

Australia Day
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Local Identity
Shelley Kurtz p21



Star Pet
Peter p19



Forster Fortnightly

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

FREE

Thursday 6 February 2025

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.114

Australia Day



Coomba Park, more on page 14

New focus on CBDs and school zones

After concentrating on tourist zones in December and January, MidCoast Council's rangers are now out and about in our town centres and school zones. In response to community feedback, monitoring and enforcement of car parking will progressively increase across 2025.

Around schools and in CBDs, enforcement will significantly ramp up by mid-February. "It's not always convenient to follow road signage, but it's essential for pedestrian and vehicle safety," said Director of Liveable Communities, Paul De Szell. "In our CBDs it also helps us share street parking opportunities and allows businesses to attract a greater variety of customers.

"We hope the increased presence of our rangers will be a sufficient deterrent for most drivers. A key focus will be educating drivers."

Later this year, vehicle licence plate technology will be introduced. This will increase Council's capacity to monitor parking, vehicles on beaches and unlawful camping. Fines will still be physically

placed on vehicles in line with current practices.

This technology is already being used by a number of councils across NSW. Revenue from fines will be used to offset the cost of the ranger service. A portion of the revenue will be absorbed by Revenue NSW in its capacity as the administrator of the fine system across NSW.



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Michael & Maggie at the Tanks

- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in largest size). Please include names for photos left to right and your contact details.
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We may publish promotional information based on our assessment of the level of genuine news content. Any material which is clearly advertorial in nature is best promoted as paid advertising. Support the paper that supports the town!

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

Hallidays Point Local Citizens of the Year 2025
Colin & Leanne Westle



Ray Piper, Leanne Westle, Noel McManus, Colin Westle, Alan Tickle

Colin and Leanne Westle have worked in both community and retail service exemplifying the spirit of resilience and dedication. Colin began his retail career early, working in management at Kmart and traveling across Australia, creating lasting friendships and valuable experiences.

Leanne was born in Nabic and trained as a registered nurse, working at Manning Base Hospital and Bulahdelah. She turned her focus to retail and financial management with their first supermarket purchase in Tasmania. Her book keeping capabilities are exceptional.

In 1987, Colin and Leanne became owner-operators of their first supermarket.

In 2010, Colin and Leanne purchased FoodWorks Hallidays Point which at the time, was on the verge of closure. Through their unwavering commitment to the community, they have transformed it into a cherished local establishment.

By prioritising customer needs and actively supporting local businesses, they breathed new life into the supermarket.

They have launched the "Hallidays Gourmet" product range, which has raised over \$40,000 for local charities including Black Head Surf Life Saving Club, Riding for the Disabled, Hallidays Point School and HP Lions Club.

The initiative embodies their belief in giving back to the community that has supported them. During various challenges (including floods, fires, and COVID-19), Colin and Leanne have adapted their services to meet local needs, even launching home delivery services for customers for shopping locally.

FoodWorks is not 'just a supermarket', it is a work opportunity for local employees, often feeling like 'extended family'.

FoodWorks Hallidays Point has also received numerous accolades, including Store of the Year, TWICE.

Colin and Leanne embody the essence of a community retailer! Colin prefers to be on the shop floor engaging with customers rather than confined to an office! Their attention to detail and constant presence, seven days a week have been instrumental to their success.

The secrets of their success includes:

- Employing local people of all ages, and also keeping the community safe in times of need
- Supporting community and sporting groups

Suppling food to families in need and also community events
Colin and Leanne's journey reflects a commitment to his family and community, and their passion for making a difference. They are worthy recipients of the Hallidays Point's Local Citizen of the Year 2025. (With thanks to: Kasie Heathcote, HP Lions President Noel McManus and Don Clough).



Wallaby Stew



Diamond Beach RFS by Matilida Yule

Where to pick up your Forster Fortnightly

Rainbow Flat

Access Fuels Service Stn

Hallidays Point

Foodworks Hallidays Point
Tallwoods Country Club

Tuncurry

Tuncurry Resource Centre
Woolworths
TSG StopnGo
Access Fuels Service Stn
Tuncurry Beach Bowling Club
The Deck
Sporties

Forster

Beach Bums
Tulls News

Forster Information Centre
Pearl Energy Service Stn
Pearl Energy South Forster
Farmers Patch
Great Lakes Aquatic Centre
Ampol Station
Tradies Takeaway
Coles Service Stn
Forster Library
Coles
Woolworths
Stockland Customer Desk
Forster Keys Mini Mart
Club Forster
Lifeline Forster
Lakes & Oceans Tavern

Pacific Palms

Pacific Palms Supamart

Charlotte Bay

Foodworks Charlotte Bay

Smiths Lake

Pacific Palms Bowling Club
Good Food Store
Smiths Friendly Grocer

Coomba Park

Pollards General store
Coomba Aquatic Centre

Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

2025 Hallidays Point
Ambassador Ingrid Horsburgh
Speech at the Australia Day
Ceremony

When I was first asked to take on this role as Hallidays Point Ambassador, I wasn't sure what I would say. But then Lion Ray told me I could speak freely! I'm honoured to be here in this beautiful community by the beach.

I'm grateful to live in a country that stands out as one of the most desirable places to be. We

are incredibly fortunate. I've lived in Hallidays Point for 21 years, having lived in Nabic and Forster before. While each place has its charm, living in Black Head is hard to beat. The natural beauty and weather are only part of what makes this community special.

It's the people that make Hallidays Point stand out. Many coastal towns are full of retirees, but here, people are driven to make a difference and get involved. In December, I helped organise a Christmas lunch at the surf club for people whose families were elsewhere. The community rallied together and it happened.



Hallidays Point Surf Life Saving Club

As an 8th generation Australian, my ancestors arrived with the First Fleet in 1788. This marked the beginning of a history that has deeply affected the lives of the First Nations peoples, who had been here for tens of thousands of years.

On this Australia Day, I celebrate our beautiful environment, our peace, and our history. But I also have concerns. Our planet is facing significant challenges, from pollution to inequality. In Hallidays Point, we have a superpower: the power of community.

We support one another, roll up our sleeves, and get things done. The Lions Club has been pivotal in mobilising efforts that make a real difference. Volunteering is a common thread in our community, and together, we can achieve far more than we can, alone.

As we celebrate Australia Day, let's reflect on what makes us special—our kindness, mateship, and community spirit. These values define us as Australians. Happy Australia Day!

Right: Ambassador Ingrid Horsburgh.
Below: Australia Day Best Dressed with the winner on the left.
Photos by Matilida Yule.
Left below: Paige, Louise Higgs, Abbie and Ella. Photo by Ray Piper.



I acknowledge that history is important as we move forward together. Since then, millions have come to Australia from every corner of the globe. We are a nation built on diversity, and I've worked alongside First Nations artists and leaders. These experiences have shaped who I am today.



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COACH DEPARTS

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Have your say on assets and services



Tuncurry Water Park

What is an acceptable level for the condition of MidCoast Council's public assets? And which services are most important to you? These are questions Council is asking residents in a community consultation until 16 March.

Your feedback will help Council develop 10-year asset and financial plans.

"We're asking MidCoast residents what condition is acceptable for public assets, what services are the most important, and what's affordable for them," said General Manager, Mr Adrian Panuccio.

While Council is legally required to provide assets and services, the level at which we invest in them is something we can adjust, depending on what the community wants us to prioritise.

Public assets include roads, bridges, footpaths and cycleways, water and sewer assets, stormwater drainage, community buildings and public toilets, recreational assets and swimming pools.

Services include development assessment, waste collection, emergency management, environmental programs, community

services, libraries, rangers and much more.

"It's important that our plans maintain or improve assets and services are at a level the community can afford," said Mr Panuccio.

Having your say is easy.

For assets, everyone is welcome to complete the asset condition survey on Council's website. The survey is being provided by Micromex Research.

Micromex will collect the results and report the outcomes.

For services, you can provide your feedback either online or via a paper survey to let us know which services you think are most important. Paper surveys will be available at Council offices, libraries and drop-in sessions.

There will be special drop-in sessions to help anyone have their say – even if not confident online. No need to book – just drop in during the time below for help to complete the online survey.

Hawks Nest Community Centre
Tuesday 4 February 4pm - 7pm
or Thursday 27 February 10am - 1pm

Wingham Library meeting room
Thursday 6 February 1.30pm - 4.30pm

Taree Yalawanyi Ganya, Council Chambers Saturday 8 February
9am - 12pm or Wednesday 5 March 4pm - 7pm

Hallidays Point Black Head Surf Life Saving Club Monday 10 February 4pm - 7pm

Gloucester Senior Citizens Centre
Wednesday 12 February 5.30pm - 7.30pm
or Saturday 1 March 9am - 12pm

Bulahdelah School of Arts Hall Thursday 13 February 4pm - 7pm

Stroud Library Tuesday 18 February 9am - 12pm

Harrington Function Centre Wednesday 19 February 10am - 1pm

Forster Civic Centre, Wallamba Room
Saturday 22 February 10am - 1pm or
Thursday 6 March 10am-1pm

Old Bar Taree Old Bar Surf Life Saving Club Tuesday 25 February 4pm - 7pm.

If you can't make a drop-in session, and need help to take part, call the Engagement tea m on 0419 980 566.

Find out more and have your say online at www.midcoast.nsw.gov.au/assetsreview



Road Kimbriki

Tanya's Community Update

I'm pleased to share that the Mid Coast Local Government Area has been included in the expanded Natural Disaster Declaration, providing much-needed relief to residents impacted by the severe storms and intense rainfall earlier this month.

This declaration provides disaster recovery support, including emergency accommodation, grants for uninsured residents, and concessional loans for small businesses and primary producers. Our local councils will also receive funding to clean up and repair damaged public assets.

Severe weather events take a toll on homes, livelihoods, and the community. Advocating for the inclusion of our region in this declaration was essential to ensure residents and local authorities can access the support they need to rebuild and recover. If you or someone you know has been affected, I encourage you to explore the available assistance, scan the QR code below to find out more.

Community Building Partnership Grants 2025

Applications for the Community Building Partnership Grants program opened on 28 January. This program supports projects that enhance community spaces, encourage participation, and support inclusion. Grants range from \$10,000 to \$100,000 and can make a huge difference to local groups and facilities.

Applications close 21 February - don't miss this chance to apply, visit www.nsw.gov.au/



Tanya THOMPSON MP

Member for Myall Lakes

APPLICATIONS ARE OPEN

COMMUNITY BUILDING PARTNERSHIP GRANTS 2025

APPLICATIONS CLOSE 21 FEBRUARY
APPLY HERE: www.nsw.gov.au/cbp

MID COAST DISASTER RECOVERY SUPPORT

MORE INFO:
www.disasterassist.gov.au

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TAREE AUSTRALIA DAY AWARDS

1-9 Manning Street, Tuncurry
myalllakes@parliament.nsw.gov.au

02 6555 4099
TanyaThompsonForMyallLakes

tanyathompson.com.au

Authorised by Tanya Thompson MP, 1-9 Manning Street, Tuncurry NSW 2428, funded using Parliamentary Entitlements February 2025.

OPEN DAY



Discover Evermore For Yourself & Find Out Why Residents Like Julie Love Evermore So Much...

*Evermore, My Haven
When life grew quiet, and the days felt long,
I found a place where I belong.
Evermore welcomed me with open arms,
A safe retreat, with endless charms.
Alone I came, yet not alone I stayed,
For friendships blossomed, memories made.
The laughter echoes, the smiles so true,
A family found, and a life anew.
The Social Club, with joy it beams,
Bringing to life my dreams and schemes.
From coffee chats to songs we sing,
Each moment here is a precious thing.
With snooker games and a walking trail,
A book to read or a story to tell.
Monday Melodies, the Bingo fun,
The days are bright, each and every one.*

Julie Manning (Evermore Resident)



See You At The Open Day - For More Than You Ever Expected
Saturday 8th February - 10am - 2pm

1300 670 906

18-30 Bruce Street, Forster (150m from Wallis Lake Cafes)
www.evermoreliving.com.au



Digby Wilson

A Grassroots Leader for Lyne's Future

Digby Wilson has been endorsed as the Australian Labor Party candidate for Lyne in the upcoming federal election.

