

Bob Lee, "Much more to coaching." p24-25

Local Identity Molly Hale p23



Star Pet Gizmo p21



Forster Fortnightly

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

FREE

Wednesday 7 January 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.137

2025: Floods & Fires

Thank you to our amazing emergency responders!

By Mary Yule - Forster Fortnightly

The start of 2025 saw the devastating May floods impacting the Taree and surrounding region on a scale never seen before with the Manning River peaking at a record 6.4 metres on 22 May (SES BOM). Many homes, livestock, businesses and major roads and bridges were damaged or destroyed. The end of 2025 finished with major bushfires near Bulahdelah and Nahiack closing major roads and threatening townships.

In both instances our amazing local volunteer SES, RFS, Surf Patrol and Marine Rescue crews stepped in to work courageously alongside local emergency services to contain the danger and assist those in need.

This edition of the Forster Fortnightly has again, many stories of our local emergency crews and services helping and advising our community. We encourage anyone to join their ranks in the many roles they have to offer.

Front cover photo captures the final bursts of New Year's Eve fireworks dominating the Forster Tuncurry skyline by Georgie Yule. The fireworks were sponsored by Club Forster & Sporties Tuncurry and enjoyed by thousands of visitors and locals alike.

Combined effort to contain fires near Nahiack

Right: Image credit - Tuncurry RFS.



By Mary Yule - Forster Fortnightly

Last week multiple local NSW Rural Fire Service (RFS) crews and emergency agencies worked over several days to contain two major bushfires burning in the Aerodrome Road and the Willow Point Road areas to the south and southeast of Nahiack.

The fires burnt through almost 500ha of bushland on both sides of the Wallamba River and produced smoke that affected Nahiack, Failford, Forster and Taree, with

smoke also visible from sections of the Pacific Highway. Although the fires were contained by the 1st of January, ongoing patrols were coordinated by NSW RFS Mid Coast District to reduce the likelihood of flare-ups.

Matt Field from RFS Mid Coast District confirmed that local RFS volunteer crews from Nahiack, Diamond Head, Rainbow Flat, Green Point, Tuncurry, Bungwahl, Coolongolook, Tinonee, Mitchells Island, Taree, Kundle Moto, and two Strike Team Crews from Lower Hunter

Continued on page 11.



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Photo by Patricia Macvean.

- 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 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.

Manning - Great Lakes Police District Update



Above: Still contemplating committing a traffic offence? You will likely see one of these Traffic & Highway Patrol Command officers in your rearview mirror - and they are more than happy to take action against you to keep our roads safe.

Dear readers,

Fatal and serious injury motor vehicle crashes greatly impact not only those involved, but their families and friends, other community members and first responders/emergency services who attend crash scenes.

One of the toughest jobs for a police officer to do is to deliver a death message to the family of a person taken too soon and tragically in a motor vehicle crash.

One fatal crash is one too many.

One serious injury crash is one too many.

Driving too fast is the single biggest contributor to death and injury on NSW roads.

Each year, speeding contributes to about 42% of road fatalities and 25% of serious injuries.

Almost 128 lives are lost and 1,050 people are seriously injured each year.

The faster you go the more:

- time you need to react and avoid a crash

- stopping distance is needed
- severe the impact of a crash
- chance of death or serious injury.

Please remember, to reduce your chance of experiencing road trauma:

- Don't drive at inappropriate or excessive speed.
- Don't drive under the influence of alcohol or drugs.
- Don't drive whilst fatigued.
- Don't drive 'distracted' - by mobile phone or any other electronic device.
- Don't drive without an appropriate restraint (seatbelt) or helmet (if riding a motorcycle).

Please. Slow down and drive with care.

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

Chief Inspector Timothy Bayly - OIC
Forster Police Station

Pet of the Fortnight

By Margaret Steele - Great Lakes & Manning Branch of AWL NSW

My name is Mumma Mia

Hi all, Mumma Mia here, wishing everyone a happy 2026.



I have just finished raising my baby who is now about 7 weeks old and will also be looking for her forever home soon. At only about 12 months old myself, my foster Mum thinks I have done very well - if she did not already have 3 cats she would keep me!

I am now at Mid Coast Animal Hospital where you can come and meet me by appointment. Please phone 6557 2273.

There is also another Mum and 5 babies that you can check out. Of course all the animals come vet checked vaccinated, microchipped, desexed and flea and worm treated.

For all our other animals please phone 0408 670 757 - there is a beautiful 9 week old grey & white kitten and 6 dogs.

Don't forget to visit the AWL Op Shop in the Dolphin Arcade, Tuncurry - you will be amazed at the variety of bargains you can pick up there.

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Items of interest - 10 December 2025 Council meeting

Hallidays Point technical studies

Councillors noted the report which outlined community feedback on the Hallidays Point technical studies and the report also featured future options for the area and the next steps for implementation.

As a result, the Hallidays Point Biodiversity Study and Local Conservation Action Plan Hallidays Point Traffic Study and Hallidays Point Strategic Bushfire Study be referred to and discussed in documentation submitted with any future planning proposals.

The Hallidays Point section of the MidCoast Urban Release Area Report 2021 will also be reviewed with consideration given to Diamond Beach Urban Release Areas 2 and 3 and Tallwoods Urban Release Area 1 based on future infrastructure requirements and means of implementation.

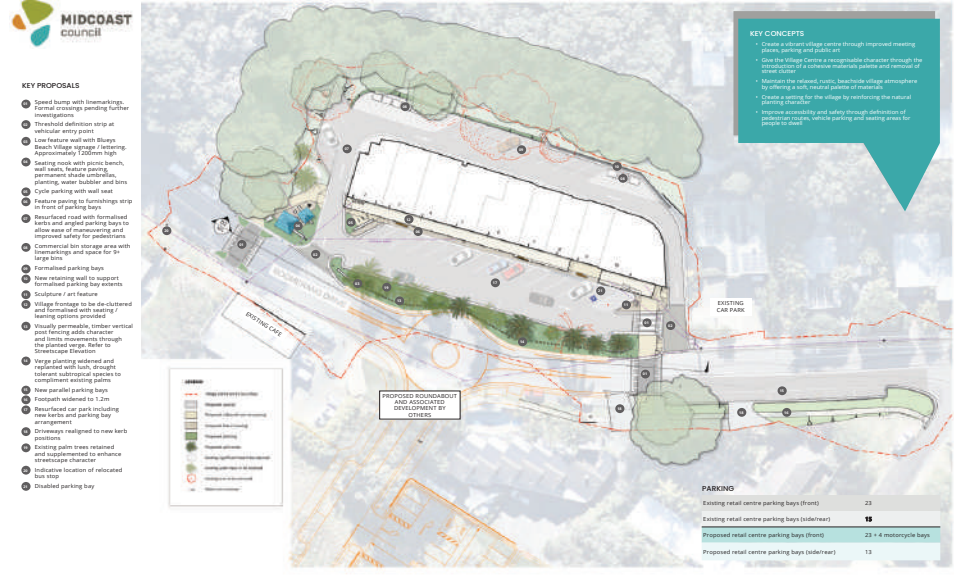
Any changes from this review will be reported back to Council to consider any amendments and endorse community consultation on the changes. No planning proposals will be accepted before the review of this report.

Planning proposal – caravan parks in rural zones

MidCoast Council is moving to ensure caravan parks in conservation and rural areas primarily service short term stays. The purpose of the planning proposal is to ensure caravan parks in rural areas are consistent with the intent of the rural zones and are primarily established for short-term residents to accommodate tourists and visitors to the MidCoast.

Release of development contribution funds for community projects

The Old Bar Pirates Rugby League Football Club have been successful in securing a grant of \$150,000 to upgrade drainage. MidCoast Council will become a co contributor to help fulfill the project which was highlighted in Councils Old Bar Park Master plan. In all Council



Above: Blueys Beach Village Renewal Landscape Concept Plan - Option 1

will provide almost \$170,000 to that project and to drainage works at the Black Head Sports Complex.

Draft MidCoast Aquatics Strategy

The draft MidCoast Aquatics Strategy, which outlines how Council will maintain and improve its swimming facilities over the next decade will go on public exhibition for the community to have their say.

Council currently manages 18 aquatic sites, including nine swimming centres, six river enclosures, two ocean baths and one water play area. The strategies action plan contains 26 recommendations to improve select swimming centres and river swimming enclosure sites.

The draft MidCoast Aquatics Strategy 2025-2035 will be placed on exhibition for an

extended period, beginning in December and concluding in February.

No changes are proposed for Council-owned pools at Bulahdelah, Nambucca, Stroud and Krambach. They were assessed in the 2023 pools review.

Hours of operation for Stroud Customer Service Point and Library

The hours of operation of the Stroud Customer Service Point and Library will be reduced from Monday – Friday 9am -12pm, to Tuesday - Thursday 9am - 12pm from 5 January 2026 on a trial basis for three months from January.

Council will engage with the community during the trial to find out their preferred opening days and times. Residents will also be asked what library services they would like to use.

A report will be completed following the three-month trial period with recommendations for a sustainable service point model.

Tiri Bridge damage restoration

A report to Councillors outlined that the extent of the damage sustained to the Tiri bridge (near Mount George) during the May 2025 floods, means that repairing the existing structure and approaches is not a viable permanent solution.

Initial design investigations indicate a concrete plank bridge, constructed at a higher elevation than the original would meet current engineering standards and qualify for funding under the Disaster Recovery Funding Arrangements.

Council will also further investigate a temporary crossing however it would likely be severely load limited and increase the complexity and duration of the permanent works. Council is working with the Reconstruction Authority to determine whether funding will be made available for a temporary crossing in addition to the permanent reconstruction.

Blueys Beach village concept design

A draft streetscape concept plan (option 1 pictured above left) for Blueys Beach village shopping precinct will be placed on public exhibition in 2026 following Councillors approval.

It is anticipated that the public exhibition period will take place during February - March 2026 to ensure adequate time for community feedback and to avoid the December - January black-out period.

Feedback from the community will inform a final plan that will return to a future Council meeting for endorsement.

For full details of all reports visit <https://www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes>
The next Council meeting will be held on Wednesday 4 February 2026.

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Monday Curry Night \$20



Saturday
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Happy Hour 3pm to 5pm
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Award Winning "Perfect Plate"



Thai-Infused Sesame Crusted Salmon

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

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

Wednesday
Raffles from 6pm
Club Super Draw from 6pm
220gr Porterhouse w/Chips & Salad \$25



Rueben Carr
Fri 9th January

Thursday
Mufti Bowls & Raffle from 12:30pm
Happy Hour 3pm to 5pm
Ribs Night \$25



Tom Hutchin
Fri 16 January

Friday
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Super 100 Draw after Raffles
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Seal Rocks

Seal Rocks General Store

Rangers out in force



MidCoast Council

MidCoast Council rangers will be out in force during the holiday period, with a focus on illegal parking, driving on beaches without a permit, illegal camping and rubbish dumping.

“While we want to welcome visitors, we also have a responsibility to our local communities and our environment,” explained Director of Liveable Communities, Paul De Szell. “We’ve increased the size of our ranger team and will be collaborating with NSW Police and the National Parks and Wildlife Service on enforcement activities. The rules around parking, camping and beach use are there to make the holidays safer and easier for all.”

Rangers will be targeting illegal overnight camping especially in Seal Rocks, Hawks Nest/ Tea Gardens, Crowdy Head and Harrington areas.

Visitors to the area are encouraged to book their accommodation well ahead of time to avoid disappointment. Failure to find accommodation is not an acceptable reason for illegal camping. Visitors should also check parking and beach signage and comply with local regulations.

Seal Rocks only has capacity for approximately 110 cars, which usually fills up early in the morning. In past years, illegal parking has created traffic chaos, including roadblocks that compromise access for emergency services and waste collection. There are a number of areas in Seal Rocks that are ‘no stopping’ zones and there is no parking from 10pm to 5am along Number One Beach to help prevent illegal camping. Mr De Szell explained that Seal Rocks is surrounded by the Myall Lakes National Park, so Council does not have the land to increase parking and road capacity.

Day trippers are encouraged to consider their holiday plans and seek out the range of inland experiences that are available across the Barrington Coast.

Beach patrols are already underway, targeting drivers who do not have a permit or who do not comply with rules. Anyone planning to drive on a beach should check out www.midcoast.nsw.gov.au/beach-driving.

The introduction of number plate recognition technology since the last Christmas period has resulted in Council rangers being able to be more effective when undertaking proactive parking patrols.

“Our vehicles fitted with this technology will be used to maximise coverage of high traffic tourist areas such as Forster and Seal Rocks and our rangers will be out and about at all times of the day, all days of the week, so those parking or camping illegally will be caught out,” Mr De Szell warned.

Council will also implement signage at various locations such as Seal Rocks and Jimmys Beach to ensure the rules are clear.

Captain Paul Langley retires after decades of service



Above: (L-R) Captain Stephen Howard and Captain Paul Langley at Station 295 Forster on Lake Street. Photo supplied.

Fire and Rescue NSW – Station 295 Forster

Fire and Rescue NSW is recognising the outstanding career of Captain Paul Langley, who retired in 2025 after decades of dedicated service with Forster Fire Station 295.

Captain Langley began his career with Fire and Rescue NSW in 1981 at Leura and went on to provide 40 years of service with Fire and Rescue NSW, with 32 years of service at Forster Fire Station 295. He was promoted to Deputy Captain in 1996 and later Captain in 2002, a role he held for 23 years.

Highly regarded across Fire and Rescue NSW and the wider emergency services sector, Captain Langley was known for his strong leadership, high training standards, and commitment to developing his firefighters.

He received the highest award in Fire and Rescue NSW, the Australian Fire Service Medal. His leadership contributed to the station’s success in Australasian Road Rescue Organisation (ARRO) road crash rescue competitions, and he strengthened community safety education in the region.

Captain Langley is succeeded by Captain Stephen Howard, who steps into the role after more than 22 years serving as Deputy Captain at Forster Fire Station, working closely alongside Captain Langley. His appointment ensures continuity of leadership and community engagement at the station.

Fire and Rescue NSW thanks Captain Paul Langley for his service and wishes him all the best in his retirement.

Bungwahl Brigade's interactive visit to Bungwahl School



Above: The Bungwahl students knew what was really important to save.

Bungwahl Rural Fire Brigade

The students at Bungwahl School thoroughly enjoyed a recent visit from the Bungwahl Rural Fire Brigade, where they discussed valuable information about a range of topics including:

What actions to take to get ready for Fire Season; how to contact Emergency Services and find important information; whether to stay and defend their property; or leave early in a potentially dangerous situation, and what to take if they chose to leave.

“We emphasised the huge importance of the whole household being involved in discussing and preparing a Bushfire Plan, that everyone had to be involved. They went home promising to have a Big Talk with their families over the

brought along to demonstrate appropriate and inappropriate things to wear if they had to defend their homes.

“We were so impressed with them all,” added Judy, “For example, when I asked them about what precious or sentimental things they would want to save, there was not one mention of devices, they knew what was really important. They are a very special group of young people; their families and the school have done a great job.”

After the session, they had the exciting opportunity to explore the fire truck and operate the fire hose.

weekend” said Judy Donnelly, the presenter of the programme.

“We deliberately avoided the use of any form of digital presentation and went for a very interactive scenario-based approach. There was a lot of lively open discussion, which resulted in very thoughtful and intelligent input from the students,”

It wasn’t all talk at the visit; there was role-play with students taking part acting out what they would do in different fire situations. And they had a lot of laughs dressing up in the clothing Judy

"White Christmas" comes to Coolongolook School



Above: Coolongolook RFS brought a “White Christmas” to the school playground, not with snow, but with a fun foam display wrapped around an important fire safety lesson. Photo supplied.

By Stephen Hallam - Coolongolook Rural Fire Brigade

Coolongolook Public School enjoyed a magical end of year surprise when the Coolongolook Rural Fire Service brigade brought a “White Christmas” to the playground, not with snow, but with a fun foam display wrapped around an important fire safety lesson.

Brigade members Stephen, Chez, James, and the much loved “Fireman Sam,” who proudly marked her 10th year of service with the RFS, spent the morning giving students hands on demonstrations and practical safety guidance.

Children learned how to correctly use a fire extinguisher, talked about the importance of

having a family fire plan at home, and discussed escape routes, safe meeting points, and how to act quickly in an emergency. The visit also strengthened community connections, with teachers and firefighters sharing stories, laughter, and a shared commitment to keeping Coolongolook safe.

The brigade has invited the school to take part in Fire Education sessions in 2026, helping families stay prepared throughout summer and the bush fire season. The students loved every moment, a perfect mix of end of year fun and lifesaving knowledge.

See page 8 for theft from Coolongolook Fire Station and community reponse.

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Solidarity with first responders at Bondi Beach attack



Photo of volunteer Forster Surf Club patrol members at a reflection on Main Beach by Mary Yule.

