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Hospital p2

Local Visitor
Debbie Swibel p23



Star Pet
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Forster Fortnightly

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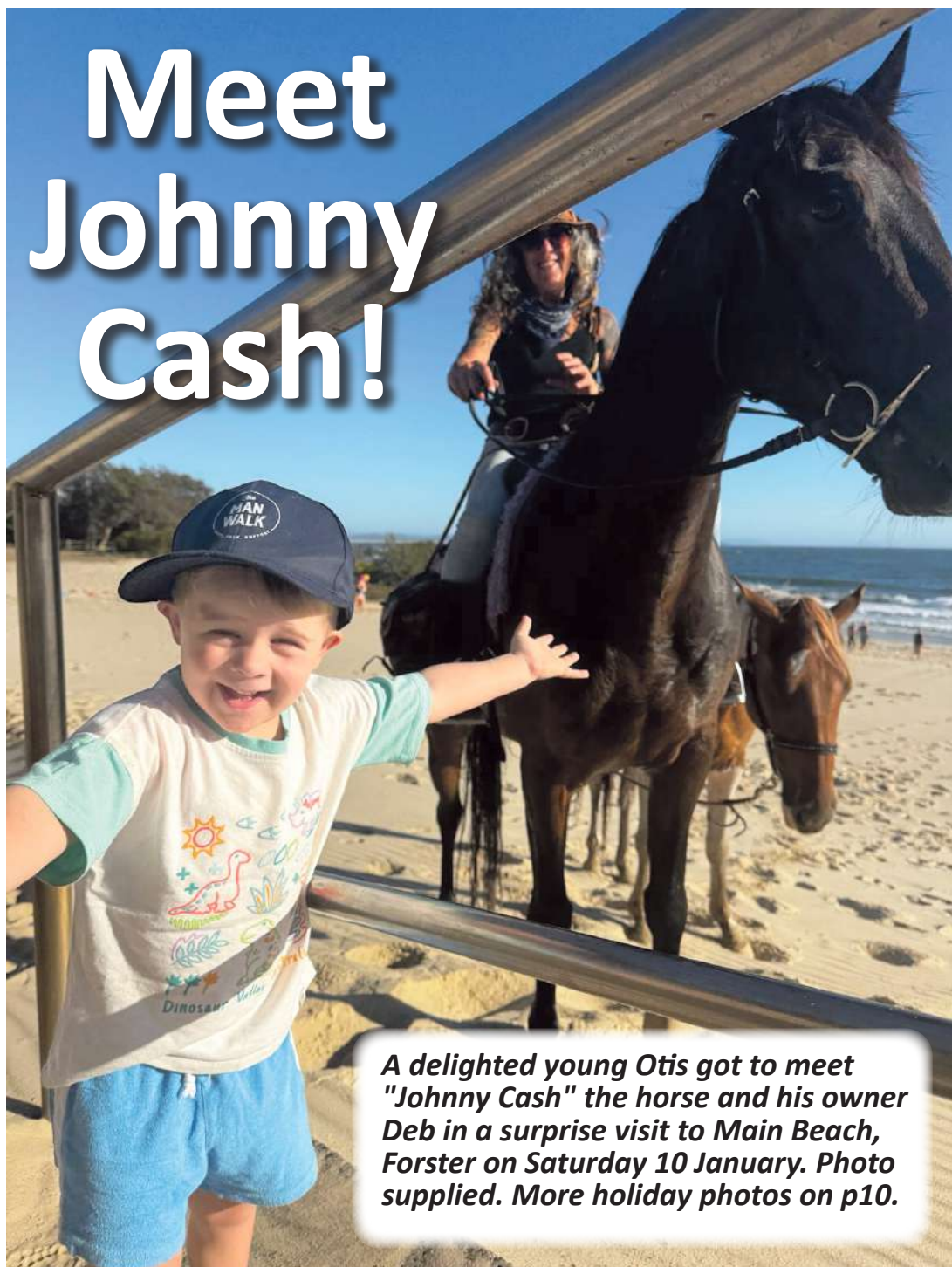
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Wednesday 21 January 2026

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Meet Johnny Cash!



A delighted young Otis got to meet "Johnny Cash" the horse and his owner Deb in a surprise visit to Main Beach, Forster on Saturday 10 January. Photo supplied. More holiday photos on p10.

Local MP Tanya Thompson joins Shadow Cabinet

Interview with Tanya Thompson MP by Mary Yule – Forster Fortnightly

1. Congratulations on your new role as Shadow Minister for Emergency Services and Shadow Minister for Disaster Recovery. Can you explain what you will be doing in this role?

I'm now part of Shadow Cabinet so I work really closely with other Shadow Cabinet members to form policy moving into the next election as part of an alternative government, particularly for the portfolio of Emergency Services and Disaster Recovery. It's about holding those ministers that currently have government portfolios to account. To make sure that what they've got in place is adequate for communities right across the state. It's a statewide responsibility that I hold now, on top of my responsibilities as the member for Myall Lakes. I think it's really fitting that it is Emergency Services and Disaster Recovery given what the Myall Lakes electorate has been through from 2019 until today with the bushfires and two floods, particularly last year. There's lots of work to do and I'm happy to take up the challenge. I'm really excited actually. It's a pretty broad portfolio, especially Emergency Services. I feel very privileged to have been given the opportunity.

2. Will it mean a lot more time in Parliament for you with the Shadow Cabinet?

Yes, when Parliament sits, I go down another day earlier for cabinet meetings. But I already had been going down a day earlier for meetings anyway. It does mean that I will travel a fair bit more to have conversations with agencies



Above: Tanya Thompson - Local Member for Myall Lakes with Gurmeh Singh MP - Leader of the NSW Nationals. Photos supplied.

right across the state about how we can make things better for all, from Surf Life Saving to the RFS and New South Wales Fire & Rescue, Marine Rescue, VRA, all of those agencies. Also working with the Reconstruction Authority and Disaster Recovery about how we can be better prepared for disasters in the future. So, I'll be away from the electorate a little bit more, but I'm also very conscious of being at home and making sure the community is well represented on the ground as well.

It's already going to be a busy year because we're moving into an election in 2027. My workload has always been extremely high since the day I was elected, but that's the way I like it - it's just on steroids now!

3. Now that you are in the Shadow cabinet, what does that mean for our community in the Myall Lakes? Will it help improve our health services in our area as access to Manning Base Hospital and the need for an Urgent Care Centre in Forster became a major

Continued on page 2.

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Pollards General store
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Bungwahl

Bungwahl Fuel & Liquor

Seal Rocks

Seal Rocks General Store

Local MP Tanya Thompson joins Shadow Cabinet

Continued from page 1.

issue when people were cut off during the May floods?

Of course it will. Being a part of the Shadow Cabinet, you're at the coalface with policy and working on ways to improve the state, and that includes services within your own electorate. At your very core, as a local member, you want to make sure that your community is well looked after. When I look at disaster recovery and considering what we've been through as a community, I will always make sure the residents of Myall Lakes are front of mind.

In terms of Manning Base Hospital and an Urgent Care Centre, that falls under a completely different portfolio. My position in Shadow Cabinet is completely separate to that. What is really great, though, is that the New South Wales Nationals now hold the Shadow Cabinet portfolio completely for Health, and that includes Regional Health, Health and Mental Health with Minister Sarah Mitchell. That's never happened before. We can really focus now on what good policies we can set moving into the election to support improving health. And I know and have seen, as Assisting Shadow Minister for the last two and a bit years, what needs to be improved across the state and the regions.

I have written again to the Minister for Health Ryan Park about Manning Base Hospital and the Urgent Care Centre (regarding full funding and timelines). Just before Parliament wrapped up last year, I put in an SO52 (Standing Order 52) through the Upper House to request documents relating to health in our region. That should have included any documents relating to health infrastructure, budget spending, any correspondence I've sent through, the clinical services plan, everything to do with health, so that I could have an understanding of what work has happened because I wasn't getting any feedback from the Minister and I wasn't getting any information back from Hunter New England Health. All we got back was 37 documents and most of those were letters that I'd sent through on behalf of constituents, or I'd sent through to the Minister for updates, or that the Labour branch here had sent through for requests for updates on health. There was nothing to do with health infrastructure, there was nothing to do with budget, there was no clinical services plan. They had basically given me no information. So, I sent a GIPA (Government Information Public Access) to request more. We received a letter back saying my GIPA was incorrect because it should have been sent to the Mid

North Coast Health District. I have sent a reply stating that we are in fact not in the Mid North Coast Health District and are under the Hunter New England Health District. It is extremely frustrating and it should not be this difficult for a local MP to get information on health in our region.

4. With the increase in extreme weather events, like the May floods last year, do you think we are prepared enough? What are some things that can be done?

We can always be better prepared, and we need to learn our lessons from the past. I've only been in this role for a week or so and there's lots to do, but I've already worked with the government, the Minister for Recovery Janelle Saffin and people like Josh Hacks, a farmer in Taree, during the recovery from the May floods.

We currently don't have alarm systems - some of our water gauges along with catchments were not operating during the floods. I've had many conversations around alarms that could be implemented to give adequate and accurate warnings to communities. This is something that will need to be worked on in the future. We also need to improve telecommunications so all communities can find out what is happening during emergencies.

Health services need to be resourced adequately at all times so when people are cut off, they can still access the care they need. Better health services would also take the pressure off our ambulance crews so they don't have to make those hard decisions in critical times.

To save money we could take pressure off the government's costly recovery payouts by giving each farmer \$100,000 to build flood mounds so they can protect their machinery, cattle and their livelihoods.

We need more funding for local councils. There was not enough support for our Council after the major flood event. Residents of Tinonee, Wingham and Taree were (and still are) greatly affected by major damages to roads, bridges and pools that need to be rebuilt quicker. Governments can take on more of the heavy lifting to help during these recoveries.

Bush Fire preparedness is also very important. Communities across NSW are facing record fuel loads, inadequate fire breaks and blocked fire trails. Fire preparedness must be a year-round, whole-of-government priority, with our local RFS crews properly supported and resourced no matter the season or conditions.

Revised plans for Manning Hospital

Have your say on the Manning Hospital Redevelopment - Stage 2

Planning application now on public exhibition



Hunter New England Local Health District

The planning approval process is now on public exhibition until 13 February 2026.

The planning documents will reflect a revised scope for the Manning Hospital Redevelopment Stage 2 redevelopment.

All community members are invited to come along to drop-in sessions, chat to the project team, and learn more about stage 2 that will see: a new clinical services building with inpatient units, a close observation unit, pharmacy and pathology spaces and enhanced connections to the existing building.

Come down and see us on:

- Tuesday, 3 February: 8am - 1pm, Manning Hospital Café
- Thursday, 5 February: 2pm - 8pm, Taree Central Shopping Centre



No matter where you're from, you belong



something truly memorable. The audience responded with warm applause and pride, acknowledging the hard work and teamwork behind the production.

The evening also marked a special milestone for the fabulous Year 6 students, who will be moving on to high school next year. The school community extends its best wishes for a smooth and successful transition. May the inspiration, leadership and creativity you have shared this year continue into your high school journey.



Above, left and below: Bungwahl Public School's end of year concert. Photos supplied.

By Fern Lewis - Bungwahl

Bungwahl Public School's End of Year concert was a phenomenal success, bringing together students, families and the wider community for an evening that celebrated belonging, creativity and shared achievement. Inspired by this quote, 'No matter where you're from, here to this place your name and face will be known and belong,' the concert reflected the strong values that sit at the heart of the school.

With full school participation, every student had a role to play. In an empowering process, students voted on a drama theme, choosing a story centred on shared adventures that changed lives. Through performance they demonstrated lessons learned throughout the year - caring for one another, working together, and respecting the environment they share.

The students were outstanding, delivering captivating performances to a full-capacity audience. From the youngest performers to the senior students, confidence, cooperation and enthusiasm were evident on stage. It was a thrill to witness student of all ages working side by side, supporting one another and creating



MidCoast Council responds to multiple incidents of tree vandalism



MidCoast Council

MidCoast Council is responding to several incidents of deliberate tree vandalism across the region, with mature and semi-mature trees intentionally damaged in public spaces.

At a reserve to the rear of properties at 20-32 Golden's Road, Forster, approximately eight mature Paperbark trees and one Eucalypt were drilled and poisoned. Council officers have inspected the site, and the trees will be monitored to assess ongoing impacts.

In John Wright Park, Tuncurry, one semi-mature Fig tree was drilled and poisoned at the base. Tree vandalism signage will be posted onsite, and a replacement planting will be arranged in due course.

Tree vandalism is illegal and constitutes a breach of Council's Vegetation Management Policy (VMP). Penalties for breaches of the VMP are \$3,000 for an individual and \$6,000 for a corporation.

MidCoast Council encourages community members to report any suspicious behavior involving trees or public land. Protecting the region's natural assets is a shared responsibility.

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Help us tackle weeds on Friday 23 January

By Joel Dunn - Karuah & Great Lakes Landcare

To kick off 2026, we hope you can join Barray Alliance Worimi Rangers and community volunteers from 8 - 11am, Friday 23rd January as we continue bush regeneration work around the Forster Community Garden Site on Little Street and upstream on Pennington Creek.

We've been tackling a variety of weed pests including Madeira Vine, Climbing Asparagus,

Ground Asparagus, Lantana, Cassia, Tobacco Bush, Cocos and Phoenix Palms...and in our sights as we move up the creek is a nasty patch of Coastal Morning Glory...

Don't worry if you don't have tools - we'll have bush regen kits to spare. Dress for the field with hat, boots and protective clothes. Cold drinks and refreshments will be provided.

No need to book, all are welcome. For more info, email Joel at greatlakes@midcoast2tops.org.au or call 0401 932 533.



Come and watch International Snooker Tournament



By Gary Collins – Club Forster Snooker

Club Forster is hosting the Asian Pacific Seniors Snooker Tournament with the Pot Black Ranking Snooker Tournament following.

The tournament commences on the 2nd February 2026, finalising on the 8th February 2026.

Within the Asian Pacific Tournament there will be numerous ex-Australian Masters champions including players from New Zealand. The winner of the tournament will qualify to play in England.



Above: (L-R) Wayne Brown and Gary Collins. Left: Snooker Tournament at Club Forster from 2025.

The Pot Black Tournament is a ranking event which will attract many players to obtain points which will allow them to qualify for major events.

Both tournaments will be streamed around the world which could be seen on YouTube.

If you like snooker and wish to see it live, come along and be a spectator. I am sure you will enjoy the experience. (See advert below)

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Massive effort to save local Grey Nurse Sharks



Above: Photo of Amelie and Adam Clarke from the 2025 Marine Rescue Expo by Mary Yule.

By Mary Yule – Forster Fortnightly

Adam and Amelie Clarke, from Forster Dive Centre as well as Pod Leaders with ORCCA (Organisation for the Rescue and Research of Cetaceans in Australia) on the Mid North Coast, have been part of a recent mission with the Sea World Foundation to remove fishing hooks stuck in the mouths of grey nurse sharks off Main Beach, Forster. Grey Nurse Sharks are known as the “puppies of the sea” for their docile temperament and are an endangered species.

On the 28 December Adam and Amelie managed to clearly film evidence of many Grey

Nurse Sharks with multiple fishing hooks and line stuck in their mouths, some with major signs of growth over the hooks - impacting their chance of survival. The next day they were able to film more in the same area, so they knew there was an opportunity to save these beautiful marine creatures and contacted the Sea World Foundation for assistance.