Now retired, Digby's career began as a blue-collar apprentice technician, where he learned the value of hard work. His expertise led to leadership roles in telecommunications, including managing large teams across multiple states. "My commitment to people is shown in these roles. As Telstra's Chair of the Emergency Council for NSW, Victoria, and Tasmania, I led efforts to restore critical communications during emergencies," Digby said.

Digby has also been a dedicated volunteer for the Rural Fire Service, Sydney Children's Hospital, St Vincent de Paul, and local sports clubs. His election as a MidCoast Council Councillor has broadened his perspective on local governance and community needs.

ALP Senator Deb O'Neill stated, "Digby's integrity and dedication to community service are clear. His approach to politics is about bringing people together to create a stronger, more equitable community. He understands the unique needs of regional electorates like Lyne and has the skills to address complex issues."



Digby aims to build on Labor's record of supporting regional communities like Lyne. "Communities and families need support in health, aged care, education, and living costs," he said. "I'm seeking better policies for all of us. This electorate deserves a stronger advocate who truly understands and values our community."

He highlighted Labor's work on reducing the cost of living, including tax cuts for Lyne's taxpayers, energy bill relief, cheaper renewable energy, lower prescription costs, and increased bulk-billed GP appointments.

With Lyne having the second-oldest demographic in NSW, Digby emphasized Labor's aged care reforms, which address fifty-eight recommendations from the royal commission. He also pointed to Labor's support for students in critical fields like nursing, healthcare, trades, and construction, through initiatives such as fee-free TAFE, HECS relief, and \$10,000 for apprentices in the Key Apprentices Program.

"Labor is helping Lyne by supporting students, healthcare, and trades—areas I'll continue to fight for in this election," Digby said.

A true grassroots candidate, Digby is committed to being a strong representative for his community. "I'm proud to be endorsed as the Labor candidate for Lyne. I will work every day to achieve our goals," he added.

Quotes Attributable to Senator Deborah O'Neill, Labor Senator for New South Wales:

"Digby's integrity and dedication to community service are clear. His approach to politics is about bringing people together to create a stronger, more equitable community."

Independent Candidate Jeremy Miller speaks at Australia Day awards

Each year on 26 January, people around Australia gather in groups to celebrate who we are as a modern nation, and to welcome new citizens of this country. Australia Day citizenship ceremonies mark this important moment for people who have come to this country from places all over the planet.

In these ceremonies they say "I pledge my loyalty to Australia and its people, whose democratic beliefs I share, whose rights and liberties I respect, and whose laws I will uphold and obey". Speeches of welcome are given, a citizenship certificate is issued to each new citizen by the government, and those present, welcome the new citizens with applause.

This year, Councillor Jeremy Miller spoke at the annual Australia Day Rotary Club awards in Wingham. He began by noting some of the many good things about being Australian. "We have one of the highest life expectancies and lowest infant mortality rates in the world, with lower levels of heart disease, malnutrition, infectious disease than other countries. We have clean air and clean water.

In Australia we can trust in the

Jeremy Miller

rule of law and our institutions to provide a fair and free society." Cr Miller also noted that Australia is "a country with the world's oldest continuous culture. Aboriginal people have lived on this continent for over 65,000 years, passing down traditions, knowledge, and a profound respect for Country.

Recognising their place in our history, learning from it and working together to close the gaps that still exist is a task for all Australians."

He then spoke about how the National 2025 Australians of the Year reflect "qualities of innovation, caring for our mates in hard times, and jumping in to face the impossible challenge – these qualities are a big part of what makes us Australians." He concluded by noting, "We are the lucky country, but it is a luck that we made ourselves, together."



Tom Ferrier

Greens Candidate for Lyne

Lorne resident, Mr. Tom Ferrier, has been endorsed as the Greens candidate for Lyne in the up-coming Federal election.

Mr. Ferrier highlights lowering the cost of living, improving health care, and environmental protection as central to his campaign. "Australians are hard hit by housing costs, whether mortgage or rent," said Mr. Ferrier. "First home buyers are locked out of the housing market by a system that favours investors.

The Greens will cap rents, and phase out negative gearing and capital gains concessions. The Greens pressure has recently secured an additional \$3 billion in funding for public and community housing.

"Study after study has shown the cheapest energy comes from renewables, especially solar and wind. It makes sense to increase subsidies for renewables like rooftop solar to bring household power bills down – paid for by ending subsidies for fossil fuels.

"Health care affects every Australian, and includes aged care, dental and mental health care.

It's vital we restore free GP visits, and include preventative dental care as part of Medicare. Older Australians need quality, affordable aged care, whether at home or in residential care. This should be provided on a not-for-profit basis.





Quota - Forster/Tuncurry Presents

International Women's Day



Theme: IWD 2025 campaign theme is: *"Accelerate Action"*

Date: Saturday 8 March 2025

Venue: Sporties - 65 Beach Street, Tuncurry

Timing: Arrival - 9.30am
Dining: Brunch - Smorgasboard

Cost: \$35 per head - Tickets:

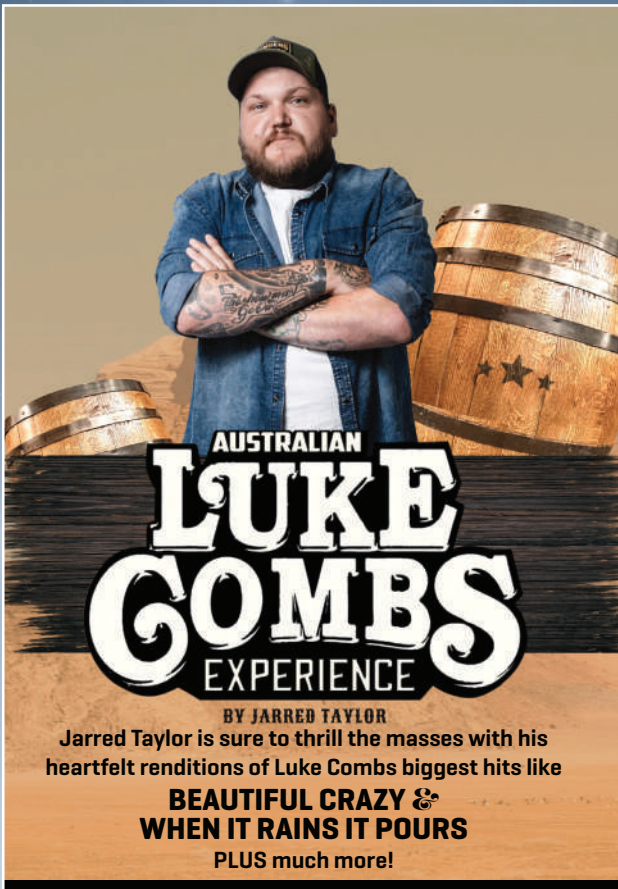
Phone: Heather - 0418 718 110

Email: quota.forstertuncurry.inc@gmail.com

Guest Speaker: Dr Ellen Millard - MBB BSc Biochemistry
Ellen was schooled in Forster/Gloucester and graduated from the Australian National University in Canberra in 2007. Ellen has trained in General Practice and completed post graduate training in women's health and counselling for general practice.

Together let's Accelerate Action for Gender Equality





LUKE COMBS
EXPERIENCE

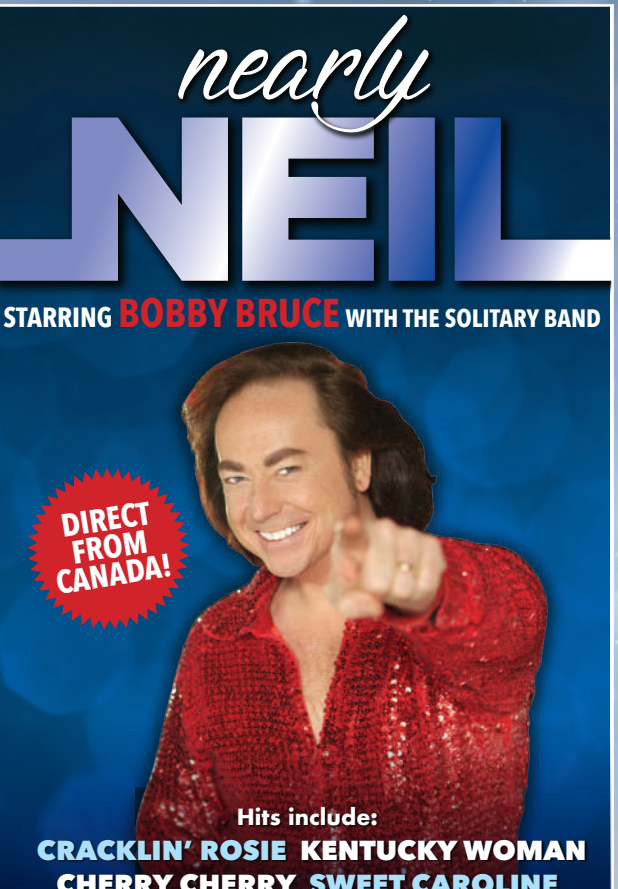
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TWO STRONG Hearts

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FRIDAY 14TH FEBRUARY 2025

Australia Day Honours List 2025

Congratulations to the fantastic Myall Lakes locals who have been recognised in this year's 2025 Australia Day Honours Melissa Pint for their contributions to our community!

Julie Brady, OAM (Order of Australia), Coomba Park
For service to the community through social welfare organisations.

The late Roger Lynch, OAM, Forster
For service to the community of the Great Lakes region.

Trish Nicholls, OAM, Forster
For service to basketball as a statistician.

Julie Wilcox, ESM, Forster
For distinguished service as a member of Forster Surf Life Saving Club.

Well done and thank you for your service.

Julie Brady

Our very own Julie Brady has been awarded one of Australia's highest honours in the recent Australia Day Honours List, 2025 The Order of Australia Medal (OAM).

Julie says: "I enjoy helping my community - as I want it to be the best community that it can be. I think that we can achieve this. My family instilled very strong values in me. I was lucky that my family was able to provide me with a good education at a Catholic School. Growing up in the 1940s, whilst there were more opportunities for women than in previous generations - some challenges still remained, which I overcame. All this helped me to grow into the person that I am. I felt I had to prove myself and after beating some of the obstacles in front of me, I was then able to help others to avoid them."

The OAM award has been awarded for recognising Julie's longtime service to the

Community through various local Social Welfare organisations - particularly the Great Lakes Women's Shelter (GLWS) and the Forster Neighborhood Centre (FNC) where she has previously been on the Committee for 12 years, initially as President & 3 years as Treasurer.

Julie has worked tirelessly, helping to raise funds for the Great Lakes Women's Shelter, culminating in the opening of the purpose built facility in 2022. GLWS is a safe haven for women and children who may be experiencing homelessness or domestic/family violence in the Forster/Tuncurry/Great Lakes region. It offers emergency accommodation to 5 Families for 3 months, during which time these families are able to access legal, housing and financial support, and also counseling to help empower them to regain their independence.

"Currently, our biggest issue in supporting GLWS and FNC is the lack of secure funding & financial resources. We rely on our wonderful community for help - both individuals and organizations, but in reality, these Community Services are the responsibility of the Government."



Julie Brady

One of FNC's most successful programs is the Better Teaching, Better Learning Program at Tobwabba - offering free tutoring for students by kind and enthusiastic volunteers.

Trish Nicholls

We'd like to take a moment to recognise the over three decades of service Trish and Steve Nicholls have dedicated to basketball in NSW. Through their selfless efforts, countless young officials have been touched by their passion for the game.

Basketball NSW is proud to share the exciting news that one of our basketball community's most dedicated contributors, Trish Nicholls, has been recognised in the 2025 Australia Day Honours List for her remarkable service to basketball and exceptional contribution to the sport.