By Mary Yule – Forster Fortnightly

Surf patrol members from Forster Surf Club stood in silence for three minutes at Main Beach in Forster on Sunday morning, 20 December 2025.

“We stand shoulder to shoulder, united in solidarity with Bondi and North Bondi surf patrolling members who rendered assistance to the general public on Sunday 14 December. They were part of the first responders and did a remarkable job”, said John Quinn, President of Forster Surf Club. “Today was an opportunity to gather our thoughts and think of other people.”

The reflection at Main Beach Forster was held at the same time by surf patrol members around NSW and Australian Surf Clubs to honour those who lost their lives and those affected by the Bondi Beach attack, including NSW Police and emergency services personnel.

Bondi Surf Life Saving Club stated that they are incredibly proud of the actions taken by their first responders who acted with courage and compassion in a dangerous and life-threatening situation to save lives. “Our community is grieving but determined to stand strong, united in solidarity, demonstrating that those who want to help far outnumber those who wish to harm.”

240 Xmas Hampers provided!

Forster Tuncurry Church of Christ

A big thanks to our community for getting behind us to provide 240 Christmas Hampers. We shared these with our Community Pantry members, local daycares, Forster Public and Tuncurry Public Schools. Thanks for your support!



Above: (L-R) Les, Ross and Craig.



Above: Sandy and Denis. Photos supplied.

Green Cathedral Choir sings Carols for shoppers



“The choir were very happy and sang beautifully. They entertained the shoppers at Stockland Forster for over an hour.” Photo by Marguerite Lamb.

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Lakeside Forster VILLAGE

Black Head pathway



Above: The Black Head Road Pathway is expected to be completed in June.

MidCoast Council

Work on Black Head Road Pathway will continue in 2026.

Stage one and two of MidCoast Council's Black Head Pathway Project are complete with the final stage three expected to begin early this year.

During construction, traffic control will be in place, and the road may be reduced to a single lane with alternate traffic flow.

Driveway access points for residents will be affected for short periods to enable construction of the path across the driveways.

The project is State Government funded and will see a path constructed along Black Head Road between The Boulevard and Diamond Beach Road to improve pedestrian access and safety and works towards the connection of the Tallwood's community particularly as the area continues to be developed.

The entire project is expected to be complete in June, weather depending.

Donations quickly replace theft at Coolongolook RFS Station

By Mary Yule - Forster Fortnightly

On Sunday 28 December, Coolongolook volunteer firefighters discovered that \$30,000 worth of equipment had been stolen from their Fire Station while they were assisting a road accident on the Pacific Highway. The theft of hoses, breathing masks, radios and chainsaws is being investigated by the Manning Great Lakes Police.

A GoFundMe page was set up by the community with additional donations given by other Brigades. The amount needed to replace the equipment was quickly met and the donation page was suspended.

By Stephen Hallam - RFS Coolongolook

We want to express our deepest thanks to our followers, our community, and our members for the incredible support you've shown and are continuing to show us here at RFS Coolongolook during this difficult time.

The recent theft of our equipment has been a heavy blow, not just to our brigade, but to the

spirit of the volunteers who give their time to protect this community. Your messages, your outrage on our behalf, your kindness, and your solidarity have meant more than we can say.

Thank you to those who donated funds so we could get back to operational readiness in a short time. Big thanks to Yallingup Coastal Volunteer Fire & Rescue (VFRS) and Bush Fire Brigade (BFB) in Western Australia for their donation and moral support - invaluable!

In moments like this, it's easy to feel disheartened. But your support reminds us that we're not standing alone. We're part of a wider family. The one that rallies, cares, and refuses to let setbacks define us. Thank you for lifting us up when we need it most.



Above: Some of the volunteer crew at RFS Coolongolook. Photo supplied.

Log On & Log Off in 2026



By Diane Hallam - Marine Rescue Forster Tuncurry

Marine Rescue Forster Tuncurry has and will continue to urge boaters and fishers to Log On and Log Off every time they head out on the water. With some of the most spectacular waterways in the state, our region attracts thousands of locals and visitors alike, and a simple Log On can make all the difference if something goes wrong.

For locals especially, making this a regular habit offers real peace of mind for family and friends. It ensures that if you don't return as planned, our team knows where to start looking and can respond quickly.

Across the past year, a significant number of our rescues involved boaters who hadn't logged on, or who ran into preventable issues such as old fuel, not enough fuel, or mechanical problems that could have been picked up with regular checks. A few simple steps can help keep everyone safer on the water.

So, radio in on VHF Ch 16, call us on 55561600 and use your radio club number if you're registered with us, or use our free Marine Rescue App,

Plan well and stay safe in 2026.

Beach Safety Morning



By Karen Rands - Cape Hawke Surf Club

Local residents and holidaymakers alike are invited to boost their beach safety knowledge this summer.

Cape Hawke Surf Life Saving Club in Forster will host a Community Education Morning on Sunday, 11 January, 2026, from 9am to 12pm, offering practical, potentially life-saving skills to people of all ages.

The free event will give attendees the chance to learn CPR, understand how to use an AED (Automatic External Defibrillator), and become familiar with the contents and purpose of the shark bite kits, generously provided by the local Board riders group. Volunteer lifesavers will also run engaging sessions on surf safety, including how to identify dangerous rip currents and what to do if you find yourself caught in one.

Adding to the community spirit, the club will be firing up the BBQ, with all proceeds going towards a local initiative to provide rescue tubes along One Mile Beach, further strengthening safety resources in the area.

Dedication of Bridge Room for Gwen



Above: (L-R) Gwen's son Allen Perkins and President Uve Anderson, outside "The Gwen Perkins Room". Photos by Georgie Yule.

Great Lakes Bridge Club

At our recent Christmas party and yearly presentation luncheon Great Lakes Bridge Club (GLBC) officially named their room "The Gwen Perkins Room" to acknowledge the amazing contribution that Gwen made to the successful development and running of our club.

Uve Anderson (President of GLBC) unveiled the sign and dedicated our playing room Lake Street Forster to Gwen. He gave a brief outline of her history as a playing member and director of club competitions. Sadly, Gwen passed away in February 2025.

Gwen Perkins was a foundation member of our club joining in 1981. She held many positions on the committee and was a life member. As a very astute bridge player she achieved over 1,000 masterpoints.

However, her passion always lay in teaching the basics of bridge to the novices. She ran

10 week sessions of Beginner's Lessons for many years and mentored and encouraged new members.

Gwen's main legacy to the club was to begin Thursday morning supported sessions where an individual could turn up and be placed with an appropriate partner. Gwen always directed these sessions and was available to play if needed. These sessions became extremely popular as they gave the players practice and confidence to then move onto more competitive play.

While Gwen acknowledged the serious competitive bridge played at the club, she also recognised the group of

players who wanted a more relaxed game purely to enjoy the community camaraderie and the challenge that only a game of bridge can give.

Gwen made sure that the social and competitive aspects of bridge were enjoyed. Our grateful thanks to Gwen for this successful role model which is still thriving to this day.

Great Lakes Bridge Club now boasts 160 active members.

Beginner's Lessons start in 2026 on Tuesday February 3rd at 2pm. Phone Sylvia on 0431 066 388 for more information.



Above: Gwen Perkins. Photo supplied.



KIDS BINGO!
WEDNESDAY
7 & 14 JANUARY!
Books on sale from 3.30pm
Eyes down 4pm
GREAT PRIZES!
\$5 TO PLAY

INTERNATIONAL WRESTLING AUSTRALIA
LIVE PRO WRESTLING
IWA
SUMMER 2026
MELTDOWN
TOUR
FRIDAY 09 JANUARY
Doors open 7.30pm | Belltime 8pm
Priority Seating \$28pp
General Admission Adults \$22, Kids \$18
Book NOW at reception or book online at www.sticktickets.com.au

the RADIATORS
songs include
COMING HOME LIFE'S A GAMBLE NO TRAGEDY
FEEL THE HEAT SUMMER HOLIDAY & MORE!
SUNDAY 11 JANUARY
Doors open 4pm for a 4.30pm show
Pre Sale Tickets \$30 per person
Tickets at the door \$35 per person
First in, best dressed. Seating is NOT allocated. Tickets available NOW at reception or book online at www.sticktickets.com.au

ALISON PENFOLD MP
FEDERAL MEMBER for *Lyne*

The Federal Government is responsible for national issues that affect all Australians. As your Federal MP I can assist you with:

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- NDIS
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- Taxation
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(02) 6586 4462
Cnr High and Hastings Streets (PO Box 244), Wauchope NSW 2446

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

Alison.Penfold.MP@aph.gov.au
alisonpenfold.com.au
AlisonPenfoldMPforLyne
alison_penfold_for_lyne

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

TUNCURRY BEACH BOWLING CLUB
21 Parkes Street, Tuncurry NSW 2428
Ph 02 6554 6477 | www.tuncurrybeachbowling.com.au

We can assist - thanks to our community

By Deidre Stokes – Great Lakes Palliative Care Support

Great Lakes Palliative Care Support wishes to take this opportunity to thank our community for the wonderful support we have experienced this past year. This has allowed us to continue to provide for Oncology and Palliative Care patients, their families and carers within our local and surrounding areas.

We provide services that are not readily available, or top up government services to enable patients to stay at home for as long as possible. These services include assistance with personal care and housework. We provide food and petrol vouchers when patients are struggling with costs of daily living especially when their ability to work may have been impacted by their condition or treatment regime. We are able to assist with utility bills, pharmacy accounts, assistance with pathology accounts that are not readily available under the Medicare scheme. We have assisted with costs of investigations and consultant medical visit when patients are not able to afford these items. All our referrals for assistance come through Oncology, Palliative care and Social Work services and are taken on an individual need's basis.

We provide massage therapy to assist with general wellbeing and stress reduction to carers and patients, and these can be attended at home or in hospital if needed. We continue to provide a wig service to Oncology patients and have a few lovely ladies who provide support and a fitting service for the provision of wigs. Both these services are provided at no cost to the patient.

We have an equipment loan pool cared for by Equipment Officer; Kevin Stokes who cleans, maintains and delivers equipment for use of patients as their need arises. Nurses, Occupational Therapists working in Palliative care community services have access to our equipment.

The Matt Nixon Memorial Golf Day has been one of the annual highlights for over 23 years. Day. This special day held annually (weather



Above: Gary and Rhonda Nixon, Forster Golf Club Treasurer David Hill, Deidre Stokes and Roz Dreise. Photo supplied.

permitting) has been run by the Nixon Family and their supporters, in memory of their son Matt, a local police officer who died from bowel cancer at the age of 28 years. Matt was a very community spirited guy who was not only active in our local community but was a keen sportsman and member of Surf Lifesaving Club. Each year we are the major recipients of the proceeds from this golf day and, this year we have just received a cheque for \$23,367 which will be of such benefit to those who require our help. We are grateful to the Nixon family, their supporters and Forster Tuncurry Golf Club for their ongoing support. The next Matt Nixon Memorial Golf Day is scheduled for May 2026.

We thank Stocklands Forster for the opportunity to again undertake the gift wrapping outside of K mart for the 10 days prior to Christmas. Visitors and residents alike were generous with their donations and we raised over \$3000. Many thanks to members and friends that helped us with the wrapping.

Our annual Christmas hamper raffle was again held, thanks to Helen and Roger Duggan for their great organisation skills. The winners were drawn at Beach Street Medical Centre on 22nd December. Our winner of the 1st prize Christmas hamper was Pat Hammond; 2nd prize - 12 bottles wine was won by Brian Leggott and 3rd prize, a beautifully iced Christmas cake made by Nadine Cakes and donated by Deb Debnam was won by Matt Healey. Thank you to all who purchased and sold tickets on our behalf. The raffle raised \$3,151.

A huge thank you to Bunnings Forster who allow us to hold a BBQ at their premises once each month. These sausage sizzles have been well supported by visitors and residents alike, and many of our members have rallied around to help out when they can. Thank you to Ian and Sharon Dwyer for coordinating and purchasing supplies. These regular events keep topping up funds that are constantly in demand.

Our members have been assisting at Halliday's Point Op Shop on both Wednesday and Thursday of each week. Our thanks to Hallidays Point Lions Club for assisting us with some of the proceeds taken through the shop.

Our wider community including individuals, service and sporting clubs, continue to provide valuable support to our organisation. We thank you also.

We are always available for information, new members are most welcome, and any enquires can be made to Deidre Stokes (President) on 0437 830 818.

Pelican Boardwalk



MidCoast Council

The Pelican Boardwalk extension in Forster is now open for the community to enjoy over the holiday period, with final works scheduled for completion early this year.

A temporary barrier has been installed along the new 120 metre section of suspended boardwalk, allowing locals and visitors to access the area safely.

A permanent handrail will be fitted in early 2026, along with interpretive signage highlighting the cultural significance of the site, the ecological values of the waterways, and the history of the area. These additions will complete the project, which includes the continuation of the Memorial Drive boardwalk, a new kayak launching system, and access stairs to the lake.

"We are disappointed the boardwalk wasn't completed before the start of the busy Christmas holiday period," said Liam Bulley, Executive Manager Public Spaces. "While delays in material supply have affected the final stages of construction, temporary measures are in place to ensure the boardwalk is available for everyone to enjoy during the holidays."

Combined effort to contain fires near Nabiac

Continued from page 1.

District and Fire & Rescue, were deployed on the firegrounds, committing significant hours including overnight shifts. They worked to establish and strengthen containment lines, conduct asset protection and limit the potential for the fires to spread further. At times, firefighters encountered dangerous and erratic fire behaviour, however homes across both firegrounds were successfully protected.

The firefighting crews were supported by extensive aerial and ground resources. Fixed-wing water bombers and helicopters operated repeatedly over the firegrounds, scooping water from nearby sources and dropping it onto active fire edges. Fire authorities said

aerial firefighting played a crucial role in slowing the spread of the fires and supporting crews working in difficult terrain.

Forestry Corporation NSW crews were later deployed to areas affected by the Aerodrome Road fire to assess damage and remove hazardous trees. Falling trees posed an ongoing risk to both emergency personnel and the public, prompting repeated warnings for residents to stay clear of the firegrounds until firefighters have made the area safe.

Authorities said the fires had the potential to become significantly larger if not for the combined efforts of the many brigades and agencies involved. The Nabiac Rural Fire Brigade publicly thanked all crews and agencies that assisted with the response, acknowledging the sustained effort required to manage the incident and protect the community.

Emergency services remind the public that unattended fires pose a serious risk to lives and property, particularly during dry summer conditions. When at risk of a bush fire they advise you to:

- Follow your Bush Fire Survival Plan. See more info at <https://www.rfs.nsw.gov.au/resources/bush-fire-survival-plan>
- If you do not have a Bush Fire Survival Plan decide what you will do if the fire gets closer. Leaving early is your safest option.
- Watch out for emergency services personnel and follow their directions.
- Stay up-to-date via the Hazards Near Me App or Fires Near Me at www.rfs.nsw.gov.au/fnm

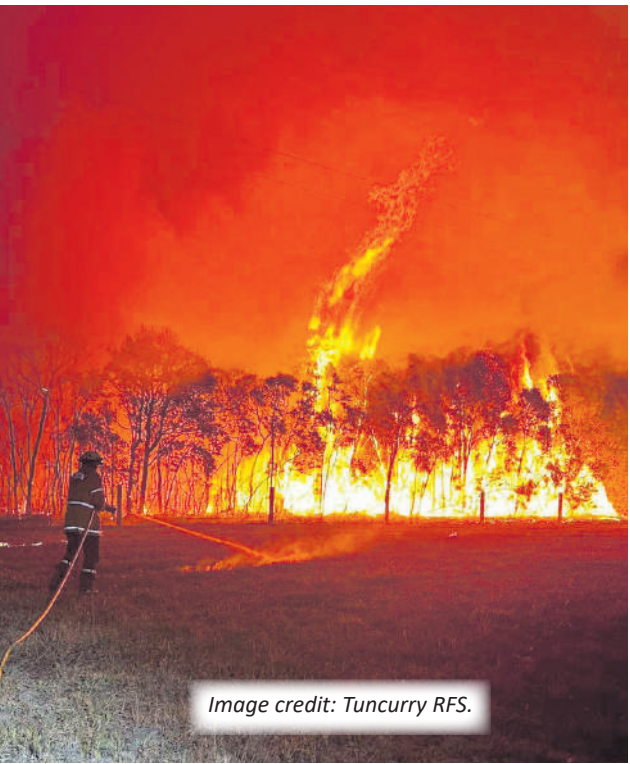


Image credit: Tuncurry RFS.



Over 300 meals prepared!

By David Moore - Great Lakes Catering Brigade

Last week our volunteer catering team based in Tuncurry (pictured above) worked hard to support the firefighters responding to the Aerodrome Road and Willow Point Road fires near Nabiac. They prepared over 300 meals to keep crews fuelled during long, demanding shifts.

