
Swamp



Doodley Squat



Bushy Tales



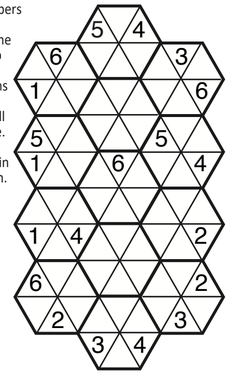
Sudoku

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

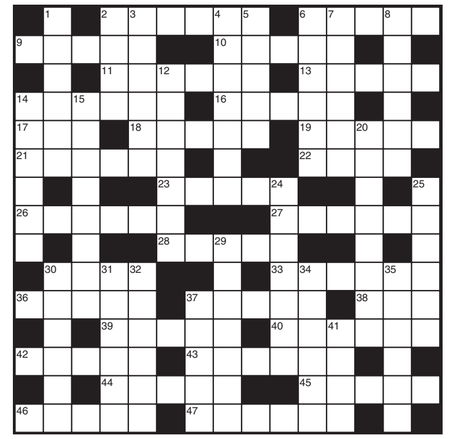
	3	7		1		6		
	4				3			7
			5					
	8			6			1	
7				4				
1			7	3				9
							9	
		6	4					5
3	2			7				

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
2 Buy back
6 Social event
9 Marine growth
10 Famous
11 Headwear
13 Keen-edged
14 Go back
16 Misrepresent
17 Employ
18 Before due time
19 Verdant
21 Emphasise
22 Cosy retreat
23 Fertile spot
26 Innate
27 Long angry speech
28 Undressed kid
30 Pastry item
33 Papal ambassador
36 Sovereign
37 Chimes
38 Clamour
39 Overalls material
40 Wait on
42 Watery part of blood
43 Closer
44 Gathering of witches
45 Keen to do
46 Imply
47 Tempestuous

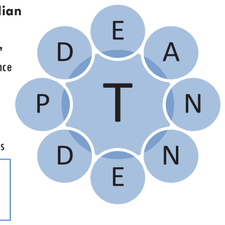
DOWN
1 Upright
2 Scold
3 Escapes artfully
4 Makes possible
5 Cash
6 Pattern
7 Stick
8 Floor covering
12 Grounds for belief
14 Bucolic
15 Of the brain
20 Wild prank
24 Starry
25 Protect
29 Component
30 Soup dish
31 Lower in price
32 Vibration
34 High regard
35 Dry inflammable matter
37 Trees
41 Salver

Focus

An All Australian Word Game

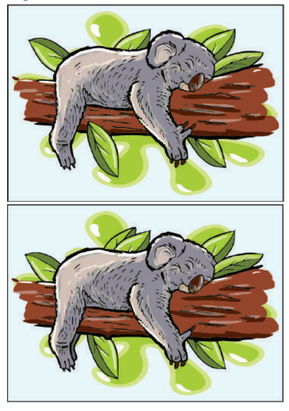
* Each word must contain the centre **'Focus'** letter and each letter may be used only once
* Each word must be four letters or more
* Find at least one nine letter word
* No swear words
* No verb forms or plurals ending in 's'
* No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 11 words Very good: 19 words Excellent: 32 words



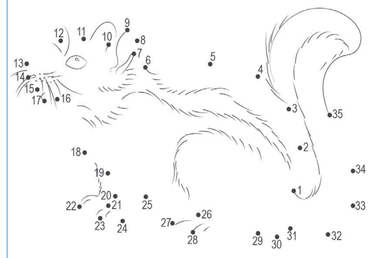
Reference: Macquarie Concise Dictionary
Focus No. 4004

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.

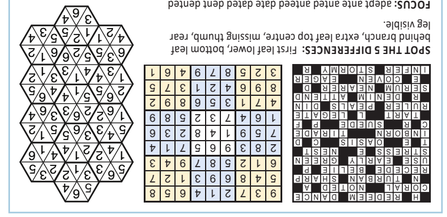


Solutions

Puzzles and pagination supplied by Auspac Media

FOCUS: adept ante anted anteed date dated dent dented DEPENDANT eaten etna neat neaten pant panted pate peat pedant pedate pendant pendent pennate pent pentad pentane tanned tape taped teed teen tend tended

SPOT THE 5 DIFFERENCES: First leaf lower, bottom leaf behind branch, extra leaf top centre, missing thumb, rear leg visible.



YOUR FORTNIGHTLY TV GUIDE November 25 – December 1

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	**6.00** Morning Programs. **3.00** Murdoch Mysteries. **3.45** The Piano. **4.45** Long Lost Family. **5.25** 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. **10.20** Planet America. **10.50** News. **11.05** The Business. **11.25** Shakedown. **12.10** Murdoch Mysteries. **12.55** Long Lost Family. **1.40** Parliament. **2.40** 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** Michael Palin In Venezuela. **8.30** Roland Garros: Between The Lines. **9.20** The Lowdown. **10.25** SBS News. **10.55** The Corsican Line. **11.55** Pagan Peak. **3.50** James May: Our Man In Italy. **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** The 1% Club UK. (PG) **8.30 The Front Bar.** (M) **9.30 Jimeoin: Result.** (M) **10.55** Chicago Fire. (M) **12.00** Riviera. (M) **1.00** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** 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** Taronga: Who's Who In The Zoo. (PG) **8.30** Budget Battlers. (PG) **9.40** Love Island Australia. (MA15+) **10.55** News Late. **11.25** Croc Country. (PG) **12.15** Tipping Point. **1.05** Drive TV. **1.30** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Today Early News. **5.30** Today.	**6.00** Morning Programs. **7.30** Farm To Fork: Pick Of The Crop. **8.00** Lingo. **9.00** The Finish Line. **10.00** GCBC. **10.30** Ent. Tonight. **10.50** Big Brother Australia. **12.00** Farm To Fork: Pick Of The Crop. **12.30** Millionaire Hot Seat. **1.00** News. **2.00** Deal Or No Deal. **2.30** The Finish Line. **3.30** Lingo. **4.30** Bold. **5.00** News. **6.30** Deal Or No Deal. **7.00** Millionaire Hot Seat. **7.30** Big Brother Australia. **8.40** The Great Aussie Christmas. **9.40** News. **10.40** Two And A Half Men. **12.00** Shopping.
THURSDAY	**6.00** Morning Programs. **2.00** Parliament. **3.00** Frankie Drake. **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** Grand Designs NZ. **8.45** Kevin McCloud's Classic Car Road Trips. **9.35** Shakedown. **10.20** Rural Flavours. **10.35** News. **10.50** The Business. **11.05** Saint-Pierre. **11.50** Frankie Drake. **12.35** Long Lost Family. **1.25** Parliament. **2.25** 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. **7.35** JFK: One Day In America. **8.25** Aerial Australia. **9.15** Dying For Sex. **10.25** SBS News. **10.55** Faithless. **11.50** Babylon Berlin. **2.35** Concorde: The Race For Supersonic. **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** Christmas House Wars. **1.00** Time Is Money. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** 7News @ 6:30. **7.00** Home And Away. (PG) **8.30 Glenn And Mick's Celebrity Intervention.** (PG) **9.40 Christmas House Wars.** (PG) **10.40** Renters. (M) **11.10** To Be Advised. **1.00** Vampire Academy. (MA15+) **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Morning Programs. **11.30** 9News Morning. **12.00** Budget Battlers. **1.00** Find My Country House Australia. **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** Great Getaways. **8.30** Paramedics. **9.30** Love Island Australia. **11.00** 9News Late. **11.30** Pretty Hard Cases. **12.20** Tipping Point. **1.10** Hello SA. **1.30** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Today Early News. **5.30** Today.	**6.00** Morning Programs. **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** Shakedown. **2.35** You Can't Ask That. **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** Gardening Aust. **8.20** Saint-Pierre. (PG) **9.05** Separated At Birth. (PG) **9.30** Austin. (PG) **10.00** Recipe Of The Year. **10.50** News. **11.05** Murdoch Mysteries. **11.50** triple j Live At The Wireless. **1.00** Rage New Music. **5.00** Rage.	**6.00** Morning Programs. **2.00** Bridging The Justice Divide. **3.00** Nula. **3.30** Going Places. **4.00** The Cook Up. **4.30** Jeopardy! **4.55** Letters And Numbers. **5.25** Mastermind Aust. **6.30** News. **7.30** Hotel Portofino. **8.30** Royal Railway Journeys. **9.30** A Royal Guide To Wales. **10.25** SBS News. **10.55** Helsinki Syndrome. **11.55** Darkness: Those Who Kill. **1.45** Wisting. **3.30** James May: Our Man In Italy. **4.30** Bamay. **5.00** NHK World English News Morning. **5.30** ANC Philippines The World Tonight.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** MOVIE: Rule Of 3. (2019) **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** The Chase Aust. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** News. **7.00** Better Homes. **7.30** Football. AFL Women's Grand Final. **9.30** AFL Women's Grand Final Post-Game. **10.30** MOVIE: Live Free Or Die Hard. (2007) (M) **1.10** GetOn Extra. **1.40** Jamestown. (MA15+) **3.00** Shopping. **4.00** Million Dollar Minute. **5.00** NBC Today.	**6.00** Today. **9.00** Today Extra. **11.30** 9News Morning. **12.00** Sullivan's Crossing. **2.00** Pointless. **3.00** Tipping Point. **4.00** 9News Afternoon. **4.30** Tipping Point Australia. **5.30** NBN News. **6.00** 9News. **7.00** A Current Affair. **7.30** For The Love Of Pets. (PG) **8.30 MOVIE: Avengers: Age Of Ultron.** (2015) (M) Robert Downey Jr. **11.15** See No Evil. (M) **12.05** 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. **12.00** Shopping.
SATURDAY	**6.00** Rage Charts. **7.00** Wknd Brekky. **9.00** Rage. **10.30** Rage Vault Guest Programmer. **12.00** News. **12.30** Return To Paradise. **1.30** Saint-Pierre. **2.15** SSO: Stravinsky's The Firebird. **4.05** The Making Of David Attenborough's Conquest Of The Skies. **5.00** I Was Actually There. **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. (M) **10.45** After The Party. (M) **11.30** Rage. (MA15+)	**6.00** Morning Programs. **2.00** Sailing. Sail GP. Dubai. H'lights. **3.00** Soccer. Aust C'ship. Third quarter-final. **5.00** Going Places. **5.30** Ukraine: Holocaust Ground Zero. **6.30** News. **7.30** Inside Legoland At Christmas. **8.25** Alpine Train At Christmas. **9.20** Secrets Of The Royal Palaces. **10.15** Putin's Stolen Children. **11.50** The Good Ship Murder. **3.20** James May: Our Man In Italy. **4.20** Bamay. **5.00** NHK World English News Morning. **5.15** Euronews. **5.30** ANC Philippines The World Tonight.	**6.00** Morning Programs. **12.00** Surf Patrol. **12.30** Border Security: Int. **1.00** Motor Racing. Supercars C'ship. Adelaide 500. Qualifying and support races. **3.00** Motor Racing. Supercars C'ship. Adelaide 500. Pre-race and race. **6.00** News. **7.00** Norwegian Cruise Line Special. **7.30** MOVIE: Jumanji: Welcome To The Jungle. (2017) **10.00** MOVIE: Robin Hood: Prince Of Thieves. (1991) **1.00** Motor Racing. Supercars C'ship. Adelaide Grand Final. H'lights. **2.00** Shopping. **4.00** It's Academic. **5.00** Million Dollar Minute.	**6.00** Getaway. **6.30** ACA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. **12.00** Golf. PGA Tour of Australasia. Aust Open. Final Round. **5.00** News Saturday. **7.00** A Current Affair. **7.30** MOVIE: The Sound Of Music. (1965) (G) **11.00** Dirty John. (MA15+) **11.50** Great Getaways. (PG) **12.40** Australia's Top Ten Of Everything. (PG) **1.30** Garden Gurus. **2.00** The Incredible Journey. (PG) **2.30** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Helping Hands. (PG)	**6.00** Morning Programs. **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** Deal Or No Deal. **7.00** Matildas Pre-Game. **7.45** Soccer. Women's International Friendly Series. Aust v Colombia. **10.15** Love It Or List It: Brilliant Builds. **11.15** Healthy, Wealthy & Wise. **12.15** Two And A Half Men. **1.00** Shopping. **5.00** Hour Of Power.
SUNDAY	**6.00** Morning Programs. **1.30** Gardening Aust. **2.15** Recipe Of The Year. **3.10** A Bite To Eat. **3.35** The Great Food Con. **4.25** Kevin McCloud's Classic Car Road Trips. **5.15** Grand Designs NZ. **6.00** Antiques Roadshow. **7.00** News. **7.30** Choir Of Hard Knocks: A New Chorus. **8.20** Shakedown. **9.10** Return To Paradise. **10.10** Midsomer Murders. **11.40** Home Delivery. **12.40** Rage. **2.00** Dr Karl's How Things Work. **2.30** After The Party. **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 4. H'lights. **5.30** War Miners: The Covert Mission Beneath Arras. **6.30** News. **7.30** Pearl Harbor: Battle In The Pacific. **8.30** The Great Stink Of 1858. **10.15** Ancient Superstructures. **11.20** MOVIE: The Prestige. (2006) **1.40** A Cold War Of Spies. **3.30** James May: Our Man In Italy. **4.30** Bamay. **5.00** NHK World English News Morning. **5.15** Euronews. **5.30** PBS News Horizons.	**6.00** Morning Programs. **1.00** Motor Racing. Supercars C'ship. Adelaide 500. Qualifying and support races. **3.00** Motor Racing. Supercars C'ship. Adelaide 500. Pre-race and race. **6.00** News. **7.00** My Kitchen Rules. **8.40** 7NEWS Spotlight. **9.40** The Speedboat Killer. **10.40** Crime Investigation Australia. **12.00** Motor Racing. Supercars C'ship. Adelaide Grand Final. H'lights. **1.00** Lure Genius. **2.00** Shopping. **3.30** Million Dollar Minute. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Hello SA. **6.30** ACA. **7.00** Weekend Today. **10.00** Cross Court. **10.30** Fishing Aust. **11.00** GolfBarons. **11.30** Drive TV. **12.00** Golf. PGA Tour of Australasia. Aust PGA C'ship. **5.00** News. **5.30** RBT. **6.00** 9News Sunday. **7.00** 60 Minutes. **8.00 Disaster: The 6.09 To Sydney.** (PG) **9.00 A Remarkable Place To Die.** (M) **11.00** Clarice. (M) **11.50** The Mendez Murders: Erik Tells All. (MA15+) **12.40** GolfBarons. (PG) **1.05** Drive TV. **1.30** TV Shop. **4.00** Skippy. **4.30** Destination WA. **5.00** Today Early News. **5.30** Today.	**6.00** Morning Programs. **10.30** Food Trail: South Africa. **11.00** Millionaire Hot Seat. **11.30** Deal Or No Deal. **12.00** Country House Facelift. **12.30** The Great Aussie Christmas. **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. **8.30** 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. **4.45** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** I Was Actually There. **8.30** 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. **11.55** Long Lost Family. **12.40** 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. **12.30** France 24. **1.00** PBS News Compass Points. **1.30** Al Jazeera News Second Edition. **2.05** Flying Hands. **3.05** Agatha's Story. **4.05** Birdsong. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** MOVIE: WHAM! 10 Days In China. (2026) **9.10** ABBA And The Secrets Of Swedish Pop. **10.30** SBS News. **11.00** La Storia. **12.05** The Silence. **3.05** James May: Our Man In Italy. **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) **9.15 The Hunting Party.** (MA15+) **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 Summer. **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) **8.40 Love Island Australia.** (MA15+) **10.20** Destination X. (PG) **11.35** NBL: Overtime. (PG) **12.30** 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. **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. **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. **1.55** Back Roads. **2.25** Take 5. **3.00** Murdoch Mysteries. **3.45** Restoration Aust. **4.45** 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. **1.25** 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. **10.10** Changing Track. **12.00** BBC News At Ten. **12.30** France 24. **1.00** PBS News. **2.25** Wonder Out Of Chaos. **4.05** The Cook Up. **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** The Hunt For The Last Nazis. **10.05** Rock Legends. **10.35** SBS News. **11.05** Cold Summer. **12.10** Estonia. **3.35** James May: Our Man In Italy. **4.30** Bamay. **5.00** NHK World English News Morning. **5.30** ANC Philippines The World Tonight.	**6.00** Sunrise. **9.00** The Morning Show. **12.00** 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 70 Years Of 7.** (PG) **11.15** The Amazing Race. (PG) **12.45** It's Always Sunny In Philadelphia. (MA15+) **1.15** The Path. (MA15+) **2.30** 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** TBA. **8.30** Jamie Durie's Future House. **9.35** Love Island Australia. **10.50** The Summer I Turned Pretty. **11.40** The Assassination Of Gianni Versace: American Crime Story. **12.40** 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. **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. **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** Ghosts. (PG) **9.40** News. **10.40** Devotion: Obedience Or Betrayal. **11.40** Two And A Half Men. **1.00** Shopping.