Trish Nicholls has been awarded the Medal of the Order of Australia for her service to basketball as a statistician. With an eye for detail and a passion for numbers, Trish's tireless dedication has elevated the quality and accuracy of basketball statistics, enriching the game and providing invaluable insights for players, coaches, and fans alike.

Basketball NSW extends its heartfelt congratulations to Trish on this well-deserved recognition. Her passion, dedication, and achievements inspire us all. Please join us in celebrating this incredible milestone for Trish!

Medal of the Order of Australia (OAM) in the General Division

Mrs Patricia Maree Nicholls, Forster NSW 2428
For service to basketball as a statistician.

FIBA – International Basketball Federation
•Statistician and Statistics Trainer, Oceania, since 2017.
•Selector/Organiser, Women's World Cup Statistics, 2022.



Trish Nicholls

Basketball Australia/National Basketball League
•Statistician/Assessor, Women's National Basketball League, current.
•Statistician, Women's National Wheelchair Basketball League, current.
•Statistician, National Wheelchair Basketball League, current.
•Member, National Statistics Panel, c2005-2023.

Basketball NSW
•Head Statistician, Sydney and Illawarra, since 2016.
•Coordinator, Statistics Committee. Hills Basketball Association
•Statistics Coordinator, c2000-2010.
•Life Member, since 2016.

Awards and Recognition include:
•Statistician of the Year, Basketball NSW, 2018.
•Co-Recipient, Dr John Raschke Award, Basketball NSW, 2016.
•Long Service Award, Basketball NSW, 2012.

Written by Jaylee Ismay

Julie Wilcox

Forster Surf Life Saving Club had a double reason to celebrate on 26th January 2025 – it was the first Australia Day in the new club house and club Life Member, Julie Wilcox, was the recipient of an Australia Day award.

As part of the Australia Day Honours List for 2025, Julie was conferred with a Meritorious Award - Emergency Services Medal (ESM) for distinguished service as a member of an Australian emergency service 'through leadership, dedication, commitment and achievement'.

This ESM award follows Julie being acknowledged for her valuable contribution during the 2019/20 bushfires with a National Emergency Medal. Julie was a lead Duty Officer, coordinating the surf lifesaving operational response, readying personnel,

inflatable rescue boats (IRBs) and jetskis (RWCs) to potentially evacuate residents along the Wallamba, Coolooloolook and Manning rivers.

In an amazing display of family commitment to surf lifesaving and the community, Julie, her husband Brian and, now, daughter Georgia are all current patrolling members with the Forster surf club.

The roles played by Julie and Brian over 30+ years of service have seen both awarded life membership of the Forster surf club and Surf Life Saving Lower North Coast Branch (SLSLNCB). Both were awarded the National Emergency Medal for the 2019/20 bushfires. And now both hold the highly prestigious ESM as Brian was a recipient of this same award in the 2024 Australia Day Awards.

Julie has held multiple positions within the Forster surf club, SLS LNC Branch and SLS NSW.



Julie Wilcox at Forster SLSC, Photo by Georgia Wilcox

Of particular note has been her roles as the LNC Branch as Director of Lifesaving (9 years), Asst DOL (9 years) and Duty Officer (20+ years).

During her tenure, she oversaw the formalisation of the Emergency Callout system across the NSW coastline, the development of the LNC Support Operations (now Rescue Services) Team, the introduction of Duty Officers and, more recently, the extended training of personnel and use of drones (UAVs) for surf safety and search and rescue events.

Julie is humbled to be singled out for the award but is adamant that surf lifesaving is built around a strong team culture, and this award is great recognition of the contribution all Lower North Coast Branch Clubs make to our community, particularly patrolling members, callout teams, Duty Officers and Rescue Services teams who make up the emergency service component of Surf Life Saving.

According to Julie, "There is no 'I' in the word 'team'. My award is very much a recognition for the teams of which I have been honoured to be a part."

"It is also recognition at the high level that the capability of our regional SLS members is at the highest standard in all of Australia."

Along with acknowledging the ESM awarded to Julie, Surf Life Saving Australia (SLSA) President, John Baker AM ESM, celebrated all twelve SLSA members who were honoured with various awards on Australia Day, for their commitment to saving lives and providing an exceptional level of service both on our beaches and out in our communities.

"We are proud that the commitment of so many of our volunteers has been recognised at a national level by the Governor General and all Australians.

"Our organisation and all of Australia is fortunate to have people of this quality associated with our movement. We are stronger thanks to their commitment, involvement and invaluable contributions over the years," added Baker.

Roger Lynch

The late Roger Lynch (Forster) received an OAM for service to the community of the Great Lakes region.

The Great Lakes area, like many regional communities, relies heavily on its many volunteers. Roger Lynch, who died in April 2021, took being a volunteer in his community to a level to which few could aspire.

In his early accountancy career Rodger used his financial skills to assist many community organisations. He was inaugural treasurer and paymaster of the Manning Sheltered Workshop (now Valley Industries) and became a foundation member of F-T Apex Club (a Service club for males under 40). He was president of the Club in 1979 when "the Barn" (now the basketball courts attached to the Aquatic Centre) was opened, one of the Club's projects.

He also served for a time as elected councillor on Great Lakes Council. Once retired Roger devoted much of his time to the Cape Hawke Community Hospital (CHCH) and Health.

In November 2020, the Cape Hawke Community Hospital Committee celebrated the Jubilee of the formation of the Hospital Association. In conjunction with the celebration Roger researched the history of the Association and published a book "Built on Roast Beef & Apple Pie". It should be required reading by every resident - Available at Reception CHCH.

Roger joined the Board in 1995. The committee under then-President George Perkins (who died in 2020) was always forward thinking and trying to anticipate the future hospital and medical needs of the community. When George retired in 2004 Roger was the obvious choice to lead us.

For those unaware of the history, (read Roger's book), the community owns and develops all of the infrastructure and leases it to private operators, currently a company called Healthie. This also includes pathology and imaging rooms. Continues next page

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Dr **DAVID GILLESPIE** MP
Member for Lyne

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Authorised by David Gillespie, 14 Manning Street, Taree NSW 2430