Lunches have included sandwiches and salad packs, and at night-time the team has served hot meals like bolognese and creamy chicken pesto pasta to help firefighters recharge after a tough day on the fireground.

A huge thank you to our volunteers and to the crews on the ground. Your dedication means everything to our community.

Our catering brigade doesn't fight fires — we fuel the firefighters who protect our community. Whether you're a seasoned volunteer or simply curious about how you can contribute, we'd love to hear from you and welcome you into the Brigade.

Join the NSW RFS: www.rfs.nsw.gov.au/volunteer/join-the-nsw-rfs

Contact Group Officer David Moore on 0488 007 704.

Tanya's Community Update

As we begin a new year, I want to reflect on both the opportunities ahead and the remarkable strength and spirit that define the Myall Lakes community.



Across our towns and villages, it is our volunteers, community groups, local businesses, and neighbours who make this such a special place to call home.

The year ahead will be about continuing to work together to deliver real outcomes for our region. My focus remains on advocating for better access to health care, safer and more reliable roads, strong local infrastructure and meaningful support for small businesses and community organisations. I know many families and small businesses are feeling the pressure of the cost of living, and I will continue to push for practical support and fairer outcomes for our communities.

Just as importantly, this year continues to be about listening. The conversations I have at local events, in my office and out and about across the electorate help shape the work I do every day. Your experiences, concerns and ideas matter.

I encourage everyone to stay connected, support local where you can, and look out for one another; especially those who may be doing it tough.

It is a privilege to represent such a resilient and caring electorate. I look forward to working with you throughout the year ahead to build a stronger, more connected Myall Lakes.

Tanya Thompson MP - Member for Myall Lakes

What's On Sporties Tuncurry

65 Beach St, Tuncurry NSW 2428
WWW.SPORTIESTUNCURRY.COM.AU

IT'S JUST THAT TIME OF DAY.
SIT DOWN, RELAX AND ENJOY

A CURATED SELECTION OF
HANDCRAFTED COCKTAILS

SPECIALLY CRAFTED
JUST FOR YOU.

COCKTAILS AT SPORTIES

Pink Cypsis
PINKBERRY GELATIN, PINEAPPLE JUICE & RASPBERRY

Summer Lovin'
MIDORI, VANILLA GELATIN, PINEAPPLE JUICE & COCONUT CREAM

Hurricane Avalanche
MIDORI MELON LIQUEUR, VIOLET BLUE CURRANT, VIOLET TRIPLE SEC & PINEAPPLE JUICE

see you at Sporties Tuncurry

Australia Day at Sporties Tuncurry

26 JANUARY 2026

Just \$10 + BEER and + BOWLS Per Person Starts 10 AM

GREAT AUSSIE JUKEBOX TUNES ON THE GREENS

Plus Free Live Music
CHRIS WILCOX from 2pm

Tanya THOMPSON MP

Member for Myall Lakes

As your local State MP
I'M HERE TO ASSIST YOU WITH:

Health

Roads and transport

Community services

Social services

Community infrastructure

Affordable housing

Schools and education

Congratulatory messages

If you need help or want to raise a local issue, please get in touch, I'm here to listen and take your voice to Parliament.

1-9 Manning Street, Tuncurry

02 6555 4099

tanyathompson.com.au

myalllakes@parliament.nsw.gov.au

TanyaThompsonForMyallLakes

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

Council's Community Conversations completed

MidCoast Council

MidCoast Council's Community Conversations program has finished for 2025, with strong attendance and open discussion across many towns and villages in the region.

Mayor Claire Pontin said the program helps Council connect with the community and understand what matters most to local areas.

"Community Conversations are about strengthening the collaboration between Council and communities," Mayor Pontin said. "They help us build understanding, hear local concerns and work together on shared priorities."

During 2025, Community Conversations were held at 18 locations. Larger towns hosted two sessions, while smaller villages hosted one. A total of 647 people attended.

Each session included presentations from Council's General Manager and Directors, followed by time for questions and discussion. Information was tailored to each location, covering both region-wide issues and local topics.

The second round of sessions took place in October and November 2025. These sessions included updates on flood recovery, as well as information on local and regional projects.

Community members raised a variety of topics, including drainage and flood recovery, road conditions, potholes, bridges and footpaths, coastal erosion, planning and development, and public amenities.

Council's presentation focused on three main priorities: improving roads, achieving long-term financial sustainability, and improving the customer experience.

Council explained the challenges in managing assets, such as roads and buildings, across their full lifespan. MidCoast Council is responsible for 3,643 kms of roads. This is the second largest road network in NSW. Many other council road networks are considerably smaller.

Council estimates an extra \$34.5 million per year is needed to bring the road network up to a good standard.

Council reviewed its operations to reduce costs and increase efficiency. As a result, an additional \$6.7 million was redirected to road works in 2025-26.

Some of the efficiency improvements over recent years included the closure of Nabiac Library, the divestment of MidCoast Assist, improving returns from Council-owned properties, increased fees and charges to cover the full cost of services, increased use of technology to reduce operational costs, and the decision to review developer contribution plans.

Mayor Pontin acknowledged that some of these decisions have been difficult for the community but emphasised that it's important to face the difficult reality that MidCoast Council's roads will get worse without a significant increase in investment.

"Like many councils across Australia, MidCoast Council is facing a number of challenges including decades of underfunding on road maintenance, the rising costs of materials, reduced federal government funding, cost shifting by State governments, and the impact of extreme weather," explained Mayor Pontin.

"We are strongly advocating for changes that would reduce the burden on regional councils and ratepayers. However, for now, we need to do the best we can with what we've got."

"It's important that community members understand the broader issues affecting local government, and I thank all those who attended a Community Conversation this year."

Feedback showed that community members valued the chance to speak directly with Councillors and staff, receive updates and raise concerns.

A number of communities raised concern about speed limits. Council reminds residents that speed limits are set by Transport for NSW, not Council. Views on speed limits can be submitted through the Transport for NSW website at <https://www.transport.nsw.gov.au/roadsafety/topics-tips/speeding/have-your-say/speed-limits-have-your-say>

Things that need fixing, issues and requests can be reported to Council through the Report and Request service at <https://www.midcoast.nsw.gov.au/Contact-us/Report-and-request>

Heart to Heart Exhibition

Heart to Heart Australia

The residents at Pacific Cape Lodge, Forster have completed another Heart to Heart art experience which culminated in an exhibition with family and friends.

Our 13 Artists completed a beautiful Still Life painting in oils. Each week we meet for 2 to 3 hours as we build our masterpiece.

Heart to Heart for Seniors is modelled on our original Heart to Heart program for young people. The focus of the program is not just painting but making connection to others, joy and a sense of achievement. Our seniors



Above: (L-R) Hazel Wopel and Heart to Heart founder Donna Rankin.
Left: Molly Richardson with her masterpiece.
Photos supplied.

really enjoy our 'heart to heart' over a cuppa and bikkies, where meaningful connections are made within the group.

"It's so wonderful to hear our seniors share stories, special memories and pearls of wisdom," said Heart to Heart founder Donna Rankin.

Providing feedback & comments on current issues help Council to realise the community's visions



MidCoast Council

A number of strategies and policies were approved to go out to public exhibition during the last Council meeting of the year on Wednesday 10 December.

The MidCoast Economic Development Strategy review, MidCoast Community Land Plan of Management, the MidCoast Aquatic Strategy, Taree Regional Airport Strategic Plan and Draft Cemetery Policy will be on exhibition until next year.

MidCoast Council understands this time of year can be busy with families heading away for school holidays and have extended the usual feedback period. The extension will give residents more opportunity to have their say.

Council recorded strong community engagement figures for 2025 and now look to continue that trend into 2026. Providing feedback and comments on the current issues will help Council to realise the community's visions.

Residents will have the opportunity to leave feedback on these important documents up until March 2026.

Feedback can be left on all of the above policies and strategies by heading to Council's website at <https://haveyoursay.midcoast.nsw.gov.au>

Pacific Cape Lodge
Kularoo Drive Forster



We're thrilled to invite you to discover the caring and homely environment of our Kestrel section now open at Pacific Cape Lodge. Located on Kularoo Drive in Forster, we are just a short stroll from the beach and the local shops.

At Pacific Cape Lodge, we focus on your comfort and well-being. Our spacious single rooms are thoughtfully designed for your needs, each equipped with a private ensuite so you can enjoy privacy and independence.

You'll find plenty of cozy spaces to relax and socialize, including our welcoming sitting rooms, lounges, and dining areas. These areas are perfect for unwinding or spending quality time with friends and family in a friendly atmosphere.

Be sure to visit our delightful café, open every Tuesday and Thursday from 9:30 AM to 3 PM. It's a lovely spot for residents and their families to come together and enjoy light refreshments in a cheerful environment.

If you'd like to learn more about our services, we invite you to schedule a personal tour. Just give us a call at 02 5502 6555.

The Grin Bin



Doodley Squat



Sudoku

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

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

Swamp

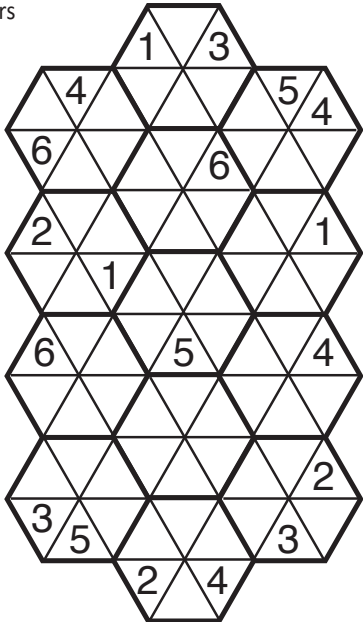


Bushy Tales

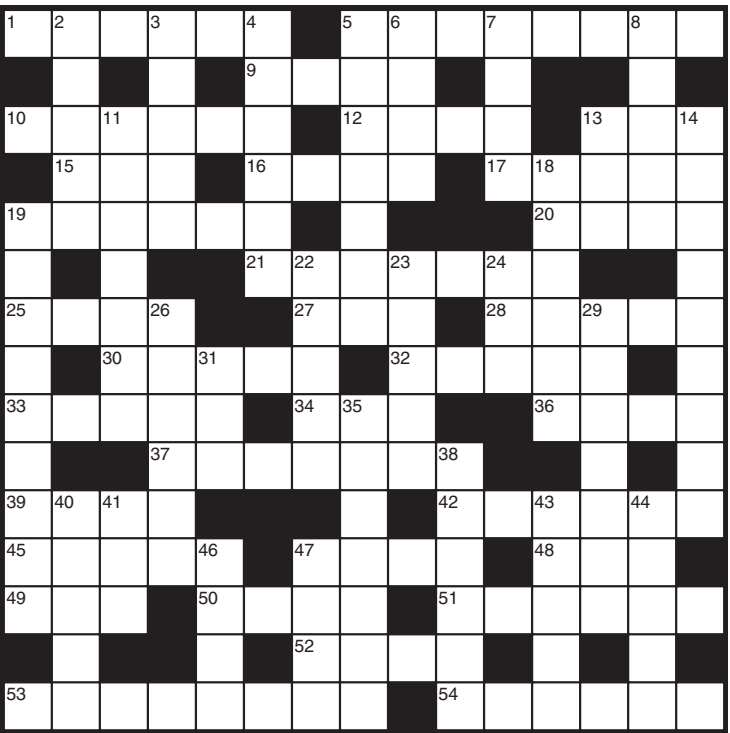


Quick Workout

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



Crossword

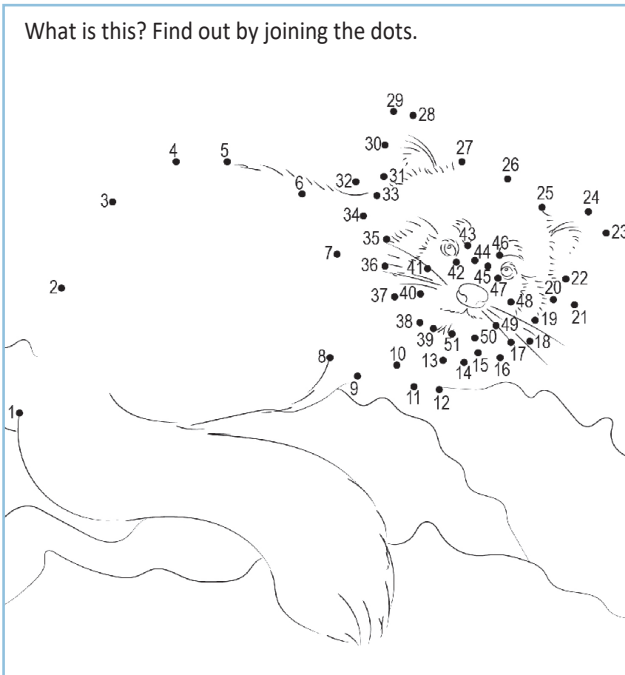


- ACROSS**
- 1 Fruit
 - 5 Sticking together
 - 9 Meal course
 - 10 Show affection
 - 12 Tear
 - 13 Colour
 - 15 Female swan
 - 16 Dash
 - 17 Food dressing
 - 19 Hunting dog
 - 20 Far down
 - 21 Paid for another's expenses
 - 25 Filled pastries
 - 27 Donkey
 - 28 Tint
 - 30 Leading
 - 32 Gap
 - 33 Rotating part
 - 34 Monkey
 - 36 Roman garment
- DOWN**
- 2 Altruistic love
 - 3 Representative
 - 4 State as true
 - 5 Ministers
 - 6 Frank
 - 7 Extremities
 - 8 Female relation
- 37 Vegetables**
- 39 Army weapon**
- 42 Showily splendid**
- 45 Efface**
- 47 Agitate**
- 48 Consumed**
- 49 Immerse**
- 50 Drug-yielding plant**
- 51 Inn**
- 52 Gratis**
- 53 Is mirrored**
- 54 Pleasing to the ear**
- 11 Withdraw from enemy**
- 13 Regret**
- 14 Express earnest disapproval**
- 18 Slave to a habit**
- 19 Parted**
- 22 Tracking system**
- 23 Useful thing**
- 24 Greek letter**
- 26 Horrifics**
- 29 Newborn child**
- 31 Period of time**
- 35 Large placards**
- 38 Classified**
- 40 Get up**
- 41 Short sleep**
- 43 Of ships of war**
- 44 Concise**
- 46 Comfort**
- 47 Malleable**

Spot the 5 Differences



Join the Dots



Solutions

Puzzles and pagination supplied by Auspax Media

FOCUS: blunt bolt bolt BOUNTIFUL built filo flint flit flout flub foil foul lift lino lift lion loft lion lout mail toil toll unbold until

SPOT THE 5 DIFFERENCES: Antennae moved, chin smaller, saddle bag in front of wing, foot longer, hair around neck, changed.

JOIN THE DOTS: What is this? Find out by joining the dots.