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December 2 – 8

	ABC TV	SBS	SEVEN	NBN	TEN
WEDNESDAY	**6.00** Morning Programs. **3.00** Murdoch Mysteries. **3.45** Restoration Aust. **4.40** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Hard Quiz. **8.30** Separated At Birth. **9.00** Austin. **9.30** Celebrity Escape. **10.15** Planet America. **10.50** News. **11.05** The Business. **11.20** Shakedown. **12.10** Murdoch Mysteries. **12.55** Long Lost Family. **1.45** 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. **9.35** Postcards From... **10.35** Beyond The Break. **12.00** BBC News At Ten. **12.30** France 24. **1.00** PBS News. **2.05** Wheel Around The World: Taiwan. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.35** Michael Palin In Venezuela. **8.30** Roland Garros: Between The Lines. **9.25** The Lowdown. **10.20** SBS News. **10.50** The Corsican Line. **11.50** Pagan Peak. **4.00** Infected Earth. **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** News. **7.00** Home And Away. (PG) **7.30** The 1% Club UK. (PG) **8.30 The Front Bar.** (M) **9.30** The Agenda Setters: Cricket. **10.30** Chicago Fire. (M) **11.30** Renters. (PG) **12.00** Riviera. (M) **1.00** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra Summer. **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** Taronga: Who's Who In The Zoo. (PG) **8.30** Budget Battlers. **9.40** Love Island Australia. (M) **10.55** Croc Country. (PG) **11.45** Sight Unseen. **12.35** Tipping Point. **1.30** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Skippy. **4.30** ACA. **5.00** Today Early News. **5.30** Today.	**6.00** Ent. Tonight. **6.30** Bold. **7.00** Deal Or No Deal. **7.30** Farm To Fork. **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. **12.30** Millionaire Hot Seat. **1.00** News. **2.00** Deal Or No Deal. **2.30** The Finish Line. **3.30** Lingo. **4.30** Bold. **5.00** News. **6.30** Deal Or No Deal. **7.00** Millionaire Hot Seat. **7.30** Big Brother Australia. **8.40** The Great Aussie Christmas. **9.40** News. **10.40** Two And A Half Men. (M) **12.00** Shopping.
THURSDAY	**6.00** Morning Programs. **12.00** News. **1.00** Ages Of Ice. **2.00** Back Roads. **2.30** Take 5. **3.00** Frankie Drake. **3.45** Restoration Aust. **4.40** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** 7.30. **8.00** Grand Designs NZ. **8.45** Kevin McCloud's Classic Car Road Trips. **9.30** Shakedown. **10.35** News. **10.50** The Business. **11.05** Saint-Pierre. **11.55** Frankie Drake. **12.40** Long Lost Family. **1.25** 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. **2.15** Believe You Can & You Are Halfway There. **3.30** The Cook Up. **4.00** Focus On Ability Film Festival 2026. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.35** Eiffel Tower: Life Behind The Scenes. **8.30** Aerial Australia. **9.20** Dying For Sex. **10.25** SBS News. **10.55** Faithless. **11.55** Babylon Berlin. **1.00** Vampire Academy. Aust Empires. **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** Christmas House Wars. **1.00** Time Is Money. **2.00** Bridge Of Lies. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** 7News Local. **6.30** 7News @ 6:30. **7.00** Home And Away. (PG) **7.30 Home And Away.** **8.30 MOVIE: Love Actually.** (2003) (M) Hugh Grant, Colin Firth. **11.15** To Be Advised. **1.00** Vampire Academy. (MA15+) **2.00** Shopping. **4.00** NBC Today. **5.00** Sunrise Early News. **5.30** Sunrise.	**6.00** Today. **9.00** Today Extra Summer. **11.30** 9News Morning. **12.00** Golf. PGA Tour of Australasia. Aust Open. **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** Great Getaways. (PG) **8.30** Paramedics. (M) **9.30** Love Island Australia. (M) **10.50** Pretty Hard Cases. (M) **11.45** Tipping Point. **12.35** Pointless. **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. **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. **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 Australia. **9.50** 10's Late News. **10.50** Two And A Half Men. (M) **12.00** Shopping.
FRIDAY	**6.00** News Breakfast. **9.00** News. **10.00** Gruen. **11.15** Grand Designs NZ. **12.00** News. **1.00** Choir Of Hard Knocks: A New Chorus. **1.50** Shakedown. **2.40** You Can't Ask That. **3.00** Murdoch Mysteries. **3.45** Restoration Aust. **4.45** Long Lost Family. **5.30** Antiques Roadshow. **6.30** Hard Quiz. **7.00** News. **7.30** Murder In Provence. **9.00** Saint-Pierre. (M) **9.45** Separated At Birth. **10.15** Choir Of Hard Knocks: A New Chorus. **11.05** News. **11.20** Austin. **11.50** triple j Live At The Wireless. **1.35** Rage New Music. **5.00** Rage.	**6.00** Morning Programs. **2.10** MOVIE: When Love Is In Your Eyes. (2024) **3.00** Nula. **3.30** Larapinta: End To End. **4.35** The Cook Up. **5.05** Jeopardy! **5.30** Letters And Numbers. **6.00** Mastermind Aust. **6.30** News. **7.30** Hotel Portofino. **8.35** Royal Railway Journeys. **9.30** A Royal Guide To Christmas. **10.30** SBS News. **11.00** Helsinki Syndrome. **12.00** The Negotiator. **1.45** Wisting. **3.25** Ancient Empires. **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. Los Angeles Rams v Kansas City Chiefs. **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: A Good Day To Die Hard.** (2013) (M) Bruce Willis, Jai Courtney. A cop heads to Russia to rescue his son. **10.30** To be Advised. **12.15** Jamestown. (MA15+) **1.15** Harry's Practice. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** NBC Today.	**6.00** Today. **9.00** Today Extra Summer. **11.30** 9News Morning. **12.00** Golf. PGA Tour of Australasia. Aust Open. **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: Avengers: Infinity War.** (2018) (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. **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. **12.30** Millionaire Hot Seat. **1.00** News. **2.00** Deal Or No Deal. **2.30** The Finish Line. **3.30** Lingo. **4.30** Bold. **5.00** News. **6.30** Deal Or No Deal. **7.00** Millionaire Hot Seat. (PG) **7.30** Big Brother Australia. **8.40** Selling Houses Australia. **9.50** 10's Late News. **10.50** Two And A Half Men. (M) **12.00** Shopping.
SATURDAY	**6.00** Rage Charts. **7.00** Wknd Brekky. **9.00** Rage. **10.30** Rage Vault Guest Programmer. **12.00** News. **12.30** Return To Paradise. **1.25** Saint-Pierre. **2.00** TSO: Beethoven's First. **3.40** Take 5. **4.10** Choir Of Hard Knocks: A New Chorus. **5.00** I Was Actually There. **5.30** Landline. **6.00** Kath & Kim. (PG) **6.30** Hard Quiz. (PG) **7.00** News. **7.30** Return To Paradise. (PG) **8.30 Dirty Business.** (M) **9.20** Vera, Farewell Pet. (PG) **10.10** Darby And Joan. (PG) **10.55** After The Party. (MA15+) **11.45** Rage. (MA15+)	**6.00** Morning Programs. **2.00** Sailing. Sail Grand Prix. H'lights. **3.00** Soccer. Aust C'ship. Second semi-final. **5.00** Going Places. **5.30** Codename Lucy: Spies Against Nazis. **6.30** News. **7.30** Nordic Train At Christmas. **8.25** Inside Baileys At Christmas. **9.20** Secrets Of The Royal Palaces. **10.15** Australia: An Unofficial History. **11.20** The Good Ship Murder. **2.50** Ancient Empires. **5.00** NHK World English News Morning. **5.15** Euronews. **5.30** ANC Philippines The World Tonight.	**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. **12.00** Horse Racing. Rosehill Gardens Raceday. Ballarat Cup. Country Finals Day. **5.00** News. **5.30** Border Security. **6.00** Seven News. **7.00** Cricket. WBBL. The Final. **10.30** Women's Big Bash League Final Post-Game And Presentation. Coverage of the WBBL Final post-game. **11.00** MOVIE: Miami Vice. (2006) (MA15+) **1.40** Jamestown. (MA15+) **3.00** Shopping. **4.00** It's Academic. **5.00** Million Dollar Minute.	**6.00** Our State On A Plate. **6.30** ACA. **7.00** Weekend Today. **10.00** Today Extra Summer. **12.00** Golf. PGA T