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YOUR FORTNIGHTLY TV GUIDE

February 6 - 12

	ABCTV	SBS	SEVEN	NBN	TEN
THURSDAY	6.00 Morning Programs. 1.00 The Newsreader. 2.00 Parliament. 3.00 Forever Summer With Nigella. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Long Lost Family. 9.20 Grand Designs. 10.05 Dr Karl's How Things Work. 10.35 News. 10.50 The Business. 11.10 Miriam Margolyes Almost Australian. 12.10 Grand Designs. 1.00 Late Programs.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 History Of Britain. 2.55 Railway Journeys UK. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of The Imperial War Museum. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Finding Your Roots. 8.30 Scotland's Poshest Train: Alan Cumming. 9.30 The Darkness. 10.20 SBS News. 10.50 Divided We Stand. 12.40 Blanca. 1.35 Blanca. 2.40 Barkley Manor. 3.05 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 Seven Noon News. 1.00 MOVIE: Farmer Seeking Love. (2022) 3.00 Pre-Game Show. 3.30 Cricket. Second Test. Sri Lanka v Australia. Day 1. Morning session. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 MOVIE: Bridget Jones's Diary. (2001) (M) 10.45 St. Denis Medical. (PG) 11.45 The Hunting Party. 12.45 Damnation. 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 Married At First Sight. 1.30 The Long Drive For Drought. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 RBT. (M) 8.30 Emergency. (M) 9.30 A+E After Dark. (M) 10.30 9News Late. 11.00 Resident Alien. (M) 11.50 Tipping Point. 12.40 Pointless. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 The Graham Norton Show. 10.10 News. 10.35 The Project. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.
FRIDAY	6.00 News. 9.00 News. 10.00 Planet America. 10.30 Take 5. 11.00 Antiques Roadshow. 12.00 News. 1.00 Silent Witness. 3.00 Nigella Bites. 3.25 Grand Designs. 4.15 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.35 Monty Don's Spanish Gardens. 8.35 Silent Witness. (M) 10.20 Optics. 10.50 Hard Quiz. 11.20 News. 11.40 Guy Montgomery's Guy Mont Spelling Bee (NZ) 12.55 Grand Designs. 1.10 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Such Was Life. 2.10 History Of Britain. 3.00 Nula. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of The Imperial War Museum. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Costa Concordia: Why She Sank. 8.30 Ray Martin: Mysteries Of The Outback. 10.20 SBS News. 10.50 Bonn. 11.45 Sisi. 1.50 Sisi. 2.50 Barkley Manor. 3.20 Inside The Modelling Agency. 4.15 Peer To Peer. 4.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 Seven Noon News. 1.00 MOVIE: No Good Deed. (2020) 3.00 Pre-Game Show. 3.30 Cricket. Second Test. Sri Lanka v Australia. Day 2. Morning session. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens Summer. 8.30 Australian Idol. (PG) Hosted by Ricki-Lee and Scott Tweedie. 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love On The Reef. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Taronga: Who's Who In The Zoo. (PG) 8.30 MOVIE: The Equalizer. (2014) (MA15+) 11.10 MOVIE: The Founder. (2016) (M) 1.15 Innovation Nation. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Drew Barrymore. 7.00 The Yes Experiment. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 AACTA Awards 2025. (M) 10.00 10's Late News. 10.25 The Graham Norton Show. (PG) 11.25 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 12.00 News. 12.30 Beyond Paradise. 1.30 Optics. 2.00 Hippo Watch With Steve Backshall. 2.45 Mozart: Rise Of A Genius. 4.00 Eat The Invaders. 4.30 Muster Dogs: Collies And Kelpies. 5.30 Dr Karl's How Things Work. 6.00 Australian Story. 6.30 Back Roads. 7.00 ABC News. 7.30 Beyond Paradise. (PG) 8.30 Vera. (PG) 10.05 The Newsreader. (M) 11.00 Unforgotten. (M) 11.45 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 3.00 Sailing. SailGP Sydney. Day 1. 4.30 Cycling. AllUa Tour. Highlights. 5.30 Auschwit: The Inside Man. 6.30 News. 7.30 Sandi Toksvig's Woodland Restoration. 8.25 Scotland The New Wild. 9.25 Great Australian Walks. 10.25 Beautiful Lakes Of Northern Italy. 11.15 Home Jacking. 12.35 The Man Who Died. 2.25 Love Your Garden. 3.20 Inside The Modelling Agency. 4.15 Peer To Peer. 4.45 Destination Flavour China Bitesize. 4.55 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Inling Millennium Day and Caulfield Family Day. 3.00 Pre-Game Show. 3.30 Cricket. Second Test. Sri Lanka v Australia. Day 3. Morning session. 5.00 News. 5.30 Border Security. (PG) 6.00 News. 7.00 Border Security. (PG) 7.30 MOVIE: The Bourne Identity. (2002) (M) 10.00 MOVIE: Taken. (2008) (MA15+) 2.00 Dr Harry's Animal Encounters. (PG) 2.00 Shopping. 4.00 It's Academic. 5.00 My Greek Odyssey.	6.00 Morning Programs. 12.00 Fishing Australia. 12.30 The Pet Rescuers. 1.00 MOVIE: The Cutting Edge. (1992) 3.00 Space Invaders. 4.00 David Attenborough's Green Planet. 5.00 News. 5.30 RBT. 6.00 NBN News. 7.00 Married At First Sight. 8.30 60 Minutes. 9.30 9News Late. 10.00 See No Evil. 11.00 The First 48. 11.50 Iconic Australia. 12.50 Destination WA. 1.20 Talking Honey. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Fishing Aust. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.30 Drew Barrymore. 10.00 The Weekly Kick-Off. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Australia By Design: Innovations. 12.30 Exploring Of The Grid. 1.30 Frugal Foodie. 2.00 4x4 Adventures. 3.00 What's Up Down Under. 3.30 Roads Less Travelled. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.00 News. 6.30 Dog House Aust. 7.30 Love I Or List It Australia. 8.30 Dog House Aust. 9.30 Ambulance Australia. 10.30 Ambulance UK. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.00 New Leash On Life. 1.30 Gardening Australia. 2.25 Monty Don's Spanish Gardens. 3.25 Long Lost Family. 4.15 Extraordinary Escapes. 5.00 Maggie Beer's Big Mission. 6.00 Antiques Roadshow. 7.00 News. 7.30 Muster Dogs: Collies And Kelpies. 8.30 The Newsreader. 9.20 Love Me. 10.10 MOVIE: BMX Bandits. (1983) 11.40 You Can't Ask That. 12.05 Rage. 3.00 Australia Remastered. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 3.00 Sailing. SailGP Sydney. Day 2. 4.30 PBS Washington Week. 4.55 The Point: Road To Referendum History Bites. 5.00 Dylan Alcott: Peter Bol And Joseph Deng. 5.25 Rommel: The Soldier. The Son And Hitler. 6.30 News. 7.30 Mysteries Of Loch Ness. 9.20 Legends Of The Pharaohs. 10.25 Great British Landmark Fixers. 11.15 Miniseries: The Boleyns: A Scandalous Family. 12.25 Miniseries: The Boleyns: A Scandalous Family. 1.35 Late Programs.	6.00 Morning Programs. 1.00 TBA. 3.00 Pre-Game Show. 3.30 Cricket. Second Test. Sri Lanka v Australia. Day 4. Morning session. (Please note: alternative schedule may be shown due to changes to cricket coverage) 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Australian Idol. 8.50 Queen: In Their Own Words. 9.50 Lee Kernaghan: Boy From The Bush. 11.55 Autopsy USA. 12.55 Friday Night Lights. 2.00 Shopping. 3.00 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 Fishing Aust. 12.30 The Pet Rescuers. 1.00 MOVIE: The Cutting Edge. (1992) 3.00 Space Invaders. 4.00 David Attenborough's Green Planet. 5.00 News. 5.30 RBT. 6.00 NBN News. 7.00 Married At First Sight. 8.30 60 Minutes. 9.30 9News Late. 10.00 See No Evil. 11.00 The First 48. 11.50 Iconic Australia. 12.50 Destination WA. 1.20 Talking Honey. 1.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Fishing Aust. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.30 Loving Gluten Free. 10.00 Pooches At Play. 10.30 The Chef's Garden. 11.00 Luxury Escapes. 11.30 Buy To Build. 12.00 I'm A Celebrity... Get Me Out Of Here! 12.30 Cook With Luke. 2.00 Everyday Gourmet. 2.30 Farm To Fork. 3.00 10 Minute Kitchen. 3.30 All 4 Adventure. 4.30 GCBC. 5.00 News. 6.00 Sunday Project. 7.00 I'm A Celebrity... Get Me Out Of Here! 8.30 MOVIE: Rocketman. (2019) 11.00 FBI. 11.50 Sunday Project. 1.00 Shopping. 4.30 CBS Morning.
MONDAY	6.00 Morning Programs. 1.00 The Human Revolution. 2.00 Parliament. 3.00 Nigella Bites. 3.25 Grand Designs. 4.10 Long Lost Family: What Happened Next. 5.00 A Bite To Eat. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Mozart: Rise Of A Genius. 10.35 News. 10.50 The Business. 11.05 Planet America. 11.40 Home Delivery. 12.10 Grand Designs. 1.00 Parliament. 2.00 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 History Of Britain. 2.55 Railway Journeys UK. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Secrets Of The Imperial War Museum. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Madrid With Michael Portillo. 8.25 Wilderness With Simon Reeve. 9.35 Inside Sydney Airport. 10.35 SBS News. 11.05 Wisting. 12.50 You Shall Not Lie. 3.00 Barkley Manor. 3.30 Late Programs.	6.00 Sunrise. 9.00 NFL. NFL. Super Bowl LIX. Kansas City Chiefs v Philadelphia Eagles. 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 Australian Idol. (PG) 9.10 St. Denis Medical. (PG) 10.10 First Dates UK. (PG) 11.15 Lopez Vs. Lopez. (PG) 12.15 Friday Night Lights. (M) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Destination WA. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Australian Crime Stories: The Investigators. 10.00 9News Late. 10.30 Forensics: Murder Scene. 11.30 First On Scene. 12.00 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS: Sydney. 10.00 News. 10.25 NCIS. 11.25 The Project. 12.30 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Parliament. 3.00 Nigella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Dr Karl's How Things Work. 8.30 Eat The Invaders. 9.00 Hippo Watch With Steve Backshall. 9.45 Ningaloo Nyngulu. 10.45 News. 11.00 The Business. 11.15 Four Corners. 12.00 Media Watch. 12.20 Parliament. 1.20 Grand Designs. 2.10 Rage. 3.25 Parkinson In Australia. 4.30 Late Programs.	6.00 Morning Programs. 2.00 Such Was Life. 2.10 History Of Britain. 3.00 The Weekly Football Wrap. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Britain's Secret Islands. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 Pretty Baby: Brooke Shields. 9.45 The Artist's View: Van Halen. 10.15 SBS News. 10.45 Beyond Signs. 11.45 Fargo. 1.30 Barkley Manor. 2.00 Inside The Modelling Agency. 3.50 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 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 Australian Idol. (PG) 9.10 St. Denis Medical. (PG) 10.10 First Dates UK. (PG) 11.15 Lopez Vs. Lopez. (PG) 12.15 Friday Night Lights. (M) 1.15 Travel Oz. (PG) 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 Married At First Sight. 1.30 Explore TV. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Madam. (MA15+) 10.20 9News Late. 10.50 My Feet Are Killing Me. (M) 11.40 The Equalizer. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Our State On A Plate. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS: Sydney. 10.00 News. 10.25 NCIS. 11.25 The Project. 12.30 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 2.00 Parliament. 3.00 Nigella Bites. 3.25 Grand Designs. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Optics. 9.00 Guy Montgomery's Guy Mont Spelling Bee (NZ) 9.45 Planet America. 10.20 Spicks And Specks. 10.50 News. 11.05 The Business. 11.20 Aftertaste. 12.20 Grand Designs. 1.10 Parliament. 2.10 Rage. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 Such Was Life. 2.10 History Of Britain. 3.00 Railway Journeys UK. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Britain's Secret Islands. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lord Lucan. 8.30 Wonders Of The Sun With Dara Ó Briain. 9.25 Miniseries: Playing Nice. 10.20 SBS News. 11.00 Pagan Peak. 11.50 Rogue Heroes. 12.55 Agent Hamilton. 2.40 Barkley Manor. 3.10 Inside The Modelling Agency. 4.05 Peer To Peer. 4.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 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 Australian Idol. (PG) 9.10 St. Denis Medical. (PG) 10.10 First Dates UK. (PG) 11.15 Lopez Vs. Lopez. (PG) 12.15 Friday Night Lights. (M) 1.15 Travel Oz. (PG) 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 Married At First Sight. 1.30 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Madam. (MA15+) 10.20 9News Late. 10.50 My Feet Are Killing Me. (M) 11.40 The Equalizer. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Our State On A Plate. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS: Sydney. 10.00 News. 10.25 NCIS. 11.20 The Project. 12.25 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.