SUDOKU SOLUTION:

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

QUICK WORKOUT SOLUTION:

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

CROSSWORD SOLUTION:

ACROSS

- 1 Fruit
- 5 Sticking together
- 9 Meal course
- 10 Show affection
- 12 Tear
- 13 Colour
- 15 Female swan
- 16 Dash
- 17 Food dressing
- 19 Hunting dog
- 20 Far down
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31 Period of time

35 Large placards

38 Classified

40 Get up

41 Short sleep

43 Of ships of war

44 Concise

46 Comfort

47 Malleable

YOUR FORTNIGHTLY TV GUIDE

January 7 - 13

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.00 Miniseries: The Cry. 1.55 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella At My Table. 3.55 Grand Designs: Streets. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 9.30 Utopia. 9.25 Changing Ends. 10.10 You Can't Eat That. 10.45 The Jetty. 11.40 Chopticks Or Fork? 12.00 Grand Designs: Streets. 12.45 Long Lost Family. 1.30 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Britain's Most Expensive Houses. 2.55 Going Places. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Motor Racing. Dakar Rally, Stage 3. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Michael Palin: Into Iraq. 8.30 The Jury: Murder Trial UK. 9.25 Crime. 10.25 Railway Journeys UK. 11.00 Face To Face. 11.50 Darkness: Those Who Kill. 12.45 Darkness: Those Who Kill. 1.40 Late Programs.	6.00 Morning Programs. 1.10 Cricket. The Ashes. Fifth Test. Australia v England. Day 4. Afternoon session. 3.10 The Ashes: Tea Break. 3.30 Cricket. The Ashes. Fifth Test. Australia v England. Day 4. Evening session. 6.00 7News Local. 6.30 News. 7.00 Cricket. Big Bash League. Match 26. Perth Scorchers v Melbourne Renegades. 10.30 Big Bash League Post-Match. 11.00 Air Crash Inv. 12.00 MOVIE: Party From Hell. (2021) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 Space Invaders. 1.00 Jeopardy! Australia. 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 Tennis. United Cup. Day 7. Quarter-finals. 11.30 Chicago Med. (M) 12.30 A Remarkable Place To Die. (MA15+) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Everyday Gourmet. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Matlock. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 Taskmaster Australia. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Airport 24/7. (PG) 8.30 Elsbeth. (M) 9.30 Elsbeth. (PG) 9.30 Elsbeth. (PG) 9.30 Elsbeth. (PG) 11.00 Stephen Colbert. (PG) 12.00 Shopping.
THURSDAY	6.00 Morning Programs. 1.00 Miss Austen. 2.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella At My Table. 3.55 Grand Designs: Streets. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Grand Designs Transformations. 9.00 Amanda & Alan's Italian Job. 9.30 Goolagong. 10.20 Chopticks Or Fork? 10.30 Grand Designs: Streets. 11.25 Long Lost Family. 12.15 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Britain's Most Expensive Houses. 2.55 Going Places. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Motor Racing. Dakar Rally, Stage 4. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Toronto Airport Uncovered. 8.20 Robson Green: World's Most Amazing Walks. 9.15 In Flight. 10.10 Railway Journeys UK. 10.45 Vienna Blood. 11.40 Outlander. 12.45 Outlander. 2.05 The Eco Show. 2.35 The Eco Show. 3.30 Late Programs.	6.00 Morning Programs. 1.10 Cricket. The Ashes. Fifth Test. Australia v England. Day 5. Afternoon session. 3.10 The Ashes: Tea Break. 3.30 Cricket. The Ashes. Fifth Test. Australia v England. Day 5. Evening session. 6.00 7News Local. 6.30 News. 7.00 Cricket. Big Bash League. Match 27. Melbourne Stars v Sydney Sixers. 10.30 Seven's Cricket: The Spin. 11.15 Boyzone: Life, Death And Boybands. 12.15 Life. 1.15 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 Space Invaders. 1.00 Jeopardy! Australia. 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 Tennis. United Cup. Day 8. Quarter-finals. 11.30 Law & Order: Organized Crime. (MA15+) 12.30 A Remarkable Place To Die. (MA15+) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 GCBC. 7.00 Everyday Gourmet. 7.30 Farm To Fork. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Matlock. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 Taskmaster Australia. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 The Graham Norton Show. (M) 8.40 MOVIE: Rocketman. (2019) (M) 11.10 10 News+. 11.40 Stephen Colbert. (PG) 12.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 The Exhibitionists. 11.00 Antiques Roadshow. 12.00 News. 1.00 Muster Dogs: Where Are They Now. 1.45 Goolagong. 2.50 Would I Lie To You? 3.20 Nigella At My Table. 3.55 Grand Designs: Streets. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 All Creatures Great And Small. 8.15 Art Detectives. (M) 9.05 Hard Quiz. (PG) 9.35 A Life In Ten Pictures. (M) 10.25 Silent Witness. (M) 12.10 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Britain's Most Expensive Houses. 2.55 Going Places. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Motor Racing. Dakar Rally, Highlights. Stage 5. 6.00 Mastermind Aust. 6.30 News. 7.30 The Great House Revival. 9.30 Isle Of Wight: Jewel Of The South. 10.25 Railway Journeys UK. 11.00 Sisi. 12.05 Babylon Berlin. 1.55 Silent Road. 3.55 Designing Paradise With Bill Bensley. 4.25 My Unique B&B. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show Summer Series. 12.00 MOVIE: Love Knots. (2021) 2.00 Bridge Of Lies: Celebrity Specials. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.30 Better Homes And Gardens Summer. 8.30 MOVIE: The Green Mile. (1999) (MA15+) Tom Hanks, Michael Clarke Duncan, David Morse. 12.15 MOVIE: Student Seduction. (2022) (M) 2.30 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 Space Invaders. 1.00 Jeopardy! Australia. 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 Tennis. United Cup. Day 8. Quarter-finals. 11.30 Law & Order: Organized Crime. (MA15+) 12.30 A Remarkable Place To Die. (MA15+) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.00 Bold. 8.30 Deal Or No Deal. 9.00 Lingo. 10.00 Location, Location, Location Australia. 11.00 Dogs Behaving (Very) Badly Australia. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 Taskmaster Australia. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Selling Houses Aust. 8.40 Love It Or List It Australia. 9.40 The Graham Norton Show. 10.50 10 News+. 11.20 Stephen Colbert. 12.30 Shopping. 5.30 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Call The Midwife. 1.30 Art Detectives. 2.15 All Creatures Great And Small. 3.00 Extraordinary Escapes. 3.50 Human. 5.00 Dr Karl's How Things Work. 5.55 Back Roads. 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Call The Midwife. (M) 8.30 Vera. (M) 10.00 Goolagong. (M) 10.55 The Jetty. (M) 11.55 Rage Vault Guest Programmer. (MA15+) 4.55 Rage. (MA15+)	6.00 Morning Programs. 2.00 Figure Skating. ISU Grand Prix Final. Japan Part 2. Highlights. 4.00 Going Places. 5.00 Motor Racing. Dakar Rally. Weekly Highlights. 6.00 Grand Tours Of Scotland's Rivers. 6.30 News. 7.30 Secrets Of Britain's Historic Houses. 8.40 MOVIE: Tinker Tailor Soldier Spy. (2011) 11.00 Scottish Islands With Ben Fogle. 12.05 Reframed: Marilyn Monroe. 3.25 Bowlow Over: Untold Australia. 4.25 My Unique B&B. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 8.00 The Morning Show Summer Series. 12.00 Horse Racing. Magic Millions Gold. The Lakes Race Day. VRC Standstill Handicap. Race Day. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Horse Racing. Magic Millions Twilight. 9.00 MOVIE: White House Down. (2013) (M) 11.45 Air Crash Inv. (PG) 12.45 Dr Harry's Animal Encounters. (PG) 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Let's Eat With George. 6.30 ACA. 7.00 Weekend Today. 10.00 Our State On A Plate. 10.30 Tennis. United Cup. Day 9. Semi-finals. 4.30 Find My Beach House Australia. 5.00 News. 5.30 Find My Country House Aust. 6.00 NBN News. 7.00 Tennis. United Cup. Day 9. Semi-finals. 11.30 MOVIE: The Next Three Days. (2010) (M) 2.00 The Incredible Journey Presents. (PG) 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands Summer Series. (PG)	6.00 Morning Programs. 7.30 Escape Fishing. 8.00 Fish. 8.30 On The Fly. 9.00 4x4 Adventures. 10.00 Airport 24/7. 11.00 GCBC. 11.30 Frugal Foodie. 12.00 All Creatures Great And Small. 1.30 Extraordinary Escapes. 4.00 Human. 5.00 The ABC Of... 5.30 Dr Karl's How Things Work. 6.00 Back Roads. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Call The Midwife. (M) 8.30 Vera. (M) 10.00 Goolagong. (M) 11.55 The Jetty. (MA15+) 12.00 Rage. (MA15+) 5.00 Rage.
SUNDAY	6.00 Morning Programs. 1.30 Gardening Aust. 2.30 Muster Dogs: Where Are They Now. 3.40 Extraordinary Escapes. 4.30 Amanda & Alan's Italian Job. 5.00 Antiques Roadshow. 6.00 Grand Designs Transformations. 7.00 News. 7.30 Muster Dogs: Where Are They Now. 8.20 Goolagong. 9.15 The Jetty. 10.15 Call The Midwife. 11.15 MOVIE: Sirens. (1994) 12.50 Rage Vault. 2.30 Gardening Aust. 3.25 Dream Gardens. 4.00 The Art Of. 4.30 A Bite To Eat. 5.00 Pilgrimage: The Road Through North Wales.	6.00 Morning Programs. 1.00 Going Places. 1.30 Cycling. Westbridge Funds Road Nationals Championships. Women's Elite and Under-23 Road Race. 5.00 Motor Racing. Dakar Rally. Weekly Highlights. 6.00 Grand Tours Of Scotland's Rivers. 6.30 News. 7.30 Days That Shocked The World: Challenger. 8.25 Ken Burns' The American Revolution. 10.40 Secrets Of Modern Archaeology. 11.45 Australian Fashion Past, Present, Future. 1.15 Late Programs.	6.00 Morning Programs. 12.00 Border Security. Inv. 12.30 Air Crash Inv. Accident Files. 1.30 Big Bash League Pre-Game. 2.00 Cricket. Big Bash League. Match 31. Sydney Sixers v Hobart Hurricanes. 5.30 Weekend. 6.00 News. 7.00 Cricket. Big Bash League. Match 32. Adelaide Strikers v Perth Scorchers. 10.30 Big Bash League Post-Match. 11.00 7NEWS Spotlight. 12.00 MacGruber. 1.00 Dr Harry's Animal Encounters. 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Hello SA. 6.30 Find My Beach House Australia. 7.00 Weekend Today. 10.00 Journey To Europe. 11.00 Fishing Aust. 11.30 GolfBarons. 12.00 Great Getaways. 1.00 David Attenborough's Dynasties II. 2.00 Conquering Skin Cancer. 4.00 Take Me Home. 5.00 Tennis. United Cup. Day 10. Final. 11.30 Wild Cards. (M) 12.30 Tycoons Down Under. (PG) 1.30 TV Shop. 4.30 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Buy To Build. 9.00 My Market Kitchen. 9.30 Key Ingredient. 10.00 Farm To Fork. 10.30 10 Minute Kitchen. 11.00 Well Traveller. 11.30 Pooches At Play. 12.00 Deal Or No Deal. 12.30 Surf Life Saving. Shaw And Partners Iron Series. Day 2. Specialist Round. 2.30 Basketball. NBL. Round 16. Illawarra Hawks v New Zealand Breakers. (M) 12.30 Tycoons Down Under. (PG) 1.30 TV Shop. 4.30 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.
MONDAY	6.00 Morning Programs. 1.00 The Kimberley. 2.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella At My Table. 3.55 Grand Designs: Streets. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 The Great Art Fraud. 9.00 Simon Schama: The Road To Auschwitz. 10.00 Dr Karl's How Things Work. 10.35 News. 10.50 Dr Karl's How Things Work. 11.20 Grand Designs: Streets. 12.10 Long Lost Family. 12.55 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Britain's Most Expensive Houses. 2.55 Going Places. 3.25 Plat Du Tour. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Motor Racing. Dakar Rally, Stage 7. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.35 Wonders Of The Sun With Dara O Briain. 9.20 Jimmy Carr's I Literally Just Told You. 10.20 Railway Journeys UK. 10.55 Like Water For Chocolate. 11.45 Clean Sweep. 1.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show Summer Series. 12.00 MOVIE: MatchMaker Mysteries: A Fatal Romance. (2020) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Cricket. Big Bash League. Match 33. Sydney Thunder v Melbourne Renegades. 10.30 Big Bash League Post-Match. 11.00 MOVIE: Miami Vice. (2006) (MA15+) 1.40 Girlfriends' Guide To Divorce. 3.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 Space Invaders. 1.00 Jeopardy! Australia. 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 Travel Guides. (PG) 9.00 MOVIE: Indiana Jones And The Kingdom Of The Crystal Skull. (2008) (M) 11.25 Sight Unseen. (M) 12.10 Tipping Point. (PG) 1.05 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Deal Or No Deal. 7.00 Bold. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 My Market Kitchen. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 The 83rd Annual Golden Globes. (PG) 10.30 10's Late News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 1.55 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella At My Table. 3.55 Grand Designs: Streets. 4.40 Long Lost Family. 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 Human. 9.30 Grand Designs Transformations. 10.35 News. 10.50 Australia's Open. 11.45 Grand Designs: Streets. 12.30 Long Lost Family. 1.20 Rage. 2.25 Close To Me. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 10.30 Tennis. Kooyong Classic. Day 1. 5.00 Motor Racing. Dakar Rally, Stage 8. Highlights. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.35 Air India Crash: What Went Wrong? 9.30 Aerial Australia. 10.25 Railway Journeys UK. 11.00 Exit. 11.55 Dopesick. 2.10 The Eco Show. 3.15 Designing Paradise With Bill Bensley. 4.15 My Unique B&B. 4.50 Destination Flavour Bitesize. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show Summer Series. 12.00 MOVIE: MatchMaker Mysteries: A Killer Engagement. (2019) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Cricket. Big Bash League. Match 34. Melbourne Stars v Adelaide Strikers. 10.30 Big Bash League Post-Match. 11.00 Lopez Vs. Lopez. (PG) 12.00 MOVIE: A Dangerous Defence. (2021) (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 Space Invaders. 1.00 Jeopardy! Australia. 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 MOVIE: Cool Runnings. (1993) (G) 10.30 Volare: Valentino Gusseli. 11.40 The Equalizer. 12.30 Tipping Point. 1.30 TV Shop. 2.30 Destination WA. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Deal Or No Deal. 7.00 Bold. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 My Market Kitchen. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Dog House Aust. 8.30 MOVIE: Mission: Impossible - Dead Reckoning. (2023) (PG) 11.10 News. 12.10 10 News+. 12.40 Stephen Colbert. 1.30 Shopping.