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

Open until 13 Dec - Driving Home for Christmas Art Exhibition 10am to 4pm Fri, Sat & Sun at Forster Gallery 34 Lake Street, Forster.

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

Fri 4 Dec - Disability Concert Showcase
6pm at Club Forster. Free event, bookings essential **(see article opposite page)**

Sat 5 Dec - Christmas Spirit Festival
Live music and performances 3-8:30pm at John Wright Park, Tuncurry. Bring chair or rug.
(See advert opposite page)

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

Mon 14 Dec - Community Carols
Great Lakes Band and school choirs
6-8:45pm Harry Elliot Oval, Tuncurry
Bring chair or rug **(See advert on this page)**

TUNCURRY MARKETS
John Wright Park
Saturday 28th November
8am - 1pm
Bookings Essential
Enquiries
0417 400 994

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FORSTER-TUNCURRY

FORSTER TUNCURRY LIONS CLUB
Annual Christmas Trailer Raffle
18 November - 17 December



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•2nd Prize: Smart TV
•3rd Prize: $150



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Are you grieving, suffering hardship or lonely?
Blue Christmas provides an opportunity to lean on God's love, trusting that His grace will guide us toward healing.
Feel free to join us on Sunday 29th November at 2pm for a special service of reflection and prayer.
Afternoon tea to follow!
Anglican Church Forster-Tuncurry & Nabiac
St Albans Anglican Church - 4 St Alban's Place, Forster.

'Community Carols'



Mark Davies - Rotary Club of Lower MidCoast

The Rotary Club of Lower Midcoast (RCLMC) will celebrate our 51st Local Rotary Community Carols this year. Led by the exceptional Compere Lyn Lelean, the Great Lakes Band and local school choirs the family friendly carols are a highlight of the year for hundreds of people in the local community.

This year there will be additional food van options as well as our Rotary BBQ, electronic candles and song sheets will also be available for purchase.

In 2025 the RCLMC assisted including through raising Funds distributed via Rotary Australia World Community Service (RAWCS) to the Taree Flood victims. In 2026 we are assisting Flood Victims in Nepal through donations and supplying medical equipment that was shipped to Dhulikhel Hospital in Nepal.

Locally we help families in a very difficult times through our support as a community partner and a number of other ways with the Ronald McDonald House Family Retreat Forster.

We also support local schools and the Great Lakes Palliative Care, The Great Lakes Womens Shelter, Forster Girl Guides and the Great Lakes Suicide Prevention Network, to name a few. Rotarians volunteer our time alongside various friends of Rotary including The Man Walk guys a to create a lasting impact locally, regionally and globally.

Please note your diary/phone, that the next local Rotary Book Fair is from Friday 8th to Monday 11th of January 2027 at the Tuncurry Memorial Hall. **(See Carol advert below)**

JR Richards & Sons WASTE and RECYCLING SERVICES
Rotary Club of Lower Midcoast
COMMUNITY CAROLS
FEAT. GREAT LAKES BAND & SCHOOL CHOIRS
MONDAY 14TH DECEMBER 2026
HARRY ELLIOTT OVAL TUNCURRY
(NEAR SPORTIES TUNCURRY)
6PM-845PM
FREE ENTRY
(CASH & EFTPOS DONATIONS APPRECIATED)
BRING A CHAIR & RUG TO SIT ON
FOOD TRUCKS
ICE CREAM VAN
COFFEE VAN
SONG SHEETS
CANDLES
AVAILABLE ON THE NIGHT
MEET SANTA
*No Dogs or Glass Bottles (Council Regulations)
MIDCOAST council

What's on around town & beyond!

Local performers to shine at 'Disability Concert Showcase'

Ability Options' Forster & Taree support services

Local performers living with disability are preparing to take centre stage this December, showcasing months of hard work, creativity and determination as part of International Day of People with Disability (IDPwD) celebrations.

The free community event at Club Forster will bring together family, friends and community members to celebrate the creativity, talent and achievements of people with disability through an evening of live entertainment.



Above: Local performers Paige and Meagan.

Larissa O'Riley, Senior Support Leader at Ability Options Forster, said the event is the highlight of the year for participants who have been hard at work throughout the year, developing and rehearsing a range of performances, including singing, dancing, acting and music. Participants also create costumes, props and sets, making the showcase a true reflection of their commitment and creativity.

For local participant and performer Paige, the concert is more than just showcasing her talents.

"In the future, I hope to be a dance teacher for people with disabilities" says Paige. "I hope people with disabilities see me as a role model and someone to look up to. That I'm here to support them with whatever they need."

International Day of People with Disability is a United Nations observed day that promotes community awareness, understanding and acceptance of people with disability and celebrates their achievements and contributions.

The showcase provides an opportunity for the broader community to come together and celebrate inclusion while enjoying an entertaining evening of performances.

The event will also feature a community raffle with prizes generously donated by local businesses, with proceeds supporting future showcase events.

International Day of People with Disability Concert Showcase

Friday 4 December

Club Forster, 19 Strand Street, Forster

Doors open 6:00pm, Concert begins 6:30pm sharp

Free event - bookings essential via https://tr.ee/940tAe or email info@abilityoptions.org.au

Santa is coming to the 'Christmas Spirit Festival'



Above: The Christmas Spirit Festival is back at John Wright Park on Saturday 5 December.

Forster Tuncurry Business Chamber

Get ready for the ultimate festive afternoon at our FREE community Christmas Spirit Festival!

Watch the Christmas tree light up the night, snap a photo with Santa and his elves, and soak up incredible LIVE music and performances on stage.

Catch live sets from Jake Davey, Wine & Spirit, Mirratone Band, Great Lakes Band, Mid North Coast Bootscooters, Terry Davis, and Evie Everingham.

Our amazing local Fire and Rescue heros will also be there. Come meet the crew and get a up-close look at the fire truck.

Bring some chairs or a rug, pack a picnic OR feast on some tastly treats from our food trucks and sausage sizzle.

Christmas Spirit Festival

John Wright Park, Tuncurry NSW

Saturday, 5 December 2026

3:00 PM – 8:30 PM

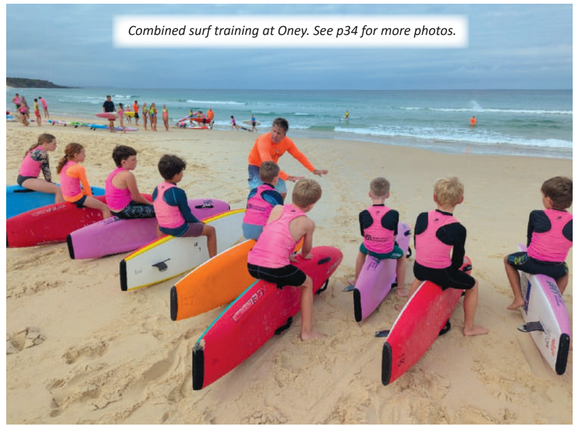
(See advertisement below)



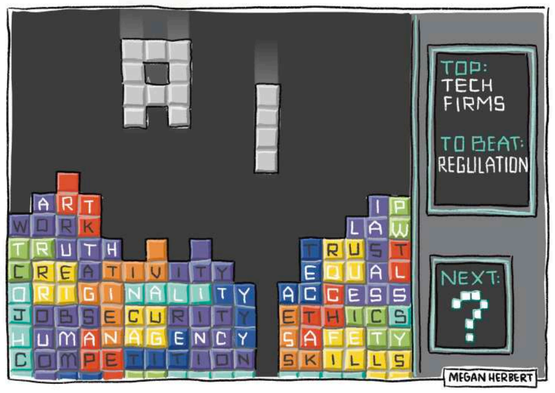
Mixed bag and Feedback

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



Combined surf training at Oney. See p34 for more photos.