February 13 - 19					
ABC TV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 1.00 The Newsreader. 2.00 Parliament. 3.00 Nigella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Back Roads. 8.30 Sue Perkins' Big Adventure. 9.20 Grand Designs. 10.10 Dr Karl's How Things Work. 10.35 News. 10.50 The Business. 11.10 Miriam Margolyes Almost Australian. 12.10 Grand Designs. 12.55 Parliament. 1.55 Long Lost Family. 2.45 Rage. 3.40 Late Programs.	6.00 Morning Programs. 2.00 Such Was Life. 2.05 History Of Britain. 3.00 Railway Journeys UK. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Britain's Secret Islands. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Finding Your Roots. 8.30 Scotland's Poshest Train: Alan Cumming. 9.30 The Darkness. 10.20 SBS News. 10.45 Golden Boy. 11.45 The Allegation. 1.00 The Allegation. 2.20 Barkley Manor. 2.50 Living With The Boss. 3.40 Peer To Peer. 4.10 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Be My Valentine. (2013) 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 MOVIE: Bridget Jones: The Edge Of Reason. (2004) (M) Renée Zellweger. Colin Firth. Hugh Grant. 10.45 To Be Advised. 12.15 Damnation. (MA15+) 1.15 Travel Oz. (PG) 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 Married At First Sight. 1.30 Mr Mayor. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 RBT. (M) 8.30 Emergency. (M) 9.30 A+E After Dark. (M) 10.30 9News Late. 11.00 Resident Alien. (M) 11.50 Tipping Point. 12.40 Pointless. 1.30 TV Shop. 2.30 Global Shop. 3.30 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 Global Shop. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 2.00s. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 The Graham Norton Show. 10.30 News. 10.35 The Project. 11.35 Stephen Colbert. 12.30 Shopping. 4.30 CBS Morning.	THURSDAY
6.00 News. 9.00 News. 10.00 Planet America. 10.30 Take 5. 11.00 Antiques Roadshow. 12.00 News. 1.00 Silent Witness. 3.00 Nigella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Monty Don's Spanish Gardens. 8.30 Silent Witness. (M) 10.15 Optics. (M) 10.45 Hard Quiz. (PG) 11.15 News. 1.30 Guy Montgomery's Guy Mont Spelling Bee (NZ) 12.15 Grand Designs. 1.05 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Nula. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Britain's Secret Islands. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Costa Concordia: Why She Sank. 8.30 Tony Robinson's Marvellous Machines. 9.25 Mysteries Of The Ancient Dead. 10.20 SBS News. 10.50 Bonn. 11.45 Sisi. 12.45 Barkley Manor. 1.35 Living With The Boss. 4.05 Peer To Peer. 4.35 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Golf. LIV Golf Adelaide. Day 1. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Better Homes And Gardens. 8.30 MOVIE: Pretty Woman. (1990) (M) Richard Gere. Julia Roberts. A business man hires a sex worker. 11.05 To Be Advised. 12.50 Dr Harry's Animal Encounters. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love At First Like. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 David Attenborough's Mammals. (PG) 8.30 MOVIE: Valentine's Day. (2010) (M) 11.00 MOVIE: The Sun Is Also A Star. (2019) (M) 1.00 Let's Eat With George. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	6.00 Drew Barrymore. 7.00 Frugal Foodie. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 2.00s. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 To Be Advised. 8.30 MOVIE: The Lost City. (2022) (M) 10.45 News. 11.10 The Project. 12.10 Stephen Colbert. (PG) 1.00 Shopping.	FRIDAY
6.00 Rage Charts. 7.00 WKnd Brekky. 9.00 Rage. 12.00 News. 12.30 Beyond Paradise. 1.30 Optics. 2.00 Hippo Watch With Steve Backshall. 2.45 Mozart: Rise Of A Genius. 4.00 Muster Dogs. Collies And Kelpies. 5.00 Eat The Invaders. 5.30 Dr Karl's How Things Work. 5.55 Aust Project. 6.30 Back Roads. (PG) 7.00 News. 7.30 Death In Paradise. (M) 8.00 Vera. (M) 9.00 The Newlander. (M) 10.55 Unforgotten. (M) 11.40 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Surf Life Saving. Super Surf Teams League 2024. Highlights. 3.55 Grand Tours Of Scotland's Rivers. 4.25 Black Panthers Of WW2. 5.20 Churchill And The Movie Mogul. 6.30 News. 7.30 Sando Toksvik's Woodland Restoration. 8.25 Scotland The New Wild. 9.25 Great Australian Walks. 10.25 Beautiful Lakes Of Northern Italy. 11.15 Home Jacking. 12.40 The Win. 1.42 Dies. 1.55 Love Garden. 3.20 Living With The Boss. 4.10 Peer To Peer. 4.40 Bamay. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Apollo Stakes Day And Black Caviar Lightning Raceway. 5.00 Seven News. 5.30 Border Security. 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: The Bourne Supremacy. (2004) (M) 9.45 MOVIE: Taken 2. (2012) (M) 11.45 Border Patrol. (PG) 12.15 Dr Harry's Animal Encounters. (PG) 1.15 Travel Oz. (PG) 2.00 Shopping. 4.00 It's Academic. 5.00 My Greek Odyssey. (PG)	6.00 Morning Programs. 1.00 Let's Eat With George. 1.30 Your Next Cruise. 2.00 Innovation Nation. 2.15 MOVIE: Overboard. (1987) 4.30 Explore TV. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Men's All Stars. Round 1. Indigenous All Stars v Maori All Stars. 10.00 NRL: Indigenous All Stars v Maori All Stars Post-Match. 1.30 MOVIE: Air. (2023) 12.00 My Life As A Bellingham Star. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 Late Programs.	6.00 Morning Programs. 9.30 Drew Barrymore. 10.00 The Weekly Kick-Off. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Silvia's Italian Masterclass. 12.30 Exploring Off The Grid. 1.30 Frugal Foodie. 2.00 4x4 Adventures. 3.00 What's Up Down Under. 3.30 Roads Less Travelled. 4.00 My Market Kitchen. 4.30 GCBC. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 8.30 Dog House Aust. 9.30 Australian Survivor. 10.00 Ambulance UK. 1.00 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Morning Programs. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Monty Don's Spanish Gardens. 3.30 Sue Perkins' Big Adventure. 4.00 The Escapist. 5.05 Maggie Beer's Big Mission. 6.00 Antiques Roadshow. 7.00 News. 7.30 Muster Dogs: Collies And Kelpies. 8.30 The Newsreader. 9.25 Love Me. 10.20 MOVIE: Love And Other Catastrophes. (1996) 11.35 You Can't Ask That. 12.05 Rage. 3.05 Australia Remastered. 4.00 Gardening Aust. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Surf Life Saving. Next Gen Series. 4.00 Sailing. SailGP Sydney. Highlights. 5.00 Grand Tours Of Scotland's Rivers. 5.35 Churchill's Forgotten War. 6.30 News. 7.30 Mysteries Of Sink Holes. 9.20 Legends Of The Pharaohs. 10.20 Great British Landmark Fixers. 11.15 The Art Of Dissent. 1.10 Photos That Changed The World. 2.45 Love Your Garden. 3.40 Living With The Boss. 4.30 Peer To Peer. 5.00 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Golf. LIV Golf Adelaide. Day 3. 5.00 Seven News At 5. 5.30 Sydney Weekend.	6.00 Morning Programs. 1.00 Let's Eat With George. 1.30 Your Next Cruise. 2.00 Innovation Nation. 2.15 MOVIE: Overboard. (1987) 4.30 Explore TV. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Rugby League. NRL. Men's All Stars. Round 1. Indigenous All Stars v Maori All Stars. 10.00 NRL: Indigenous All Stars v Maori All Stars Post-Match. 1.30 MOVIE: Air. (2023) 12.00 My Life As A Bellingham Star. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 Late Programs.	6.00 Morning Programs. 8.00 The Yes Experiment. 8.30 Drew Barrymore. 9.00 Freshly Picked. 9.30 Loving Gluten Free. 10.00 The Yes Experiment. 10.30 Play Your Way! 11.00 The Yes Experiment. 11.30 Buy To Build. 12.00 I'm A Celebrity... Get Me Out Of Here! 13.00 Cook With Luke. 2.00 Everyday Gourmet. 2.30 TBA. 4.30 GCBC. 5.00 News. 6.00 Sunday Project. 7.00 I'm A Celebrity... Get Me Out Of Here! 8.10 Matlock. 9.10 FBI. 11.10 Sunday Project. 12.00 Shopping. 4.30 CBS Morning.	SUNDAY
6.00 Morning Programs. 1.00 Landline. 2.00 Fake Or Fortune? 3.00 Nigella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Mozart: Rise Of A Genius. 10.35 News. 10.50 The Business. 11.10 Planet America. 11.40 Home Design. 12.10 Grand Designs. 1.00 Long Lost Family. 1.50 Rage. 3.10 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Railway Journeys UK. 3.35 Plat Du Tour. 3.40 The Cook Up. 4.10 Lighthouses: Building The Impossible. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Madrid With Michael Portillo. 8.25 Witness The Simon Lee Reve. 9.35 Inside Sydney Airport. 10.30 SBS News. 11.00 Wisting. 12.45 A French Case. 2.45 Barkley Manor. 1.35 Living With The Boss. 4.05 Peer To Peer. 4.35 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 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 Australian Idol. (PG) 9.10 St. Denis Medical. (M) 9.40 St. Denis Medical. (M) 10.00 First Dates. (M) 10.30 First Dates. (M) 11.15 Lopez vs. Lopez. (PG) 12.15 Friday Night Lights. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Australian Crime Stories: The Investigators. 10.10 9News Late. 10.40 Forensics: Murder Scene. 11.35 First On Scene. 12.00 Tipping Point. 1.00 Hello SA. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS. 11.25 The Project. 12.30 Stephen Colbert. 1.30 Shopping. 4.30 CBS Morning.	MONDAY
6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Fake Or Fortune? 3.00 Nigella Bites. 3.25 Grand Designs. 4.15 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 The Role Of A Lifetime. 9.20 Queerstralia. 10.20 The ABC Of. 10.50 News. 11.05 The Business. 11.25 Four Corners. 12.10 Media Watch. 12.30 Grand Designs. 1.15 Long Lost Family. 2.05 Rage. 3.40 Parkinson In Australia. 4.30 Gardening Aust. 5.30 7.30.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 The Weekly Football Wrap. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Lighthouses: Building The Impossible. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.35 Pretty Baby: Brooke Shields. 9.50 The Artist's View: Guns 'N' Roses. 10.20 SBS News. 10.50 Prisoner. 11.55 Fargo. 1.40 Barkley Manor. 2.10 Living With The Boss. 3.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 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 Australian Idol. (PG) 9.10 St. Denis Medical. (M) 9.40 St. Denis Medical. (M) 10.00 First Dates. (M) 10.30 First Dates. (M) 11.15 Lopez vs. Lopez. (PG) 12.15 Friday Night Lights. (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Explore TV. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 Madam. (MA15+) 10.20 9News Late. 10.50 My Feet Are Killing Me. (M) 11.40 The Equalizer. 12.35 Tipping Point. 1.30 TV Shop. 2.30 Our State On A Plate. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 9.00 NCIS. (M) 10.00 FBI. 11.25 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.	TUESDAY
6.00 Morning Programs. 1.35 Media Watch. 1.55 Fake Or Fortune? 3.00 Nigella Bites. 3.25 Grand Designs. 4.10 Long Lost Family. 5.00 A Bite To Eat. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 Optics. 9.05 Guy Montgomery's Guy Mont Spelling Bee (NZ) 9.50 Planet America. 10.00 Spicks And Specks. 10.50 News. 11.05 The Business. 11.20 Aftertaste. 12.20 Grand Designs. 1.10 Long Lost Family. 2.00 Rage. 3.10 Late Programs.	6.00 Morning Programs. 2.00 The Abyss: The Rise And Fall Of The Nazis. 3.00 Where Are You Really From? 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Lighthouses: Building The Impossible. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Lord Lucan. 8.30 Wonders Of The Sun With Dara O'Brian. 9.25 Miniseries: Playing Nice. 10.25 SBS News. 10.55 Pagan Peak. 11.45 Rogue Heroes. 12.50 Agent Hamilton. 1.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 TBA. 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. (M) 8.30 Ludwiking. (M) 9.50 Breathinglik. (M) 10.20 The Suspects: True Australian Thrillers. (M) 11.50 Autopsy Asia. (M) 12.50 Covert Affairs. (M) 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 Married At First Sight. 1.30 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.00 60 Miracles. (M) 10.00 9News Late. 10.30 Casualty. 24/7 . (M) 11.30 The Equalizer. 12.15 Tipping Point. 1.05 Your Next Cruise. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Believer's Voice Of Victory. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Drew Barrymore. 7.00 Neighbours. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Judge Judy. 10.30 Australian Survivor. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Wheel Of Fortune. 2.30 Lingo. 3.30 News. 4.00 Neighbours. 4.30 Bold. 5.00 News. 6.00 Deal Or No Deal. 6.30 The Project. 7.30 Australian Survivor. 9.00 Elsbeth. (M) 10.00 NCIS: Hawaii. (M) 10.55 News. 11.20 The Project. 12.25 Stephen Colbert. (PG) 1.30 Shopping. 4.30 CBS Morning.	WEDNESDAY

Local Calendar

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

February

Sun 9 Feb - Forster Town Market
8am to 1pm, Town Park, Oyster Pde Forster.
Search Forster Town Park Market on Facebook.

Sat 15 Feb - Forster Farmers Market
8am to 12pm Forster Info Centre, Little St.
Enquiries: Linda 0421 347 273

Sat 18 Jan to Sun 16 Feb - Summer Exhibition
Open Sat & Sun 10am - 4pm or when flags are flying. Forster Gallery, 34 Lake St Forster.

Sun 16 Feb - Great Lakes Museum Car Boot Sale, 9am to 1pm at Great Lakes Museum, 1 Chapel St Tuncurry. Enquiries: 6554 6275

Sat 22 Feb - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

Sun 23 Feb - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516

March

Sat 1 March - Real Food Market
8am -11am Pacific Palms Community Centre. Come meet your local farmers.
Enquiries: Sue Williams 0438 433 063.

Sun 2 March - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

Sun 2 March - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.

BLACK HEAD BAZAAR



GROUP FARM STAY
Kings Creek Rd Krumbach

KINGS CREEK RETREAT

Hens Weekend ~ Family Reunion
NDIS Respite ~ Special Occasion
kingscreekretreat.com.au

What's on around town & beyond!

Coomba Fest 2025



Top Left: Winning Craft
Above: Winning Crew
Top Right: Jenny Cotterill leading Coomba Choir of the National Anthem
Bottom: Sue Wilcockson and Roxy

Coomba enjoys a very aquatic Australia Day

Acknowledgement of Country 26 Jan 2025

"Good morning, and what a lovely day here on the shores of Wallis Lake!
Shortly, you will sing along with the Coomba Choir our anthem: *Advance Australia Fair*. We will then sing for you one of our favourites,". It is a love song to Australia: to our vast land, and to the rivers, lakes and oceans. It is simply called 'Sing You'.

With that in mind, this is an ideal time to acknowledge the Worimi, the custodians of this land for many, many decades, and to thank them for their long and careful custodianship. We who live here also love this country and are the beneficiaries of that care, so on behalf of us all I acknowledge the Worimi People for their custodianship, and the elders for their wisdom and leadership."

Thank you,
Julie Brady

Coomba Park Foreshore Australia Day Ceremony

With more than 400 people in attendance for Coomba Fest 2025, Coomba Aquatic Club's Australia Day celebration was the biggest in the 20-year history of the event, according to club Vice President and event organiser, Peter Felton.

Local and visitors packed the foreshore on January 26 under perfect conditions for the lakeside village's annual celebration.

Coomba Fest in synonymous with a raft race and seven teams showed their ingenuity by using whatever materials came to hand to build their 'craft'.

Some fared better than others. Among the entries was The Trough, which met a predictably watery end early in the race, which was taken out by the mighty Buffalos skippered by Tyler Searle and crewed by (top,

from left) Therese Perry, David Lindsay and Rhys Tofferi. Paul Probert's Coomba Mowers was a gallant second, with Captain Risky's Renegades third.

Coomba Fest in synonymous with the raft race and seven teams showed their ingenuity by clearly using whatever materials came to hand to build their craft.

As the temperature climbed, the newly refurbished lake pool was the place to be for two legs and four, with many choosing to get wet - inside and out.