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	ABC TV	SBS	SEVEN	NBN	TEN	
WEDNESDAY	6.00 Morning Programs. 1.00 Miniseries: The Cry. 1.55 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella At My Table. 3.55 Grand Designs: Streets. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30 . 8.00 Hard Quiz. 8.30 The Weekly. 9.00 Spicks And Specs. 9.30 Changing Ends. 10.20 Classic Countdown Extras. 10.35 News. 10.50 The Jetty. 11.50 Grand Designs: Streets. 12.40 Long Lost Family. 1.25 Late Programs.	6.00 Morning Programs. 5.00 Motor Racing. Dakar Rally. Stage 9. Highlights . 6.00 Mastermind Aust. 6.30 News. 7.35 Michael Palin: Into Iraq. 8.30 The Jury: Murder Trial UK. 9.25 Crime. 10.25 Railway Journeys UK. 11.00 Face To Face. 11.25 Face To Face. 11.50 Darkness: Those Who Kill. 1.35 The Eco Show. 2.35 Designing Paradise With Bill Bensley. 3.35 Designing Paradise With Bill Bensley. 4.05 My Unique B&B. 4.40 Barnaby. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show Summer Series. 12.00 MOVIE: Love, Romance And Chocolate. (2019) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Cricket. Big Bash League. Match 35. Hobart Hurricanes v Brisbane Heat. 10.30 Big Bash League Post-Match. 11.00 Air Crash Investigations. (PG) 12.00 Wolfe. (MA15+) 1.00 Wolfe. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 MOVIE: Learning To Love. (2023) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Tennis. 1 Point Slam. 10.15 American Crime Story. (M) 12.15 Tipping Point. (PG) 1.05 Fishing Aust. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Deal Or No Deal. 7.00 Bold. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 My Market Kitchen. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Gogglebox Australia. (PG) 9.00 Elsbeth. (M) 10.00 News. 10.30 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.	
THURSDAY	6.00 Morning Programs. 1.00 Miss Austen. 2.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella At My Table. 3.55 Grand Designs: Streets. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30 . 8.00 Grand Designs Transformations. 9.00 Amanda & Alan's Italian Job. 9.30 Goolagong. 10.20 Chopticks Or Fork? 10.30 Grand Designs: Streets. 11.40 Long Lost Family. 12.30 Rage. 2.25 Cloo To Me. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30 .	6.00 Morning Programs. 2.00 Britain's Most Expensive Houses. 2.55 Going Places. 3.25 Plat Du Tour. 3.35 The Cook Up. 4.05 Jeopardy! 4.30 Letters And Numbers. 5.00 Motor Racing. Dakar Rally. Stage 11. Highlights . 6.00 Mastermind Aust. 6.30 News. 7.30 The Great House Revival. 9.30 Isle Of Wight: Jewel Of The South. 10.25 Railway Journeys UK. 11.00 Sisi. 11.55 Babylon Berlin. 1.45 Silent Road. 3.50 Designing Paradise With Bill Bensley. 4.20 My Unique B&B. 4.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show Summer Series. 12.00 MOVIE: The Secret Sauce. (2021) 2.00 Bridge Of Lies: Celebrity Specials. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Cricket. Big Bash League. Match 37. Sydney Sixers v Sydney Thunder. 10.30 Unfiltered: Cricket. (PG) 11.00 MOVIE: Wild Things. (1998) (MA15+) 1.15 Million Dollar. (PG) 2.00 Shopping. 4.00 Travel Oz. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra Summer. 11.30 9News Morning. 12.00 MOVIE: A Missed Connection. (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 MOVIE: The Mighty Ducks. (1992) (G) 9.35 MOVIE: D2: The Mighty Ducks. (1994) (G) 11.35 Law & Order: Organized Crime. (MA15+) 12.25 Tipping Point. (PG) 1.15 My Way. 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Surfing Aust.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Dogs Behaving (Very) Badly Australia. 11.30 My Market Kitchen. 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Selling Houses Aust. 8.40 Love It Or List It Australia. 9.50 The Graham Norton Show. 11.00 News. 11.30 10 News+. 12.00 Stephen Colbert. 1.00 Shopping.	
FRIDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Call The Midwife. 1.30 Art Detectives. 2.15 All Creatures Great And Small. 3.00 Extraordinary Escapes. 4.00 Human. 5.00 The ABC Of... 5.30 Dr Karl's How Things Work. 6.00 Back Roads. (PG) 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Call The Midwife. (M) 8.30 Vera. (M) 10.00 Goolagong. (M) 10.55 The Jetty. (M) 11.55 Rage. (MA15+) 12.00 Rage. (MA15+) 5.00 Rage.	6.00 Morning Programs. 2.00 Going Places. 2.30 Going Places. 3.00 Cycling. Westbridge Funds Road National Championships. Women's Elite and Under-23 Road Race. Highlights . 4.00 Sailing. Sail Grand Prix. Perth. Day 1. 5.30 Motor Racing. Dakar Rally. Stage 12. Highlights . 6.30 News. 7.30 Secrets Of Britain's Historic Houses. 8.40 Swiss Journal. Stage 12. Highlights . 9.30 DNA Of Us. 10.50 Scottish Islands With Ben Fogle. 11.55 House Of Promises. 1.40 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 8.00 The Morning Show Summer Series. 12.00 Horse Racing. Magic Millions Race Day. 5.00 News. 5.30 Border Security. Australia's Front Line. (PG) 7.30 MOVIE: A Knight's Tale. (2001) (M) 10.15 MOVIE: Green Zone. (2010) (M) 12.30 Cycling. Santos Tour Down Under. Women's. Stage 1. Highlights . 1.35 Our State On A Plate. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Late Programs.	6.00 Morning Programs. 1.30 Ready Vet Go: The Vet Paramedics. 2.00 MOVIE: Practical Magic. (1998) 4.00 Taronga: Who's Who In The Zoo. 5.00 News. 5.30 Find My Country House Aust. 6.00 NBN News. 7.00 ACA. 7.30 A26: Opening Ceremony. 10.30 MOVIE: Unbreakable: The Jenna Doki Story. (2024) 12.40 Find My Beach House Australia. 1.35 Ready Vet Go. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Late Programs.	6.00 Morning Programs. 8.30 On The Fly. 9.00 4x4 Adventures. 10.00 My Market Kitchen. 10.30 GCBC. 11.00 Airport 24/7. 12.00 Everyday Gourmet. 12.30 Farm To Fork. 1.00 Cook With Luke. 1.30 The Yes Experiment. 2.00 The Dog Academy. 3.00 Dogs Behaving (Very) Badly Australia. 4.00 All 4 Adventure. 5.00 News. 6.30 Deal Or No Deal. 7.40 Love It Or List It Australia. 8.40 Location, Location Australia. 9.50 Ambulance UK. 11.00 Elsbeth. 12.00 Shopping. 5.00 Hour Of Power.	
SATURDAY	6.00 Morning Programs. 1.25 Gardening Aust. 2.35 Muster Dogs: Where Are They Now. 3.15 The Assembly. 4.00 Poi's On The Road. 4.30 Amanda & Alan's Italian Job. 5.00 Antiques Roadshow. 6.00 Grand Designs Transformations. 7.00 News. 7.30 Muster Dogs: Where Are They Now. 8.15 Goolagong. 9.10 The Jetty. 10.10 Call The Midwife. 11.20 MOVIE: Irresistible. (2006) 1.00 Rage. 1.55 Smother. 4.30 A Bite To Eat. 5.00 Pilgrimage: The Road Through North Wales.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Cycling. Road National Championships. Elite Men's Road Race. Highlights . 4.00 Sailing. Sail Grand Prix. Perth. Day 2. 5.30 Motor Racing. Dakar Rally. Stage 13. Highlights . 6.30 News. 7.30 Once Upon A Time In Space. 9.30 Pompeii: The Last Mysteries Revealed. 10.25 Putin And The West: The Next Chapter. 11.35 Watergate High Crimes In The White House. 1.15 Building The Impossible. 2.10 The World According To Kim Jong Un. 3.10 Late Programs.	6.00 Morning Programs. 3.30 Golf. 2025 Cathedral Invitational. Highlights . 4.30 Cows For Cambodia. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Cricket. Big Bash League. Match 36. Brisbane Heat v Sydney Sixers. 10.30 Big Bash League Post-Match. 11.00 7NEWS Spotlight. 12.00 Cycling. Santos Tour Down Under. Women's. Stage 2. Highlights . 1.00 Travel Oz. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 1. 4.00 Tennis. Australian Open. Afternoon 1. 6.00 9News. 7.00 Tennis. Australian Open. Night 1. 11.00 Tennis. Australian Open. Late Night. 1.30 The First 48. (M) 1.00 Next Step. 1.30 TV Shop: Home Shopping. 4.00 Skippy The Bush Kangaroo. 4.30 GolfBarons. (PG) 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 8.30 Buy To Build. 9.00 My Market Kitchen. 9.30 Key Ingredient. 10.00 Farm To Fork. 10.30 GCBC. 11.00 Well Traveller. 11.30 Pooches At Play. 12.00 The Dog Academy. 1.00 Deal Or No Deal. 1.30 Lingo. 2.30 Basketball. NBL Round 17. Adelaide 36ers v South East Melbourne Phoenix. 4.30 Deal Or No Deal. 5.00 News. 6.30 10 News+. 7.00 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS: Sydney. 10.00 NCIS: Origins. 11.00 Law & Order: SVU. 12.00 10 News+. 12.30 Shopping.	
SUNDAY	6.00 Whole. 6.30 The Mogan. 7.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella's Cook, Eat, Repeat. 3.55 Grand Designs: Streets. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30 . 8.00 The Great Art Fraud. 9.00 MOVIE: The Secret Of Me. (2025) 10.50 Dr Karl's How Things Work. 11.25 Grand Designs: Streets. 12.10 Long Lost Family. 1.00 Rage. 2.25 Smother. 5.00 A Bite To Eat. 5.30 7.30 .	6.00 Morning Programs. 2.00 Gods Of Tennis. 3.00 Going Places. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Ocean Wreck Investigation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Dilly Parton: Here I Am. 9.15 Stock Aitken Waterman: Legends Of Pop. 10.35 SBS News. 11.05 Like Water For Chocolate. 11.15 Clean Sweep. 1.50 Pagan Peak. 3.40 Designing Paradise With Bill Bensley. 4.10 My Unique B&B. 4.45 Destination Flavour Bitesize. 4.50 Late Programs.	6.00 Morning Programs. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 The 1% Club UK: Rollover. 8.30 Tik Tok: Top 100. 10.30 Kylie Vs Bee Gees. 11.30 Cycling. Santos Tour Down Under. Women's. Stage 3. Highlights . 12.30 Girlfriends' Guide To Divorce. 1.30 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Hello SA. 6.30 ACA. 7.00 Weekend Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 2. 4.00 Tennis. Australian Open. Afternoon 2. 6.00 9News. 7.00 Tennis. Australian Open. Night 2. 11.00 Tennis. Australian Open. Late Night. 1.30 The First 48. (M) 1.00 Next Step. 1.30 TV Shop: Home Shopping. 4.00 Skippy The Bush Kangaroo. 4.30 GolfBarons. (PG) 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS: Sydney. 10.00 NCIS: Origins. 11.00 Law & Order: SVU. 12.00 10 News+. 12.30 Shopping.	
MONDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella's Cook, Eat, Repeat. 4.00 Grand Designs: Streets. 4.45 Long Lost Family. 5.35 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30 . 8.00 The Great Art Fraud. 9.00 MOVIE: The Secret Of Me. (2025) 10.50 Dr Karl's How Things Work. 11.25 Grand Designs: Streets. 12.10 Long Lost Family. 1.00 Rage. 2.25 Smother. 5.00 A Bite To Eat. 5.30 7.30 .	6.00 Morning Programs. 2.00 Gods Of Tennis. 3.00 Going Places. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Ocean Wreck Investigation. 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 Portillo's 200 Years Of The Rockies. 9.45 Untold Australia. 10.35 SBS News. 11.05 Ent. 12.00 Dopesick. 12.25 The Eco Show. 2.55 The Eco Show. 3.25 My Name Is Reeva. 4.20 My Unique B&B. 4.55 Destination Flavour China Bitesize. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Cricket. Big Bash League. Post-Game. 11.00 Big Bash League The Qualifier. 11.30 Lopez Vs. Lopez. (PG) 12.00 MOVIE: A Date With Danger. (2021) (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 3. 4.00 Tennis. Australian Open. Afternoon 3. 6.00 9News. 7.00 Tennis. Australian Open. Night 3. 12.00 Tennis. Australian Open. Late Night. 1.30 The First 48. (M) 1.00 Next Step. 1.30 TV Shop: Home Shopping. 4.00 Skippy The Bush Kangaroo. 4.30 GolfBarons. (PG) 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 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 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 Matlock. (PG) 10.00 News. 10.30 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.	
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Nigella's Cook, Eat, Repeat. 4.00 Grand Designs: Streets. 4.45 Long Lost Family. 5.35 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 7.30 . 8.00 The Great Art Fraud. 9.00 MOVIE: The Secret Of Me. (2025) 10.50 Dr Karl's How Things Work. 11.25 Grand Designs: Streets. 12.10 Long Lost Family. 1.00 Rage. 2.25 Smother. 5.00 A Bite To Eat. 5.30 7.30 .	6.00 Morning Programs. 2.00 Gods Of Tennis. 3.00 Going Places. 3.35 Plat Du Tour. 3.45 The Cook Up. 4.15 Ocean Wreck Investigation. 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 Portillo's 200 Years Of The Rockies. 9.45 Untold Australia. 10.35 SBS News. 11.05 Ent. 12.00 Dopesick. 12.25 The Eco Show. 2.55 The Eco Show. 3.25 My Name Is Reeva. 4.20 My Unique B&B. 4.55 Destination Flavour China Bitesize. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News @ 6.30. 7.00 Home And Away. (PG) 7.30 Cricket. Big Bash League. Post-Game. 11.00 Big Bash League The Qualifier. 11.30 Lopez Vs. Lopez. (PG) 12.00 MOVIE: A Date With Danger. (2021) (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 4. 4.00 Tennis. Australian Open. Afternoon 4. 6.00 9News. 7.00 Tennis. Australian Open. Night 4. 12.00 Tennis. Australian Open. Late Night. 1.30 The First 48. (M) 1.00 Next Step. 1.30 TV Shop: Home Shopping. 4.00 Skippy The Bush Kangaroo. 4.30 GolfBarons. (PG) 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 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 Deal Or No Deal. 2.30 The Finish Line. 3.00 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 Matlock. (PG) 10.00 News. 10.30 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.	

What's on around town & beyond!

Local Calendar

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

January

Fri 9 to Mon 12 Jan - Twice Yearly Book Fair
9am - 4pm at Tuncurry Memorial Hall
Fiction, non-fiction and children's section
See advertisement opposite page.

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

Sun 11 Jan - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516



Sat 17 Jan - Forster Farmers Market
8am to 12pm Forster Info Centre, 4 Little St.
Enquiries: Linda 0421 347 273



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

Sun 25 Jan - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre.
Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516



Christmas Fundraising

By Lion Margaret Kentwell - Forster Tuncurry Lions Club

Annual Trailer Raffle & Xmas Cake

Forster Tuncurry Lions Club have been involved in fundraising activities for many years. All money raised is turned back into the community in a variety of ways. Our club is well respected and held in high esteem by the community. Members are proud to volunteer and enjoy the camaraderie working with others.

Thank you to staff at local outlets who display and sell our Christmas cakes. Record stock successfully sold out. Lions Club volunteers for their time spent selling tickets at the trailer are to be commended. The raffle was drawn under the supervision of Stockland Forster staff and Georgie Yule from the Forster Fortnightly on Thursday 18th December 2025 at 1:00pm.

The winners for the 2025 Raffle are:

1st prize: James Canezuk, Sydney, Ticket No: 22948

2nd prize: Lyn Harris, Tuncurry, Ticket No: 16190

3rd prize: Jane McNeil, Forster, Ticket No: 29115

A huge "Thank You" to Stockland management and members of the community for their support.

Fundraising from our Trampoline & Putt Putt Park

Our Trampoline & Putt Putt Park is open 10am to 9pm through the Xmas school holidays until Sunday 1st February 2026, from 10:00am to 9:00pm. Trampolines (10 minutes) cost \$5 per person and Putt Putt (9 holes) cost \$5 per person.

(See advertisement on the right.)



Ella Swain from Centre Manager Stockland with Lion members (L-R) Margaret Kentwell, President Peter Sloan, Dot Monks and Del Bailey.

Forster Tuncurry Lions Trampoline & Mini Golf Park
Open Christmas School holidays
10am to 9pm, 22nd Dec - 1st Feb

Enjoy a family fun day for all ages and test your skills at our Mini Golf Park and Trampolines.

Trampolines: 10 minute sessions \$5 per person
9 Hole Mini Golf: \$5 per person
Interested in a friendly family competition? Free playoff hole available.
Drinks \$2.50 - Trophies \$15 - EFTPOS

Devonshire
Tea & Crafts
17th January
Forster Civic Centre
Lake Street Forster
9:30 - 12pm

WOMEN'S ASSOCIATION
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MAC THE KNIFE
MARVELL

MAX MARVELL
SOPHIE BARRATT
DJ PHILZ

25 JAN FROM 4PM
FREE ENTRY

LAKES & OCEAN HOTEL
10 Little St, Forster
lakesandoceanhotel.com.au

Drink Wise. org.au

What's on around town & beyond!

Twice Yearly Book Fair

By Mark Davies – Rotary Club of Lower Mid Coast

Free entry to both rooms and amazing bargains to be had at The Rotary Club of Lower Mid Coast Book Fair at the Tuncurry Memorial Hall as Children's Books are still only 50 cents each with other books still very reasonably priced at \$3.00 each.

Two full rooms of books. The first room has fiction organised A to Z by the author's surname and an extensive children's section. The 2nd room is non-fiction organised into over 15 categories including Academic (Reference),

Animals, Art, Craft and Hobbies, Travel and War Related, to name just a few.

There has been at least one local Rotary Book Fair every year since they started in July 2003.

Money raised goes to support projects including the Ronald McDonald Family Retreat Forster, Great Lakes Palliative Care, Great Lakes Suicide Prevention Network and a number of other local as well as regional and global projects.

(See Advert below right or contact Mick Larter on 0414 652 401 for enquiries.)

Ballroom Dance evening to celebrate Christmas 2025



By Jenny Hansen – Club Forster Social Dance Club

On Tuesday 9th December 2025 Forster's "Strictly Social Dance Club" celebrated Christmas with a meal of 'own choice' in the Club Forster Bistro followed by an evening of dancing to music performed by our popular guest musician Barry Noble.

Our regular dancers welcomed the opportunity to socialise with friends and visitors prior to our Dance Club's annual recess as we wished everyone a safe and enjoyable festive season during December/January.

We would like to thank the following businesses for their support and assistance during 2025:- Club Forster Management and Staff, Anna's Trophies, Butterfingers and the wonderful Forster Fortnightly Newspaper.

Thank you to all our Strictly Social Dancers for attending our regular Tuesday evening Lesson/Socials throughout 2025 at Club Forster and we look forward to joining you on the Dance floor when we resume in February 2026.

(See advertisement below.)



Learn to Social Ballroom Dance
Tuesday 6:00pm to 7:00pm
All ages, singles & beginners welcome.
Dance Partners required!
Commencing Tuesday 3rd February 2026

Social Dance
Tuesday 7:00pm to 9:00pm
Dress is casual.
Cost for both social & lesson \$4 per person.

Live Band Dance
Last Tuesday of month.
Cost for band is \$7 per person
6.30pm till 10:00pm

Contact
Jenny 6554 3110, Dennis 0412 047 072, Mark 0412 384 077
Venue: Club Forster, Strand Street, Forster.



Twice Yearly
BOOK FAIR Rotary Club of Lower Midcoast Forster Tuncurry

Fri 9th - Mon 12th Jan 2026
Tuncurry Memorial Hall
Free Entry - Doors open 9am to 4pm*

Fiction Room
& Extensive Children's Section
Non-Fiction Room

Cash & EFTPOS Welcome **7 Point Rd Tuncurry**
(Closing hours may vary*)

Hallidays Point:
Australia Day By The Ocean

Come Celebrate our Community Strength

Free Egg & Bacon Rolls and Wallaby Stew Band from 7 am

Ambassador Mark Forbes & Local Citizens Announcements 8 am

HP Sponsors: Lions, FoodWorks, Black Head SLSC, Diamond Beach RFS

Face Painting  **Flag Raising**

Mixed bag and Feedback

Letters to the Editor

'Letter to the Editor' is the place for our community to share their thoughts and feedback. Maximum 250 words unless prior arrangement. Material that is offensive, defamatory or overtly political will not be published. This newspaper intends to provide an opportunity of reply for any person/organisation involved before publication. The author's name and town are required, unless specifically requested otherwise. Send your letters to info@forsterfortnightly.com.au



Hallidays Point Lions Club hosted the 2025 NYE fireworks on Black Head Beach. Photo by James Quiring.



www.moir.com.au

Screen Reviews

TV Show Review by Mary Yule - Forster Fortnightly

Nazeem Hussain – Totally Normal: comedy special available on Youtube and other social media.