RBA reassures Australians they'll stop raising interest rates as soon as economy collapses

The Shovel



SATIRE: RBA chief Michele Bullock has urged people not to be concerned about the central bank's latest interest rate rise, saying it is just a temporary measure that will be addressed once everyone is living in a tent.

Responding to the latest data which showed unemployment on the rise, Bullock said people were too caught up in things which could affect their lives.

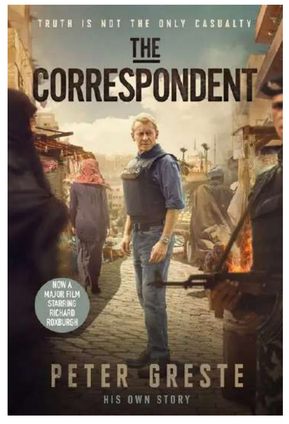
"A lot of people seem to be anxious about this and feel that we should do something to address economic hardship now, rather than once it's too late. But I do want to reassure Australians that as soon as we're in a proper recession and people are pushed into financial ruin, we'll lower rates. Relax – we've got it under control," an RBA spokesperson said.

She said as a central bank whose only job was to adjust interest rates, there was little they could do about interest rates. "It's tricky when people are saying that interest rates should stop going up – we are in a bit of a bind in terms of the levers we can pull. But the pain is almost over. Let's just wait until unemployment levels peak and spending falls further and then we can have a look at those rates. And then we can all get back to enjoying life without having to think about it anymore".

Book Review

Book Review by John King - Pacific Palms Librarian

The Correspondent



Legitimacy. Something governments generally strive for but how do they get it? Peter Greste's book The Correspondent, updated in 2025 not only is his account of 400 days in an Egyptian prison, but a discourse on the tension between investigative journalism and governments' hatred of anything that might undermine their attempts at legitimacy and specifically critiques from investigative journalism. It is that tension that landed him and two other Al Jazeera journalists, and student demonstrators in jail on trumped up charges of terrorist activities.

The book alternates between his period in prison and what he learnt as a front line journalist. In Afghanistan prior to 9/11, he is able to access both sides of competing warlords, and later the Taliban. The Taliban especially wants legitimacy in the eyes of the world and knows that objective reporting by the BBC, to which Peter Grete is accredited, can achieve that. Their local legitimacy comes from their espousal of a higher cause, namely protection of the Qu'ran and their religion. 9/11 and Al Qaeda changed all that.

Journalists who failed to support governments in their "war on terror" were automatically seen as supporting terrorism. Likewise in Egypt when the military ousted the Muslim Brotherhood government, journalists became the enemy in the fight for legitimacy. Peter shares prison with all the key figures in the Muslim Brotherhood government.

Journalism in war-torn, war-lord countries, is not for the faint-hearted. In Somalia, he lasts one day. His colleague is shot and killed in a drive-by shooting, one of many where journalists are to be eliminated. Greste recounts the kidnappings and beheadings in Iraq and Syria of western journalists. Yet the US is not innocent, either. It bombed the Al Jazeera headquarters in Kabul.

Much of the book is about the trauma of being in prison but ultimately diplomatic and political pressure see him expelled from Egypt with the Australian embassy driving him direct from prison to the airport.

The underlying theme, however, is the importance for government credibility and legitimacy of a free press able to critique their actions. Yet, he sees an increasing tendency for Australian governments to legislate for ever more restrictive powers. Constitutional lawyer George Williams found that since 9/11, the Australian government had passed sixty-six pieces focusing on terrorism and security. Greste instances access to metadata where all contacts and movements can be traced, whistle-blowers are not tolerated, and the power of intelligence agencies set up to deal with foreign agents can be directed without judicial warrant domestically. He sees greater and greater concealment by government of its actions to the detriment, ultimately of public acceptance of the government's legitimacy to govern. He instances the raid on the ABC and NewsCorp. He does not mention, but might have, the jailing of the whistle-blower who revealed the bugging of Timor-Leste's cabinet room much to Canberra's embarrassment – the eleventh commandment "Thou shalt not get caught." There's no government so bitter as one that gets caught out.

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

Screen Reviews

TV Show Reviews by Leon Batman - Forster

The Dark - Britbox, 6 Episodes, released July 2026



Set in the atmospheric Scottish Highlands this chilling six part crime drama is adapted from G R Halliday's novel From The Shadows. It stars Laura Donnelly as Detective Inspector Monica Kennedy working alongside partner DC Connor Crawford as they hunt a masked serial killer terrorising a small rural community. Well worth watching.



All Creatures Great and Small - Britbox, Season 7 released September 2026

The remake of All Creatures Great and Small has returned for Season 7 with the Yorkshire Vets finding another Veterinarian has opened a practice in the area. James and Helen see their first child off to school whilst Tristan continues settling in after WW2. Meanwhile Siegfried comes to a touching realisation about Mrs Hall. This post war period drama is a must to watch.

Apollo Has Fallen - SBS, released September 2026, 8 Episodes



Part of the Has Fallen Franchise and a sequel to the Paris Has Fallen action thriller series. Following a violent plane hijacking the MI6 operatives must outwit a ruthless mercenary leader to stop a kidnapped scientist's deadly biological virus from being released. Excellent view with plenty of action and intrigue.

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Raffle Drawn for Westpac Helicopter Rescue

Raffle drawn on 31/10/2026 by Pat from Hot Bargains.

1st prize won by Robert - 2 nights accommodation donated by Big 4 Caravan Park, Tuncurry.

2nd prize won by Leanne - A 'whipper snipper' donated by Bunnings Warehouse

3rd prize won by Fiona - Blood pressure machine donated by Watsons Pharmacy, Forster.

4th prize won by Douglas - Voucher donated by Bakers Delight.

We sincerely thank our sponsors for their continued valuable support of the Westpac Rescue Helicopter Service.

Forster
Tuncurry
Gloucester

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

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

DATE: 9th December 2026 **TIME:** 10.30am
VENUE: 10 Breckenridge Street, Forster, NSW 2428

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

AGENDA

1. Chairs Welcome - Opening Address
2. Minute Silence
3. Apologies
4. Minute of the previous meeting
5. The receipt of the Annual Report of the activities of the FLALC, and
6. The receipt of the Financial Reports and Statements 2025/2026 Financial year.
7. James Brown Roads to Home (R2H)
8. General Business
9. Meeting Closed (CEO) of the Forster LALC during business hours.

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

Authorised: Natalie Ridgeway, Chairperson Forster LALC

'Tell them you saw it in the Forster Fortnightly!'
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CALL GEORDIE YULE
0403 586 342



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 would like to thank everyone who has supported the group this year. We will next meet in February. 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

Tuncurry Sporties Fishing Club
3rd weekend of each month (Fri/Sat/Sun).
Contact Larry Thompson, President on 02 6555 3304 for all enquiries.

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: Volunteer at the Tuncurry Community Morning Tea & Lunch, Salvation Army Church.

Tuncurry Community Morning Tea & Lunch

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

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

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

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

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

Tuncurry Community Brunch

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

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

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

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

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

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.

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

Star Pet



Name: Ollie

Breed: Shih Tzu

Age: 1 year old

Likes: Walks, treats, meeting people, socialising, neighbourhood watching, his toys, lots of pats and cuddles and loves to drag big sticks home.

Dislikes: Storms, big dogs and bindis. He is also very stubborn.

Claim to Fame: He is very cute and everyone loves him.

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

Loveable Wasabi

This fortnight's pet waiting for adoption is Wasabi, who we think has the most impressive ear whiskers we've seen in a long time!

Wasabi is a young female puss 8-12 months old with a smoochy lovable nature.

Call in to Midcoast Animal Hospital, have a cuddle with her and see if you would like Wasabi to join your family. Phone them on 6557 2273

Animal Welfare League rehoming number R251000222

The pretty kitty Pippin from last time is heading off to his new home this week.

Midcoast ANIMAL HOSPITAL
where care comes naturally

Proud to sponsor 'Pet of the Fortnight' - finding homes for animals in need.
CALL US: 02 6557 2273
4 SOUTH STREET, TUNCURRY

Early days of Coolongolook



Above: The original store owned by Jim Batchelor at Coolongolook.

Great Lakes Museum

Coolongolook carries a unique history of 19th century gold rushes, timber milling and its evolving identity along the Pacific Highway. British incursion into the Great Lakes district began heavily over 150 years ago. European settlers first arrived permanently in the Coolongolook area during the 1860's with notable early pioneer families including the Worth, Bennetts and Batchelors. Many settlers followed soon after.

Teleraree: was a village which stood on the banks of Curreeki Creek. It was originally to have been named Curreeki but Teleraree was adopted. The village survey was completed in 1879, and the proclamation was made on 20th March 1885. Reserves for a school, Police Station and a Post Office were allowed for, as well as other public facilities. Tonnos Paulson and A.F. Ireland were early landowners there.

Village of Coolongolook: A.F. Hall completed the survey of Coolongolook on 30th September 1890. The village was officially proclaimed in September 1891 and gradually took over from the village of Teleraree as the centre of local population.

Discovery of gold: Teleraree grew and flourished when gold was discovered in the area and when the gold began to dwindle and diggings became less commercial, the village began to decline. Of the fifty dwellings, bakery, store, two-storied hotel and mine machinery which once stood there, there is now virtually nothing. Gold is said to have been discovered by the three Worth brothers, George, John and William, who were the sons of George senior. Donald McRae of Bulahdelah opened a mine proper in 1878/79 and installed a crusher.

Timber industry: The primary early industry driving the local economy was timber cutting, specifically harvesting prized Australian red cedar and hardwoods from the dense surrounding hinterlands. Timber was transported down the Coolongolook River to supply major ports and local coastal sawmills. John Donaldson built a mill about 1885 and other small mills were soon to be established. Log punts and flat-bottomed boats called droghers took logs, pit-sawn timber and later mill-sawn timber and agricultural products to Tuncurry by river for loading and transportation to Newcastle and Sydney.

Postal services: Facilities have been provided in Coolongolook in an unofficial capacity for over a hundred years, with the office situated in private homes around the village. Earlier services were provided through a mail contractor who followed a route from the Myall River to Clarkson's Crossing (the old name for Nabiac) via Bunyah Station. In January,1878 the first Post Office was established at Coolongolook and was sited in the old hotel which stood near the banks of the creek at Curreeki.

First school: It is thought the first school in Coolongolook was established sometime in the 1870's. The building was make-shift and the teachers were Mr Jeffries and then Mr John Moylan. After the 1880 Act when education became compulsory, the people of Coolongolook made an application for the establishment of a Public School. This was presented in 1882 and was approved by the new Department in 1883. A building was erected and opened in 1884 with an enrolment of thirty six children.