After viewing the footage, the Sea World rescue crew agreed to help, and they arrived in Forster on Sunday 4 January. The next day both boat crews launched and very quickly the Sea World crew were able to use a hoop to capture one of the sharks and bring it in safely. The shark was put in a stretcher and flipped upside down to keep it calm while the hooks were removed. Another 4 sharks were also saved while more could be spotted. After assessing what they had managed to do in one day, the 2 boats came out the next day and helped 5 more sharks.

Adam said, “It was a massive effort. We are incredibly proud to work alongside the crew from Sea World to give these 10 animals a second chance.”

Adam said he is not blaming the people fishing. “They are obviously fishing for bait fish and not intentionally trying to hook the local grey nurse sharks. We do ask though that people be smart about their fishing and eco-friendly. There are plenty of places to find bait fish other than where these sharks naturally aggregate off Hayden’s Rock. There’s an artificial reef purposefully created for fishing.” *



Above: Dr Claire Madden – Head Veterinarian with Sea World Foundation, works onsite to quickly free the hooks from a local Grey Nurse Shark while it is held upside down in a stretcher. Image from Sea World Foundation.



Above: Crews from the Forster Dive Centre (blue boat) and Sea World Foundation (white boat) worked together to assist the Grey Nurse Sharks off Main Beach, Forster.



Above: A hook and fishing line caught in the mouth of a Grey Nurse Shark off Main Beach, Forster. Images from Forster Dive Centre.

Adam thinks with more awareness and information this area could be better protected. “It’s about getting scientific evidence to the right committee. This is not an official aggregate site listed in NSW but since 2020 we have witnessed the grey nurse sharks naturally aggregate here at the same time every year.”

It’s also about education. “People want to do the right thing. We have people asking where they should fish safely to prevent bycatch,” said Adam.

The Sea World Foundation also encourages people to look at switching to sustainable options when fishing, such as non-stainless-steel circular or barbless hooks.

*Forster’s offshore artificial reef is approximately 4 km east-north-east of the Coolongolook River mouth. Source: <https://www.dpi.nsw.gov.au>

Families earning less than \$535,000 a year can now access three days of subsidised childcare per week



By Mary Yule - Forster Fortnightly

Families who receive Government financial support for childcare will now be guaranteed three days of subsidised childcare per week, under new laws that come into effect on 6 January 2026.

Federal Early Childhood Education Minister Jess Walsh (pictured right) said. “The reforms overhaul a system that left children locked out of quality

early education because of their parents’ work or study arrangements.”

The law, passed in early 2025, grants subsidies to parents who earn a combined income of up to \$535,279 annually.

The Government estimates the changes will make an additional 100,000 families eligible for subsidised early learning, particularly those who have only been eligible for one subsidised day until now.

The new system applies to all families who receive the Government’s Child Care Subsidy (CCS). Services Australia will apply the new 72 subsidised hours per fortnight automatically if you’re eligible.

From the 6 January, all families will receive at least 72 hours of subsidised childcare per fortnight. Families caring for First Nations children, or who each work or study more than

48 hours a fortnight, can access up to 100 hours per fortnight.

Families earning under \$85,000 will get 90% of childcare costs covered. The subsidy is reduced by 1% for every \$5,000 earned over \$85,000.

If your child attends 4 or 5 days, the first 72 hours (roughly 3 days in most long day care settings) will fall under the guarantee. Any extra hours will still be subsidised the same way they are now, based on your CCS percentage.

The 3 day guarantee means that if your work or study hours change, you won’t suddenly lose access to subsidised care.



Tanya's Community Update

It is absolutely fantastic to see so many people out and about in our beautiful area this month. Our streets, cafés and local shops are buzzing, and it is great to see locals and visitors supporting our small businesses. From what I am seeing across the region, this is shaping up to be one of the busiest tourism seasons we’ve had in the Myall Lakes.



Making Our Beaches Safer

It was a pleasure joining the Cape Hawke Surf Life Saving Club for their Community Beach Safety Morning recently. From CPR and shark bite kit demonstrations to showcasing their shark-detecting drone technology, the knowledge and commitment of our volunteers is outstanding. We are incredibly lucky to have such dedicated locals helping keep people safe. [See page 27].

Australia Day in the Myall Lakes

Australia Day is an important day for our community, with many fantastic events happening right across the Myall Lakes. I’ll be out and about on the day, starting in Wingham in the morning before attending the Australia Day Citizenship Ceremony. I encourage everyone to get along to a local event and be part of the day.

As always, please contact my office if I can assist with any State government matter.

Tanya Thompson MP

Book Fair a terrific success!



Above: Volunteers from The Man Walk helped Rotary to set up and pack down. Photo supplied.

By Mark Davies – Rotary of Lower Mid Coast

Hundreds of people enjoyed browsing and selecting from the vast and eclectic range of many thousands of books on offer at the recent Twice Yearly Rotary Book Fair. Approximately 10 boxes of children’s books were sold at 50 cents each as well as dozens of boxes of fiction and non-fiction books at \$3.00 each. Thank you to all our wonderful customers who bought books.

Almost \$8000 (gross: before costs) was raised in book sales and donations which will go towards local projects including Ronald MacDonald House Family Retreat Forster, Great Lakes Palliative Care and Great Lakes Suicide

Prevention, as well as a variety of other local, regional and international Rotary projects.

A huge thanks to The Man Walk fellows and Forster Tuncurry Removals for their help with the set up and pack down. Thank you to a number of friends of Rotary and Rotary volunteers who helped during the Book Fair and made it such a terrific success. Thanks also to J R Richards.

The next Twice Yearly Rotary Book is on Friday 10th to Monday 13th July 2026 at the Tuncurry Memorial Hall. We will be celebrating 23 years of local Rotary Book Fairs – the first one being held in July 2003.

Historic PBS price cut delivers affordable medicines



The Pharmacy Guild of Australia

Pharmacy Guild of Australia

The cost of medicine for those without a concession card is reduced to \$25. That’s the lowest amount since 2004 and only the second time in history that the price of medicine in Australia has been reduced.

Pharmacy Guild of Australia, National President Professor Trent Twomey said the change delivered big cost savings and would result in improved access to essential medicines.

“Every week, more than 400,000 prescriptions will now cost no more than \$25—putting up to \$6.60 back in patients’ pockets for every prescription. It makes medicine the most affordable it’s ever been.”

“Everyday, community pharmacists see the tough choices Australians face —choosing between medicine, food, rent and other essentials. Patients often decide to reduce doses or skip their medicine. Today’s historic reform will encourage medicine adherence, prevent complications and reduce pressure on GPs and emergency departments.”

“Without these price reductions, the cost of a prescription would have been \$50.”

The Guild was joined by more than 20 health and community stakeholder groups, in calling for PBS medicines to be more affordable. The federal government implemented its commitment to cut the Pharmaceutical Benefits Scheme (PBS) co-payment to \$25 for non-concession card holder on 1 January 2026. Over 900 medicines are on the PBS scheme.

Manning - Great Lakes Police District Update

Dear Readers,

For something completely different this fortnight, I thought I would give you a rundown of the types and numbers of offences we investigate and put before the court.

In the week from Sunday 4 January 2026 to Saturday 10 January 2026, 62 people were charged or had Future Service Court Attendance Notices (formerly called a Summons) issued against them in the Manning Great Lakes Police District, consisting of charges from Taree, Forster, Bulahdelah and Gloucester Police Stations. Of those, 23 were domestic violence related.

Offence breakdown:

- Stealing X 51
- Enter Vehicle without consent x 48
- Obtain Financial Advantage By Deception x 48
- Assault x 18
- Breach Bail x 14
- Stalk / Intimidate x 13
- Breach Apprehended Domestic Violence Order x 13
- Malicious Damage x 10
- Possess Drug x 10
- Enter Enclosed Lands x 6
- Assault Occasioning Actual Bodily Harm x 5
- Goods In Custody x 4
- Custody Knife x 4
- High Range Prescribed Concentration of Alcohol x 3
- Hinder/Resist Police x 3
- Mid-Range Prescribed Concentration of alcohol x 3
- Aggravated Break and Enter & Commit Serious Indictable Offence x 2
- Assault Police x 2
- Take And Drive Conveyance x 2
- Steal From Dwelling x 2



Taree Police placed two offenders under arrest on 7 January for targetting shoppers in carparks at Wagga Wagga, Sydney, Newcastle and Forster.

- Intentionally sexually touch child under 10 x 2
- Possess Prescribed Restricted Substance
- Incite to hinder Police in execution of duty
- Goods Suspected Stolen On Premises
- Attempt to dispose of stolen property
- Use vehicle displaying misleading plates
- Possess Housebreaking Implements
- Possess Ammunition without licence
- Fail To Comply With Reporting Obligations Under Child Protection Register
- Cancelled Driver
- Trespass
- Fail To Comply With Direction
- Police Pursuit Not Stop
- Use Offensive Weapon To Avoid Detention
- Unaccompanied Learner
- Carry Out Sexual Act with child under 10
- Drive vehicle when Never Licenced

- Cultivate Prohibited Plant
- Drive motor vehicle when Suspended Driver Behave in Offensive Manner
- Drive with Mid-Range Prescribed Concentration of Alcohol and Illicit Drug
- Custody of Laser Pointer
- Torture and Cause Prolonged Suffering to Animal
- Drive Under Influence Of Drugs
- The above Obtain Financial Advantage by Deception offences, relate to the following: Between 3/1/2026 & 7/1/2026 a number of elderly victims were targeted in the Beecroft, Double Bay, Cherrybrook, Berowra Heights, Yass, Goulburn, Tuncurry, Forster, Koorngal, Wagga Wagga, Tumut, Bowral, Mount Hutton, Morisset, Swansea, Albion Park, Shellharbour, and Unanderra areas. Two offenders would work together with one indicating to the victims that there were problems with certain car parts on their vehicle, distracting the

victims while the other offender stole unattended belongings from the vehicle. About 12.15pm Wednesday 7/1/2026 the offenders, 37- & 57-year-old male Romanian Nationals were detected in a Taree Service Centre car park, after Police were informed of the vehicle that they were using. Police placed the offenders under arrest and conveyed them to Taree Police Station, where they were each charged with Larceny x 24, Stealing x 24, Enter Vehicle without consent x 24. It is believed that over \$90, 000 was fraudulently obtained. They were refused bail.

So, while you are digesting the above, bear in mind all this hard work is done by the same police who 24/7 attend and investigate road crashes, mental health incidents, missing persons reports, concerns for welfare, fires, community events, noise and hoodlum complaints, thefts and break ins and conduct checks of licensed premises as well as conducting local and statewide police operations - such as the NYE Operation (which is by far our largest operation each year) and regular road safety operations.

So, if you ever wonder what your local police are up to, they are working tirelessly to reduce crime and to maintain your safety.

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



Tanya THOMPSON MP
Member for Myall Lakes

WHAT'S ON IN THE Myall Lakes

COOMBA PARK	8AM-6PM	Coomba Fest	Coomba Park Foreshore Reserve Raft racing, aquatic fun, tug o' war, kids' races, RFS display, food & drink stalls, chocolate wheel raffles and live music.
HALLIDAYS POINT	FROM 7AM	Australia Day Breakfast	Black Head Foreshore Community breakfast hosted by the Lions Club, including Australia Day celebrations and local recognition.
WINGHAM	8AM 8:30AM	Australia Day Breakfast Australia Day Ceremony	Wingham High School Multi-Purpose Centre Free breakfast and community ceremony.
FORSTER	10AM-10PM	Australia Day at Club Forster	Family-friendly Australia Day celebrations with entertainment throughout the day.
TUNCURRY	FROM 9:30AM	Australia Day at Sporties Tuncurry	Burger, beer & bowls specials. Live music from 2PM.
PACIFIC PALMS	FROM 12PM	Australia Day at Pacific Palms Bowling Club	Barefoot bowls, food & drinks and live music around the green. Live music from 3PM.
OLD BAR	FROM 10AM FROM 12PM	Australia Day at Club Old Bar Australia Day at Old Bar Tavern	10AM - Bingo 12PM - Lamb Roast Lunch 2PM - Live Music Thong throwing competition, chilli wing challenge and Australia Day fun.
KRAMBACH	FROM 2PM	Australia Day at Krumbach Hotel	Yabby races, raffles, kids activities and live music.
NABIAC	ALL DAY	Australia Day at Nabiac Hotel	Australia Day BBQ giveaway and pub celebrations.

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 January 2026.

Mental health is as important as physical health

Looking after your mental health and wellbeing helps you stay strong and resilient for the road ahead.

Staying connected with others, keeping active and reaching out when you need support can help you feel strong, grounded and well –no matter what life brings.

For more information to support your mental health and wellbeing, visit www.health.nsw.gov.au/support or call the Mental Health line on 1800 011 511.

NSW to roll out 159 new EV chargers across 48 regional hotspots



By Bridie Schmidt - NRMA

Driving across New South Wales in an electric vehicle (EV) is set to become easier, with the state government announcing [19 November 2026] 159 new chargers in 48 regional hotspots through its EV Destination Charging Grants program.

The funding commits \$5.9 million in grants and draws in a further \$3.2 million from private partners, lifting total investment to \$9.1 million. The aim is clear: give EV drivers more places to plug in while they eat, shop or explore a town, so they can head back out on the open road with a comfortable buffer left in the battery.

Funding partners include The NRMA, EVSE, KarChargers, Woolworths Group, ReGen EV Charging Install and Rise Energy. The rollout is planned over the coming year [2026] as part of the broader shift to make NSW one of the easier states for EV ownership and long-distance touring.

Where the new NSW EV chargers will go

The new chargers will be spread across 48 regional Local Government Areas, with a focus on locations where people already tend to stop on a trip, such as visitor centres, supermarkets, town centres and popular holiday spots.

Some of the larger allocations include:

- Shoalhaven, with 19 charging ports

- Kempsey, with 11 ports
- Mid-Coast, with 10 ports
- Lismore, Murray River and Tweed, with 9 ports each
- Narromine, with 8 ports
- Dubbo and Federation, with 7 ports each
- Junee and Kyogle will each receive 6 ports, and Bourke, Brewarrina, Snowy Valleys will all get four ports. A number of three-port sites will be added in Blayney, Carrathool, Hilltops, Lithgow, Liverpool Plains, Murrumbidgee, Oberon, Parkes, Upper Lachlan, Walgett and Warrumbungle.

Under the grant guidelines, all sites include at least two DC ports with up to a 100kW charge rate and a backup 22kW AC port. If there are more than two DC units, an AC unit is not required.

Exact street locations are still being finalised with councils and site partners, so details like bay layout and time limits will come later.

For more information on the EV Destination Charging Grant, visit: www.energy.nsw.gov.au/business-and-industry/programs-grants-and-schemes/electric-vehicles/electric-vehicle-destination.

For details on EV friendly road trips, visit: www.visitnsw.com/evroadtrips.

White-throated Needleetails

By Kym Kilpatrick – FAWNA Hallidays Point

Our area is well-known as a tourist destination with visitors sometimes travelling long distances to enjoy our coastal lifestyle. Of course, human visitors are not the only travellers and one of the most remarkable, but less well-known travellers to our area are the White-throated Needleetails (*Hirundapus caudacutus*).

White-throated Needleetails are remarkable birds not only for their long-distance migration, travelling from as far as Eastern Siberia, Mongolia, Korea and Northern Japan to over-summer in Australia, but also the speed of their flight. They are rumoured to fly at 170 kilometres an hour and have been reliably clocked at between 50 and 130 kilometres an hour. Their flight patterns often involve sudden changes in direction and altitude as they hunt for their insect prey.