If you like homegrown, clever and powerful comedy this is great viewing. Nazeem makes fun of everyone and everything in this 52 minute comedy show, recorded live at the Powerhouse Theatre in Brisbane while on tour in September 2024. Nothing is off the table in this fast-paced special with topics from the tooth fairy and mental health days to geopolitics and world history. One comment reads, "You are showing how comedy can be used to activate people in these messed up times."

Nazeem Hussain is also known for his Netflix special 'Nazeem Hussain: Public Frenemy' in 2019, his 'Hussain That' tour in 2022 and his TV show 'Legally Brown' on SBS for two seasons.



50th Carols by Candlelight

Mark Davies – Rotary Club of Lower Mid Coast

On Monday the 15th of December Rotary celebrated our 50th local Carols by Candlelight alongside well over 1,000 people.

We were supported the Great Lakes Band and the Forster and Tuncurry Public School Choirs at Harry Elliott Oval Tuncurry. It was a delightful night with lots very positive feedback from members of the public.

Photo by Matilda Yule.

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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

Alcoholics Anonymous

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

Al-Anon Family Groups

Does someone you love drink too much?
7.30pm Salvation Army Hall, South St, Tuncurry.
Contact: 1300 252 666

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

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

Forster Family History Research Service

Available Mon, Wed & Fri 2 - 4pm and Tues &
Thurs 10am - 12pm at Forster Library. Closed 29
Nov-2 Feb. Email: library@midcoast.nsw.gov.au

Forster Hospital Pink Ladies

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

Forster Tuncurry Lions Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park

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

1st Forster Tuncurry Scout Group Cub Section

Scout Hall Cnr Lake & McIntosh Sts Forster,
Mondays 5 - 6:30pm for 8 - 11 years. Enquiries:
leanne.richardson@nsw.scouts.com.au

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

Great Lakes Evening VIEW Club

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

Great Lakes Ladies Probus Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Manning Great Lakes Parkinson's Support

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

Mixed Social Tennis

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

Mid North Coast Bootscoters

Beginner lessons 6 - 7pm every Monday at
Club Forster. Check our Facebook for venue
changes or call Lorraine 0400 708 511.

Quota Club of Forster Tuncurry

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

Tennis Forster

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

The Man Walk - walk, talk and support

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

Tuesdays

Alcoholics Anonymous

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

Club Forster Social Dance Club

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

Coomba Park Tennis Club

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

Forster Shores Combined Probus Meeting

Held 3rd Tuesday of the month, 2pm Sporties
Club, Tuncurry. To attend contact Col Jay on
0448 918 645 and Linda Lovell 0447 473 510.

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

1st Forster Tuncurry Scout Group Venturer

Section, Cnr Lake & McIntosh Sts Forster, Tues
6.30 - 8.30pm for 14 to 18 yrs.
Contact: leanne.richardson@nsw.scouts.com.au

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month
7pm Club Forster.
Email: jjpatchwood@gmail.com

Hallidays Point Combined Probus Meeting

1st Tuesday of the month
10.00am at Black Head Surf Life Saving Club
To attend contact Ian Campbell 0417 928 791

Hallidays Point Surfing Mums

Meet every Tuesday 10:30am at Black Head
Beach near surf club.
Enquiries: Vanessa on 0452 247 440

Pacific Palms Probus Club

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

Pickleball Tuncurry

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

Rotary Club of Lower Midcoast

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

The Coomba Mens Shed

Open Every Tuesday 8.30am - 12pm
86 Moorooaba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Wallis Lake Dining Group

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

Wallis Lake Tourers Travel Club Inc.

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

Wednesdays

Alcoholics Anonymous

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

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dementia Information drop in at Forster

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

Forster Digital Photographic Club (FDPC)

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

Forster Tuncurry Evening View Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park

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

Great Lakes Breast Cancer Support Group

Thank you to everyone who has supported the
Group this year. Our next meeting will be 4th
Feb. 2026. Contact Lorraine 0410 588 736

Great Lakes Historic Automobile Club

First Wednesday monthly (not January)
at Tuncurry Beach Bowling Club
Talk to Laurie Curtin 0402 315 215

Great Lakes Knit and Spin

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

Great Lakes Suicide Prevention Network

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

Green Bikes Community Workshop

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

Hallidays Point Men's Shed

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

One Mile Beach Dunecare

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

Seaside Heritage Quilters

meet on the first
and third Wednesday of each month at 10am –
2pm at the Masonic Hall, Lake St, Forster.
(Now in recess until Wed 3 February 2026)

Social Tenpin Bowling

Forster Entertainment centre
Wednesdays 10am
Contact Jamie 0431766582

The Sunrise Club

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

Twin Towns Tennis Club

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

Westpac Rescue Helicopter Service

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

Women's Shed Forster & Tuncurry

Meet fortnightly 11:30am in Wallambi Room
at Forster Library. Closed during school
holidays. Enquiries Cheryl 0448 237 918.

Thursdays

Al-Anon Family Groups

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

Codependents Anonymous

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

Coomba Mens Shed

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

Forster District Combined Probus Club

Open first Thursday of every month (except
January) Club Forster. Contact **Jacqui Costello
0410 662 671**

Forster Keys Progress Association

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

1st Forster Tuncurry Scout Group Joey Section

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

1st Forster Tuncurry Scout Group Scout

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

Great Lakes Concert Band

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

Great Lakes & Manning Stroke Recovery Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

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

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Forster Country Women's Association (CWA)

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

Forster Tuncurry Men's Shed Inc.

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

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Get Active Coomba Park

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

“Quilts of Love” Forster Arts & Crafts

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

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

Wallis Lake History Group

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

Community News

www.forsterfortnightly.com.au

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Saturdays

Alcoholics Anonymous

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

Club Forster Table Tennis

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

Dragon Boating

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

Forster Country Women's Association

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

Forster parkrun community 5km run/walk

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

Great Lakes Orchid Society Meeting

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

Green Bikes Community Workshop

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

Forster Tuncurry Radio Sailing Club

Tuncurry Racecourse Lake – 1pm
Contact Bruce 0466 153 616

National Parks Association

Saturday walks in national reserves and parks
between Kempsey and Buladelah.
Contact Brett on 0428 961 470

Over 55s Forster/Tuncurry Social Group

Weekend meals at a local club or restaurant,
or a location about an hour's drive from town.
Contact Heather Yates 0414 507 781

Pickleball Tuncurry

3:30pm at tennis courts behind Sporties.
Enquiries: Sonia Rockley 0427 309 032

Tennis Forster

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

Twin Towns Tennis Club

7.30am Mixed Social every Saturday, Capel St
Tuncurry. Contact Ellise 0411 476 063.

Sundays

Coomba Park Tennis Club

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

Forster Rainbow Pride Social activities for

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

Forster Tuncurry Boardriders:

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

Forster Tuncurry Dolphin Dancers

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



Above: Welcome Swallow by Brian McCauley.

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

January

Manning Great Lakes Birdwatchers

Sat 17th Jan - Paffs Lane/Cocumbark Lane/
Krambach Cemetery. Enquiries ph. 0431878395

Graffiti Buster Hotline



Help keep our town graffiti free. Call
**Ted Bickford for any jobs big or small
on the Graffiti Buster Hotline
0408 440 309.**

Our Local wildlife



New Holland Honeyeater

By Kym Kilpatrick – FAWNA Hallidays Point

One of the many things that make Australia unique are the number of animals and birds that have evolved a mutual dependency on our multitude of flowering plants. There are 56 species of honeyeaters alone, one of which is the New Holland Honeyeater (Phylidonyris novaehollandiae). It was first named as such by the English ornithologist John Latham in 1790, twenty-seven years before our great southern land was named Australia. They are strikingly coloured birds, mostly black but with white facial tufts and yellow edges on the wings and tail feathers, chests that white streaked with black, and white eyes. Their beaks are long and slender, and their tongues can extend even further. Females are slightly smaller at 16.5 centimetres than males at 18.5 centimetres but otherwise the sexes are similar.

As the name suggests they feed primarily on nectar but also, because nectar lacks protein, supplement their diets with insects most often captured on the wing, although spiders are included in their diet. They also eat honeydew and manna, the sugary secretions produced by sap-sucking psyllids.

They extract nectar by pushing their faces into flowers, thus becoming dusted by pollen in the process. Not surprisingly, they are key

Left: Photo of New Holland Honeyeater by Danny Knight - Signal Hill Photography.

pollinators of over 100 indigenous flowering plants such as banksias, acacias, grevilleas, hakeas and grass trees (Xanthorrhoea).

New Holland Honeyeaters are very active birds, rarely sitting still for long and often flitting from shrub to shrub. Because their stomachs are small, they must feed almost constantly, between three to ten hours a day, depending on the resource richness of their territory. If their territories are rich enough in species that flower across all seasons, they will remain sedentary but otherwise may be forced to roam to find enough food.

Although sometimes alone, these are generally birds that flock together in small groups, including at times, other small honeyeaters. When threatened, they will mob together, giving a piercing rapid piping warning whistle.

They are believed to be monogamous and may breed in Winter or Summer, depending on nectar supplies. Depending on the season they vary their nest sites, with winter nests built at the top of a bush facing the northern sun to keep it warm and summer nests built deep in the foliage away from the sun's heat. Nests can be built from ground level up to 6 metres.

Nests are cup-shaped, made of bark and grasses and bound together with spider web and mostly built by the female. One to three pinky-buff eggs with brown spots are laid, and it is the female that incubates the eggs over 14 to 15 days. Both parents feed the chicks by first collecting nectar, then catching several insects, holding them in a line in their bills, before returning to feed the chicks. Chicks are fed first with the insects then regurgitated nectar. They take 10 to 14 days to fledge, and two or three broods may be raised in a year.

New Holland Honeyeaters are not considered an endangered species, but do not survive in our manicured lawned gardens that lack dense native flowering vegetation.

Early transport

Great Lakes Museum

From the earliest days of settlement in the Cape Hawke district, first at Forster, then Tuncurry, all communication with Sydney and Newcastle was by sea. Sailing ships travelled the coast bringing supplies and carrying the products of the area and any passengers offering. The settlers of Failford, Nabiac, Coolongolook also found it more convenient to convey themselves and their goods down the lake and the Wallamba River to the port by boat as roads were almost non-existent. As for communication with Taree, first mention is made of a bridle track which wound through the thick scrub by way of Blackhead. Another route was up to Krumbach and then proceeded through Tinonee.

Eventually a road of sorts was made through the bush from Tuncurry, following the tracks of the bullock drays, which were the main means of transport at the time. This joined the road from Nabiac to Taree, now part of the Pacific Highway. This early road wound through the hills, down the gullies and across creeks full of potholes and steep climbs.

One of the few signs of habitation, apart from an old settler's hut, was a shanty at the junction of the road to Nabiac, this catered for the thirsty traveller and is still known to the older locals as "Wineshop Corner."

The first motor transport to cater for the general public was started by Mr W Affleck who purchased an Argyle car and ran a service from Nabiac to Taree via Tuncurry. When the railway reached Taree in 1912, another Argyle was purchased and William Affleck ran a service between Tuncurry and Taree.

While heavy cargo still went by sea the railway offered a faster means of getting perishable freight to the Sydney market, no mean consideration in the

days before refrigeration. Both Charlie Bowers and Vince Fazio ran trucks to Taree, picking up the boxes of fish, packed in ice, from the fish wharf, carting it to catch the evening train at Taree, reaching the Sydney Markets by morning.

Joe Fazio, son of old Vince, ran a service car into the train in the early thirties and became a legend in his time, reputed to hold the unofficial speed record between Tuncurry and Taree.

About 1936, Mr Rupe Beale of the Bellevue Hotel, sponsored the first bus service to Taree, with a view to reducing the fare and increasing the tourist traffic, Brian Ivens being the proprietor.

Today, despite a better surface and the elimination of a few steep hills, the Tuncurry Road still follows the old bullock track through the bush carrying the heavy traffic generated by the rapid growth of the Forster and Tuncurry area.

Reference: Winds of Change written by Mick Constable.

The Great Lakes Museum is at 1 Capel Street, Tuncurry. Opening hours are Tuesday, Wednesday, Friday 10am-1pm and Sunday 1pm-3pm. (Museum reopens Tues 13 Jan)



Taree Railway Head 1913.

Local Identity – Molly Hale

Interview by Vanda Gooley

Molly Jean Hale, 31, is the daughter of a very well-known Forster family. She is a proud mum to her daughter Pippa, loving partner to Matt and fur mum to her golden retriever Ziggy. She works casually at Forster Public School, teaching across all stages. It's the perfect setup for work-life balance, especially while juggling her small business and renovations with Pippa Jean, and now promoting her children's book! Molly loves the coastal lifestyle, embraces change and growing, and cherishes time spent with family and friends.

Molly was born at Gosford Hospital, Central Coast, NSW. Molly said she's been lucky to have the best parents in the world. Her dad John – (though he's better known by his many nicknames: Bandaids, Coighty (short for Russell Coight), Johndozer, Johnny, and of course, Poppy) was a machine operator/dozer driver (jack of all trades and very hard worker, now retired), and her mum Niki, has always been drawn to helping children, first as an after-school care co-ordinator, support teacher and now as a support worker in our local community. She's also done a lot of charity work in Bali over the years, "which I've always admired."

One of Molly's favourite childhood memories is when her parents operated a business with two double-decker buses called "Double Decker, Double the Fun!" where they ran tours and events in their London buses. Getting dropped to school on one of those buses was a big highlight for Molly! Molly's brother, Darcy, is a hardworking family man with a beautiful partner, Zahli and daughter, Saylor, who's just six months apart from Molly's daughter, Pippa. "They're instant cousins and best friends, it's pretty special having them grow up together nearby."

Growing up, Molly said life was bliss. She spent her early years on the Central Coast before the family moved to a farm in Krumbach - a 20-acre property called Dream Acres. Molly said life on the farm was pure magic. "I'm a country girl at heart; I had my own horse, learnt to drive at six years old, and taught all my friends too, a few cushions under our bums and we'd fang around the back paddock in our old bush basher!" Molly helped out on the farm with plenty of chores. "I've always been a cleaning lover - I'd clean the whole house before dinner (and usually put things away in funny spots, which drove dad mad). I also fed the chooks, mowed a lot of lawns on the ride-on mower, and took the bins down a long driveway, with Darcy usually sitting in the boot of the bush basher holding on to the bins while I drove." Molly attended Krumbach Primary, a tiny school

sure to wear her watch every day to ring it on time.

When they later moved to Forster "I was still that down-to-earth farm girl. I started at Forster Tuncurry Senior Campus in Year 11, decided to run for School Captain and got it, even though I was new!" The friends Molly made in those years are still some of her closest today.

Molly completed her HSC at Great Lakes Senior Campus before heading to Southern Cross University Lismore, Gold Coast campus, where she graduated with a Bachelor of Business, majoring in Convention and Event Management. After university, she spent a few years on the Gold Coast working with an independent film company, co-producing and working as a personal assistant to the director. During COVID, Molly decided to follow her true

other? We quickly fell in love and the rest is history."

Writing a children's book was always something Molly thought would be cool to do one day. "Never did I think I'd actually do it in the midst of early motherhood, trying to navigate what each cry meant!" Somehow, in those precious early sleep moments, Molly managed to bring Ziggy Meets Pippa (children's book) to life. It's been an 18-month project and "it's incredibly exciting." Molly's publishers, Austin Macauley (based in London,

Cambridge, New York and Sharjah) specialise in supporting emerging authors worldwide and Molly said they have been amazing to work with. They are marketing Ziggy Meets Pippa for ages 3–5, but "I think it also resonates with slightly older siblings, especially those welcoming a little brother or sister into the family."

Ziggy Meets Pippa follows the adventures of Ziggy, a golden retriever whose world changes when a new baby, Pippa, arrives home. Told from a gentle third-person perspective, the story captures the ups and downs of this big family transition - from curiosity and confusion to friendship and love. It's a warm, funny, and heartfelt tale that helps children (and their furry friends) understand the joy and adjustment that come with welcoming a new baby. "I'm really hoping that with a bit of buzz and support, it gains enough traction to make its way into the bigger stores - my ultimate

dream....Spotting it on the shelves at Kmart one day!" Copies of Molly's book are available to purchase online through all major platforms.

Another big passion Matt and Molly share is creating beautiful homes, building, renovating, and bringing their ideas to life. With Matt's builder's licence and construction management degree, and Molly's love for design and detail, it's something they truly enjoy doing together. They've worked on a few projects over the years and "still get such a buzz seeing our vision take shape." What started as passion projects has quickly become their favourite shared hobby, "and I believe will probably always be." Their business is an Airbnb/Booking.com venture where they rent out an investment property for visitors to enjoy the best of Forster.