Hotels: Two hotels have operated in Coolongolook; the earlier one near Curreeki Creek being run by James Fenning, then George Worth; the latter being sited in the middle of Coolongolook and run by Steven Worth. The hotel ceased operating sometime around 1910. At Teleraree John Donaldson and the son Stuart, operated the imposing two storied hotel which saw more gold than any of the small operators or mine workers ever had the chance of seeing.

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

Our Local wildlife

By Kym Kilpatrick – FAWNA Hallidays Point

Pied Stilt

If asked to name Australia's prettiest birds, the Pied Stilt might not be the first contender that pops into mind. Nevertheless, this dainty, graceful wader is worthy of consideration.

Previously known as the White-headed Stilt, the Black-Winged Stilt and the Australian Stilt, Pied Stilts (Himantopus leucocephalus), are glossy greenish black on their backs, the backs of their heads and necks, and the tops of their wings. The undersides of their wings are plain black. The rest of their plumage is snowy white. Their long thin legs and feet are pink with black claws on the tips of their long toes. Their irises and eyelids are red, while their beaks are long, slender and black. Taken altogether they could be considered the avian equivalent of a catwalk model!

Fully grown they are 36 cm long, with a wingspan of 67 cm. Both sexes are similar and juvenile birds resemble adults but with mottled fawn-brown on the backs of their heads and necks and off-white plumage.

Pied Stilts are birds of shallow freshwater and brackish wetlands, lakes edges and riverbeds. Here they hunt aquatic invertebrates, including molluscs and brine shrimps, by probing with their beaks but will take aerial insects such as flies as well. Their mouths are tiny, which necessarily limits the size of the invertebrates they can take. A further impediment is that their long legs and limited webbing between their toes means that they cannot swim.

They are gregarious birds and tend to be sedentary in flocks which may include other wader species. However, they do migrate, travelling to follow the rains to new feeding grounds, mostly at night. Recently they have been tracked migrating some 1,765 km within Australia and occasionally to Southeast Asia. In flight they trail their long legs behind them which may help as a manoeuvring aid. During flight they constantly call as well, in a sharp yappy 'kek kek kek' described as similar to a chihuahua's bark.

The breeding season is between August and December. They are seasonally monogamous with both parents contributing to nest-building and care of the young. Nests are shallow depressions lined with aquatic plant matter built amidst sedges and grasses. Small islets are preferred sites and amidst loose colonies but with a moderate territory between nests.

Usually four dull green, purple blotched eggs are laid, and incubation by both parents takes between 22 to 25 days. The newly hatched chicks are blotched olive-brown in colour and downy. They are precocious, meaning immediately mobile and self-feeding. However, they will continue to be cared for and protected by their parents, including brooding at night, until able to fly after another 4 to 5 weeks after which they too will join in the loose flock. If threatened the chicks will 'freeze' and parent birds will not only alarm (again think barking chihuahua) but also feign injury to draw intruders away.

Pied Stilts are long lived birds, with the oldest individual on record being 21 years and eight months old. Because they are adaptable across both coastal and inland regions their numbers are believed to be stable at about 260,000 birds in Australia with another population in New Zealand. As such they are considered as of Least Concern by the IUCN.



Above: Photo of Pied Stilt by Danny Knight, Signal Hill Photography.

H5 bird flu

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



Local Identity: Corinne Stephenson

Interview by Vanda Gooley – Forster

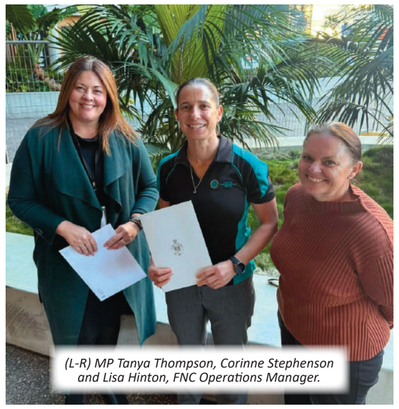
Corinne Stephenson is a not-for-profit advocate based in Forster, who has spent around 15 years working in the community sector, particularly in compliance, governance and social services. She has worked across local place-based organisations including Community Resources, Homebase Youth Services, Tobwabba Aboriginal medical Services and Great Lakes Womens Shelter, where she has held leadership responsibilities and has also served as a fundraising ambassador. Corinne is currently Executive Officer for Forster Neighbourhood Centre (FNC).

Corinne started with the Forster Neighbourhood Centre in January 2022 as manager. She is passionate about using her skills and experience to work alongside our First Nations people to promote reconciliation.

Corinne studied at the University of New England. Those who know her describe her as someone who combines determination with genuine compassion, quietly inspiring others through her willingness to lead by example.

Tanya Thompson, MP, presented Corinne with the Community Recognition Statement which Tanya recently delivered in Parliament. Tanya acknowledged Corinne's contribution and the role she has played in supporting so many vulnerable people in our community.

Corinne describes herself as a working mum, who has developed a career over the years as an advocate for the needs of the Great Lakes community. She loves staying active to balance the juggle of work and home life and she is surrounded by great people that inspire and motivate her every day.



(L-R) MP Tanya Thompson, Corinne Stephenson and Lisa Hinton, FNC Operations Manager.

Corinne, was born in Western Sydney. She moved to the Mid North Coast in 1990 and went to school in Taree.

Her dad, Alan, was a marketing executive back in the hay day of advertising – "I guess that's where I get my gift of the gab from – if we ever whinged about ads on the TV, we were told 'Ads put food on the table!'" Corinne's mum, Dianne, (worked part-time in retail while the kids were growing up) always had a strong work ethic. Corinne is the youngest sibling of 3 with an older sister and brother, Kylie and Ben.

When Corinne was 18, she bought a sandwich shop in partnership with her Mum in Newcastle, 'Sunnyside Super Sandwiches' and Corinne and her mum ran that together for over four years – "this taught me a lot about business ownership and therefore I treat every organisation that I have worked for as if it were my own." Corinne learned recently that her grandfather was a strong Labor supporter and the Union Representative for the factory he worked at – "I guess that's where I get my sense of social justice from."

Once the family moved to Old Bar in 1990, Corinne found her love of the ocean that would forever be part of who she is – "I feel so grateful for the opportunity to move away from Western Sydney and grow up on the coast. I was in Nippers and went on to row competitive surf boats for many years – I do wish I invested more earlier in learning to surf but it's never too late!"

Corinne reflects fondly on the time she and her mum ran a business not only for how much she learnt but they really enjoyed putting passion into what they did and declaring themselves as 'sandwich artists'. Corinne will always value her time at Community Resources as it is where she nurtured and developed her commitment to the Great Lakes community and advocating for services to be based here in our regional community.

Corinne is a mother of Max (12 years old) and a proud aunty, "best job in the world!" of one niece and three nephews. "I am privileged to have great friends that I would also call my family and am engaged to be married to my partner Matt later in the year."

Corinne said she never really enjoyed school, leaving in Year 10 to work full time in a bakery. Much later, she studied at UNE to gain a Bachelor in Sustainability with a Social Resilience major.

Corinne is now passionate about getting active outdoors any way she can. She enjoys riding her bike, kayaking and the occasional run. "I am just about to return to Surf Boat rowing for the Cape Hawke Surf Club."

Corinne considers her greatest achievement has been gaining her degree while working full time and having a baby half way through. At one of Corinne's residential schools, she saw a mum and her son at graduation – "that gave me the motivation to keep going and have my son Max there to wear my graduation hat when I was finally done." It took Corinne seven years but she got there.



Above: Corinne's graduation photo with her son Max.

Corinne said her biggest adventure to date was the Coast to Coast in New Zealand last February with her partner. This was to raise much needed operational funds for the Great Lakes Womens Shelter. The event entailed traveling 240km from the west to the east coast of the South Island – riding, mountain running and white-water paddling. "After back-to-back 11-hour days, I was very happy to achieve a finisher medal so I would never have to do that again!"

A saying that Corinne lives by is 'You got this' – "everyone needs to hear that at some point, including myself. When things are overwhelming, it's a reminder that we are in control and can make happen whatever we prioritise."

Corinne loves the warm weather of the Mid North Coast, for most of the year. "I have a love for the South Coast as a playground, however, not for the cold weather – keep me where there is lots of sunshine!"

Mrs Tanya Thompson – member of the NSW Legislative Assembly representing Myall Lakes for the National Party presented this statement about Corinne in parliament.

"I recognise an outstanding community leader, Corinne Stephenson, executive officer of the Forster Neighbourhood Centre. For more than five years Corinne has been instrumental in an effort to secure a permanent home for the centre, an achievement that will have a lasting impact on our community.

The Forster Neighbourhood Centre provides essential support to people when they need it most, from emergency relief and family services to community programmes and inclusive events that bring people together.

Through the Great Lakes Regional Hub, Corinne and her dedicated team ensure every person who walks through the door is treated with dignity, respect and compassion.

Since joining the centre in 2022, Corinne has been a tireless advocate for the people of the Great Lakes. Her leadership, determination and commitment to community wellbeing have helped strengthen services that support thousands of residents each year. Securing a permanent home for the centre is about much more than bricks and mortar; it provides certainty for the future and ensures this vital organisation can continue serving our community for generations to come. I thank Corinne for her dedication, leadership and commitment to helping others."

Lisa Berry - close friend and colleague for the past 20 years said this of Corinne…

"Corinne is a truly wonderful person, and I feel very fortunate to have called her a friend for the past 25 years. Throughout our friendship, she has always been a dedicated, compassionate, caring, and trustworthy person who genuinely puts others first. Corinne is always one of the first people to be there when someone needs help and is never afraid to put her hand up to volunteer, whether it is for her friends, family, or the wider community. She has a generous spirit and genuinely enjoys giving her time to others.

Corinne has a real love for the outdoors and the ocean and especially loves rowing surf boats. Her passion, determination and adventurous nature are a big part of who she is.

Over the years, I have seen firsthand the loyalty, kindness, and commitment she shows to the people and community around her. Corinne is someone you can always rely on, and I am proud to call her my friend."



Great Lakes College Year 12 Formal 2026



Above: (L-R) Slater Caldwell and Oliver Castle.

"I'm going to the Australian Institute of Music where I'll be studying Music," - Oliver Castle.

Great Lakes College Senior students celebrated the end of their schooling journey with their Year 12 Formal on Wednesday, November 11 at the Palms Pavilion.

The Forster Fortnightly attended the Year 12 Formal and spoke with some of the graduating students and their plans for the future.

Interviews and photos at John Holland Park in Forster and the Palms Pavillion in Tiona by Sophia McCaughan - Forster Fortnightly.



Above: (L-R) Briana Duncan and Isabella Pecnik.

"We are both going to take a gap year and work in the region," Brianna Duncan and Isabella Pecnik.



Above: (L-R) Jess, Pippa, Meika and Kimberley.