White-throated Needleetails are large members of the Swift family, measuring about 20cm and weighing between 110 and 120 grams. Their bodies are robust and barrel-shaped, with long pointed wings of about 50cm. They are greyish brown with a green gloss in colour but as the name suggests, have a white throat and a white patch that extends from the base of their tails to their flanks. Their heads and necks are dark-olive with glossy iridescent green crowns. The 'needletail' component of their name derives from the extended spined end of their otherwise square tails. Their eyes are black as are their bills. Both sexes are similar.

They migrate into our area between October to April, chasing the insect swarms, including termites and ants, which they catch on the wing. As such they are most often seen during the summer months before storms, low-pressure troughs and approaching cold fronts when these insects enter their breeding cycles. They can also be attracted to bushfires, when they will feast on insects fleeing the infernos, including in the smoke clouds. They feed from between a few centimetres off of the ground to over 100 metres high. They are able to turn



Photo taken in Tuncurry by Brian Champion.

sharply or circle slowly using thermals to carry them higher.

There are a lot of myths surrounding White-throated Needleetails, including that they never touch the ground, they lack feet (their feet are dusky grey) and they mate on the wing but drink by skimming water surfaces. They have excellent twilight vision and will fly after dark. They are also believed to be able to rest on the wing, circling at high altitudes. However, they have been recorded roosting in wooded areas where they cling upwards to trunks and branches.

White-throated Needleetails do not nest on our shores but in the Northern Hemisphere from which they migrate from. Typically, they nest at the bottom of deep hollows of larch and oak trees which they access by diving in vertically. Two to seven white eggs are laid and incubated by both parents for about 40 days. It is not known how long they live for, or at what age they reach sexual maturity.

White-throated Needleetails are listed as a Vulnerable Species with population numbers in noticeable decline over the last 70 years. Causes of their decline are currently attributed to the increased use of insecticides, particularly organochlorines, and habitat loss especially of the hollow-bearing trees they need for nesting.

Pacific Palms Bowling Club

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

Monday
Monday Curry Night \$20



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

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



No Control
Fri 23rd January

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



Slam Tango
Fri 30th January

Open 7 Days 11:00 till Late
Lunch 12pm & Dinner 5:30pm
Courtesy Bus from 4pm
8 Paradise Drive, Smiths Lake
Ph: 6554 4333
www.pacificpalmsbowlingclub.com.au
Follow us on Facebook, Instagram and Twitter.

Sunday "Chill Around the Green" is back
Outdoor Bar from 2pm + Live Music from 3pm
Donation Bowls from 1pm and Hot from the Bar



Welcome to 2026 - Let's dance!

Social Line Dancing

Mid North Coast Bootscooters

Mid North Coast Bootscooters (MNCB) is a group of keen line dancers who run several classes every week around Tuncurry, Taree, Old Bar and Tinonee. We have socials every month in addition to the classes.

We dance to many different styles of music, including old and new, not just the "country and western" style that might come to mind. Often we dance to recently produced music performed by current well-known musicians.

Every class is led by an instructor who explains and demonstrates the steps in a dance, so you build up your knowledge of steps and dances slowly. Repetition and practise are the key!

You'll be welcomed in any class. We love to see people starting their line dancing journey.

Classes starting for absolute beginners:

- Tuncurry Memorial Hall, 6-7pm from Monday 2 February



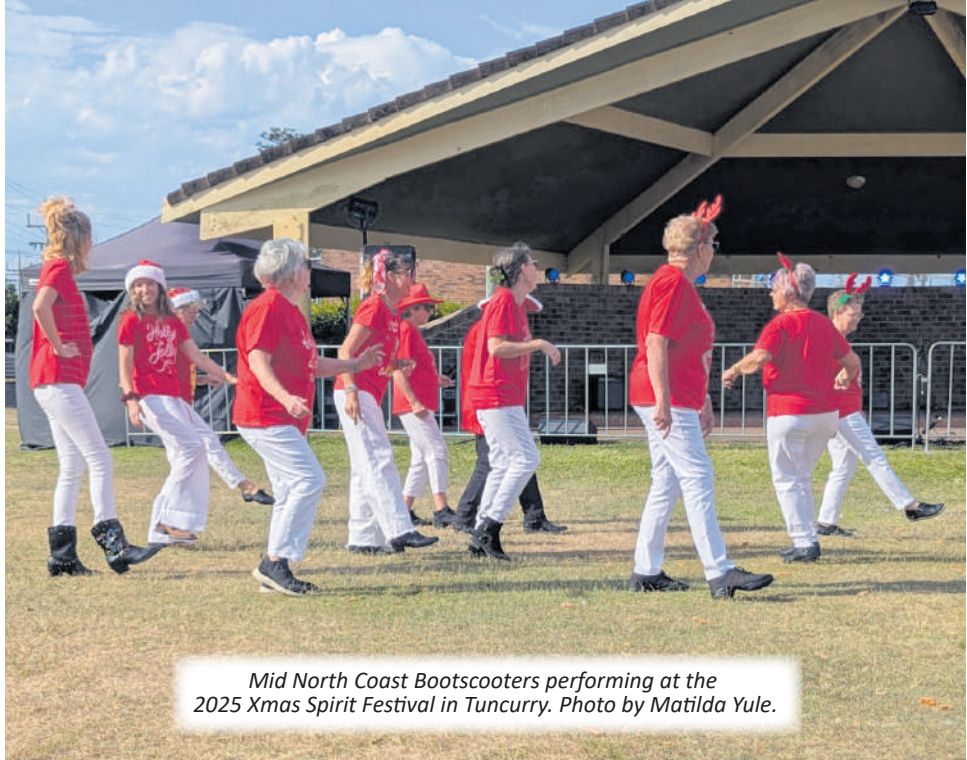
Above: 2025 Xmas Social at Tuncurry Memorial Hall. Photo by Mary Yule.

- Taree (St John's Anglican Church Hall), 5-6pm from Monday 19 January plus 9:30-10:30am from Tuesday 20 January
- Tinonee Memorial Hall, 4:15 – 5:15pm from Wednesday 21 January

Cost: \$7, no booking required. Pay on entry.

Bring: Bring a bottle of water and wear closed-in shoes such as sneakers.

See our website more details and class times: <https://midnorthcoastbootscooters.org.au/contact/> Or call Lorraine on 0400 708 511.



Mid North Coast Bootscooters performing at the 2025 Xmas Spirit Festival in Tuncurry. Photo by Matilda Yule.

Mid North Coast Bootscooters



We promote line dancing on the beautiful Mid North Coast with classes in Forster, Tuncurry, Taree, Old Bar & Tinonee.

VISITORS ARE ALWAYS WELCOME AT ANY OF OUR CLASSES

All classes cost \$7. There's no need to book. Just turn up!

If you are not a regular dancer, please check our Facebook as venues may change during school holidays or public holidays.

See our website for class times:

<https://midnorthcoastbootscooters.org.au/contact/>

Or call Lorraine on 0400 708 511.

Social Ballroom Dance



Above and below: Photos from the beautiful Pearl Ball in August 2025, celebrating 30 years of "Strictly Social Ballroom Dancing" at Club Forster. Photos by Mary Yule.

By Jenny Hansen – Club Forster Social Dance Club

Dancing gently challenges your body, engages your brain and encourages social interaction with others - all of which promote physical, mental and emotional wellbeing.

Every Tuesday night from 3rd February at Club Forster the "Strictly Social Dance Club" will offer a 'Learn to Dance' Group lesson beginning at 6pm followed by a 'Social Dance' from 7pm until 9pm. Whether you attend the lesson or social or both the total cost for the evening is \$4.00 per person.

The music caters for an extensive repertoire of dance styles (Ballroom, New Vogue and Old Time) with the opportunity to dance either Sequence or Freestyle modes.

Our emphasis is on the enjoyment of dancing to great music in a safe environment with like-minded people AND always remember that perseverance is the key when learning a new skill!

Hoping to see you on the dance floor!

Enquiries: Jenny 6554 3110
Mark 0412 384 077



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.



Another day in paradise! Photos of locals and visitors enjoying the stunning summer weather at the Bullring (left) and the Tanks (right) in Forster by Anita Toland. See page 18 for more.

HOPE SKIN CANCER & GP CLINIC

MANNING ST MEDICAL

Great News!

Manning St Medical & Hope Skin Cancer & GP Clinic have 2 new doctors starting in early February.

Dr Nadiah Jamaludin

Nadiah graduated from UNSW Medicine in Sydney and has worked in Newcastle and the Hunter region since 2019 and has most recently been working in Gloucester.

Her interests include chronic disease management, palliative care and women's health. In her free time, you can find Nadiah travelling to different countries or visiting her family in Malaysia, reading and enjoying a day at the beach.

Nadiah will be available for consultations on **Mondays, Tuesdays & Fridays 8.30am – 5.00pm.**



Dr Kussai Bader

Kussai is relocating from the UK to join the practice and continue to upskill in the vital field of skin cancer medicine. Kussai obtained his medical qualification (MBBS) in the UAE in 2015. He then pursued his General Practice training in the UK under the Severn Deanery, graduating with his MRCP in 2023.

With a special interest in Dermatology, Kussai holds a Postgraduate Diploma in Clinical Practice in Dermatology from the University of South Wales (UK). He is committed to providing high-quality care, having completed certificates in Skin Cancer Dermoscopy & Surgery from the Skin Cancer College Australasia.

Kussai is dedicated to delivering holistic and empathetic care to his patients, combining his expertise in General Medicine, Geriatrics, and Palliative Care. He prioritises building trust and providing support to help patients achieve the best health outcomes.

Kussai will be available for consultations on **Mondays, Wednesdays & Thursdays 8.30-5.30.**

NEW PATIENTS WELCOME FOR BOTH NADIAH & KUSSAI

TRADING MONDAY TO FRIDAY 8.30AM TILL 5.30PM
CALL OR BOOK ONLINE FOR AN APPOINTMENT

HOPE SKIN CLINIC
6555 0116
17 MANNING STREET, TUNCURRY
HOPECLINICTUNCURRY.COM.AU

MANNING STREET MEDICAL
6555 0115
76-78 MANNING STREET, TUNCURRY
MSMTUNCURRY.COM.AU

Palm Lake Works Pty Ltd pleaded guilty and was fined for the commission of 6 offences in relation to development at Palm Lake Resort Forster Lakes

On 19 December 2025, Palm Lake Works Pty Ltd ("PLW"), pleaded guilty and was fined in relation to six offences under the Environmental Planning and Assessment Act 1979. The offences related to its contractors carrying out development not in accordance with conditions of development consent at Palm Lake Resort Forster Lakes at 223 The Lakes Way Forster, NSW (Site). The development at the Site was for construction of 290 relocatable home sites.

Between December 2020 and February 2021, PLW's contractor undertook unauthorised earthworks to divert Dunns Creek on the Site and between May 2021 and February 2023, PLW's contractors failed to maintain a topsoil stockpile and construct a diversion channel.

PLW was prosecuted by MidCoast Council (Council) and pleaded guilty to the six offences at the first available opportunity.

At all times, PLW cooperated with Council's investigations and has expressed contrition and remorse for the commission of the offences.

PLW was ordered to:

1. Pay fines totalling \$643,500;
2. Pay the Prosecutor's legal costs in an agreed sum totalling \$700,000.02;
3. Pay the Prosecutor's investigative costs in an agreed sum totalling \$17,092.98;
4. Publish notices, at its own expense, in the form of this notice in the Sydney Morning Herald and the Forster Fortnightly, in accordance with Annexure A to the Court's orders
5. Within seven days of the date the notices being published, provide the Prosecutor with a complete copy of the notices as published;
6. Cause a notice in the form of Annexure B of the Court's orders to be delivered to the street addresses referred to in Annexure C of the Court's orders;
7. Pay the fines to the Registry, who is to pay such fines when recovered to MidCoast Council.

The Court's judgment may be accessed at:
<https://www.caselaw.nsw.gov.au/decision/19b265ef6e062941977e7631>.

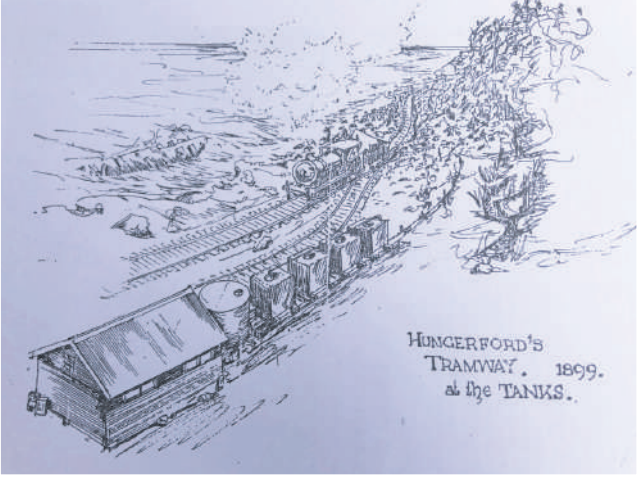
Forster Breakwater built 1898-1903



Left: Picture of the tanks area, shows the rail and crane staff with mill, slab workshop, and tanks on the right.

Right: Sketch of Hungerford's Tramway 1899 at the Tanks. See opposite page for photo of "the Tanks" today.

Below: Aerial photo showing Forster Tuncurry after the Forster Breakwall was built and before the construction of the Tuncurry Breakwall.



Great Lakes Museum

From the earliest days it was essential, when all goods in and out our port depended on shipping, that the bar at all times be navigable. The experts decided a breakwater along the Forster shore extending out to sea was the answer. The plans were made and tenders called. Hungerford and Sons tender for the construction of the southern breakwater at Forster was accepted in August 1898 and by later that year, the tramway was constructed.

A decision was made to quarry the rock needed from the northern face of Bennett's Head. The line was one and a half miles in length running along the coast from Bennett's Head behind Pilot Hill to the breakwater. A branch line cut off the main line at Beach Street intersection and ran down to a wharf situated about where the Red Spot Boatshed stands today. Here, supplies and especially coal for the engines was shipped in. The line crossed by the Tanks, so named because it was the site of the Railway's

blacksmith shop and the water tanks, water being pumped from the well at the western base of the head. A weigh-bridge was in the middle of what is now the camping reserve to tally the weight of the rocks used. The two Steam locomotives, used to carry the rocks in lumps of up to 9 or 10 tons, were originally brought from Bungwahl (Neranie) where they had been a part of an early timber harvesting rail system belonging to the Hudson Brothers.

The wall took three years to build and in 1900 the line was dismantled and shipped to Tasmania for similar work.

The Forster break wall was only partially successful in keeping the bar navigable so, in 1926, John Wright was granted a tender to construct a retaining wall on the Tuncurry shore.

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



PRESENTED IN ASSOCIATION WITH AND ENDORSED BY NEIL DIAMOND

THE NEIL DIAMOND MUSICAL

A BEAUTIFUL NOISE

+ The Best of Melbourne Tour

25 to 27 August 2026

Princess Theatre - Melbourne

\$1949

3 DAY PACKAGE

INCLUDES

- Neil Diamond A Reserve Seats
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COACH DEPARTS

Pacific Palms, Forster, Tuncurry, Hallidays Point



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ALL INCLUSIVE COACH TOUR

16 Oct to 01 Nov 2026

Join us on this most ambitious, fully guided adventure of our last frontier.

Burnie, Wynyard, Cradle Mountain, Strahan, Queenstown, Derwent Bridge, New Norfolk, Hobart, Mt Wellington, Bruny Island, Port Arthur, Mona, Richmond, Ross, Bicheno, St Helens, Bay of Fires, Pyengana, Bridestowe Estate, Launceston

INCLUDES: Coach Transport, Accommodation, Meals, Tours

FORSTER / TUNCURRY: Door to Door Pick-up | Drop-off





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U3A

Term 1

Enrolment days

Monday 2nd & Tuesday 3rd

February 2026

10am -12noon

It's never too late to Live, Laugh and Learn



forstuncurry.u3anet.org.au

Forster Tuncurry U3A returns for Term 1, 2026

Forster Tuncurry U3A

The University of the Third Age (U3A) is a non-profit organisation that offers a friendly and relaxed learning environment, run by our members for our members.