Molly said without a doubt, her daughter is her greatest achievement. "I still have moments where I think, how did I create you? How did I get so lucky to be your Mumma?" Molly is proud of the life she's creating for Pippa and is equally proud of how her partner supports and nurtures Pippa alongside her.

Asked who is Molly's biggest inspiration, she said, "Hands down, my Mum. She's the most giving, caring, and loudest person I know. She'll run miles for me, loves raising money for charities, and will always put her hand up



Above: Molly Hale holding Pippa at One Mile Beach, Forster.

to help anyone in need. I strive to be like her every single day."

Molly's motto is, "If you don't try, you won't get." Her parents always said this, and she's stuck by it her whole life. Molly's book being published is thanks to living by that motto. She wrote it originally thinking it'd be fun to share with Pippa's little friends/family. "It was expensive to just get printed, but last year on holidays in Byron Bay, Molly sent it to as many publishers as she could. She heard back from three and had to choose which to go with. If I hadn't tried, 'Ziggy Meets Pippa,' would still just be sitting as a Word document on my laptop."

Asked what Molly loves about our local area she said, "Oh, this one's easy and one I talk about all the time, to anyone who wants to listen to me blabber on! I love the abundance of spaces we have to choose from. I think I appreciate it even more now that I have my daughter and need places to get out of the house and entertain her." She said, the waterways, beaches, parks, and walking trails are all amazing. "When the wind is up, there's always somewhere to go; if not, Club Forster has a crazy kids' park to burn off some energy!"

"Being in Forster with so many other beautiful townships nearby really shows what a golden area we live in. We love driving down to Seal Rocks, heading inland to Gloucester for a weekend camping by the creek, or jumping on the highway for a quick trip to Diamond Beach or Saltwater Point - the options are endless. The community here is one I feel very fortunate to be part of. This has been home for many years, and maybe it's true that the older you get, the more you appreciate living in a place you love."

Amelia Coy, long term friend said...

"I met Molly in our early 20s while we were both studying at Southern Cross University on the Gold Coast, and from the moment we became friends, I knew she was destined for great things. Life back then looked a little different to now, naturally (ha ha), but one thing that hasn't changed is her kind heart, vibrant personality, and the warmth that instantly makes people feel loved.

Watching her embrace motherhood while bringing Ziggy Meets Pippa to life has been such a proud moment! This book captures everything that makes Molly who she is: full of love, imagination, and a deep connection to family, friendships, and the little joys that make life beautiful. Over the years, she's always had a way of turning her experiences and the people she loves into something truly special. Ziggy Meets Pippa is a reflection of that, honest, heartfelt, and sprinkled with magic, just like Moo and her little family. I can't wait to read it to Pippa over and over and watch her treasure this story forever."



Above: Pippa, Matt, dog Ziggy and Molly Hale. Photo supplied.

with just 30 kids by the time she finished. Darcy and Molly were in the same class when he was in Year 3 and Molly was in Year 6 and the principal was also their teacher! Molly was school captain and had bell duty, so she made

rural community. It was during the pandemic that Molly met Matt and his dog Ziggy. Their first date was slightly awkward with masks and social distancing. "How do we even greet each



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“There is so much more to coaching than the actual sport you coach,” Bob the Coach.

By Bob Lee – Forster

I started coaching Junior Rugby Union in 1966 as a 16-year-old. I coached the same team for 9 years and they made it to 9 Grand Finals straight. They lost every Grand Final for 9 different reasons.

Losing is an important experience for both athletes and coaches. I have always remembered those Grand Finals.

Those boys I coached from the age of 8 years became my friends and invited me to their 21st birthdays, their weddings and constantly kept in contact with me for many years after the coaching stopped. There is so much more to coaching than the actual sport you coach. I was playing Rugby with Eastwood Rugby Club at the time and I played my first game of 1st Grade at 18 years of age.

I had a break for a few years, working as a Police Officer, getting married and playing footy and touch football until about 1980 when at Orange, I got a job at the Orange Police Boys Club and became very involved in sport, sport administration and again started Coaching and caring for athletes.

At Orange I became involved with the Ex-Services Rugby League as Secretary and was involved in Group 10 Rugby League as Selector for Under 18's and First Grade.

I managed the Group 10 under 18 Rugby League Team which was a very strong. We toured for the next 3 years to Papua New Guinea, Perth and to New Zealand and they never lost a game. My best mate Gary Pollock was the Coach. At the same time, I was conditioning football teams and training the boxers. Orange Police Boys was a very strong boxing Club, producing numerous State and National Champions. Two very talented boxing trainers there showed me heaps and I became very involved in the sport, especially after the death of Ken Williams, the main Coach. He had 2 sons that were National boxing champions. I became a Level 2 Rugby League Coach and Level 2 Boxing Coach, also a boxing referee and Judge.

I travelled to State and National Boxing Championships in Hobart, Adelaide, Perth, Brisbane. I was rewarded with a National Junior Coaching/Managing position to the World Junior Boxing Championships in Bucharest in Romania. We trained in Istanbul and Athens, a remarkable experience and I learnt so much that I have never forgotten about coaching and the importance of being fitter and stronger than your opponent.

At the time we took an Aboriginal boxer from Gilgandra by the name of Anthony Towney. Anthony was a natural athlete who had won 3 Australian boxing Championships by knock out and I thought he was unbeatable and was confident he would return with a medal. Anthony lost his first fight to a German boxer (who was beaten in his next fight) when I threw in the towel as he was getting so beaten I was concerned he would get knocked out. I had the opportunity to watch the Romanian, USA, Cuban and Korean boxers train and I was amazed they warmed up for a fight so hard and fast I do not think they would have had anything left for the fight.

I learnt about how hard young athletes have to train to be at a world championship level. In Australia we were so far behind the rest of the world. We had no comprehension of the volume, intensity and duration of training required to produce champions. I was never going to forget this. I wrote an article on this to Arthur Tunstall the President of Boxing Australia on my return.

From 1986 to 1989 we were transferred to Bourke, a remote Aboriginal town where Aboriginal Police relations were as low as they could get. I met up with Aboriginal Rugby legend Gary Ella who was the Coach of the Bourke Rugby team and I became the trainer conditioner. I was also the Vice President of the newly formed Bourke Rugby League and then I started up the Bourke Boxing team.

Being involved in sport as a Police Officer in a small town assisted me immensely with my work, breaking down barriers and giving me good relationships with the Aboriginal community which was 80% of my work.

I personally benefitted as a person and a Coach also. The boxing team was made up of young, raw aboriginal boys that were incredibly

gifted and talented athletes. They could have been good at a number of sports but boxing and football were all Bourke had to offer. We started off without a ring and limited gear. I had to be the Coach, the mentor to the boys, the fundraiser, the bus driver, everything, as these kids were like orphans and their parents were virtually never seen. Eventually I set up a full boxing gym with an Olympic size boxing ring.

I installed rules, rewards, motivational stimulus and a program of goals to be attempted and achieved. You received a pair of inscribed Bourke boxing shorts after your first fight, a T shirt after your first win and anyone who got into trouble or got a tattoo was not allowed in the Team. I selected and took boxers to the tournaments all over the State and eventually to State Champs in Sydney. The only time these boys travelled out of Bourke was with me in the Variety Club bus.

We ran our own Tournament to a packed house and we had three TV programs doing stories on the Team from 60 minutes, Derryn Hinch and Jana Wendt. As a Police Officer, teaching boxing was apparently newsworthy and this created a lot of positive response and assisted me greatly with my work.

At the end of 3 years, we had three Australian Champions out of a team of 31 boys. We had a team of boys that were invited to virtually every tournament. They were a pleasure for me to be with, and I had the opportunity to influence a lot of their life choices as they had very few role models in their lives. I believe if I had stayed, for say ten years, the Bourke Boxing Team would have produced a world class fighter or an Olympian. There were so many talented kids.

It was very sad for me to leave them when we were transferred to Kempsey, however I was confident that the Club would survive without me. Unfortunately, this did not happen and the Club collapsed.

At Kempsey I became the President of the boxing Club and trained a few kids, but it was not the same as Bourke. There was too much choice at Kempsey and too many sports available. Also, our son Brett was 3 years old, and second son Jake had just arrived. We were living in a shed, trying to build a house and also working as a Sergeant of Police in the most demanding Police environment I had ever worked in.



Above: In 2004 Bob Lee's oldest son Brett competed at the elite World Champs in Portugal and finished in the top ten. He was named the Australian Junior Triathlete of the year.

I stepped back from the Boxing and joined the Crescent Head Surf Club, got my Bronze medallion at 43 years of age and started up the Crescent Head nippers. I wanted Brett and Jake to do surf club activities which Brett started at 6 years.

We moved to Forster when Brett was 9 and Jake was 6 years, Brett and Jake both played soccer here and I loved watching them play. Brett was a forward and Jake a defender. I had never played soccer and I never got involved in the coaching. Both the boys won Premierships and were good players with good



Above: Boxers from Orange, NSW, that I took to World Junior Boxing Championships in Bucharest, Romania in 1984. (L-R) Neil Bensley, Craig Phillips and Anthony Towney, with Coach Bob Lee.

coaches. Looking back, the fondest memories of watching the boys' sport goes back to those soccer days.

We joined the Cape Hawke Surf Club. Steve Kirkman and myself started up the nippers at the Club in 1996, and our summers were consumed with swim club and surf carnivals.

The Ironman was the biggest event in Forster and over the years Brett volunteered to hand out drinks outside the Council Chambers, then moved the wetsuit bags from swim transition to the finish line and then to water safety during the event. We started attending the volunteers' nights where you met the athletes. Brett became an expert on triathletes and wanted to compete in the sport.

I knew that Brett was suited to the sport as he was a natural runner and a good swimmer so I became a triathlon Coach in 1998. The local Triathlon Club was all about Ironman distance and training and they were all adults. I started up a junior section of the club which still exists today.

In 1998 we started training at Forster Keys with mainly kids from the Forster swim Club. Matt Camilleri, Scott Jones, Joel Albury, Ben Coulten, Jae Druitt, Julie Masterton and Brett were the nucleus of the original team. We travelled to South West Rocks and a few other local Triathlons. I did not think we were ready for State All Schools Championships.

By 1999 as a Coach, I had learnt a lot about the sport from the Ironman athletes, other coaches and

Keith Pearce in particular. We bought Brett a \$200 bike and we trained all year for our first All Schools event. Brett was still playing soccer or hockey and belonged to the cycle club, nippers and swim club. We started to notice that Brett was very competitive at this sport. He was not the best at the swim or bike, however his endurance capability and his fast run leg was getting him some good results.

In 1997 I took Brett to his first National Athletic Championships in Perth and he won a bronze medal in the 1500 meters.

In 1999 in our first All Schools, Julie Masterton placed 5th and became Forster's first triathlete to make the NSW Team and compete at National All Schools Champs. Brett was 2nd out of bike transition and I was confident of his first big win but he developed a stomach cramp from dehydration and came in 19th. The winner went on to win National All Schools and I knew Brett could beat him. Two weeks later at Nowra NSW Tri Champs Brett raced and was defeated by 4 seconds by the National Champion.

I told Brett at 14 years of age that he had to make a big decision of what sport to compete in. Soccer had to go with too big a risk of a leg injury. He agreed and he continued at surf club events, training every Wednesday and which complimented the Triathlon training.

In 2000 I was Race Director at Forster's first Junior Triathlon State series and it was also a selection Race for the NSW Triathlon Junior Development Squad. Brett won this event and was selected into the Squad.

In the year 2000, the Forster squad was getting stronger. The All Schools Champs was now our Goal and we got mixed results. In the Team Event, Forster won the First CHS Triathlon medal ever, which was bronze. The team was swimmer Eathan Whiteman, cyclist Scott Jones and runner Brett Lee. Joel Albury and Matt Camilleri's Team came in 4th in the Independent Schools category.

In 2001 Brett achieved 7th place in his individual event and bronze medal in the Team event for the 2nd year in a row. The team was Alistair Graham, Scott Jones and Brett.

In 2002 Brett's biggest win to date was when he won the Under 16 All Schools State Championship. At the National All Schools in Adelaide, Brett won the Gold Medal in the Team Event with the NSW Team. That year, Brett, as an invited athlete, ran the City to Surf in 54 minutes. Ryan McMahon joins our training; he is older and stronger than Brett and an ideal training partner.

In 2002 I started training a Ladies Team for Ironman distance with Heather Freeman, Donna Bailey, Mary Yule, Pamela Robb and Susan Kirk and they all produced personal bests. They were successful at the Ironman and pleased with their times.

In 2003 Brett's training and his races started to consume so much time and effort. As a Coach you have to do a lot of things - design training programs, plan races, arrange training partners, consult with other coaches, apply for sponsorship, publish results and media releases. Brett's diet also had to be carefully monitored. We also arranged massage, Pilates and complimentary training to add variety to the program and constantly assessed that Brett was not overtraining or over competing while making sure that he was maintaining his schooling and social life.

At this time our youngest son Jake had become a champion kayaker under Coach Anita Roach

and I needed the time for his events, training and travel, with a lot of this outside the state. This was combined with transporting Brett and the other athletes to all triathlon events, some of which was also interstate.

In 2004 Jake and Brett both made the Australian team in their sport from their performances. Jake competed in the Youth Olympics for kayaking and Brett the Elite World Championships for triathlon.

Sometimes I was criticized that Brett was being overtrained, however Brett always enjoyed training hard and was confident he had trained harder than others he had to compete against. I had learnt in Romania, with the boxing team, that those who trained the hardest had the most success.

In 2003 Brett won the qualifying event for the elite World Champs in New Zealand, however, he was considered too young and was made 1st Reserve. As a coach this was disappointing as Brett had won his selection in the team. Brett thought this was very unfair and as a coach I had to explain that disappointments go hand in hand with success.

In 2004 Brett, again won the under 19 yrs All School State Championships.

In 2004 Brett competed at the elite World Champs in Portugal and finished in the top ten. He was named the Australian Junior Triathlete of the year.

In 2005 Brett suffered a serious training accident which required a helicopter flight to the RPA hospital in Sydney. NSWIS Doctors were able to arrange the appropriate care and medical advice. Brett was on life support due to him suffering a fractured cricoid and voice box injury. Brett recovered in 3 months and competed at the Elite World Champs in Japan.

In 2005 he also won the NSWIS Ian Thorpe Award for Recognition of Sporting Excellence.



Brett's results over the years gave me enormous satisfaction and confidence as I always knew he was capable of one day being a champion athlete. I knew nothing of the sport and that is not always necessary, as you can learn that.

Left: In 2004 Bob Lee's youngest son Jake (on the left) competed in the Youth Olympics in C2 kayaking at Sydney with Murray Toland.



Above: Triathletes training in Forster. (L-R) Jemma Burtonwood, Rachel Nicholson, Ros Gucul, Donna Williams, Coach Bob Lee, Grant Melzer and Aaron Wooley.

From 2003 to 2005 Brett won numerous events including NSW and Australian All Schools Champion, New Zealand All Schools Champion, National Junior Elite Triathlete of the Year and he gained entry to NSWIS. As his Coach I receive a spot as Network/Regional Coach with NSWIS.

The most important contributions came from a background in training people by making them stronger, faster and more competitive. By making them train harder and smarter than their competitors they consistently got better with time.

You have to be able to adjust and cope with the highs and lows in your life (and in competition) to be a good and popular sports person. I believe Brett and Jake learnt all these things. The results are nice and are indicators of success, but the fact that Brett remained a popular athlete and his personality is unchanged (now he is no longer an athlete) gives me a feeling of achievement and satisfaction as a Coach and a Dad.

Coaching in the three sports over the past 30 years has given me many friends, wonderful experiences, many highs and lows, frustrations and disappointments, incredible memories and opportunities that very few receive.

You always ask your athletes to do their best to try and win. A "Personal Best" result is a far more accurate result than a win.

Coaching is not about winning all the time. It rarely happens and there is so much more there to receive from coaching. "Giving" is what I see as the most important part of coaching. You do not have to be a champion at a particular sport to coach the sport, your ability in the sport cannot be transferred to the athlete. You see this often when top athletes attempt to coach at the sport they were successful at. Rather, you are giving your

experience, your knowledge, your skills, ability and motivation to an athlete, so he or she can accomplish the best results possible from whatever sport they have chosen to participate in.

You forget the cold wet, winter morning training sessions. I always made the athletes train on Xmas Day at 5.30am. These tough days contribute to success on race day. I had athletes qualify for 5 world age championships in 4 different countries. Brett raced Elite World Champs in Portugal and Japan. I coached 4 senior athletes to World Age Champs at Southport in Australia - Jemma Burtonwood, Roslyn Gucul, Aaron Wooley and Glenn Williams. They all did personal best times.