Above (L-R) Slater Caldwell, Jesse Gowing, Caleb Ikins, Jake Rands, Ellery Verdich, Jarrah Verdich, Daniel Tobin, Ben McCallan, Oliver Jackson, Peter Wills and Beau Woods.

"I'm going to have a gap year and then hopefully either mechanical engineering in Sydney or a mechanical apprenticeship," - Caleb Ikins.

"I'm moving to Tasmania to study a Bachelor of Maritime Engineering at the University of Tasmania," - Jake Rands.

"I'm taking a gap year and then looking into doing some acting courses down in Sydney," - Jarrah Verdich.

"I'm going to University of Newcastle for a Bachelor of Surveying (Honours)," - Daniel Tobin.



Above: (l-R) Evie East, Stephanie Gleeson, Kianna Lindsey and Josephine Edenhofner.

"I'm going to study interior design through TAFE NSW at Port Macquarie," - Stephanie Gleeson.

"I'm doing pathways at Charles Sturt University at Port Macquarie and then hoping to go and study a Bachelor of Nursing," - Kianna Lindsey

"I honestly have no idea, I think I am going to take a gap year," - Josephine Edenhofner.



Above: (L-R) Twin sisters, Mia and Lily Voorby.

"I'm going to university for nursing at Charles Sturt in Port Macquarie," - Mia Voorby

"I'm hoping to be a primary school teacher so I am moving to Newcastle to study a teaching degree at the University of Newcastle," Lily Voorby.



Above: (L-R) Summer Mobbs, Molly Webster and Grace Randall.

"I'm moving to the Gold Coast next year and I am going to do either interior design or architecture," - Grace Randall.

PM hedging his bets on fossil fuels

By Ross Gittins - Sydney Morning Herald, 18 November

Opinion: Opposition Leader Angus Taylor says the Albanese government is terrible. That's hardly true. This government is a good one. But it's far from perfect and the thing that annoys me most is its tendency to work both sides of the street – to have a bob each way.

Take the issue that exceeds even the good management of the economy as the greatest threat to our wellbeing: climate change.

While the Coalition has caved in to pressure from One Nation and abandoned its commitment to achieving net zero by 2050, as well as promising to cut government spending by ending all the things Labor is doing to hasten the transition to renewable energy, the government is pressing on with ensuring we play our part in acting to limit climate change.

In the race to ensure our kids and grandkids inherit a planet that's liveable and not heating itself up to the point of destruction, the news is good and bad.

The good news is that global carbon emissions from the use of fossil fuels are expected to fall by 0.4% this year.

The bad news comes in two parts.

First, the growing global switch to renewable energy obviously helps, but doesn't explain this tiny dip. No, it's driven largely by the Iran war and the blocking of the Strait of Hormuz, which has reduced emissions from the burning of oil.

Second, although we've rightly focused mainly on reducing the burning of fossil fuels, other activities, such as land clearing, also lead to carbon emissions. So total global emissions are expected to continue increasing, by about 1%.

At the United Nations' annual "conference of the parties" in Paris 10 years ago – COP21 – it was agreed to try to limit global warming to 1.5 degrees.

But if global emissions continue growing at their recent rate, we're now expected to reach 1.5 degrees in about four years' time.

Clearly, the "parties" – including Australia – haven't been moving fast enough.

The good news – if you can call it so – is that, though it's too late to stop the world reaching an increase in average temperatures of 1.5 degrees, we can still strive to stop it going much higher. In theory, we could still bring it back down from 1.5 degrees.

With our less-than-perfect record, you have to give our politicians credit for having the courage to be a leader at the present COP31 meeting in Turkey.

In his contribution, Anthony Albanese wasn't being modest.

"In just six years," he told the conference, "Australia has doubled renewables generation, which now accounts for half our electricity mix. We proudly have one of the largest rooftop solar and battery markets in the world. More than 600,000 home batteries installed in the past year alone, something extraordinary for a nation of just 28 million people."

He added that, "While we will likely overshoot 1.5 degrees, every fraction of a degree of warming we prevent will count. We have a solemn responsibility to this and future generations to act. This is the critical decade."

To an extent, of course, Albanese was taking the credit for measures initiated by the former Liberal government. The man who now repudiates action on climate change, Angus Taylor, fought hard to get the net zero commitment accepted within the Coalition.

As it is, however, Albo needs to get his skates on. He will be struggling to meet the government's pledge to cut Australia's emissions by 43% of what they were in 2005 by 2030. Then comes its goal of achieving a cut of between 62% and 70% by 2035.

The other respect in which Albanese was game to speak up at the conference is that, unlike most countries, Australia is not just a user of the fossil fuel drug, it's also a supplier. We are one of the world's biggest exporters of coal and natural gas.



That's what I mean by accusing him of working both sides of the street and having a bob each way. At the very least, he should be refusing to allow any opening of new mines and gas facilities.

UN Secretary-General Antonio Guterres told the conference that "fossil fuels must go the way of the dinosaurs. That won't happen on its own. The dinosaurs did not have a lobby, but fossil fuels do. That means no new coal. No new oil and gas infrastructure that puts 1.5 degrees further out of reach."

"Every government must align its policies, investments and infrastructure accordingly," he added.

"That starts with credible national road maps to transition away from fossil fuels – protecting workers and communities. That means no new coal."

But earlier this year the federal government approved an expansion of BHP's Saraji coal mine in Queensland, while the Labor government in NSW gave approval to a major Hunter Valley coal mine to keep operating until 2045.

I liked the comment by Nicki Hutley of the Climate Council that "building new renewables while approving new coal and gas is like filling the bath with the plug pulled out".

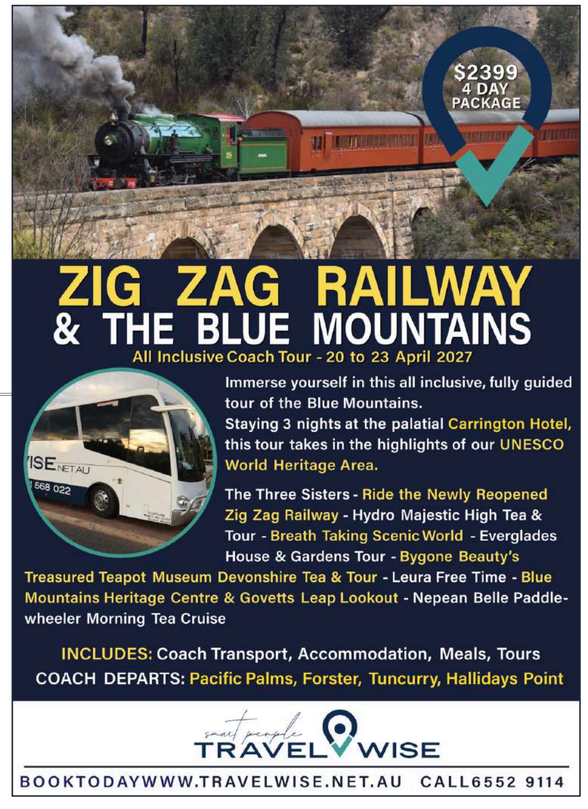
This is terribly short-sighted on Labor's part. The day will come when the rest of the world won't want to buy our coal and gas. As that day approaches, the demand for our energy exports will decline, and the prices we're paid will fall.

By opening and extending mines, we are digging ourselves in deeper – literally and figuratively. But Albo and his mates will be in retirement homes by then, so why should they worry?

Why not give in to the owners of mines – and their unions, no doubt – who want to delay the evil hour and keep making a buck for as long as possible?

So the longer we delay, the less we think about what we'll do for an encore. We need to make our electricity completely from renewables and develop ways we can turn that electricity into things we can export.









'Sinfonia Symbiosis' was performed by the Mid North Coast Sinfonia orchestra at the Tuncurry Memorial Hall on Saturday 14 November. Photos by Matilda Yule.

Old Bar homeowners ponder 'managed retreat' from coastal erosion

By Claire Simmonds and Emma Siossian, ABC Mid North Coast

In short:

The MidCoast Council is the first in NSW to gain certification for large-scale "managed retreat" in a coastal management plan.

The council has ruled out expensive mitigation options such as beach groynes or seawalls at erosion hotspots, including Old Bar.



Above: One of two houses at Old Bar demolished after storms destroyed foundations in 2014. (Supplied: MidCoast Council)

What's next?

Local governments can spend a decade developing coastal management plans for individual estuaries.

Greg Dickson might enjoy enviable ocean views, but he also faces the prospect of seeing his home washed away by the sea.

His house, which sits atop the dunes at Old Bar South on the New South Wales Mid North Coast, has been identified by the MidCoast Council as being "at immediate risk" of coastal erosion.

But the council's Old Bar Manning Point coastal management plan (CMP) is based on a strategy of "managed retreat".

That means it will let the coastline erode naturally, without investing in permanent infrastructure to protect homes.

"It does put a stress on the people that live here, knowing council is not going to come and help if there is any sort of natural disaster," Mr Dickson said.

"I'd be right, but there's a lot of people along here who are pensioners, and that would be a disaster to them."

MidCoast Council is the first in the state to gain NSW government certification for the sort of large-scale coastal retreat it has planned for the Manning Point and Old Bar villages.

The council's natural systems manager, Gerard Tuckerman, said in the short-term, fewer than 20 homes in the area were vulnerable, but by 2100, several hundred could be at risk.

He said the council's decision to opt for a coastal retreat was backed by the latest science and extensive community consultation since 2008.

"We know sea-level rise is increasing, as that's what the data is saying," Mr Tuckerman said.

"Generally, it's about 1 metre a year of erosion over the 20 to 30 years.

"Managed retreat is about buying as much time as we can for our community, so residents can invest in geotextile sandbags to protect their property, which can work well for quite some time."

Several homes in Mr Dickson's street have already been lost to storms and severe erosion events.

A row of three homes was demolished in 2008, and another two in 2014 after their foundations crumbled.

He said the council should invest in large-scale sand replenishment rather than providing sandbags and a licence to shift sand to the dunes.

"Let's work out a plan to put the sand back rather than just retreat beyond the streets that we live in," Mr Dickson said.

The council said it had explored a range of protection options over the years, including taking sand from an estuary at Farquhar Inlet to pump onto Old Bar Beach in 2010.

Mr Tuckerman said that option would have cost the council $147 million at the time and involved pumping 1 million cubic metres of sand, enough to fill about 400 Olympic-size swimming pools.

He said the process would have had to be repeated every decade.

Mr Tuckerman said engineers also rejected building a seawall at Old Bar South, as it would damage the beach and the cost would far exceed the value of the protected properties.

"The wider community really value the beach and that's for recreation on the beach, walking the dog, going for a swim," he said.

"The beach won't exist if you rock wall it or put in groynes, and as these types of engineering solutions are incredibly expensive.

"We have found no way they can be funded."

How common is coastal retreat?

A Department of Climate Change, Energy and Water spokesperson said 27 CMPs had been certified, but MidCoast was the first to adopt "managed retreat" on this scale.

Each council can produce several localised plans to manage different coastal zones and individual estuaries.