U3A is not a university but a group of like-minded people eager to live learn and laugh and keep our minds active.

U3A welcomes retired and semi-retired people over 50 to join our group.

We meet at our beautiful venue of Cape Hawke Surf Lifesaving Club Monday to Friday



for a variety of sessions. These include gentle exercise classes, talks given by our members and guest speakers on a vast array of topics. Other regular sessions are Writers, Media Matters, Philosophy and classes of pencil drawing.

We have social events and outings such as visiting the Art Gallery followed by lunch at a local restaurant.

Our annual fee of \$60 allows members to attend as many sessions as they wish.

Enrolment days are Monday 2nd February and Tuesday 3rd February 2026 between 10am and 12 noon.

Don't be at home on your own, come along and join the fun at our Welcome Morning Tea Monday 9th February between 10am and 12 noon and meet some of our friendly members, who will gladly share with you why they enjoy their U3A!

For more information go to our website: <http://forstuncurry.u3anet.org.au>



Christmas outreach initiative by three local organisations



Above: Representatives from the three local organisations. (L-R) Beck Stock - Group Coordinator at Home Base, Darran Paul - CEO of GLAICA Ltd, Claire Brennan - Client Relations Manager at GLAICA Ltd, Pastor Geoff Battle – Forster/Tuncurry Uniting Church and Byron Lawson - Job Coach at Home Base. Photo by Sarah Little.

Great Lakes Aged & Invalid Care Association Ltd (GLAICA)

A Christmas outreach initiative was proudly coordinated for the first time by GLAICA Ltd, in partnership with the Forster Tuncurry Uniting Church and Home Base, supporting members of our community during the 2025 festive season.

Darran Paul, CEO of GLAICA Ltd, distributed a letter to all the staff, families and village residents and volunteers asking for donations of food items, clothing and presents for all ages to make a meaningful difference during this special time.

Darran stated, “Our goal is to bring warmth, comfort, and hope to individuals and families facing difficult circumstances.”

The response was incredibly heartening and highlighted the strength, generosity, and compassion of our community. Many donations were gathered and delivered to a local charity on 17 December 2025.

Due to its success, this will now become an annual Christmas outreach initiative.

We are also excited to be joining forces with the Forster Tuncurry Uniting Church and Home Base on additional outreach programs throughout the year.

Glaica House
Flora Parade Tuncurry



Are you considering a cozy and convenient living option that provides comfort and care? We invite you to explore the newly completed private wing at Glaica House, located at Flora Parade in Tuncurry.

Our exclusive private wing features 15 exquisitely appointed, air-conditioned rooms, each spanning approximately 28 square meters and equipped with a stylish ensuite bathroom. Designed with your comfort in mind, every room is furnished with modern decor and a flat-screen TV for your entertainment.



Experience the ease of ground floor living with direct access to our peaceful gardens and the private wing area, perfect for leisurely strolls and relaxation in the fresh air. Our welcoming environment is designed to foster community and well-being.

Don't miss the opportunity to discover this exceptional living arrangement tailored for comfort and care. To arrange a personal tour, please contact the friendly Glaica Team today at

02 6554 5521

Glaica House — where comfort meets community care, making your living experience a joyful one.

Biomedical Sports Podiatry

Dr. Haralumboss (Harry) Stivactas
Podiatric Biomechanical Practitioner

Services
Gait Analysis
Biomedical Assessment
Orthotic Therapy
Dry Needling
Prolotherapy
Neural Therapy
Foot Mobilisation

Treated Conditions
Lower Limb pain
Knee Pain
Heel Pain
Ankle Pain
Growing Pain
Hip Pain
Toe Walking
Pigeon Toed
Knocked Knees
Bow Legs



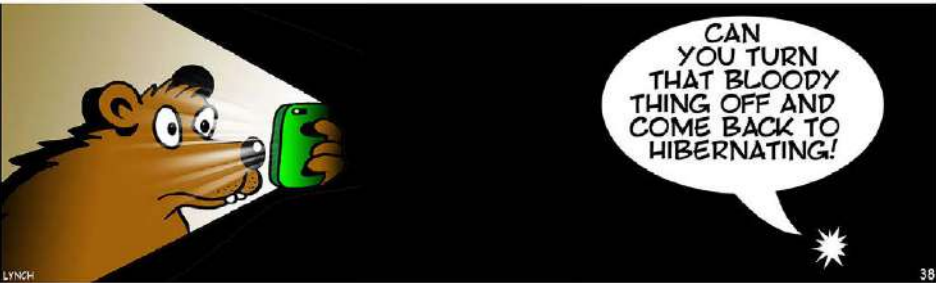
0466 - 691 - 935

info@biomedicalsportspodiatry.com

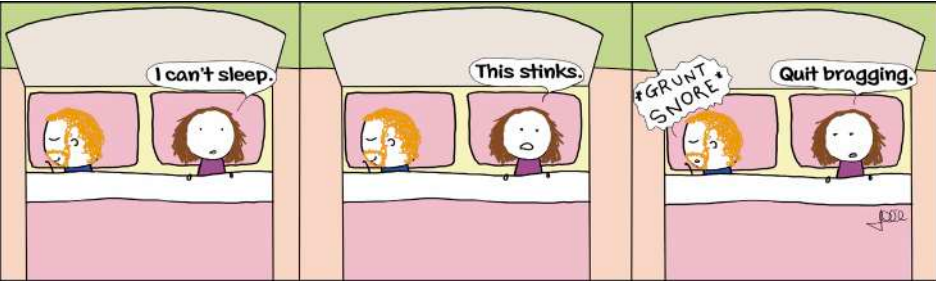
www.biomedicalsportspodiatry.com

Shop 62, 12-16 Wallis Street
Forster, NSW 2428

The Grin Bin

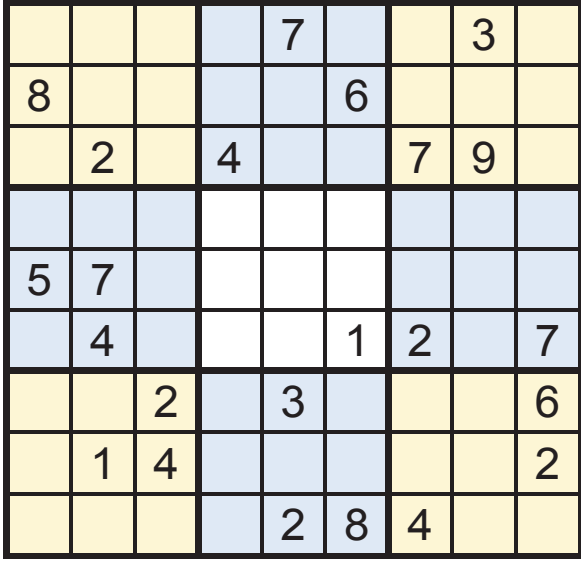


Doodley Squat



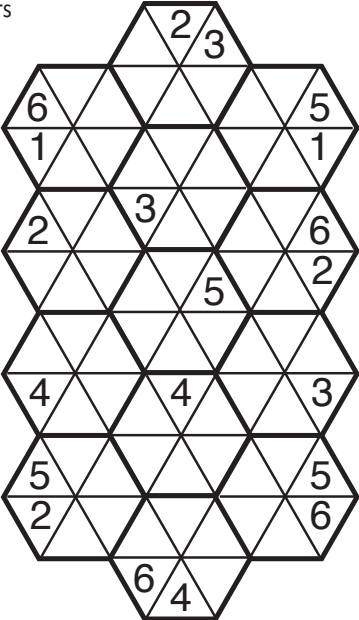
Sudoku

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

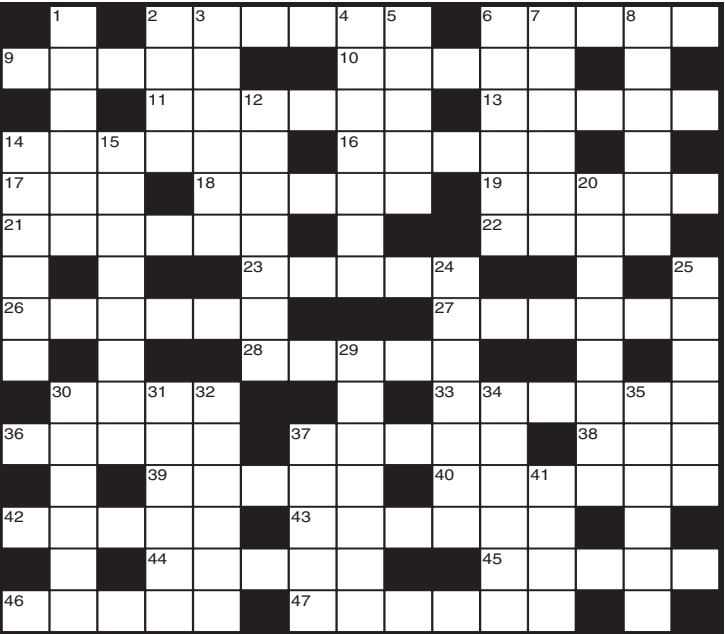


Quick Workout

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

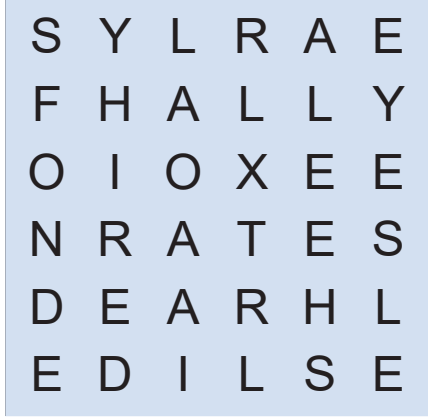


Crossword



- ACROSS
2 Suitable
6 Bird
9 Boat
10 Let down
11 Whips
13 Primary
14 Withdraw from federation
16 Limiting marks
17 Period of time
18 Roof's overhanging lower edge
19 Wanderer
21 Goes in
22 Break suddenly
23 Exterior
26 Japan
27 Hire
28 Slender supports
30 Otherwise
33 Church district
36 Loathed
37 Discharged
38 Be indebted
39 Furniture item
40 Projecting angle
42 Fold in cloth
43 Middle
44 Symbol
45 Select group
46 Conduct to seats
47 Firm
DOWN
1 Large cave
2 Citizen of Poland
3 Library user
4 Component
5 Flowers
6 Alludes to
7 Prayer
8 Part of the foot
12 Times of the year
14 Observing
15 Slingshot
20 Holiday
24 Show esteem
25 Lower
29 Distinguished
30 Birds of prey
31 Composed
32 Newspaper executive
34 Worshipped
35 Confectionery
37 Confronts
41 Depend on

Word Find

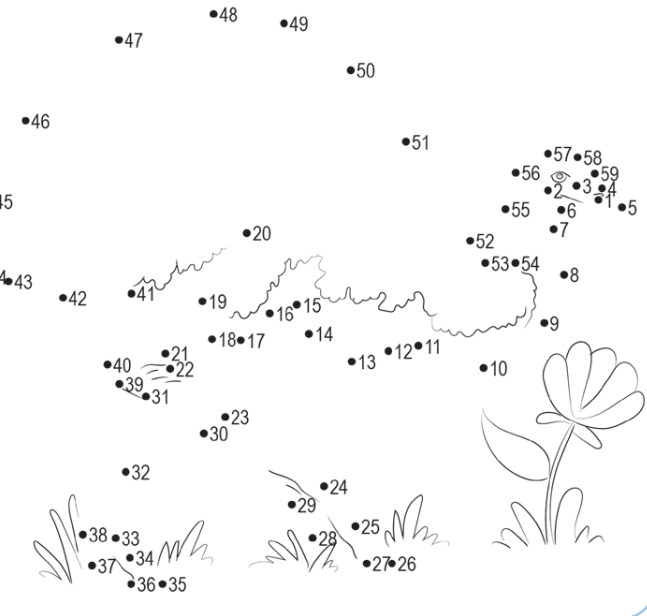


Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- Ally Else Lord Shot
Axle Eyes Oral Slide
Date Fond Rain The
Dear Heel Rates
Early Hired Sell