When you return from an event like All Schools and all your athletes have won medals and achieved success, they are happy and pleased with the results of their commitment and dedication to training. That's what coaching is about. I coached Forster athletes for 17 years and went to 13 All Schools State Championships where we returned with individual or team medals every year, 7 medals being Gold.

In the year 2000 I received the opportunity to carry the Olympic Torch at Forster due to my coaching of athletes and working as a Police Officer with Aboriginal Youth in Orange, Bourke, Kempsey and Forster.

I believe it is best to experience failure before success; it makes you a better winner.

I also have received a lot more in life from being a Coach than counting how many

surging ahead with solar and coal power (it has large reserves) to circumvent as far as it

Book Review

Book Review by John King - Pacific Palms Librarian

Breakneck – China's Quest to Engineer the Future

Dan Wang is a Chinese American born in Yunnan province of China. His parents emigrated to Canada when he was seven. Having worked both in the US and China, he has a special insight into both countries. (He regards Europe as a mausoleum society, with the possible exception of Germany.) In Breakneck – China's Quest to Engineer the Future he sees that America has declined from an engineering nation into one of lawyers better qualified to obstruct than to build, whereas China is a country of engineers with few legal constraints. Indeed, he points out that all members of the Politburo are engineers of one sort or another. In contrast, the last US President to be an engineer was Hoover (think Hoover dam) and many since then have been lawyers. (Does Australia have any Cabinet members who are engineers or even scientists?)

So, the Chinese government thinks in engineering terms, both physically and socially

with people simply the means of production, of manufactures and, with the failure of the one-child policy, of children. Chinese women, he says, don't agree except in rural communities.

Wang examines how it is that China is now the factory of the world. In essence, the US moved its manufacturing to China because it was cheaper and without legal and environmental constraints. With rapid production, reserves became a cost not a benefit, which the US is now finding out to its concern, as too its dependence on a country it is competing with and may be a war with.

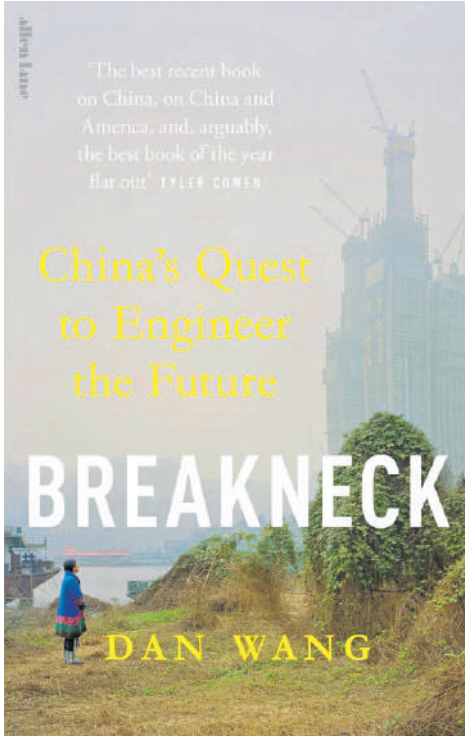
Yet, to re-establish the US manufacturing base is not so easy. The reason lies in the loss of know-how, what Wang calls technological knowledge that underpins manufacturing development. Moreover, the centres of excellence and competition in China act as accelerators, as symbiosis. Silicon Valley does that for software, but with a few exceptions, of which Tesla is one, not hardware. Even Nvidia relies on multiple overseas sources for its products. China now dominates in perhaps eighteen of nineteen key technologies and is

can imported energy as energy underpins its manufacturing and thence a military advantage.

For the future Wang sees China doing more of the same, using large engineering projects, both for employment but also that Chinese people can take pride in. Conversely, he says, American infrastructure is old, tired, and dilapidated - urgently needing renewal. He believes each country should learn from the other. That said, he gives no grounds for believing so. Trump's tariffs, designed to bring manufacturing back into the US, fail to recognise the lost know-how and synergy in industry. Germany, on the other hand he admires for its technology, both physical and in its culture.

Wang does not mention Australia. But he does not need to. Though it was the University of NSW, Sydney, that in 1983 invented the PV cell now used in 85% of solar PV panels, it was taken back to China where they outcompeted Australian manufacturing by BP in Sydney. It is a sad commentary that the Federal Minister in giving out an award to BP did not even understand that PV cells produce DC electricity and need an inverter to produce AC power.

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.



New record set for boats in the competition!

By Dave Nash - Club Forster Blue Water Fishing Club

The most recent competition for the Club Forster Bluewater Fishing Club was held on the weekend of the 13th and 14th of December. The weekend saw excellent sea conditions

offshore and resulted in the highest number of boats participating in the club's history!

A record total of 10 boats signed on for the competition, with 16 anglers contributing. Very exciting for the club to have this level of involvement. However, despite the number of boats and anglers, fish proved difficult to find, small in size with a definite tendency to play with their food! The fish seemed quite fastidious about what baits and lures they would take when they were located.

In difficult fishing conditions, some notable results came from Anthony "mulloway whisperer" Flicker and his boat colleague Jimmy Smith who both landed mulloway

Left(L-R): Martyn Barry, Frank Harshman and Dave Nash.

just over 700 millimetres. Anthony took out the "Best Other" category with his mulloway going 770 millimetres. John Habraken had a mixed day on the water, finding fishing frustrating and slow. However, he ended up boating both the longest flathead (560mm) and teraglin (643mm) for the day. Emerging fishing powerhouse Lex Court measured in a total of 16 fish, at a total of 6.45 metres resulting in a competition total of 331.38 points. This included a 540mm snapper winning him the best snapper for the outing. Unfortunately, Lex was just pinged by proven and consistent fishing powerhouse Martyn Barry, who despite catching the same number of fish as Lex (16) ended the day with more points (352.43) due to the total length of his catch measuring 7.3 metres. However outright winner for the competition outing was Dave Nash who ended up with 484.63 points resulting from a total of 23 fish measuring a sum of 9.79 metres.

The club's next monthly competition is scheduled for the weekend of 17 and 18th January 2026.

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



Above: John Meyn. Photos supplied.

competitions also incorporate the option to practice catch and release.

For those interested in joining the Club Forster Blue Water Fishing Club, please see the club website (clubforsterbluewaterfishingclub.org) or contact Barry Wrench on 0428 557 090.

Forster swimmers take on Sydney



Above: (L-R) Louise Keegan and Susan Gonzalez represented Forster in the 10km Vladswim Challenge in Balmoral.

The next day the group finished off a fun weekend with a recovery swim from the rocks at Bondi Beach in perfect conditions.

Many Forster Turtles are planning on entering the Hat Head H2O Swim on the Mid North Coast in January. This scenic 2km event starts in Korogoro Creek and finishes at Hat Head's main beach.

10km Vladswim Challenge Balmoral Swim

Louise Keegan and Susan Gonzalez represented Forster in the 10km Vladswim Challenge Balmoral Swim in Sydney on Saturday 13 December.

Vlad Mravec is a well-respected ocean swimming coach based in Sydney and has helped many athletes train and compete in events such as the English Crossing and the 20km Rottnest Island Swim in Western Australia. Since 2012 he has organised the Vladswim at Christmas time where swimmers complete 2.5km laps from Chinaman's Beach to Balmoral Beach with a giant blow up Santa at the turn around. Many swimmers use the 10km event as a qualifier for longer ocean races.

This was Louise's first 10km event which was one of her goals for 2025. She was happy with her time of 2:51:41 and came 12th female out of the field 30 females with 94 swimmers completing the 10km event.

"You always want to the time to be faster, but it was under 3 hours and my goal was to finish it, so it was a good race."

Louise picked the Vladswim as it was the right time of year to get the training in while the water was getting warmer. She said she trained three times a week to get the distance up. Twice a week she did masters swim squad at the Great Lakes Aquatic Centre and once a week a longer swim at the Bullring.

"I swam the longer one by myself in the daytime when my kids were at school. The distance depended on how much time I had. I did a 10km swim two weeks before the race as I wanted to make sure I could do the distance. It was surprisingly not bad as you get into a rhythm. This gave me a bit more confidence going into the race."

"I found the race really fun but it does take time and training."

Susan Gonzalez swam the 10km Vladswim in a time of 2:53:35

and was 14th female. She found the ocean conditions ideal.

"It's in a bay so it is easy swimming conditions with no swell or currents. It was only a bit choppy on the last lap."

Susan said the race was well organised and Vlad created a friendly atmosphere by encouraging everyone to smile and enjoy the experience.

"He and his family set up a food station on the water so you can have your drink or gel on every lap."

Susan said it is a good race to enter as they provide all the water safety and you don't need your own paddler or skipper with a boat like other 10km events. "You get the distance without the expense."

Susan said the nice thing about this race was sharing the morning with Louise and Sandy Foster (an honorary Forster Turtle Swim Club member who swam the 5km in 1:54:17) at the Vladswim.

"Louise and I kept meeting up on every lap – it was so good to run into each other during a long swim."

Louise and Susan are looking at entering the local 3.8km Club to Club Ocean Swim (from One Mile to Main Beach) in April and some 2 to 5km ocean events in the near future.



Above: The best result from the Forster Turtles was by Anne Curtis who came first in her age group at the Bondi to Bronte. Photos supplied.

By Mary Yule – Forster Fortnightly

Bondi to Bronte 2.2km Ocean Swim

A group of swimmers from the Forster Turtles swim club competed in the iconic Bondi to Bronte 2.2km Ocean Swim on Sunday 7 December.

This event attracts big numbers with strong competition in all ages. This year 1,971 swimmers completed the course. The race is usually held from Bondi to Bronte but it was reversed this year as the Bronte Surf Club was having renovations.

Forster Turtle swimmers said it was fun event but had challenging choppy conditions the whole way.

The best result from the Forster Turtles was by Anne Curtis who came first in the 70+ age group in a time of 45:25. The fastest swim was by Susan Gonzalez who came 98th female out of 766 females in a time of 34:01. Lyn Graham was also happy with her time of 42:22, the same time as last year, and said it is always a good challenge to match your times as you get older.



Above: (L-R) Jillian Hull, Lynn Graham, Leanne King, Niko Campbell, Anne Curtis, Margaret Hall (Bold & Beautiful Swim Club in Manly), Susan Gonzalez and Roger Smith at the finish on Bondi Beach.

Parliament recognises Wallis Spirit Dragons' success



By Rebecca Collins - Wallis Spirit Dragons

2025 was a landmark year for the Wallis Spirit Dragons, a small regional dragon boat club based at Coomba Park. From impressive race results to national recognition, the club's determination, growth, and community spirit have made waves beyond the water.

The club was recently acknowledged in Parliament, with Tanya Thompson MP highlighting Wallis Spirit Dragons for their achievements and positive impact on the local community. She gave special recognition to five of the club's paddlers for their results at the Region V Region Regatta and the DBNSW Regatta Series Round 1, both held the same weekend in October 2025 at the Sydney International Regatta Centre.

She also praised the club's enthusiasm, determination, and strong sense of community pride, noting how Wallis Spirit Dragons continue to inspire others across the Myall Lakes region.

For the club, this recognition is especially meaningful. Just 18 months ago, Wallis Spirit

Dragons faced significant challenges and uncertainty about their future. Today, the club is growing in membership and unity, proud of how far it has come and excited about what lies ahead. An official extract of the Parliamentary speech will be framed and displayed as a reminder of this milestone moment

This month and into February, Wallis Spirit Dragons are back in action in the community! On Australia Day, you'll find the club at Coomba Fest on the Coomba Park foreshore, running a gazebo with cakes, baked goods, cold drinks, and the ever-popular Chocolate Wheel with awesome prizes. Come by, say hi, and find out what the club is all about.

Throughout February, Wallis Spirit Dragons are inviting anyone aged 11 and over to "Come and Try" dragon boating. No experience, no cost, no equipment, just hop in, have fun, and enjoy the water with a friendly crew. For more information, contact Wallis Spirit Dragons at wsdragonboats@gmail.com

Large audience enthralled

Michael Collins – Pacific Palms Mens Bowling Club

A very steamy Saturday morning 20th December greeted the two players in the Major Singles Final for 2025 at the Pacific Palms Bowling Club.

Mick Ansell and Grant Seage were the finalists this year in what promised to be great game of bowls.

The winner of this game is the first player to reach 25 shots.

Mick kicked off proceedings with very controlled bowling to lead 4 shots: 1 shot after ends, 9:4 after 10 ends and 16:6 after 14 ends.

Grant was having none of that and roared back into contention over the next three ends scoring a 3,4, and a 3 to fightback to 16 shots all - Wow! From then on, honours were shared evenly the score being 20 shots apiece! Remember first to 25 wins. Grant took the next end to lead 22:20, Mick took the next end to be 22:21, the large audience was enthralled, who would win this they asked. The pressure was on the next end and Mick ended proceedings with a four shot haul to seal the match 25 shots to 22.



Above: (L-R) Mick Ansell and Grant Seage were the finalists this year. Photo supplied.

phat a great game of bowls, certainly befitting of a Major Single final. A standing ovation greeted the players upon completion of a very competitive and entertaining game of bowls.

Congratulations Mick on your fine achievement and commiserations to Grant on missing out – your time will surely come.

No princesses, whingers, grudges, politics or dramas

By Sharon Harden and Ivan Bensimmon - Great Lakes Pearl Dragons

Ivan Bensimmon, from the Great Lakes Pearl Dragons, joined Down Under Dogs to compete at the Penang International Dragon Boat Regatta in Malaysia from 27th to 30th November 2025.

Down Under Dogs was founded in 2018. It is a touring dragon boat squad based in Australia. Their motto is: "We're all about bringing unique dragon boating experiences to the paddling community. We value good-natured dragon boaters who are after some competitive fun anywhere in the world that offers it! No princesses, whingers, grudges, politics or dramas".

Ivan met the Down Under Dogs (DUDs) when Great Lakes Pearl Dragons attended the Sarawak International Regatta at Kuching (the capital of Sarawak, Malaysia) in October 2023. He was so taken with their enthusiasm in dragon boating that he remembered them in 2025. As Great Lakes Pearl Dragons had decided not to tour overseas this year, Ivan decided to contact the Down Under Dogs to see if they were touring. Ivan completed an Expression of Interest from the DUDs for the Penang International Regatta and was subsequently selected to join them.



Above: (L-R) Shirleen Ho, Ivan Bensimmon and Kelly Kortlepel at the Malaysian Regatta.

The DUDs assembled 52 paddlers from across Australia which included an U24 team. 19 current and former Auroras (Australian representatives) were included in the squad. Two training sessions were held in Sydney at the Ryde Dragon Boat Club before flying to Penang. 58 club teams from across Europe, Asia and Australia registered for the regatta. Racing was over 250m and 400m held in open waters on the north of the Penang island. The DUDs came away with a gold in the Women Premiers and silver in U24 Mixed.

Joining the Down Under Dogs has given Ivan a great opportunity to meet likeminded paddlers from across Australia and experience racing under different conditions. The racing was intense but enjoyable and highly recommended.

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Festive crowd turns out for Christmas Raceday



An estimated crowd of around 1,500 people enjoying a great day of racing on Monday 8 December. Photos by Matilda Yule.

By Mary Yule – Forster Fortnightly

A lively and festive atmosphere greeted racegoers at the Tuncurry–Forster Jockey Club’s annual Christmas Raceday on Monday 8 December, with Traditionally, Christmas Raceday can draw slightly smaller numbers due to being held on a weekday, but this year’s event exceeded expectations, helped along by terrific weather and a strong racing program.

Jockeys were full of praise for the excellent condition of the track and the club’s facilities, commenting on the quality of the surface and the professionalism of the race day setup. In total, seven races were contested, offering a total of \$195,000 in prize money.

Racing highlights included the feature \$30,000 Cecil Taylor Memorial, which was won by Mess Around, trained by respected local trainer Karen Owen — a popular result with the home crowd. Another standout was the \$27,000 BM82 Solaris Golden Mile, taken out by Danish Fortune, trained by a visiting trainer from Muswellbrook.

Despite a small hiccup in the lead-up to race day, the club managed to deliver a smooth and enjoyable event. A minor grass fire caused by a lightning strike the day before the meeting led to some unexpected issues with electrical equipment. The club extended sincere thanks to the local Rural Fire Service, who responded

swiftly and helped rectify the situation.

With Christmas Raceday another success, the Tuncurry–Forster Jockey Club is now turning its attention to its next major meeting — the ever-popular Seafood Raceday on Saturday 17 January 2026. The day will feature fresh local seafood, including prawn rolls and oysters, alongside a full racing program.

Seafood Raceday has become a favourite on the club’s calendar and is always a big drawcard for both locals and visitors.



“We’re really looking forward to welcoming everyone back in January for another great day,” said Mick Summers, President of the Tuncurry-Forster Jockey Club.

“Gates open at 11.30am and we have free community buses.”

(see ad below)

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