Once a plan is accepted by the minister and certified, the NSW government commits to matching council spending on mitigation measures.

Councils including Byron and Port Macquarie Hastings are in the final stages of developing several location-based CMPs.

Byron Shire Council's coastal and biodiversity coordinator Chloe Dowsett said there were 60 years of studies informing its plans for erosion hot spots.

Since 1988, no new development has been permitted within a 20-metre distance of an erosion escarpment, and existing consents cease if the escarpment reaches that distance from a building.



Above: Greg Dickson's property backs onto the beach in a high-risk erosion area at Old Bar. (ABC Mid North Coast: Emma Siossian)

Ms Dowsett said managed retreat was already embedded in the council's planning guidelines for new developments

The dunes of the main beach at Byron Bay are reinforced by sandbags below revegetation plantings.

"We've always really tried to kind of seek for those more nature-based solutions or soft solutions as well, knowing that the coast comes and goes, we need to give it that space," Ms Dowsett said.

Port Macquarie-Hastings Council expects to gain CMP certification in 2027 for its plans.

The council's coast and estuary coordinator, Ben Foster, has ruled out managed retreat in the current 10-year program, but said it could be required in the following decade.

Mr Foster said the council would work closely with residents in at-risk locations to see if it was "feasible to stay in place and mitigate through engineering options, or whether we have to look at a relocation and retreat strategy like MidCoast has".

Are governments moving fast enough?

A 2023 Intergovernmental Coastal Hazards Working Group report found up to 274,000 Australian homes and 8,600 commercial buildings might be affected by sea-level rise and stronger storms by the end of the century.



Above: A row of beachfront homes at Old Bar was demolished after storm damage in 2008. (ABC News)

Griffith University research fellow Anne Leitch is the project manager for CoastAdapt, an Australian online science-based knowledge hub of the latest coastal risk data, tools and case studies.

Her work connects her to councils grappling with coastal management planning.

"Coastal management planning is slow and climate impacts are happening faster than we were expecting," she said.

Ms Leitch said managed retreat was "a big call" for a council to make, requiring early community consultation.

"Defending and protecting is very expensive; it's a big cost up front," she said.

"Relocating communities is also a big cost up-front, but hopefully it will mean they can spread that cost out over quite some time.

"It can give councils, communities and state governments time to plan and move communities."

Sun, sand and rugby!

Continued from page 1.

Wollongong where spectators suggested it as a prime location.

"Two or three years ago, we were in Wollongong for an event and just talking to the parents, and they just said, 'Have you ever thought about Forster'," he said.

"So we called into Forster on the way home (to Brisbane), and we just thought, wow, this is such an ideal location for one of our events."

Mr Brow-Raison said Main Beach is one of the best beaches to play Beach 5's Rugby.

"The beach here is just perfect for the sport we are playing," he concluded.



Shane Brow-Raison - Forster Beach 5's Tournament Director.



Twenty six teams played in the Beaches 5s this year. Photos by Sophia McCaughan.



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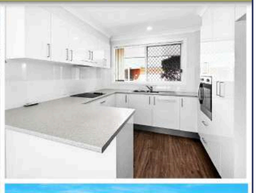





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NORFOLK ISLAND ESCAPE

Tuesday 9th to Wednesday 17th February 2027

$4,690 Per Person Twin Share

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Your Tour Price Includes:

- The Bounty Story at the Ferny Lane Theater
- Paddock to Plate - Beekeeper, butcher & Cooking Demo
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- Wonderland Night walk & Storytelling
- Breakfast Bush-walk
- Women of Norfolk island history
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TRAVEL Y'S

$850 non-refundable deposit required to secure your booking
FINAL PAYMENT DUE: No later than Friday 18th December

Pick up Forster & Tuncurry, Taree Service Centre & Nabiac

karen@travelys.com.au
or 0413 522 171

Men's Prestige 4's 2026 – A fantastic weekend of bowls!

By Michael Collins – Pacific Palms Men's Bowling Club

Outstanding Bowls, Fierce Competition & Community Spirit!

The greens were buzzing at The Palms Bowlo over the weekend of 31st October and 1st November as 64 bowlers from 10 clubs battled it out in the 2026 Men's Prestige Fours Tournament!

With glorious sunshine, a tricky breeze and some exceptional talent on display, competitors faced five challenging games of 15 ends across two action-packed days. The standard of bowling was outstanding, with a tightly contested leaderboard keeping everyone on their toes.

But when the final bowl was delivered, one team had stamped its authority on the competition!



Above: 2026 Men's Prestige Fours Champions (L-R) Daniel Jessop, Matt Carter, Craig Donaldson and Mark Boyd.

Congratulations to our 2026 Champions, Craig Donaldson (Skip), Matt Carter (Third), Danial Jessop (Second) and Mark Boyd (Lead) produced a sensational performance, going UNDEFEATED with five wins and an incredible +70 margin! An outstanding achievement against such quality opposition!

The weekend was also about giving back, with the tournament proudly supporting Bungwahl Public School through a fundraising breakfast and raffle, generously supported by bowlers and visitors.

A huge thank you to all competitors from Berkeley, Bulahdelah, Forster, Gloucester, Harrington, Merewether, Nelson Bay, Pacific Palms, Tuncurry Sporties and Tuncurry Beach.

Fantastic bowls, great sportsmanship and wonderful community spirit - another cracking weekend at The Palms Bowlo!

October fishing weekend

Tuncurry Sporties Fishing Club

The Tuncurry Sporties Fishing Club held its October fishing weekend from 16-18 October. The weather was typical for this time of year. Although a total of 31 fish were caught, only 10 participants weighed in.

The results for the weekend were:

Land-based ladies' winner: Maree T.
Land-based men: Anthony H.
Ladies inside: Carol B.
Men inside: Brian F.
Men outside: Lex C.

There are also categories for Ladies Outside and Junior (land-based, inside, and outside).

After the weekend, everyone gathered back at Sporties for steak and onion sandwiches, drinks, and a recap of upcoming events, during which the winners were announced.

The club also recently enjoyed a weekend away in Brigadoon in September, where fish were weighed and points tallied.

The next competition will be held from 20-22 November and will be the final event of the year where points contribute and accumulate to the annual results.

For more information, please contact Larry Thompson, President of Tuncurry Sporties Fish Club on 02 6555 3304.

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

THE PALM BISTRO

Open 7 Days
11:00 till Late
Lunch 12pm & Dinner 5:30pm
Courtesy Bus from 4pm
8 Paradise Drive, Smiths Lake
Ph: 6554 4333
www.pacificpalmsbowlingclub.com.au
Follow us on Facebook, Instagram and Twitter.
Specials not available during school holiday periods.


The Mitzy's
Fri 27th November


Village Idiots
Fri 4st December

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



November
CHILL AROUND THE GREEN
Live Music 3-6 Sundays
29th Allan Freihaut
6th Sandy Louise
Tap Beer - Slushies
Kids Playground - Barefoot Bowls
Space to Kick a Ball
Fishbowl BAR & BBQ from 1pm

Forster Tuncurry Women's Golf raises $6,000 for Breast Friends

Lynn Byrne – Forster Tuncurry Golf Club

The women of Forster Tuncurry Golf Club (FTGC) have proudly presented $6,000 to Breast Friends Great Lakes Breast Cancer Support Group, continuing their longstanding support for this wonderful local organisation.

Established 17 years ago by three local women who recognised the need for a cancer support group in the area, Breast Friends has grown into a valuable community service, providing practical and financial assistance to people affected by cancer throughout the Great Lakes.

So far in 2026, Breast Friends has distributed 100 post-surgical care packs to patients undergoing lumpectomies or mastectomies at Forster Private Hospital, Manning Base Hospital and Mayo Private Hospital in Taree. A further 150 care packs have been provided to people receiving cancer treatment at local oncology units.





Left: (L-R) FTGC President Jenny Newton presented Lorraine Milward from Breast Friends with a $6,000 cheque.

The group also assists with medical-related expenses and post-surgery support garments, making a real difference to people during a challenging time.

Run entirely by volunteers, Breast Friends spends approximately $8,000–$9,000 annually on care packs for local cancer patients. The club's donation, raised through its annual Breast Friends Day and fundraising activities throughout the year, will go a long way towards helping the group continue this valuable work.

A special mention goes to Ailsa Burns and her dedicated helpers, whose popular stall selling homemade preserves, plants, fresh produce and other goodies makes a wonderful contribution to the fundraising efforts.

Left: Ailsa Burns with the popular stall selling homemade preserves, plants and fresh produce.

Breast Friends Day is always a colourful event, with the ladies dressing in pink and decorating their golf carts, often with some wonderfully creative results!

FTGC Women's President Jenny Newton presented the donation to Lorraine Milward, representing Breast Friends Great Lakes.

Lorraine expressed her heartfelt gratitude for the ongoing generosity of the women golfers, whose support helps Breast Friends continue its important work in our local community.



Below: (L-R) Tracey Spencer, Louise Barriball, Kim Hobson and Lynn Byrne at the colourful Breast Friends Day. Photos supplied.

Queenstown Running Festival & Run Haven



Above: Forster Runners in Queenstown (L-R) Rob Friejs (back), Deb and Gerard Tuckerman, and Nick Fell. Photos supplied.

Queenstown Running Festival

By Dave Hughes – Forster Runners

New Zealand's Queenstown Marathon is an annual running festival set in the stunning Queenstown Lakes district and took place on Saturday 14 November 2026. It is described as one of the most scenic marathons in the world and captures the surrounding natural beauty of majestic snowcapped mountains and pristine waterways.

Nearly 13,000 runners from 82 countries converged on the picturesque town of Queenstown which is located in the Otago region in the far south of NZ. If you were looking to use Queenstown as a qualifying time for a major race (eg Boston) then this is not the place to do so. The marathon is an undulating course and described as 70% trails.

Forster Runners had four entrants at various distances. Rob Freijs 10k (1h 20m 10th/24 age group), Deb Tuckerman 21.1k (2h 42m 105/193), Nick Fell 21.1k (1h 53m 24/153) and Gerard Tuckerman 42.2k (4h 5m 12/50).

In Ged's words, "Beautiful scenery and a great atmosphere along the track but a very tough run today. My run didn't go to plan with the sunny conditions and all the ups and sharp downhills taking their toll on the legs after 25km. The finish line was very welcoming. A tremendous event."

One if the attractions of this event is that all distances are one way, i.e. the contestants are bussed to their starting point and then run back into Queenstown. The course was well patronised with thousands of enthusiastic family and friends cheering on at every vantage point. Some of the signs were hilarious "No one likes a fast finisher" and "Your ex is watching, run faster".

Run Haven

By Mary Yule – Forster Fortnightly

Many locals participated in a running festival closer to home.

Run Haven is a unique event where runners and walkers compete as the sun goes down along the river at picturesque Camden Haven. This year's sold out event was held on Sunday 15 November.

Stormy weather didn't deter the crowds of people watching the start, finish and loops of the half marathon, 10km, 5km and kiddies event from the verandah of the Laurieton United Services Club and the green reserve.