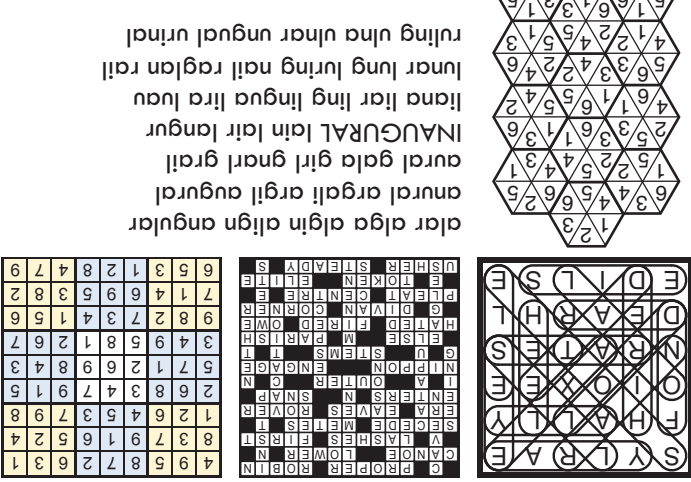
Join the Dots

What creature is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



YOUR FORTNIGHTLY TV GUIDE

January 21 - 27

	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's Cook, Eat, Repeat. 3.55 Grand Designs: House Of The Year. 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 Always Was Tonight. 9.30 Changing Ends. 10.50 The Jetty. 11.50 Grand Designs: House Of The Year. 12.40 Long Lost Family. 1.30 Rage. 2.20 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. 7.35 Michael Palin: Into Iraq. 8.30 The Jury: Murder Trial UK. 9.25 Crime. 10.25 SBS News. 10.55 Face To Face. 11.45 Darkness: Those Who Kill. 1.30 Golden Boy. 2.25 The Eco Show. 3.20 My Name Is Reeva. 4.15 My Unique B&B. 4.50 Destination Flavour China Bitsize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: Seasoned With Love. (2021) 2.00 Bridge Of Lies: Celebrity. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Cricket. Big Bash League. The Knockout. Hobart Hurricanes v Melbourne Stars. 11.00 Big Bash League Post-Game. 11.30 Cycling. Santos Tour Down Under. Men's. Stage 1. Highlights. 12.30 Wolfe. (MA15+) 2.30 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 NBN News. 7.00 Tennis. Australian Open. Night 4. 11.00 Tennis. Australian Open. Late Night 4. 12.00 Chicago Med. (MA15+) 1.00 Next Stop. 1.30 TV Shop: Home Shopping. 2.30 Global Shop. 3.00 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. 3.30 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! (PG) 9.00 Elsbeth. (PG) 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's Cook, Eat, Repeat. 3.55 Grand Designs: House Of The Year. 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. 10.25 Classic Countdown Extras. 10.35 News. 10.50 Always Was Tonight. 11.25 Grand Designs: House Of The Year. 12.10 Long Lost Family. 1.00 Late Programs.	6.00 Morning Programs. 2.00 Living Black: 50 Years Of SBS Indigenous. 2.05 New Zealand From A Train. 3.00 Going Places. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.15 Ocean Wreck Investigation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Toronto Airport Uncovered. 8.25 Robson Green: World's Most Amazing Walks. 9.20 In Flight. 10.15 SBS News. 10.45 Before We Die. 11.40 This Town. 1.55 The Eco Show. 2.55 My Name Is Reeva. 3.45 My Unique B&B. 4.20 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: Playing Cupid. (2021) 2.00 Bridge Of Lies: Celebrity Specials. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Cricket. 8.30 MOVIE: Mary Me. (2022) (PG) 10.50 Boyzone. Life, Death And Boybands. (M) 11.50 Cycling. Santos Tour Down Under. Men's. Stage 2. Highlights. 12.50 Dr Harry's Animal Encounters. (PG) 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 5. 4.00 Tennis. Australian Open. Afternoon 5. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 5. 11.00 Tennis. Australian Open. Late Night 5. 12.00 Chicago Med. (MA15+) 1.00 Next Stop. 1.30 TV Shop: Home Shopping. 2.30 Global Shop. 3.00 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. 3.30 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! (PG) 9.00 Elsbeth. (PG) 10.00 News. 10.30 10 News+. 11.10 Stephen Colbert. 12.30 Shopping.
FRIDAY	6.00 Morning Programs. 1.00 Muster Dogs: Where Are They Now. 1.45 Goolagong. 2.40 Classic Countdown Extras. 2.55 Would I Lie To You? 3.25 Nigella's Cook, Eat, Repeat. 3.55 Grand Designs: House Of The Year. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. 7.00 News. 7.30 All Creatures Great And Small. 8.20 Art Detectives. 9.05 Hard Quiz. 9.35 The Weekly. 10.05 In Ten Pictures. 11.00 News. 11.15 Smother. 1.00 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 2.00 Living Black: 50 Years Of SBS Indigenous. 2.05 New Zealand From A Train. 3.00 Going Places. 3.30 Plat Du Tour. 3.40 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 The Great House Revival. 9.30 Isle Of Wight: Jewel Of The South. 10.20 SBS News. 10.50 Sisi. 11.45 Babylon Berlin. 1.35 Silent Road. 3.30 Sire. 4.00 German Fleet. 4.30 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: You May Kiss The Bridesmaid. (2021) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Cricket. Big Bash League. The Challenger. 10.30 Seven's Cricket: The Spin. 11.15 Cycling. Santos Tour Down Under. Men's. Stage 3. Highlights. 12.15 Travel Oz. (PG) 12.45 Dr Harry's Animal Encounters. (PG) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 6. 4.00 Tennis. Australian Open. Afternoon 6. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 6. 11.00 Tennis. Australian Open. Late Night 6. 12.00 Chicago Med. (MA15+) 1.00 Next Stop. 1.30 TV Shop: Home Shopping. 2.30 Global Shop. 3.00 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. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Attenborough's Parenthood. 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. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Selling Houses. (PG) 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.
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. 3.10 Extraordinary Escapes. 4.00 Becoming Human. 5.00 The ABC Of. 5.30 Dr Karl's How Things Work. 6.00 Back Roads. 6.30 Hard Quiz. (PG) 7.00 ABC News. 7.30 Call The Midwife. (PG) 8.30 Vera. (M) 10.05 Goolagong. (PG) 11.00 The Jetty. (M) 12.00 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Figure Skating. ISU European Championships. Highlights. 4.00 Sailing. Sail Grand Prix Perth. Highlights. 5.00 Plat Du Tour. 5.05 Going Places. 5.35 Our Tiny Islands. 6.30 News. 7.30 Secrets Of Britain's Historic Houses. 8.40 Swiss Alpine Rail Journeys. 9.40 The Secret DNA Of Us. 10.50 Scottish Islands With Ben Fogle. 11.55 House Of Promises. 3.30 Gestapo: Hitler's Secret Police. 4.30 Bamay. 5.00 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Carrington Stakes Day, Caulfield Australia Day and Coastline BMW Sunshine Coast Cup Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 MOVIE: The Sound of Music. (1965) (G) 10.40 Air Crash Investigations. (PG) 11.40 Cycling. Santos Tour Down Under. Men's. Stage 4. Highlights. 12.40 MOVIE: A Job To Die For. (2022) (M) 2.30 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Let's Eat With George. 6.30 Drive Safer. 7.00 Weekend Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 7. 4.00 Tennis. Australian Open. Afternoon 7. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 7. 11.00 Tennis. Australian Open. Late Night 7. 12.00 Chicago Med. (MA15+) 1.00 The Gulf. (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 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. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Selling Houses. (PG) 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.
SUNDAY	6.00 Morning Programs. 1.00 Compass. 11.30 Praise. 12.00 News. 12.30 Maggie Beer's Big Mission. 1.30 Gardening Aust. 2.30 Muster Dogs: Where Are They Now. 3.15 The Assembly. 4.00 Poh'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 Australian Of The Year 2026. 8.45 The ABC Of. 9.15 The Jetty. 10.20 Call The Midwife. 12.00 MOVIE: Wake In Fright. (1971) 1.05 Rage. 1.55 Smother. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Motor Racing. Best of Dakar Rally. Highlights. 4.00 Figure Skating. ISU European Championships. Part Two. Highlights. 5.30 Plat Du Tour. 5.35 Our Tiny Islands. 6.30 News. 7.30 Once Upon A Time In Space. 9.30 Pompeii: The Last Mysteries Revealed. 10.20 Putin And The West: The Next Chapter. 11.30 Black Gold. 1.05 Building The Impossible. 2.00 Rise Of The Nazis. The Downfall. 3.10 24 Hours In Emergency. 4.05 Late Programs.	6.00 Morning Programs. 12.00 MOVIE: City Slickers II. (1994) 2.30 Air Crash Inv. Accident Files. 3.30 Better Homes And Gardens Summer. 4.30 Cows For Cambodia. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Cricket. Big Bash League. The Final. 10.30 Big Bash League Post-Game. 11.00 7NEWS Spotlight. 12.00 Cycling. Santos Tour Down Under. Men's. Stage 5. Highlights. 1.00 Temple. 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 Explore TV. Trade Routes Of The Middle Ages. 7.00 Weekend Today. 10.00 Australian Open Tennis Pre-Show. 11.00 Tennis. Australian Open. Day 8. 4.00 Tennis. Australian Open. Afternoon 8. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 8. 11.00 Tennis. Australian Open. Late Night 8. 12.00 The First 48. (M) 1.00 Next Stop. 1.30 TV Shop: Home Shopping. 4.00 Skippy. 4.30 GolfBarons. (PG) 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 What's Up Down Under. 8.30 Buy To Build. 9.00 Key Ingredient. 9.30 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. 3.30 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! (PG) 9.00 Elsbeth. (PG) 10.00 News. 10.30 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.
MONDAY	6.00 Morning Programs. 1.00 The Great Australian Bee Challenge. 2.00 Restoration Aust. 2.55 Would I Lie To You? 3.25 Brush With Fame. 3.50 Grand Designs: House Of The Year. 4.40 Long Lost Family. 5.25 Antiques Roadshow. 6.25 Hard Quiz. 6.55 Governor-General's Australia Day Message. 7.00 News. 7.30 Australia Day Live. 9.30 Hard Quiz: Battle Of The Has Beens. 10.10 Dr Karl's How Things Work. 10.40 News. 10.55 The Weekly. 11.25 Grand Designs: House Of The Year. 12.15 Late Programs.	6.00 Morning Programs. 2.00 Where The Dreamings Come From. 2.10 Going Places. 2.43 NITV News Special: Day 26 2026. 2.45 The Cook Up. 3.15 NITV News Special: Day 26 2026. 3.17 Ocean Wreck Investigation. 4.03 Jeopardy! 4.28 NITV News Special: Day 26 2026. 4.30 Letters And Numbers. 5.00 Mastermind Aust. 5.30 NITV News Special: Day 26 2026. 6.30 News. 7.30 The Colleano Heart. 9.10 Stock Atken Waterman: Legends Of Pop. 10.25 SBS News. 10.55 Like Water For Chocolate. 11.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: Nikki And Nora: Sister Sleuths. (2022) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK: Rollover. (PG) 8.30 9-11. (M) 10.30 Crime Investigation Australia: The Most Infamous. (MA15+) 12.00 Girlfriends' Guide To Divorce. (MA15+) 1.00 Conviction. 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 9. 4.00 Tennis. Australian Open. Afternoon 9. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 9. 11.00 Tennis. Australian Open. Late Night 9. 12.00 Chicago Med. (MA15+) 1.00 Next Stop. (PG) 1.30 TV Shop: Home Shopping. 2.30 Global Shop. 3.00 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. 3.30 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! (PG) 9.00 Elsbeth. (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. 3.00 Would I Lie To You? 3.30 Brush With Fame. 3.55 Grand Designs: House Of The Year. 4.45 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 The Whitley Art Scandal. 11.45 Grand Designs: House Of The Year. 12.35 Long Lost Family. 1.25 Rage. 3.55 Gardening Aust. 5.00 Late Programs.	6.00 Morning Programs. 2.00 Auschwitz: The Hidden Traces. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Inferno: Letters From Auschwitz. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 Portillo's 200 Years Of The Railways. 9.40 Aerial Australia. 10.30 SBS News. 11.00 Exit. 11.55 DNA. 12.50 DNA. 1.40 24 Hours In Emergency. 2.30 24 Hours In A&E. 3.25 Craig & Bruno's Great British Road Trips. 3.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: For Love And Honor. (2016) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK: Rollover. (PG) 8.30 9-11. (M) 10.30 Crime Investigation Australia: The Most Infamous. (MA15+) 12.00 Girlfriends' Guide To Divorce. (MA15+) 1.00 Conviction. 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 10. 4.00 Tennis. Australian Open. Afternoon 10. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 10. 11.00 Tennis. Australian Open. Late Night 10. 12.00 Chicago Med. (MA15+) 1.00 Next Stop. (PG) 1.30 TV Shop: Home Shopping. 2.30 Destination WA. (PG) 3.00 TV Shop. 4.00 Skippy. 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. 3.30 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! (PG) 9.00 Elsbeth. (PG) 10.00 News. 10.30 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.

January 28 - February 3

	ABC TV	SBS	SEVEN	NBN	TEN	
WEDNESDAY	6.00 Morning Programs. 12.00 News. 12.30 TBA. 1.00 Miniseries: The Cry. 1.55 Restoration Aust. 2.55 Would I Lie To You? 3.25 Brush With Fame. 3.55 Grand Designs: House Of The Year. 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 Bowie. 10.35 News. 10.50 The Jetty. 11.50 Grand Designs: House Of The Year. 12.40 Long Lost Family. 1.30 Rage. 2.20 Smother. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 1.00 Cycling. Cadel Evans Great Ocean Road Race. Women's Surf Coast Classic. 2.00 WorldWatch. 3.00 Living Black: 50 Years Of SBS Indigenous. 3.05 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 JFK: The Making Of A President. 8.25 The Jury: Murder Trial UK. 9.20 Weight Of The World. 10.30 SBS News. 11.00 Face To Face. 11.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: Just Add Romance. (2019) 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK: Rollover. (PG) 8.30 MOVIE: The Sapphires. (2012) (PG) 10.40 Air Crash Inv. (PG) 11.35 Border Security. (PG) 12.05 Wolfe. (MA15+) 1.05 Wolfe. (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 11. 4.00 Tennis. Australian Open. Afternoon 11. 6.00 NBN News. 7.00 Tennis. Australian Open. Night 11. 11.00 Tennis. Australian Open. Late Night 11. 12.00 Chicago Med. (MA15+) 1.00 Next Stop. 1.30 TV Shop: Home Shopping. 2.30 Global Shop. 3.00 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. 3.30 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! (PG) 9.00 Elsbeth. (PG) 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? 3.30 Brush With Fame. 3.55 Grand Designs: House Of The Year. 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 The Piano UK. 10.35 News. 10.50 Grand Designs: House Of The Year. 11.35 Long Lost Family. 12.25 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 1.00 Going Places. 1.30 Cycling. Cadel Evans Great Ocean Road Race. Men's Surf Coast Classic. 2.30 WorldWatch. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.10 Ocean Wreck Investigation. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Toronto Airport Uncovered. 8.25 Robson Green: World's Most Amazing Walks. 9.20 In Flight. 10.15 SBS News. 10.45 Before We Die. 11.40 This Town. 12.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 MOVIE: Cupids On Beacon Street. (2021) 2.00 Bridge Of Lies: Celebrity Specials. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Home And Away. (PG) 7.30 Home And Away. (PG) 8.30 MOVIE: Kingsman: The Secret Service. (2014) (MA15+) 11.15 TBA. 12.15 MOVIE: A Mother's Terror. (2021) (M) 2.30 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.00 Australian Open Tennis Pre-Show. 12.00 Tennis. Australian Open. Day 13. Men's Semi-Final. 4.00 Tennis. Australian Open. Afternoon 13. 6.00 NBN News. 7.00 Australian Open Tennis Pre-Show. 7.30 Tennis. Australian Open. Night 13. Men's semi-finals. 11.00 Tennis. Australian Open. Late Night 12. Women's semi-finals. 12.00 Chicago Med. 1.00 Next Stop. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 GolfBarons. 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. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 Selling Houses. (PG) 8.40 Love It Or List It Australia. 9.50 The Graham Norton Show. 11.00 News. 11.10 10 News+. 11.40 Stephen Colbert. 12.30 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. 2.20 All Creatures Great And Small. 3.10 Extraordinary Escapes. 4.00 Becoming Human. 5.30 Dr Karl's How Things Work. 6.00 Back Roads. 6.30 Hard Quiz. (PG) 7.00 ABC News. 7.30 Call The Midwife. (PG) 8.30 Vera. (M) 10.05 Goolagong. (PG) 11.00 The Jetty. (M) 12.00 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 9.00 Rediscover Victoria. 10.00 BBC News At Ten. 10.30 France 24. 11.00 PBS News. 12.00 Going Places. 12.30 Cycling. Cadel Evans Great Ocean Road Race. Elite Women's. 5.00 Plat Du Tour. 5.05 Going Places. 5.35 Our Tiny Islands. 6.30 News. 7.30 Secrets Of Britain's Historic Houses. 8.40 The Alchemist. 9.40 The Secret DNA Of Us. 10.45 The Lucan. 11.45 House Of Promises. 3.15 Barkley Manor. 4.40 Bamay. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Southern Cross Stakes Day and Caulfield Open Day. 5.00 News. 5.30 Border Security. 6.00 Seven News. 7.00 MOVIE: The Super Mario Bros. Movie. (2023) (PG) 9.00 MOVIE: The King's Man. (2021) (MA15+) 11.40 Air Crash Inv. (PG) 12.40 MOVIE: Betrayed Within. (2022) (M) 2.30 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 10.00 Today Extra: Saturday. 11.00 Australian Open Tennis Pre-Show. 12.00 Tennis. Australian Open. Day 14. 4.30 Find My Beach House Australia. 5.00 News. 5.30 Find My Country House Aust. 6.00 NBN News. 6.30 Australian Open Tennis Pre-Show. 7.30 Tennis. Australian Open. Night 14. Women's semi-finals. 12.00 Chicago Med. 1.00 Law & Order: Organized Crime. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 TV Shop. 5.30 Helping Hands Summer Series.	6.00 What's Up Down Under. 6.30 Camper Deals. 7.00 Reel Action. 7.30 Escape Fishing. 8.00 Fish. 8.30 On The Fly. 9.00 4x4 Adventures. 10.00 I'm A Celebrity... Get Me Out Of Here! 1.00 Surf Life Saving. Iron Series Gold Coast. Finals. Day 1. 3.00 GCBC. 3.30 The Brighter Side. 4.00 Lingo. 5.00 News. 6.30 Dog House Aust. (PG) 7.30 Love It Or List It Australia. 8.30 Ambulance Australia. (M) 9.30 Ambulance UK. (M) 10.40 Matlock. (PG) 11.40 Elsbeth. (PG) 12.30 Shopping. 5.00 Hour Of Power.	
SATURDAY	6.00 Morning Programs. 9.00 Insiders. 10.00 Offsiders. 10.30 Secret Science. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Maggie Beer's Big Mission. 1.30 Gardening Aust. 2.30 Muster Dogs: Where Are They Now. 3.15 The Assembly. 4.00 Poh'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. 8.30 Dog Park. 9.00 This England. 10.05 Call The Midwife. 11.05 Midsomer Murders. 12.35 Rage. 3.00 Gardening Aust. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 10.00 PBS News Compass Points. 1.30 Street News. 5.35 Our Tiny Islands. 6.30 News. 7.30 Lost Cities Of Ghenghis Khan. 9.20 Angkor: Hidden Jungle Empire. 10.20 Zelensky: Citizens At War. 11.15 A Year From Space. 12.30 Building The Impossible. 1.25 The Deadly Bermuda Triangle. 2.15 Rise Of The Nazis: The Downfall. 3.20 Barkley Manor. 4.20 Bamay. 4.50 Destination Murders. 12.35 Rage. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 MOVIE: Spartacus. (1960) 4.00 Border Security. Int. 3.30 Cows For Cambodia. 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Border Security. (PG) 7.30 John Farnham: Finding The Voice. (M) 9.30 Queen: In Their Own Words. (M) 10.30 Crime Investigation Australia: Most Infamous. (MA15+) 12.30 Temple. (M) 2.30 Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.00 Fishing Aust. 11.30 GolfBarons. 12.00 Journey To Ipirinia. Italy. 1.00 Getaway Holidays In The Sun. 2.00 Take Me Home. 3.00 David Attenborough's Dynasties II. 4.00 Australian Open Tennis Pre-Show. 5.00 News. 5.30 RBT. 6.00 NBN News. 6.30 Australian Open Tennis Pre-Show. 7.30 Tennis. Australian Open. Night 15. Men's final. 12.00 The First 48. 1.00 Next Stop. 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 9.00 Freshly Picked. 9.30 I'm A Celebrity... Get Me Out Of Here! 11.00 Mixed Martial Arts. UFC 320. 1.00 Surf Life Saving. Iron Series Gold Coast. Grand Eliminator. Replay 2.30 Basketball. NBL . Round 19. Tasmania JackJumpers v New Zealand Breakers. 4.30 Deal Or No Deal. 5.00 News. 6.30 10 News+. 7.00 I'm A Celebrity... Get Me Out Of Here! 8.30 NCIS: Sydney. 9.30 Law & Order: SVU. 10.30 NCIS: Origins. 11.30 10 News+. 12.00 Shopping.	
SUNDAY	6.00 Morning Programs. 1.00 Bowie. 2.35 Take 5. 3.00 Would I Lie To You? 3.30 Brush With Fame. 4.00 Love Your Garden. 4.45 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 The Business. 11.05 DNA. 1.45 Australia In Colour. 3.40 Rediscover Victoria. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 1.00 PBS News Compass Points. 1.30 WorldWatch. 2.00 South America With Simon Reeve. 3.05 Going Places. 3.35 The Cook Up. 4.05 Legends End: The Loch Ness Monster Story. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 MOVIE: From Roger Moore With Love. (2024) 10.10 Rock Legends. 10.40 SBS News. 11.00 Exit. 12.05 DNA. 1.45 Australia In Colour. 3.40 Rediscover Victoria. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.15 9-11. (M) 10.15 I Cut Off His Penis: The Truth Behind The Headlines. (MA15+) 11.15 Crime Investigation Australia: Most Infamous. (MA15+) 12.30 Conviction. 1.30 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Falling For The Manny. (2022) 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 Married At First Sight. (M) 9.30 Forging Champions. (PG) 11.00 9News Late. 11.30 Sight Unseen. (M) 12.15 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 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. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 TBA. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 Matlock. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.	
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Parliament. 3.00 Would I Lie To You? 3.30 Brush With Fame. 4.00 Love Your Garden. 4.45 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 The Business. 11.05 DNA. 1.45 Australia In Colour. 3.40 Rediscover Victoria. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Morning Programs. 2.00 Going Places. 3.35 The Cook Up. 4.05 Secrets Of The Loch Ness Monster Story. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.30 MOVIE: From Roger Moore With Love. (2024) 10.10 Rock Legends. 10.40 SBS News. 11.00 Exit. 12.05 DNA. 1.45 Australia In Colour. 3.40 Rediscover Victoria. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 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 News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.15 9-11. (M) 10.15 I Cut Off His Penis: The Truth Behind The Headlines. (MA15+) 11.15 Crime Investigation Australia: Most Infamous. (MA15+) 12.30 Conviction. 1.30 Travel Oz. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 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 Married At First Sight. (M) 9.30 Beyond The Dream. 10.10 9News Late. 10.40 The Equalizer. (M) 11.30 A Remarkable Place To Die. (MA15+) 12.30 Tipping Point. (PG) 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 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. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.30 TBA. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 Matlock. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 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