The tug-o-war was a triumph for girl power, with the ladies and young girls outmuscling the blokes on the beach.

And speaking of girl power, local MP Tanya Thompson made a late appearance, introducing Alison Penfold, the National's candidate for the Federal seat of Lyne.

It takes a village to make a great community event. Coomba Aquatic Club wishes to thank:

- Coomba's RFS and SES teams, who placed the raft race buoys and ensured the safety of participants.
- The Landcare team members for getting the foreshore ready, despite the deluge.

- Our major sponsors - Coastal Realty of Forster, Wharf Street Gourmet Butchery of Forster, Pollard's Store, and BCF.

- This year's stall holders and musos for helping to create the fantastic vibe.

And, finally, thanks to the many aquatic club members who staffed the CAC's popular barbeque tent all day.

by Coomba Aquatic Club.



Ingenia Lifestyle

KOKOMO

Home to your forever holiday

Over 55s resort style living coming soon

Wake up to sounds of the ocean and the beauty of bushland, just moments from the picturesque town of Blueys Beach and only 20 minutes from Forster.

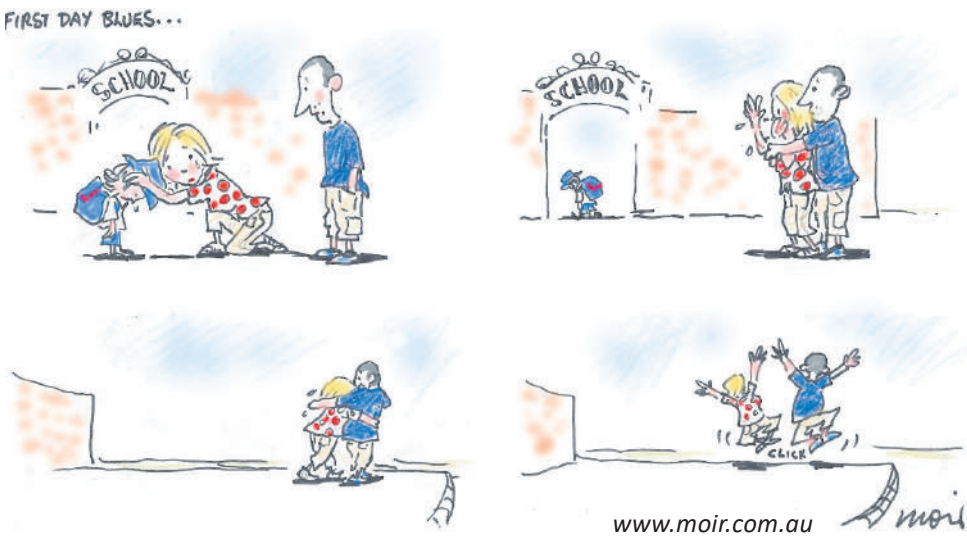
At Ingenia Lifestyle Kokomo, you'll embrace a vibrant and social lifestyle, surrounded by resort-style amenities designed for relaxation, recreation, and connection.

This is where endless begins. We invite you to stay.



Ingenia Lifestyle Kokomo

Mixed bag and Feedback



Australia Offers To Sell New Zealand To Donald Trump

POLITICAL SATIRE: Hours after Donald Trump said he wanted to take over Greenland, Australia has contacted the incoming President, offering him the chance to purchase New Zealand for a bargain basement price. Australia described the deal to Trump as a

'terrific real estate opportunity not to be missed'. "We know Mr Trump is looking to take over a cold, remote, largely-uninhabited island. Here's a chance to snap up two," a spokesperson for the deal said.

Asked by Trump whether there were any people living on the islands, the spokesperson confirmed, "Just a few million ... but they won't mind at all".

Australia said it was open to negotiation. "We're happy to do a deal with Trump. A trillion dollars? A billion dollars? Fine, a million dollars ... it's yours".

The purchase will be finalised this week.

www.theshovel.com.au



Book Review



Punishing Putin

Stephanie Baker's book Punishing Putin is an account of the economic sanctions levied on Russia starting, weakly, after Russian takeover of the Crimea in 2014, and ramped up after its further invasion of the Ukraine in 2022.

Baker is a Russian speaking investigative journalist with Bloomberg. This follows her experience starting in Moscow in the mid 1990's covering Russia's economic transition to a market economy after the fall of the Soviet Union. It was a time when US and European companies, believing that Russia was becoming a western-style economy, flocked to invest there. Investments ranged from McDonalds eateries to stakes in Russia's oil and gas industry. With sanctions, however, these assets finished up in Putin's or oligarch's hands.

The book is in five parts. The first part deals with the backroom manoeuvring to coordinate the West's response to the 2022 invasion. The second part covers the rise of Putin and the oligarchs. Then the third details the attempts to corral Russia's access to technology. It includes divestment of western investments in Russia - with multi-billion-dollar losses to western companies and windfalls to Russian oligarchs. The fourth part deals with trying to limit Russia's lucrative oil exports since these are fundamental to Putin's funding the war. Finally, Baker investigates the diplomatic efforts to freeze Russia's \$300 billion of overseas assets with the aim of directing them to Ukraine's immediate rebuilding of infrastructure that Russia is intent on destroying, and then post-war recovery.

The book details Russia's work-arounds of Western sanctions, including becoming a client of China, and even North Korea. Minimising the impact of sanctions on western economies, including European reliance on Russian oil and gas, reveals how disparate western interests have weakened and delayed decisive action.

How successful have these sanctions been? Baker has a clear-eyed view as to their effectiveness: clearly, they have not stopped the tanks - but, she says, what freedom would Russia have had to pursue its aims had there been no limiting factors?



She sees the war as a tipping point for a long time to come. No longer can there be the optimism of an integrated Europe and Russia. The invasion of Ukraine has created a barrier between Russia and the West at the same time creating a Chinese/Russian axis. Sweden and Finland have now abandoned their neutrality and joined a reinvigorated NATO. India and China now benefit from cheap Russian oil reinforcing links there. In trying to isolate the West, Russia is drawing Middle Eastern and African countries into its orbit. It imports Iranian and North Korean missiles and drones, and gets African women to work in its factories.

Is Stephanie Baker's titling her book Punishing Putin intended as an irony? Or, does she have in mind Putin's ignominy, as a fitness fanatic and looking to restore Russia's greatness, when he has to deal himself with North Korea's Kim Jong Un for weapons?

If the \$300 billion of Russia's money held overseas is redirected to rebuilding Ukraine, that would be an entirely just and proper outcome.

By John King - Librarian

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.



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Screen Reviews



TV Show Reviews by Leon Batman.

Black Doves - Netflix 2024 1 Season 6 Episodes, 2nd season planned

A British spy thriller starring Keira Knightley as Helen Webb, married to a high ranking politician is a spy for the Black Dove organisation. Her identity is in danger of being exposed when her lover is murdered. The storyline goes back and forth between the past and present as Helen works, not only to keep this from her husband but to keep herself alive. Extremely interesting and intriguing storyline.



Fly Me To The Moon - Apple 2024 Movie 124 minutes



It's 1968 and the Americans are not only losing the space race to the Russians but are running short of money to fund a space mission to overtake the Russians. To attract money to fund the mission a "high flyer" advertising executive Kelly Jones is employed to revitalise NASA's public image. Her ideas clash with the Apollo 11 Launch Directors principles which come to a head when Kelly is tasked with creating a fake moon landing in case something goes wrong with Apollo 11's mission.

A very good comedy drama and well worth a look.

All Things Great and Small - Prime, Season 5, 7 episodes 2024.

The remake of the wonderful show continues with season 5 being released on Prime. I feel the remake version of this show is actually better than the original series.

Although now set in WW2 the story line continues in its warmth and feel good fashion as the veterinarians of Darrowby tend to the animals on surrounding farms.

An extremely good show, not to be missed.



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Community News

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Weekly Diary

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

Mondays

Great Lakes Ladies Probus Club

4th Monday of the Month

10am Forster Bowling Club

Contact Sandra 0478 609 258

Forster Hospital Pink Ladies

Meetings held the 2nd Monday of each month Forster Palms Motel at 1.30 pm. Afternoon tea afterwards. Contact Cathy Cook 0429 265 656.

Boomerang Bags Forster Tuncurry

9:30am -12:30pm every second Monday

Tuncurry Memorial Hall

Ring Leonie Dowell 0430 623 332

Forster Tuncurry Seniors

Breeze Parade Forster

Carpet Bowls 12.45 – 3:45pm

Contact 6505 2686

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

Great Lakes Evening VIEW Club

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

Club Forster Travel Club

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

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

Quota Club of Forster Tuncurry

Meets 1st and 3rd Monday each month

Club Forster. Lunch 12.30pm

Meeting 1.30pm, Enquiries 6555 7219

Al-Anon Family Groups

Does someone you love drink too much?

7.30pm Salvation Army Hall, South St, Tuncurry.

Contact: 1300 252 666

Alcoholics Anonymous

12pm Women's Meeting, Daily Reflections

Uniting Church Hall - Cnr Macintosh & Lake St,

Forster 1300 222 222

Forster Tuncurry Lions Club

Meetings held 3rd Monday each month.

Club Forster 6:30 for 7pm Dinner.

Contact President Sue Newton 0418 607 292

Tennis Forster

Every Monday 8.30am - 11.30am Mixed

Organised Social Forster Tennis Club, Lake

Street. Enquiries: Jaime 6554 9120

Great Lakes Vietnam Veterans Association

Sub-Branch meet at Unit 3/80 Kularoo Drive,

Forster, between 10am to 1pm

Email: vvagiforster@gmail.com

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

Mixed Social Tennis

Monday 9 - 11am at Tuncurry Sporties courts,

Beach St. Contact Danny 0409 549 799

Coomba Fitness Group

9am - 10am, in the Coomba Aquatic Club

Gazebo. All levels of fitness welcome. Contact

Lindy on 0415 392 554

Forster Tuncurry Men's Shed Inc.

Held 3rd Tuesday of the month, 2pm Sporties Club, Tuncurry. To attend contact Peter Dreise on 0407 842 905

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month

7pm Club Forster.

Tuesdays

Forster Shores Combined Probus Meeting

Held 3rd Tuesday of the month, 2pm Sporties Club, Tuncurry. To attend contact Peter Dreise on 0407 842 905

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month

7pm Club Forster.

Email: jipatchwood@gmail.com

Pacific Palms Probus Club

Meets second Tuesday each month at Pacific Palms Recreation Club, 9.30 to 10.00am start, Feb to Nov. Ring Jim on 0418 201 167

Rotary Club of Lower Midcoast

Meet 6pm on first and third Tuesday of each month at Sporties, Tuncurry. Call Lance Fletcher 0409 850 671.

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

Hallidays Point Combined Probus Meeting

1st Tuesday of the month

10.00am at Black Head Surf Life Saving Club

To attend contact Ian Campbell 0417 928 791

Wallis Lake Tourers Travel Club Inc.

Meet 10am 2nd Tuesday of the month

Tuncurry Beach Bowling Club

Enquiries Kayleen 0416 184 684.

The Coomba Mens Shed

Open Every Tuesday 8.30am - 12pm

86 Moorrooba Rd, Coomba Park.

Contact Warren Arnold 0407 721 604

Alcoholics Anonymous

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

Pickleball Tuncurry

9:30am at tennis courts behind Sporties.

Enquiries: Sonia 0427 309 032.

Club Forster Social Dance Club

Every Tuesday we have Learn to Dance 6-7pm

then Social Dance 7-9pm.

Enquiries: Kay 0412 314 449

Great Lakes Speakers Club

Meet every FIRST & THIRD Tuesdays each month Feb to early Dec, Club Forster 6.50pm for 7pm start. Contact Graham 0424 426 280

Hallidays Point Surfing Mums

Meet every Tuesday 10:30am at Black Head

Beach near surf club.