Congratulations to Ellie Clemenson who came 3rd in the half marathon and Matt Whight who came 3rd in the 10km.

Stacey Martin said, "I love the vibes at Run Haven. Everyone is so encouraging and kept me going, even when my achilles were screaming to stop. Well done everyone! Hope you all enjoyed that free drink at the end."



Left: Run Haven 10km placegetters (L-R) Matt Whight (3rd) with his three daughters Jemima (3rd in the kids race), Ella (4th in 10km) and Louise Whight (7th in 10km).

Results from some of the locals:

Half

Bray Hawker 139:17 (12th out of 47 in age group)
Ellie Clemenson 141:06 ((1/39 & 3rd female)
Lachie Philpot 141:07 (15/48)
Kyle Ragno 150:10 (20/47)
Jarod Ragno 156:21 ((25/47)

10km

Matt Whight 37:32 (2/26 & 3rd male)
Gabe Longa 46:46 (1/11)
Ella Whight 49:06 (1/8 & 4th female)
Louise Whight 49:29 (2/8 & 7th female)
Mez Yule 50:37 (2/33 & 10th female)
Paul Martin 52:26 (14/26)
Bee Dargan 52:28 (3/35)
Dave Hardaker 57:36 (3/11)
Ashley Hollingsworth 59:34 (8/11)
Sam Gardiner 1:00:48 (15/55)

Right: Female placegetters in the Run Haven Half (L-R) Elysha Chivers (2nd), Elise Karrour (1st) and Ellie Clemenson (3rd).

Leon Batman 1:00:58 (4/9)
Stacey Martin 1:30:15 (45/46)

5km

Ezra Lea 25:55 (5/21)
Maddie Keegan 28:23 (5/9)
Abbie Keegan 34:21 (8/9)
Louise Keegan 34:47 (12/21)
Ashana McEvoy 38:37 (15/21)



Combined club training giving opportunities for young surf sports competitors

Continued from back page.

coaches, like Corey Duncan and Martin Cowper, who are working with the higher-level competitors."



Above: Parents and coaches (L-R) Lee McDonald, Martin Cowper and Ben Forester. Photos by Mary Yule.

Regular Thursday training attracts around 25 children, with additional sessions on Friday mornings and Saturdays, alongside Sunday Nippers during the season.



Cape Hawke member Lee McDonald, whose three children are Nippers at the club and also compete for Port Macquarie, said bringing competitors together had opened up opportunities that smaller clubs could struggle to provide on their own. He has become the unofficial parent organiser coordinating the participating clubs.

"Smaller clubs don't have enough members in each age group and gender to participate in team events, so they often compete individually at carnivals," he said.

"Port Macquarie gave them much better access. Now they're competing in not just three events at a major carnival, but six to eight events."

Lee said the larger training environment also allowed children of different abilities to find their place, whether they were experienced medallists or simply enjoying the sport.

"There are some kids in this group who are Country, State and Australian medallists or finalists," he said. "But the other kids, who might be at the lower end of the sport and just want to have fun, can find other kids at the same level. That's really good."

"You have to travel a lot because there isn't a lot of high-level competition locally," Lee said. "But we're highlighting the fact that we have a big training group here. We haven't seen numbers like this in a training group in the Lower North Coast Branch before."

"It's giving our local kids the opportunity to be part of an inter-branch team and develop through competing clubs coming together for a common goal," he said.

"It's been working really well and it's a real positive to come together."

And, as Ben said of his own two children, who are both involved in the sport: "I can't get them out of the water!"



Forster fighters make MMA debut

Grow Strong Fight Series

Forster locals Riley Letherbarrow, 17, and Marc Dorfling, 47, made their mixed martial arts debuts on the Grow Strong Fight Series in Coffs Harbour on Saturday 21 November.

The pair train side by side at MidCoast Jiu Jitsu Academy MJJA and MNC Muay Thai, combining grappling and striking in preparation for the fight night.

Thirty years separate the youngest and oldest members of the Forster crew, but both have put in the hours on the mats and pads in the lead-up to their first bouts.

Letherbarrow said the debut was a long time coming.

"Stepping into the cage on a proper fight card is something I've wanted for years. I've put the work in at the gym, and now I want to get in there and show what I can do."



Above: (L-R) Forster locals Riley Letherbarrow, 17, and Marc Dorfling, 47, made their mixed martial arts debuts on the Grow Strong Fight Series in Coffs Harbour on Saturday 21 November.

Dorfling said he couldn't wait for the bell to ring on Saturday night.

"I've always enjoyed testing myself. Starting combat sports in my 40s hasn't been easy, but I have learnt a lot, had heaps of fun and have built great connections with my training partners and coaches. I believe that doing anything outside your comfort zone, whether its physical or not, changes a person for the better."

MJJA Head Coach Dan Dwyer said the duo's debuts were the result of months and years of consistent effort.

"Having Riley and Marc debut on the same card says a lot about what we're building in Forster. The mats don't care how old you are. Riley brings the energy, Marc brings the experience. They've both done the work. Saturday is just the part people see."

Results from the Grow Strong Fight Series on Saturday 21 November

A spokesperson for MidCoast Jiu Jitsu Academy MJJA and MNC Muay Thai, said, "Riley put on a great performance but was unable to continue after the conclusion of the second round. He is healthy and he'll be back."

"Unfortunately, Marc's opponent pulled out at the 11th hour citing a medical issue. A cruel end to a long, tough fight camp."



Hunter Stroke Olympics October 2026

By Lesley Watkin – Great Lakes & Manning Stroke Recovery Club

The Hunter Stroke Olympics (HSO) HSO is held in October every year. Stroke Recovery Clubs in the New England Area are invited to attend. This year the venue was moved to the Maitland area (from Raymond Terrace). Each stroke survivor is required to select a game in the morning and in the afternoon sessions. Carers and volunteers have a Carer/Putting Competition.

This year we had 7 clubs attend and our Great Lakes & Manning Stroke Recovery Club managed to bring home two gold medals - Janette's gold in Skittles and Lesley's in Carers/Volunteer in Putting. Congratulations to you both and our other members for participating.

We also extended our annual overnight trip to the HSO for an extra day and travelled to Gosford for a trip on the Postman's Cruise the following day. Both days were thoroughly enjoyed by our members.

We would not be able to attend the annual HSO without support of Club Forster with their in-kind support and their Clubs Grants funding project. We were successful is our application along with many local Not for Profit organisations and charities. These Grants are open for registered self/help clubs to apply for funding for special projects. The funding for our Stroke Club mainly covers the costs of Linked bus hire service.



Further I would like to thank the Community for the support we receive at our Stroke Information Stalls held each September and December at the Farmers Market along with donations and raffle sales. We are available as Guest Speakers.

Our Stroke Recovery Club is a self-help club registered with the Stroke Recovery Association of NSW which looks after our governance. The clubs have been founded to provide support for Stroke Survivors, their Carers and family living in our community

Left: Photo taken at our November General Meeting by Ruth Crossman.

Back row L- R) John Edwards, Beverley Edwards, Ann Morris, Dennis Lawrenson and Cheryl Baxter.

Front row - Lesley Watkin, Matt Mitchell and Janette Daniel.

Diamond Surf Chix: Bringing beach lovers together

Diamond Surf Chix

Local mum, sports and surf coach Vanessa Lima has been bringing women, mums and families together for beach meetups on the MidCoast since August 2022. These gatherings have continued ever since and are now organised independently through her own community project, Diamond Surf Chix.

The meetups are informal social gatherings, with no membership or fees. The invitation is simple: come along, enjoy the beach and spend time in good company.

Originally from Brazil, Vanessa has called Australia home since 2014. With a background in physical education and more than 20 years of experience teaching surfing and sports, she loves bringing people together through movement and the outdoors.

She began organising the meetups when her son was just a few months old. Now four and turning five next year, he remains a big part of her inspiration.

"As a mum who loves learning alongside my son and plans to homeschool him, I'm always looking for opportunities for him to play, socialise and build friendships," Vanessa says. "These gatherings are just as much for our children as they are for us."

"We have so many beautiful places right here," she says. "Some of our happiest moments are simply being outside together. I hope to inspire other parents to pack a few things, get outdoors with their children and enjoy what our area has to offer."





Vanessa with her son, "These gatherings are just as much for our children as they are for us."

Diamond Surf Chix meetups are about friendship, good vibes and the freedom to enjoy the day in whatever way feels right. That might mean going for a beach walk, swimming, stretching, surfing, reading a book, enjoying a coffee or simply relaxing. There is no structured programme or pressure to participate in an activity. Families look after their own children and choose how to spend their time.

"You don't need to surf or have anything planned," Vanessa says. "Just come as you are. Whether you feel like a chat or some quiet time at the beach, you're welcome."

Meetups take place on Wednesday mornings in Hallidays Point and Fridays around lunchtime in Forster. Beach locations vary depending on conditions. When the beach isn't suitable, the group meets at the skate park, aquatic centre or another local spot.

Women, mums and families are welcome, including homeschooling families looking for opportunities to connect.

For the latest meeting time and location, contact Vanessa Lima on 0452 247 440 or find Diamond Surf Chix on Instagram (@diamond_surf_chix) or Facebook.



Combined club training giving opportunities for young surf sports competitors

By Mary Yule – Forster Fortnightly

Young surf lifesavers from five surf clubs are making the most of a growing combined training program, building skills, confidence and new opportunities to compete in surf sports.

Training at North One Mile Beach on 12 November, the group brought together young competitors from Cape Hawke, Port Macquarie, Crowdy Head and Pacific Palms Surf Life Saving Clubs, with Newport members also occasionally joining the sessions.

The change of location from Little Street Baths, where smoke from a fire at Green Point had affected conditions, provided an opportunity for the group to put their skills to the test in the calmer waters of One Mile Beach.



Above: Training at One Mile Beach is bringing together young competitors from 5 different surf clubs. Photo by Mary Yule.

Cape Hawke Surf Club Director of Youth Ben Forester said the combined sessions catered for children from under-six (five-year-olds) through to under-14s, with a focus on developing surf skills, water awareness and preparing those keen to progress to higher levels of competition.

"It's a good opportunity for the younger kids to develop confidence and skills in the still water, enabling them to move into bigger surf as they progress," he said. "But it's also good for the older kids to refine their techniques in smaller surf, so they can focus more on what they're doing. More importantly, they're all having fun!"

The sessions are particularly valuable for competitors looking to progress along the surf sports pathway. Their next local event is the Lower North Coast Surf Life Saving Branch Carnival at Crowdy Head on 21 November, followed by the Country Championships at South West Rocks in January, before the state and Australian championships.

"We've seen an awesome commitment from a lot of our parents to become coaches, support our younger competitors and help them through their journey," he said.

"We have some developing coaches here today, like Nick Croad and Angus Westaway, who have only recently gained their accreditations, and Mel Westaway, who has completed her foundation coaching. Then you have our more experienced

Continued on page 34.