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



Until Sun 25 Jan - Behind the Door & Under the Bed Exhibition (artwork above) Every day 10am - 4pm at Forster Gallery, 34 Lake St Forster. (See advertisement below right)

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

Mon 26 Jan - Australia Day Activities
Activities on Australia Day are being held around the region. (See advertisements on opposite page and on pages 4, 6 & 27)

Mon 26th January - Australia Day Flag
Rotary Club Of Lower Mid Coast will be holding a low key Australia Day Flag Raising Ceremony at 7:00am on Pilot Hill, Forster. All welcome.

February

Sun 1 Feb - Black Head Bazaar Market
8am to 1pm Wylie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

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

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

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

Sat 21 Feb - Forster Farmers Market
8am to 12pm Forster Info Centre, 4 Little St.
(See above right) Enquiries: Linda 0421 347 273

Sun 22 Feb - Pacific Palms Market
9am to 1pm Pacific Palms Community Centre. Community Library Stall open in hall.
Enquiries: Jennifer Doyle 0401 968 516



Photos from the Forster Farmers Market on 17 January by Matilda Yule. Plenty of fresh produce available and more! Next market is on 21 February.



Art lovers flock to Forster Gallery's record-breaking Exhibition

By Elizabeth Ho - Forster Gallery

Forster Gallery's latest exhibition/sale, Behind the Door and Under the Bed, has once again proven to be a runaway success, delighting both seasoned collectors and casual visitors alike. With the exhibition's final days fast approaching, there's still time to discover that "something special" from among the over 270 unique and affordable artworks on offer.

Renowned for uncovering hidden treasures, the Behind the Door art sale has become one of the gallery's most anticipated events. This year has been no exception, with a record number of lucky visitors taking home original artworks at heavily discounted prices. From bold abstracts to delicate landscapes, the exhibition showcases an extraordinary range of local

talent and creativity – reminding everyone that art can be both inspiring and accessible.

As this much-loved event draws to a close, Forster Gallery is preparing for a brief closure in February to undergo renovations, ensuring visitors will return to a refreshed and revitalized space.

The gallery will reopen 25 February with a new exhibition, Our Backyard, a heartfelt tribute to the region's stunning coastal paradise. Running until 22 March, the exhibition celebrates the colours, textures and spirit of the local landscape through the eyes of talented regional artists.

This year's feature wall artist for Our Backyard is Suzi Zglinicki, whose vibrant work is familiar to many of our members as Suzi teaches



Many artworks by local artists can be viewed at the Forster Gallery.

watercolours and printmaking at the gallery. If you are interested in taking art classes this year, look on our website for a class that suits you. The gallery offers a wide selection of classes and workshops open to members and non-members alike.

Forster Gallery invites art lovers to visit before the renovation break and to return in February for a renewed celebration of local art and community spirit. Opening hours for the Behind the Door sale are daily from 10 – 4pm as it is a full gallery exhibition. Opening hours for Our Backyard are 10 – 2pm on weekends and when the flags are flying. Located near the heart of town, gallery access is easy, with parking available and it is disability friendly.

Find and follow us on Facebook and Instagram where we invite you to leave a review.

Hurry, final days

BEHIND THE DOOR & UNDER THE BED

ART SALE

is on again!

10 Dec 2025 – 25 Jan 2026

FORSTER GALLERY — 34 Lake St, Forster

Open: 10am – 4pm, 7 days from 10 Dec 2025 – 27 Jan 2026

Closed Public Holidays: 24 – 26 Dec, 31 Dec and 1 Jan 2026

www.forstergallery.org

What's on around town & beyond!

Hallidays Point community celebrate Australia Day



Above: Australia Day celebrations at Hallidays Point in 2025. Photo supplied.

By Ray Piper - Hallidays Point Lions

Community groups are the heartbeat of Hallidays Point. Sporting clubs, volunteer services, arts and cultural groups, environmental stewards, and local businesses all contribute to a network of purpose. Each group offers members a sense of belonging and a clear role to play, turning individual energy into collective benefit.

When groups work together, the outcomes are tangible: events that bring joy, satisfaction and services that support those in need.

These achievements reflect a community that measures success not by individual gain but by improved quality of life for all.

Let us honour that spirit by joining in, supporting local groups, and renewing our commitment to one another so the community we cherish continues to thrive.

Each year Lions recognise individuals that work tirelessly to improve the quality of life for all. An invitation is extended to all to celebrate Australia Day at Black Head pool from 7:00am.

(See advertisement below)

Hallidays Point: Australia Day By The Ocean



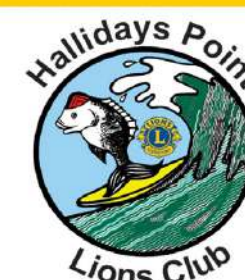
Come Celebrate our Community Strength

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

'Coomba Fest' on Australia Day

Coomba Aquatic Club

The Coomba Aquatic Club (CAC) wish to invite locals, visitors and neighbouring communities to share in our nations Australia Day Celebrations to be held at the Coomba Park foreshore commencing at 8am through to 6pm on Monday the 26th of January 2026.

Commencing with the flag raising ceremonies at 8.30am followed by raffles, Chocolate wheel, RFS Display and Fun events.

An abundance of events will be highlighted throughout the day which offer a range of opportunities for children to participate and enjoy new friendships and cool off in our newly refurbished tidal pool that will offer a large floatation mat for hours of fun. Also on the agenda for the bigger kids is the tug-o-war which can be very competitive.

One of the main events that will be contested is the annual Raft Race which brings crafts of all shapes and sizes. This event is scheduled to commence at 12 noon and is run over a course of approximately 500 metres with directional buoys in place. This is a greatly contested race which is comprised of lots of fun and friendly foul play along the course and duration. For the winner of the raft race comes the prestigious bragging rights for twelve months and the perpetual trophy.

Onsite food stalls will cater for patrons and will provide options from sausage or steak rolls



Above: The annual Raft Race from 2025. Photo supplied.

through to gourmet delights. Product stalls will also be on site and offer a range of goods.

Local musician groups will provide endless entertainment throughout the day commencing with Greg Elliott from 9am. Followed by these very talented groups, "Geeza", "Amp Hour" And the "Howlers". Concluding at 6pm.

The Coomba Aquatic Club wish to thank these businesses for their ongoing support towards this event and to the surrounding communities: Troy Perrin Coastal Realty Forster/Tuncurry, Forster BBQ Galore, Wharf Street Butchery and Coomba Park General store.

Raffle tickets available at the CAC or the Coomba General store and Coomba Fest Australia day.

Come along to the Coomba Park Australia Day "Coomba Fest" and enjoy our friendly community and participate in the day's activities with loads of fun for both young and not so young.

Eftpos available or cash for food or ticket purchase. (See advertisement below)

Celebrating Australia Day

Coomba Fest

2026

January 26, Coomba Park foreshore 8am-6pm

Giant RAFFLE

Donated by Coastal Realty

SECOND PRIZE:
\$200 GIFT VOUCHER
Donated by BBQ Galore Forster

THIRD PRIZE:
\$50 MEAT VOUCHER
Donated by Wharf Street Butchery

PLUS... 10 x \$25 meat vouchers donated by Coastal Realty.

Chocolate Wheel & Raffles

RFS Display

Food/Drink stands

Tug O' War

Kids' Races

Flag-raising and Welcome to Country ceremonies from 8.30am.

PRESENTED BY:

OUR SPONSORS:

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

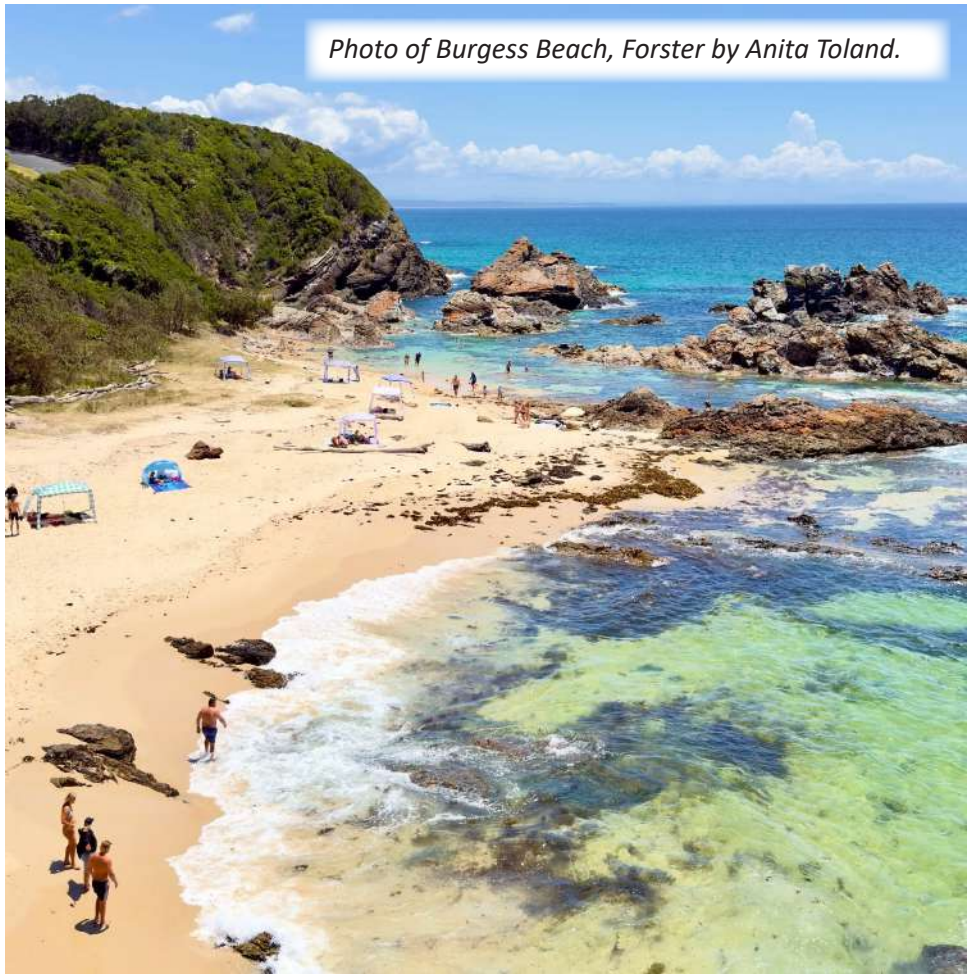
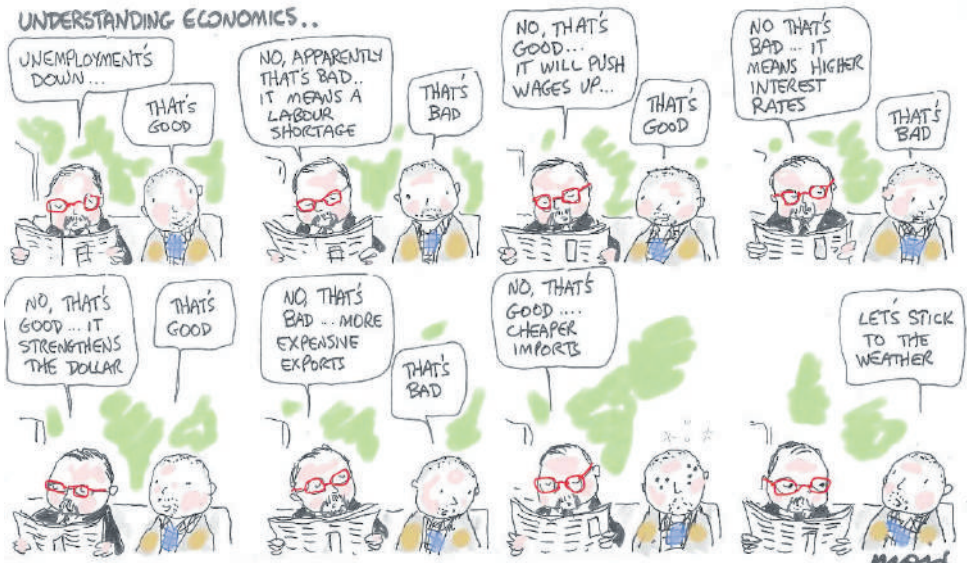


Photo of Burgess Beach, Forster by Anita Toland.



www.moir.com.au

Albanese says he's open to a Royal Commission into Stranger Things' ending



POLITICAL SATIRE: Prime Minister Anthony Albanese has made a major backflip, announcing he's open to a Royal Commission into the series finale of Stranger Things.