Enquiries: Vanessa on 0452 247 440

1st Forster Tuncurry Scout Group Venturer Section,

Cnr Lake & McIntosh Sts Forster,

Tues 6.30 - 8.30pm for 14 to 18 yrs. Enquiries:

leanne.richardson@nsw.scouts.com.au

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm

Contact Bruce 0466 153 616

Coomba Park Tennis Club

Every Tuesday 4 - 6pm Mixed Social Tennis

Enquiries: Text Melissa 0403 309 807

Wednesdays

Green Bikes Community Workshop

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

Great Lakes Breast Cancer Support Group

Meet on the first Wednesday of the month at the Tuncurry Beach Bowling Club at 4pm. Contact Lorraine 0410588736

Seaside Heritage Quilters

are in recess until 4th February, 2025. Our first meeting for 2025 will be on 5th February at 10am at the Masonic Hall, Lake St.

Club Forster Table Tennis

Each week new players welcomed.

6 - 9pm. Contact Harold 5591 7133 or Bruce

0414 532 496

Westpac Rescue Helicopter Service

Forster Tuncurry Group

First Wednesday of the month, 3pm Sporties

Tuncurry. Enquiries: Ruth 0434 234 511

Forster Tuncurry Evening View Club

Meet Second Wednesday of each month

6.00pm for 6.30pm Club Forster

Contact Lorraine Tilley 0408 055 109

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

7pm Club Forster.

Tuncurry Beach Bowling Club & on zoom. Email greatlakespn2428@gmail.com for details.

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

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

One Mile Beach Dunecare

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

Hallidays Point Men's Shed

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

Dementia Infomation drop in at Forster Library

4th Wed of the month 9.30 – 11.30am. Speak with local Dementia Alliance representative on local services. Contact Christine 0408 548 698

Coomba Fitness Group

9am - 10am, in the Coomba Aquatic Club Gazebo. All levels of fitness welcome. Contact Lindy on 0415 392 554

Twin Towns Tennis Club

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

Great Lakes Historic Automobile Club Inc.

Meets first Wednesday every month at 7pm Tuncurry Beach Bowling Club Visitors are welcome. Laurie 0402 315 215

Thursdays

Coomba Mens Shed

Open every Thursday 8.30am-12pm.

86 Moorrooba Rd, Coomba Park.

Contact Warren Arnold 0407 721 604

Codependents Anonymous

Difficulty maintaining relationships?

5.30 - 7pm Uniting Church, Tuncurry.

www.codependentsanonymous.org.au

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.

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

Forster District Combined Probus Club

9.45am First Thursday of every month (except January) Club Forster. Contact Secretary Christine Armstrong 6557 5627

Knit and Knatter

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

Forster Keys Progress Association

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

Lodge Forster Great Lakes United

Meets third Thursday of the month

7pm at the Lodge Hall, 27 Lake Street

Enquiries: Bob Mackinnon on 0437 854 466

Tennis Forster

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

Great Lakes Vietnam Veterans Association

Sub-Branch meet at Unit 3/80 Kularoo Drive, Forster, between 10am to 1pm Email: vvagiforster@gmail.com

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout Section

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

Mens Social Tennis

Thursday 9 - 11am at Tuncurry Sporties courts, Beach St. Contact Danny 0409 549 799

Great Lakes Concert Band

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

Twin Towns Tennis Club

8am Mixed Social every Thursday, Capel St

Tuncurry. Contact Ellise 0411 476 063.

Fridays

Forster Country Women's Association (CWA)

3rd Friday of the Month, 9:30am to 11:30am Coolonglook Room at Forster Civic Centre, Lake Street. Contact: Annette 0411 028 857

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

Forster Tuncurry Seniors

Breeze Parade Forster

Carpet Bowls 9:15 - 12pm & Games 1pm - 4pm

Contact 6505 2686

Forster Tuncurry Red Cross

1st Friday of the month at 9:30am.

Please contact Judy on 0403 400 875 to find out

new venue.

Alcoholics Anonymous

1pm, I.D. Meeting at Masonic Lodge Hall - 27

Lake Street, Forster 1300 222 222

Pickleball Tuncurry

9:30am at tennis courts behind Sporties.

Enquiries: Sonia Rockley 0427 309 032

Tuncurry Beach Dunecare

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

Ladies Social Tennis

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

Coomba Fitness Group

9am - 10am, in the Coomba Aquatic Club Gazebo. All levels of fitness welcome. Contact Lindy on 0415 392 554

Twin Towns Tennis Club

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

Saturdays

Forster parkrun community 5km run/walk

Pebbly Beach Playground off Head St 7:45am for 8am start every Saturday facebook.com/Forsterparkrun

Club Forster Table Tennis

Each week new players welcomed.

12:45 - 3pm. Contact Harold 5591 7133 or

Bruce 0414 532 496

Forster Country Women's Association

CWA are serving Devonshire teas, 3rd Saturday of month 9:3am - 12pm, Coolonglook Rm, Forster Civic Centre. Enquiries: 0411 028 857

Great Lakes Rural Australians for Refugees

2pm at St Albans Church Hall, Forster. Regular monthly meeting on the last Saturday of the month. Enquiries: 0418 650 694

Great Lakes Orchid Society Meeting

Meets second Saturday of the month 2pm Forster Public School, Head Street. Enquiries: John 0408 034 633

Dragon Boating

Come paddle with us on Wallis Lake 7.15am for 7.30am start

Contact Janis 0420 235 987

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

Alcoholics Anonymous

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

Tennis Forster

Every Saturday 12.30pm – 4pm Mixed Organised Social, Forster Tennis Club, Lake Street. Contact: Jaime 6554 9120

National Parks Association

Saturday walks in national reserves and parks.

Contact Sue on 0416 074 026

Community News

www.forsterfortnightly.com.au

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Community Meals & Pantry



Above: Volunteers Jenny Medland (on the left) and Cathy Footit at Tuncurry Community Branch.

Tuncurry Community Brunch

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

Pantry doors are open 9:45 - 11am 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: Tamara Clarke 0412 962 144 or Bret Clarke 0407 483 070 or see our Facebook.

The Fishing Industry in Tuncurry



The fishing industry in Tuncurry was established by Italian immigrants Phillipio Sciacca and his brother-in-law, Vincenzo Fazio who arrived in the area between 1889 and 1896. They both came from the island of Lipari off the north-eastern tip of Sicily. It is said that they introduced the Italian or Mediterranean style of fishing that formed the basis of fishing methods in the area. In the early days the fishermen would row their boats to the Wallingat and Wallamba Rivers and work pole boats up to the Coolongolook River. Phillipio Sciacca was the first local fishermen to purchase a motorised boat.

On 27th May, 1947, the Wallis Lake Fishermen's Co-operative Society was formed with a total shareholding of 228. The Co-op immediately became the voice of the fishermen of the area forming a central depot to receive and distribute the catch. A radio was provided to monitor calls from the open sea fishermen. A cool room and ice making plant was built and then extended in 1964. 1980 figures showed 100 men occupied in the fishing of the estuary and 12 trawlers with some 25 men. In 1998 there were 90 fishermen, 7 fish and prawn trawlers, 8 lobster and fish

trap boats. The balance were estuarine fishermen in Wallis or Smiths Lakes fishing for crabs and prawns, meshing or setting nets.

The foreshore has undergone many changes since John Wright's arrival in 1875. In the early days he built a retaining wall from the mill to the butter factory (at the end of John Oxley Park) using Sydney sandstone off cuts and chips brought to the area as ballast on sailing ships. In 1926 contracts were let to construct the breakwall,

including one to John Wright. In 1938 another contract was let to extend and renew the breakwall.

A small shed was built to protect ferry passengers and fish awaiting transport to the railhead in Taree. Above: Circa 1934 : Government Wharf, Tuncurry - Fishermen packing the catch for transport to Taree. Fish were washed from the boats in cane baskets and carried up a tapering ramp to the wharf for packing in wooden boxes. Vincenzo Fazio (pictured centre right) holding a crab in each hand. Across the lake is the pilot Station on the left side of the picture. The old Government Wharf, Tuncurry, where the bridge is now, was built on very strong turpentine poles sheathed in non-ferrous metal to the high water mark. There was a derrick and a hand winch at the wharf to lift bags of oysters.

The old Government Wharf was removed and a new wharf



built near the Fishermen's Co-op. The bridge was built in 1959 but there was little improvement in the foreshore until 1965/66 when extensions were made in the breakwalls on both sides of the lake. Further improvements were made to the Tuncurry foreshore in 1985. The slipway was fenced off from public access in 1992.



Left: Circa 1934 : Local fishermen alongside Vincenzo Fazio's truck parked outside his house on the corner of Manning and Kent Streets, Tuncurry. In 1923 Fazio established a transport business between Tuncurry and Taree. The fishermen's catch was transported to Taree Railway Station after the rail link was established in 1943. This meant faster and fresher deliveries of fish to market and

stabilised the fishing industry. Prior to that, fishermen had to transport their catch by steamship which was not always reliable as departure was governed by the tidal cycles.

Local Identity - Shelley Kurtz

Shelley Kurtz is an award-winning local author, artist and designer.

Interview by Vanda Gooley.

Thirty-four-year-old Shelley is an extremely busy and multi-talented lady who describes herself as a "a passionate, fun-loving, loud-laughing creative professional with over 14 years of experience in visual communication design." She is known locally for her businesses, 'Creative Shell' and 'Paint with Shell.' Shelley offers services in graphic design, photography, web design, and art classes. She also works full time as the Media Advisor for Tanya Thompson, our local state politician. When she's not behind a computer, camera, or easel, you'll find her outdoors, soaking up the sunshine!



Shelley was born 18th December 1990, Wahroonga, Sydney. Her mother, Lesley, was a dressmaker who taught fashion at TAFE and now works for an interior decorator. Shelley said "She's incredibly creative, so I feel lucky to have inherited some of her flair." Shelley's father, Graeme, was a bank manager and likes to joke that "I get my creativity from him, even though he scored a 7 out of 100 in art at high school." Shelley has a younger brother, Sheldon who lives in Queensland with his wife Rachael, her 'adorable' nephew Spencer, and a niece on the way. Although her family don't live nearby, Shelley considers herself so lucky to have her wonderful partner Sharn, his two 'beautiful boys' and her 'Forster family' friends up here who feel just like family.... and of course, there is Mali her pet Sun Conure parrot.

Shelley grew up in Berowra and said she had a happy childhood. She was very shy, but was also determined and didn't let anyone hold her back from doing what she loved. Shelley's family encouraged her to draw, paint, and create from a young age—though they weren't as supportive when her creativity led to drawing on the walls and furniture! She went to drawing classes every Wednesday after school for many years and attended a creative arts high school.

From early on, Shelley had a desire to create things and start her own business. Her first venture was around age eight with a little business called "Handmade by Shelley," where she made paper greeting cards and sold them at the markets. Her mum generously funded it, and Shelley got to keep all the sales.

Growing up, weekends were spent with Shelley's Grandparents, at church, camping or at the beach with friends.

Shelley went to Ku-ring-gai Creative Arts High School. After graduating, she left home at 18 to study a Bachelor of Visual Communication Design (essentially graphic design) at Newcastle University. She graduated with Distinction and moved to the Mid Coast, where she started her career in promotional design at Dynamic Gift in Tuncurry. With a strong interest in print design, Shelley transitioned to Great Lakes Printing, where she worked for a few years until her boss's passing.

Shortly after, Sunne Printing opened a shopfront in Tuncurry, and Shelley spent the next eight years there as both a graphic designer and the face of the Tuncurry business.

Through some chance meetings with Tanya Thompson, Shelley found herself taking a leap into a completely new field – POLITICS! She now works full-time as Tanya's Media Advisor—"definitely out of my comfort zone, but I'm loving the challenge, all while balancing my side businesses."

Shelley feels incredibly lucky to have turned her passions into thriving businesses in graphic design, photography, and painting. "It's true what they say—when you love what you do, it doesn't feel like work. Expressing my creativity and making a living from it is a joy." She also has a few other hobbies: She picked up playing the recorder during COVID, enjoys knitting, and playing Pokémon Go—"though I haven't quite found a way to work those into my business just yet, haha!"