"The Australian public is right to demand answers, and I apologise for my lack of immediate action," Albanese said in a press conference.

Vecna? Is Byler canon? All of these things will be answered in due time."

Initial calls for a Royal Commission came from Sussan Ley right after the first episode premiered, which some would say made her appear a little too eager to politicise the event.

"I'm not being political. I just know that if I were Prime Minister then Season 5 would've been better and that Albanese is to blame," she stated.

Although many Australians' questions concern the plot of the Netflix original show, there are calls for the Royal Commission to investigate the series' overall decline in quality over the years.

"I know many are disappointed. How could something that started with so much promise slowly erode into having the same mediocrity as its competition?" said the PM.

Book Review



Book Review by John King - Pacific Palms Librarian

Unsettled

Kate Grenville's latest book *Unsettled* has a subtitle of *A Journey Through Time and Place*. Yet that subtitle does not do the book justice. *Unsettled* does: it reflects her state of mind in looking back at her family's involvement in the "unsettlement" of the aborigines from Solomon Wiseman's Ferry through the Hunter Valley up to Guyra. It is more than a family biography through time and place, though it is that. It is looking at the unsaid, or barely hinted at, reality through that displacement, a form of expiation, an imagination of what perhaps was, and her feelings about that, a personal truth-telling that mere words cover up.

As Grenville says, Wiseman took up the grant of land, those words disguising that he took the land from its prior owners and users where they grew yams, fished, and hunted. Go north through Settlers Road, St Albans (and the Settlers Arms pub is a beautiful old building), St Albans Common, to Mogo Creek, an ephemeral creek that enters the valley at its northern extreme. "Mogo" means stone axe but the Hawkesbury sandstone is not suitable for axes, so the granite type stone came there. It didn't walk of its own accord; people brought it, probably through trade. That is, there was a network of peoples in operation.

There is history here, too. The British Government enacted that new settlers should allow aborigines access to their traditional land and water, evidently on the basis that they were essentially following a nomadic lifestyle. Ignorance rather than actuality and of course it didn't happen.

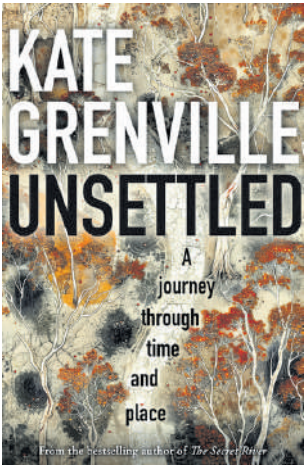
Governor Darling declared a line north of Murrumbidgee as where the "settled districts" ended, that is effectively as unregulated, thereby allowing squatters, later the squatterocracy, to do almost anything they wanted in gaining control of the land and resources. The seven white settlers who were

hanged for the Myall Creek massacre is the exception. Grenville visits the memorial set up jointly by the local aboriginal and white communities, and sees in it a way forward, a reconciliation. Yet, even here, someone has chiselled off the words murder of women and children.

The book is really Grenville's own journey—she says pilgrimage—but it comes over as her own attempt to settle her mind, to try to ask those questions that we all wish we had asked of our parents, to see the context of her family stories and if not to offer a mea culpa at least a reality not an erasure. Much is supposition, of course, and some is doubtful. She looked for the family owned hotel, magnificent it seems, in Tamworth only to find it demolished for K-Mart and a parking area. Grenville sees it as an erasure; or is it simply a commercial grab for valuable land?

Let Grenville have the last word. "There are no answers (here to justice for the future—my words)—just one person's attempt to look with new eyes." As a book covering generations back to Solomon Wiseman's grant in 1817, it is a valuable perspective.

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



Screen Reviews



TV Show Review by regular visitor to Blueys Beach - Harriet Kelly

Billy Joel. And So It Goes: (Fox/Max)

A fantastic 2-part documentary by HBO, Billy Joel's 'hits that you've grown up will all suddenly make sense.

Delivered across the chronicles of his many albums, this 'doco' really allows the audience into the mind of this musical genius and the life events which drove him to write his many top hits.

Perhaps most fascinating is the exploration into exactly how he goes about writing his many musical masterpieces—sitting alone at his piano scrawling and scribbling the lyrics we all know so well (and there they are for us to see in first and second draft).

There are so many 'take aways' from this excellent production, I really had no idea how 'relatable' he really is and how much he remained committed to representing the working-class man.

In many ways this is actually says it all about this 'doco'—how a seemingly very ordinary individual can also be one of the most musical geniuses of our time.

The Truth About Jussie Smollett (Netflix)

A captivating 90-minute documentary which investigates the alleged 'hate crime' where actor Jussie Smollett, from the TV show *Empire*, was supposedly 'set upon' by two white men in the middle of the night (during a particularly cold Chicago polar weather event) in early 2019.

Thoughts such as 'What was he thinking?' And as the early investigation unfolds, 'Did he really think he could get away with this?' quickly comes to mind.

As key witnesses (and acquaintances of Smollett) brothers 'Bola' and 'Ola' reveal details of the plan to take part in this hoax, including the direct payment they received from Smollett to 'beat him up' and place the noose around his neck—the plot becomes even more preposterous with Smollett's continued attempts to maintain he really was the victim of a racist and homophobic attack.



Not to mention the original threat letter put together from 'cut out' alphabetical pieces (straight out of the script of some 90's film).

As the Chicago Police Chief Eddie Johnson suggested (among many revealing insights he shares with the audience from the outset of this hoax)—this was all theatrics from an actor who was intent on being the face of racism and homophobia. But will now be forever known as the joker of the century!



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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: vvaglfoster@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 Tuncurry Memorial Hall. Check our Facebook for updates 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 Bridge Club

Lessons at 2pm starting Tues 3rd Feb for 7 weeks. Great Lakes Bridge Club on Lake St, Forster. Contact Sylvia 0431 066 388

Great Lakes Prostate Cancer Support Group.

Fourth Tuesday of every month 7pm Club Forster.
Email: jipatchwood@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 Moorrooba 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 Moorrooba Rd, Coomba Park.
Contact Warren Arnold 0407 721 604

Forster District Combined Probus Club

9.45am 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: vvaglfoster@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.

Community News

www.forsterfortnightly.com.au

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Wallis Lake History Group

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

Saturdays

Alcoholics Anonymous

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

Club Forster Table Tennis

Each week new players welcomed. 12:45 - 3pm. Contact Harold 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.



Southern Emu-Wren by Brian McCauley.

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

February

Manning Great Lakes Birdwatchers

Thur 5 Feb - Harrington/Crowdy Head.

Imagine if we realigned our national priorities

By Jack Toohey - Sydney Morning Herald, 22 November 2025

When I started a business in my early 20s, it felt like now or never. My business partner and I could still live at home. We didn't have partners, kids or mortgages. If it all went under in a few years, we'd have a soft place to land and enough time to retrain and re-enter the workforce.

Even in high school, I'd given up hope of owning a home by any conventional means. Prices were rising much faster than wages, and it didn't look like that would ever change. My thinking was that if buying a home was going to be possible, it would have to be through owning a business that could scale in a way that I couldn't as an individual worker.

The system is geared towards building wealth through property rather than through innovation or hard work.

And I was lucky to even have that option – a business partner willing to take the same gamble, and the safety net to try. For most people facing the same housing reality, there is no "now or never" moment. There's just never.

So we tried. But as the business grew to 15 staff, housing costs were a constant backdrop in every conversation. In pay discussions, staff would bluntly tell me that rent was their biggest stressor. I understood, because I felt it, too. To cover my own rent in Sydney, I worked weekends as a DJ.

It's not that the business wasn't successful. It's that the housing market grew faster than we could. Our margins shrank as rents rose. Our capacity to innovate or take risks deflated while property values ballooned. We were creating something new every day – but the gains were flowing to the people who already owned something old: property.

Australia finds itself in a paradox. Passive property ownership appears more financially rewarding than productive work on paper.

We've tied up vast sums in housing speculation when we could be using that money to create



something new — new businesses, new technology, new solutions to old problems. But if we keep telling ourselves we can get richer by doing nothing, why would we bother doing something?

This distorted reward system directs our motivation away from productivity and towards property speculation. Banks, with their property fixation, have set up a series of hurdles for young would-be entrepreneurs. Want a business loan? Sure, just put up your house as collateral. Oh, you don't own a house? Well, tough luck, mate.

You might need a loan to get property, but you also need property to get a loan. By the time you've jumped through all the hoops, you're likely to be well into your 30s or 40s. Your prime years of energy and innovation were spent paying off a mortgage rather than building a business. We've created a system in which the safe bet is always property, and innovation is seen as a risky luxury. It's a system that rewards speculation over creation, passive ownership over active entrepreneurship.

We have \$11 trillion tied up in residential real estate, yet our entire annual GDP – everything we produce and do – is only \$2.6 trillion. Most of that property value never shows up in GDP because it's paper wealth, just sitting there, not actual economic activity. The opportunity cost of our fixation on property is difficult to fully grasp. Anyway, let's try.

Imagine if, instead of funnelling billions into housing speculation (mostly debt for houses

that already exist), we redirected that capital towards transformative investments. We could be building world-class public transport systems that slash commuting times and reduce emissions. We could be pioneering renewable energy technologies, positioning Australia as a global leader in the fight against climate change.

We could be funding even more groundbreaking medical research, unlocking cures for the diseases that plague humanity. We could be nurturing new industries that create high-skilled, high-paying jobs, future-proofing our economy against global turmoil.

These investments would do more than create real economic growth – they'd increase productivity, generate sustainable employment and, yes, boost incomes. And guess what? The houses would still be there, still holding their fundamental value as shelter, as safety, as homes. We would channel our energy – and our money – into the world around us, which in turn would become more efficient, more innovative, more liveable.

There's more: we'd all have extra disposable income to spend on things that truly enrich our lives, from family barbecues to cultural experiences – activities that stimulate the economy as well as our hearts and minds.

In the 2023-24 financial year, the Australian government invested \$12.6 billion in research and development in all sectors. In the same period, the ABS found, Australians borrowed \$324 billion for housing – 80% of which went to buying homes that already existed, not building new ones. That's nearly 26 times our total federal R&D (research and development) spend. Put another way: we take out as much in mortgages every two weeks as we (collectively, as taxpayers) spend all year on the scientific research, technological development and innovation that could shape our nation's future.

"Sure, but what about private sector investment?" you might ask. Well, I went looking for that too. The most recent data available puts private business investment in

R&D at \$20.6 billion in 2021-22. Still more than \$300 billion short of what we borrowed for housing in 2023-24.

Imagine if we realigned our national priorities and clawed even just a little bit of that money from housing and invested it in R&D. If Australia were to increase our total R&D spending from its current (below-average) 1.68% of GDP to match Germany's 3.1%, the public and private sectors combined would need to invest an additional \$31 billion a year. That's less than 10% of what we currently pour into housing loans every year.

More than big tech or scientific breakthroughs, we could be creating a national culture where everyday Australians felt empowered to take risks, start businesses and pursue their passions without fear of destitution. By reorienting our economy towards real productivity, innovation and entrepreneurship, we could create genuine wealth and opportunity for all Australians, not only those lucky enough to own property.

We could foster a culture where opening anything – whether it's a corner cafe or a clean-energy venture – didn't carry the risk of homelessness.

Again, the houses would still be there. But alongside them, we could have a more dynamic and equitable economy – one where hard work, creativity and risk-taking are rewarded more than simply owning an artificially appreciating asset.

Owning a home – the Australian Dream – doesn't need to be chucked in the bin, but our economy should work for everyone, not only property owners. It should be creating real value, not inflating the perceived value of existing assets. True wealth comes from what we create, contribute and share within our communities, not what we own.

Jack Toohey is a creative director. This is an edited excerpt from his book *Better Things Are Possible: How rebellious hope will change the world*.

Local Visitor – Debbie Swibel

Interview by Vanda Gooley - Forster

We can never underestimate the impact that every life lost to suicide has on family, friends, workplaces and the broader community. Behind every number is a life which was valued and will be missed. Over 7 million Australian adults are close to someone who has died by suicide or attempted suicide. 1 in 2 young people are impacted by suicide by the time they turn 25. Males are around 3 times more likely to die by suicide than females. Indigenous Australians die by suicide at a rate twice higher than the non-indigenous.

A regular visitor to Forster, Debbie Swibel presented at the Forster Library as a visiting author. Her debut book, 'Suicide: Hope Beyond the Darkness,' uses stories of struggle, survival and strength to explore suicide, combining lived experience with research and clinical insight.

Debbie Swibel is a suicidologist, which means she specialises in suicide research, prevention and education. She brings a wealth of experience as a suicidologist, counsellor, therapist, educator and former Lifeline trainer. She is also an author, psychotherapist, criminologist and crisis supporter. She has a Masters in Mental Health and Counselling. She also has tertiary qualifications in Criminology and Criminal Justice and Suicide Prevention. Debbie brings an impressive blend of academic insight, clinical skill, and compassion to her work.

Debbie grew up in Sydney, near Bondi Beach, in a family that valued sport, community service and speaking up when it mattered. Volunteering and helping others were a regular part of their lives, so moving into a helping profession felt like a natural progression for Debbie. "These experiences shaped my commitment to supporting people in distress and advancing suicide prevention."

Debbie studied criminology because she was interested in human behaviour. That pathway introduced her to the broader mental health and suicide prevention field. "I'd always been interested in Lifeline, so I began volunteering on the phones and later became a trainer and assessor". She spent more than a decade with Lifeline while completing her master's degree in mental health, suicide studies and counselling.

Debbie does frontline crisis work, counselling people who are suicidal, those who have attempted suicide as well as people bereaved by suicide.