Shelley loves adventure, traveling, and exploring. On lunch breaks, you'll often find her walking along the Tuncurry Break Wall, and on weekends, she's usually camping, kayaking or at the beach. "If I'm not working, I'm outdoors enjoying everything this beautiful area has to offer."

Her latest adventure was an overnight camping trip to Crescent Head. After wrapping up a paint party at 6 pm on the Saturday, Shelley and her partner hit the road, rooftop tent ready for camping at a moment's notice. She claims her partner can't sit still either, so their life is one big adventure. They like to pack as much as they can into their weekends.

Shelley's last overseas trip was to Japan in March 2024, and, true to form, she had a full planned itinerary – "relaxing? What is that? There's never any downtime - it's nonstop until the plane or car ride home!"

Shelley has achieved many awards including: Mid Coast Business Awards 2021 – 2022 -WINNER, 'Excellence in Professional Services' Roar Awards 2023 – SILVER, 'Creative Artist of the Year' Shelley was named 'Outstanding Young Business Leader' in 2023 Business NSW Mid Coast Business Awards.

Shelley has a particular passion for Australian birds, which inspired her to create and publish a very unique, educational colouring book in 2023 called 'Australian Beaks' The book was inspired by a visit to Birdworld Kuranda." Her book features 25 Australian birds, shares interesting facts including how to identify birds, their habitat and where to find them.

On a recent trip to Cairns, Shelley left a copy of her book at the Birdworld counter with a handwritten note, explaining how the book was a perfect fit for their visitors and asking if they might consider stocking it. "I didn't expect much; I assumed it would get lost in the shuffle as just another fan letter."

About about a month later tho, she received a call from the retail manager for Birdworld and Hartley's Crocodile Adventures. She had seen Shelley's book and wanted to stock it at both Birdworld and Hartley's. "I was in complete shock. After double-checking that she was serious, I hung up the phone and cried with happiness. Having Australian Beaks stocked in Birdworld—the very place that inspired it all—really is a dream come true."

Shelley considers her biggest challenge to have been working toward her dream of freelancing full-time, without relying on a day job for steady income. For now, she's always worked full-time alongside running Creative Shell and Paint with Shell. Most people are surprised to learn that she works for Tanya, on top of her business commitments. Managing her businesses outside of the 9-to-5 has been her routine since they started. She said, "I'd love to dedicate all my energy to them... hopefully one day! Balancing a full-time job with running my own ventures doesn't always allow for the best work-life balance, so that's another challenge I face."

Shelley loves our local community. She's a member of the Forster Tuncurry Business Chamber and the Great Lakes Art Society, and she's passionate about supporting and collaborating with local businesses. She often hosts her art classes at local venues, helping them attract more foot traffic and increase revenue, especially during non-peak hours. She also partners



with Country Crafftea' for unique workshops, larger classes, and catering.

Working for Tanya allows Shelley to meet new people every week and attend some amazing local events, "which is definitely the highlight of my role with her."

Shelley loves designing for our local businesses, "There's nothing more fulfilling than driving around the area and seeing my designs in action - whether it's the Graffiti Busters truck passing by, my local event poster designs displayed in windows, or spotting my designs for places like The Hummingbird Music Studio and Watson's Friendly Pharmacy."

With her own businesses – She's always involved in community events, markets, exhibitions, and sponsorships, and she loves being a part of it all.

Asked who has been her role models Shelley said she hasn't had many traditional role models; "I've always followed my own path and focused on being a role model for others. But if I had to choose one, it would definitely be my Mum. She's incredibly talented, creative, and can make just about anything! She's always amazed me." Shelley said that growing up, her mum encouraged and supported every dream she had, even funding her early endeavours. "I owe so much to her for helping me get to where I am today. Even now, she plays such a big role in my business—helping set up paint parties, shipping online orders, and making products for my shop. She's my biggest inspiration."

As a child growing up in Sydney, Shelley's family would often visit Forster for holidays, so she's always had fond memories of this area - like going to the beach and chasing peacocks around the caravan park hoping to score herself a feather. However, it was love that brought her to Forster permanently. Shelley's boyfriend at that time lived here, and after finishing university, she was ready to take on the world and start a new chapter, leaving behind her life, her friends and family in Sydney.



Sister-in-law Rachael, Nephew Spencer, Brother Sheldon, Mum Lesley & Shelley in Cairns Celebrating Mum's 70th.

Forster Digital Photography Club January 2025 Results

The winner of image of the year was Cozette Leonard with her image "Jaws". Simply an amazing image. This lady is hard to beat as she is an outstanding photographer.

Cozette was also the overall competition winner for the year and the club congratulates her on an outstanding year of photography.

Here are the results for our January 2025 Competitions. This month we had two competitions Photojournalism and Open.

Photojournalism

Merits:
Racing the Horse (Judges Choice) and Ball Balance by Helen Walker,
To Finish First by Yvonne Moule, City Modes of Transport by Peter Donnellan,
Save Me by Janice Amato,
Flying by Lyn Wilson,
Sydney Celebrates by Robyn Pascoe, Pollution Crisis by John Hulme,
Royal Fly By by Keith Pascoe,

Roulette Flyover Marguerite Lamb,

Credits:
Start at the Finish by Grahame Wilson,
Nurses Protest by Lesley Walter,
Go Go by Helen Walker,
Our Flag by Janice Amato,
Tuncurry Races by Marguerite Lamb.

Open

Merits
Developing King Vulture by Cozette Leonard,
Grass Pods and Blue Purple by Yvonne Moule,
Lights are On by John Hulme,

Credits
Budding by Grahame Wilson,
Milaa Milaa Falls by Malcolm Walker,
Splashing Gallup by Kathy Majewski,
Peeping Tom by Wanda Amos, Leaping Across Cozette Leonard.

By Keith Pascoe.



Top: Jaws by Cozette Leonard
Left: plashing Gallup by Kathy Majewski
Below: Nirses Protest - by Lesley Walter



Bluewater Fishing Club January Competition Report

Due to the very inclement weather this month, the Club Forster Bluewater Fishing Club monthly fishing outing, normally held on a weekend, was conducted on Wednesday 22nd January 2025. Sea conditions were a little lumpy early on, but levelled out to a beautiful warm day as the day grew older.

10 members and 1 visitor in 6 boats participated with 60 fish weighed in. Faithful club stalwart Barry 'Spanner' Wench got the best snapper of the day (1.96 kilo), with Martyn Barry and John Meyne mirroring their results: Martyn won the best flathead and runner up teraglin, whilst John reflected these results, taking out best teraglin (1.92 kilo) and runner up flathead. Dave Nash won the overall most points for the day, which included the largest other species prize for a 2.6 kilo pearl perch.

It was great to have member Bryan Duffy back on the water after some travelling around Australia. For those interested in joining our Blue Water Fishing Club, contact Barry Wrench on 0428 557 090.

Dave Nash
Club Forster Bluewater Fishing Club



Top: Bryan Duffy
Left: John Meyne
Above: Scorer Frank Harshman



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Forster-Tuncurry DOLPHINS

Kurt Forester
From playing Colts to being club president, Kurt loves rugby and the Dolphins.

Indi Simon
Indi loves watching her Dad play rugby and playing with her rugby friends.

JOIN NOW

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email: secretary@forstertuncurryrugby.com

2024 Forster Bowling Club Pairs Final

The 2024 Forster Bowling Club Major Club Pairs final was played last Saturday, it was always going to be a battle when four top bowlers were playing. Marty Gosper and Shannon White took on Michael Riley and Dominic Riley.

It started as one would expect. On the fourth end it was 4 all. This continued to 9 all on the 10th end, then the Rileys surged ahead and at the 17th end. They were ahead 22 to 15 then, as usual, it all changed with Marty and Shannon scoring 7 points on the 18th End to be equal 22 all. This set up an exciting end to the match, Marty and Shannon winning 24-23 on the last end.

All who watched enjoyed an exciting match

By Allan Hughes

Marty Gosper,
Brian Harris (President),
Shannon White



Forster Mens Vets Golf Teeoff

On Monday 27 Jan 25 we welcomed a large team from Wingham Golf Club to play for the annual Wing-Curry Cup at the Tuncurry course. Over 115 players hit off for 18 holes on a rather windy day, followed by a magnificent BBQ lunch prepared by our volunteer ladies.

This time around, the Wing-Curry Cup was won by Forster - and Wingham Captain Bill Osborne assured they will be more challenging next time.

Another great day sponsored by Evermore Retirement Living and many thanks to Chris Garraway for their support.

By David Blanchard



Tony George, Forster Captain and Bill Osborne, Wingham Captain

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✉ david.gillespie.mp@aph.gov.au 🌐 davidgillespie.com.au 📺 DavidGillespieMP

Authorised by Dr David Gillespie MP, National Party of Australia, 144 Victoria Street, Taree NSW 2430.



Forster Aquatic Swimmers shine at NSW Senior State Age Championships

Early December saw a team of ten talented Forster Aquatic swimmers travel to Sydney Olympic Park to compete in the prestigious NSW Senior State Age Championships, the highlight of the summer racing calendar. The team delivered outstanding performances, with several swimmers achieving personal bests and making finals in highly competitive events.

Standout Performances:

• **Hamish Carmichael (13):** Hamish swam in seven individual events, and excelled in the breaststroke, making the final of the 100m and 50m breaststroke, finishing 10th and 4th, respectively. He also placed 13th in the 200m breaststroke and 17th in the 50m backstroke,

achieving personal best times in all but one of his events.

• **Byron Vicary (12):** Competing at senior state for the first time, Byron made a splash by reaching the final of the 100m freestyle, where he finished 10th. He also impressed in the 50m freestyle, placing 12th overall.

• **Piper Bamford (15):** Piper demonstrated significant improvement, particularly in the 50m backstroke, where she shaved 0.6 seconds off her personal best to secure 25th place.

• **Ryan Brown (16):** Ryan showcased his strength in breaststroke, finishing 15th in the 50m breaststroke and 17th in the 200m event.

• **Yasmin Cassidy (14):** Competing in her first senior state championships, Yasmin improved her 50m freestyle time by 0.26 seconds, finishing 44th overall.

• **Tanna Davey (18):** Club captain Tanna swam three freestyle events, achieving an impressive 15th place in the 200m freestyle.

• **Eva Keen (16):** Eva competed in four individual events, finishing 17th in the 100m backstroke and delivering times close to her personal bests.

• **Kaitlin Perry (14):** Kaitlin swam the 50m butterfly, recording a time close to her personal best.

• **Sophie Scislo (15):** Sophie delivered a stellar performance in the 100m butterfly, finishing 11th and narrowly missing a spot in the final as the first reserve. She also achieved an impressive personal best in the 50m freestyle and swam well in her other three events.

Relay Team Success:

The girls' 4x50m medley relay team, comprising Eva Greenaway, Eva Keen, Sophie Scislo, and Piper Bamford, delivered an impressive performance. All four swimmers achieved personal bests, contributing to



Above: (L-R) Hamish Carmichael, Sophie Scislo and Piper Bamford.

a fantastic overall time for the team, and finishing in 30th place.

Coach Peter Sanders said that he was proud of all the individual and team performances at the Championships.

"Our swimmers demonstrated amazing team spirit, grit and determination" he said.

"It's a long week in Sydney, just before Christmas and they trained hard and consistently for months leading into the event. There were some stand out performances, but all of the athletes should be proud of their achievements".

Pete and the team are now focusing their attention on the NSW Country Championships which is held at Olympic Park in February.

By Julie Carmichael.

Left: (L-R) Kaitlin Perry and Yasmin Cassidy.



Left: The 4x50 freestyle relay team all swam PBs. (L-R) Piper Bamford, Sophie Scislo, Eva Keen and Eva Greenaway.



JOIN FORSTER TUNCURRY BOARDRIDERS

2025 registrations now open!

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