Debbie believes in listening deeply and creating safe spaces to talk openly about suicidal thoughts. She argues that stigma and silence around suicide make things worse: part of her mission is destigmatisation.

Debbie also stresses the importance of education, including how to have age-appropriate conversations about suicide. As an educator, Debbie's work has taken her across Australia, where she has educated, advocated, and raised awareness about suicide and mental health, always aiming to break down stigma and create change. She has presented internationally in the United States and Malaysia, conducting classes in mental health and suicide prevention. For over a decade, Debbie served as a lead trainer with Lifeline, where she educated future crisis supporters on how to connect and communicate effectively



Above: Debbie Swibel is an author, psychotherapist, criminologist and crisis supporter. Photo supplied.

with individuals who call in need of support. She also volunteered to answer the Lifeline phones.

Debbie's book 'Suicide: Hope Beyond the Darkness,' is told through the deeply personal stories of those impacted by suicide, alongside professional insights into its causes, consequences, and the journey beyond. It shines a light on the darkest places, offering hope and breaking down stigma. It is a powerful and compassionate new book where Debbie invites readers to understand and empathise with one of the most pressing and misunderstood issues of our time: suicide.

'Suicide: Hope Beyond the Darkness,' is written for anyone who has been affected by suicide, whether they have had suicidal thoughts, survived an attempt, are supporting someone at risk, or are grieving a loss. It is a courageous invitation to talk openly, listen deeply, and foster understanding.

Debbie's professional insight, combined with a deeply human and compassionate approach, creates a resource that is both informative and profoundly moving.

With suicide currently the third leading cause of death among 15–29-year-olds worldwide and research showing one in six people between 16 and 85 years have experienced suicidal

thoughts or behaviours in their life, Debbie says 'we need to bring suicide into the light to help with understanding and prevention.'

Debbie explains, "This book is my way of saying: You are not alone. Through storytelling and education, we can break the silence, challenge stigma, and bring hope to those who need it most." Suicide prevention is not only about crisis intervention, it's about creating a culture where people feel safe to talk, to be vulnerable, and to ask for help."

'Suicide: Hope Beyond the Darkness,' brings together lived experience and evidence-based insights to shatter stigma

and open the door to healing. Mental Health Movement, which has supported over half a million Australians across a wide range of industries, is financially supporting the publication of this vital resource to further their mission of mental wellness, education, and empowerment.

Dan Hunt (retired rugby league player, NRL and mental health ambassador), said "When Debbie first shared her vision for this book, we knew it needed to be brought to life. This is more than a book, it's a lifeline. A reminder that even in our darkest moments, hope is never out of reach."

Debbie's book includes stories of people who have lived through suicidal experiences and reminds readers that healing is possible, and that hope can emerge through the darkest times. It includes guidance on how to have conversations about suicide, offer support, and encourage help-seeking. It provides tools and resources such as psychoeducation, tips for postvention (an intervention conducted after a suicide), and information about when and how to seek professional help. It also includes how to recognise signs that someone may be struggling, and how to respond with empathy and care and provides a deeper understanding of suicide bereavement and grief for those who have lost someone to suicide.

Debbie explores the psychological, emotional, social, and cultural factors contributing to suicide, moving beyond simplistic explanations and busting myths about suicide.

Debbie's connections to Forster

Debbie has a long and personal connection to Forster Tuncurry. Her brother and sister-in-law live here, so she visits regularly and often with her 95-year-old mother. Debbie's ties to the area began in her teenage years, when she would visit her best friend, whose grandparents had a home in Tuncurry. She now has a holiday house here, and they still come to unwind, drink coffee and reconnect.

Forster Tuncurry is also a creative space for Debbie. She spent many hours writing her book here and had the privilege of interviewing several local residents. Debbie said the people of this community have been incredibly generous, opening their homes and their hearts to share their experiences of suicide and its impact. "Their courage and honesty have been invaluable to my work."

When asked about passions and hobbies, Debbie said, exercise is her go-to for both her mental and physical well-being. She loves swimming, running, and going to the gym. She is an avid reader and a lifelong learner, so study is a big part of Debbie's life. "Most importantly, I love spending time with my family."

Debbie has recently received the Titan Literary Gold Award (the award recognises nonfiction books that demonstrate exceptional quality in writing, research and presentation) for her book, "which was a great honour."

Asked what motto or saying Debbie bides by, she said, "In my book I quote lessons from my dad who taught me, 'I complained I had no shoes until I saw a man with no feet,' reminds us to shift our perspective, recognise the struggles of others and find appreciation for what we have, even in difficult times, and, count your blessings.

Chris Houston, Director, In Minds Training said this of Debbie.....

"I've had the pleasure of working with Debbie and the team at Mental Health Management for over eight years. Whether it's delivering Mental Health Response Training, providing one-on-one support, or collaborating on bespoke workshops, Debbie's expertise is second to none. The professionalism, attention to detail, and seamless course coordination are first-class."

Drona Dewi, CEO & Founder of Drona Wellness said

"Growing up with a family who was shamed and stigmatised due to mental health illness of a family member, I saw how people mistreated us. It didn't come from strangers but merely from people who I thought would care genuinely for us. With that pain deep in my heart, I dug deeper and believed I could heal by sharing my story and knowledge with others. Hence, I got on a mission to normalise help seeking behaviour and came across wonderful people like Debbie and her amazing programs."

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Payment increase reform to support Foster carers

NSW Minister for Families and Communities

For the first time in over two decades, foster and kinship carers across NSW have received a 20% increase to their care allowance, as part of the State Government's landmark reforms to strengthen support for carers and vulnerable children in out-of-home care (OOHC).

"We are undertaking significant reform of the child protection system, a critical part of which is looking after our foster carers better," said Kaye Washington, Minister for Families and Communities.

"We value the wonderful people who step up and become foster carers, and we will continue to support them so they can support the kids in their care."

The tax-free allowance increase, which commenced from 1 January 2026, is designed to help carers manage rising cost of living pressures and support the children and young

people in their care.

This increase will make a real difference in the day-to-day expenses of caring for children, with a carer of a typical 14-year-old to receive \$4,576 more per year, and a carer of a typical 5-year-old to receive an additional \$3,411 per year.



Above: Minister for Families and Communities Kate Washington.

These payments are part of the State Government's landmark \$1.2 billion child protection package to reform the child protection system and better support foster carers. Significant work has been undertaken to transform the recruitment, training and support provided for carers, with the first NSW OOHC Carer Strategy to be released early in 2026.

Beat the heat

Keep cool, healthy and safe this summer

Hot weather can be extra dangerous for seniors.

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Stay inside during the hottest part of the day.



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Do your housework or exercise early in the morning when its cooler.



Drink lots of water, even if you don't feel thirsty.



Keep in touch with family and friends.



For more tips: health.nsw.gov.au/beattheheat



From ancient practice to modern public health: visit to China

By Deanne Allan – Pacific Palms

Public health sits at the intersection of evidence-based medical science and complementary, natural approaches to health and wellbeing. As research continues to evolve, there is growing recognition that low-risk, preventative strategies can play an important role alongside conventional care. At the same time, the volume of health information available through social media has left many people confused and uncertain about what is reliable or supported by evidence.

In October 2025, I took part in a professional study visit to China alongside a group of Australian, Traditional Chinese Medicine practitioners. The purpose of the visit was to better understand how traditional Eastern health practices are now being researched and assessed within modern public health and medical frameworks.

The Shanghai Research Institute is currently examining practices such as Acupuncture, Herbal Medicine, Tai Chi, Qigong, and regulated breathing, helping to strengthen

the connection between Eastern and Western medicine by providing solid evidence to guide safe and appropriate integration.

Systematic reviews of Qigong and Tai Chi now show strong evidence of benefit for preventing falls, managing osteoarthritis, supporting people with Parkinson’s disease, assisting rehabilitation for respiratory disease, and improving cognitive capacity in older adults. There is also good evidence of benefit for depression, cardiac and stroke rehabilitation, dementia and improvements in quality of life for people with cancer, fibromyalgia, hypertension, and osteoporosis. These findings are particularly relevant in public health, where accessibility, safety, and long-term outcomes are key considerations.

The study also included time at Wudang Mountain, known for its breathtaking landscapes, martial arts and internal health practices, providing insight into how mindful movement systems such as Qigong were developed to support, breathing efficiency, resilience, and overall wellbeing—principles



Above: Deanne Allan and Grand Master Zhong Yun Long, the lineage holder of the San Feng School at Wudang Mountain.

now strongly reflected in modern health research.

At Wudang, our group trained in traditional Qigong/Tai Chi, and were filmed practising, while our teacher, Master Simon Blow, was interviewed for local Chinese television, with the coverage estimated to reach an audience of around 50 million people.

Of particular public health interest is the role of gentle movement and breathing practices as supportive care, including in oncology settings. When appropriately adapted, these practices are considered low-risk and may be used safely alongside medical treatments, including chemotherapy, as a restorative approach supporting mobility, fatigue management, breathing, and emotional wellbeing.

On returning home, a free community workshop was offered to share simple, evidence-informed practices drawn from the experience. People attended from across the Mid North Coast and beyond, reflecting strong local interest in clear, practical, and preventative approaches to health.

On Your Own Two Feet

On Your Own Two Feet: How to use natural law to avoid burnout and ensure business practice success

Book by Dr Therese Perdedjian – Chiropractor

It’s not uncommon for people to struggle with authentic self-expression in their work. Dr Therese Perdedjian – chiropractor was one such practitioner. Perdedjian, grew up in Forster and headed to Sydney in her early twenties to pursue a Chiropractic career.

After fourteen years working in other people’s practices, Perdedjian took the leap – she opened her own practice, and began traveling the world teaching practitioners how to work in ways that align with their values.

On Your Own Two Feet is the culmination of her experience, and makes available to readers Perdedjian’s business practice knowledge base. The book presents tips, tools and techniques for achieving what the title promises: stress-free fun and profit.

“I understand what it is to feel conflicted about going it alone,” said Perdedjian.

“It’s about overcoming self-doubt, about learning to trust your style and avoiding chronic overwhelm when faced with decisions that are necessary to move a small business forwards.”

Perdedjian works with ‘natural law’ in her practice, and her book reflects these principles.

On Your Own Two Feet is modelled on the three primary natural law principles Perdedjian has refined in her practice:

- 1. the law of interconnectedness
- 2. the law of correspondence (e.g., as above, so below)
- 3. the law of inspired action.

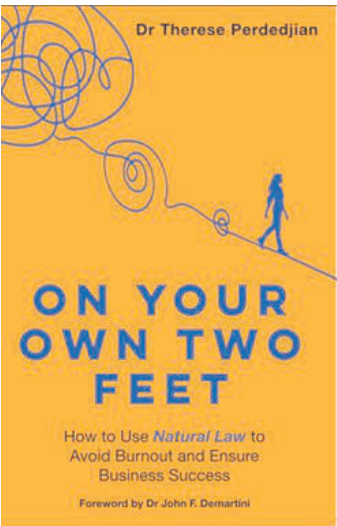
On Your Own Two Feet was written originally for practitioners questioning workplace satisfaction, concerned about ongoing income, exhaustion, and/or misalignment with the values of their employer.

Since its release in May, the book has proven to be for suitable for anyone wanting to open a small business with practical tips and insights.

“There is nothing in this book I haven’t experienced myself – the highs and the lows. I wanted to share my experiences of this journey,

because overwork has left many of us feeling as if we have forgotten what it means to be human.”

On Your Own Two Feet is available now as an ebook, audio book and paperback.



The annual Seafood Raceday was held on Saturday 17 January at the Tuncurry Race Course. All proceeds from the big raffle went to victims of the recent Bondi tragedy. Photos by Georgie Yule.



ALISON PENFOLD MP
FEDERAL MEMBER for Lyne

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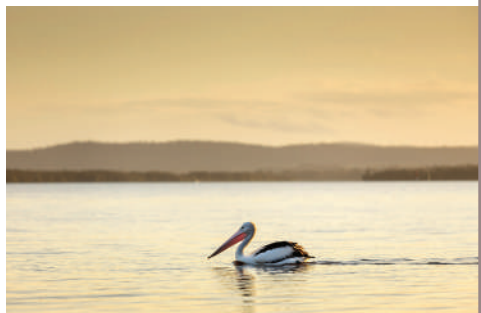
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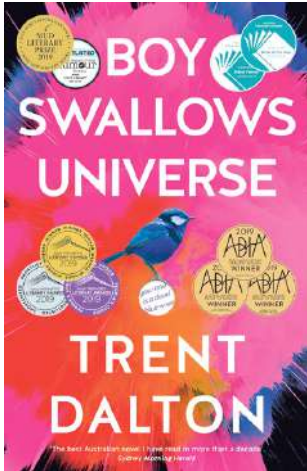
Top 100 books voted by Australians

In October 2025, the ABC released the results of the top favourite 100 books published in the last 25 years as voted by over 280,000 Australians. 26 books were by Australian authors with 4 in the top 10.

Which ones have you read?

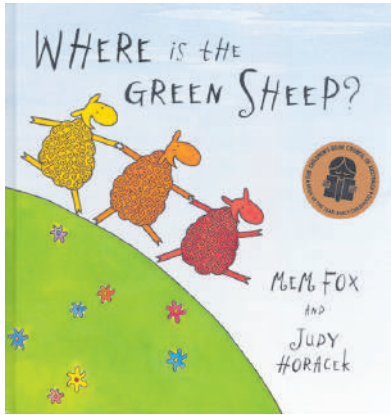
- 1. Boy Swallows Universe by Trent Dalton
- 2. The Book Thief by Markus Zusak
- 3. A Gentleman in Moscow by Amor Towles
- 4. All The Light We Cannot See by Anthony Doerr
- 5. Lessons in Chemistry by Bonnie Garmus
- 6. Burial Rites by Hannah Kent
- 7. The Dictionary of Lost Words by Pip Williams
- 8. Demon Copperhead by Barbara Kingsolver
- 9. A Little Life by Hanya Yanagihara
- 10. Wolf Hall by Hilary Mantel
- 11. Small Things Like These by Claire Keegan
- 12. Where the Crawdads Sing by Delia Owens
- 13. The Narrow Road to the Deep North by Richard Flanagan
- 14. Eleanor Oliphant is Completely Fine by Gail Honeyman
- 15. Year of Wonders by Geraldine Brooks
- 16. Still Life by Sarah Winman
- 17. Wifedom by Anna Funder
- 18. Dark Emu by Bruce Pascoe
- 19. The Road by Cormac McCarthy
- 20. The Secret River by Kate Grenville
- 21. Atonement by Ian McEwan
- 22. The Kite Runner (2003) by Khaled Hosseini
- 23. Tomorrow, and Tomorrow, and Tomorrow by Gabrielle Zevin
- 24. Jasper Jones by Craig Silvey
- 25. Honeybee by Craig Silvey
- 26. The Hunger Games by Suzanne Collins
- 27. My Brilliant Friend by Elena Ferrante
- 28. The Dry by Jane Harper

- 29. Lola in the Mirror by Trent Dalton
- 30. Stasiland by Anna Funder
- 31. The Goldfinch by Donna Tartt
- 32. Normal People by Sally Rooney
- 33. Pachinko by Min Jin Lee
- 34. Never Let Me Go by Kazuo Ishiguro
- 35. Olive Kitteridge by Elizabeth Strout
- 36. The Thursday Murder Club by Richard Osman
- 37. The Slap by Christos Tsiolkas
- 38. Breath by Tim Winton
- 39. Hamnet by Maggie O'Farrell
- 40. Dirt Music by Tim Winton
- 41. Shuggie Bain by Douglas Stuart
- 42. A Man Called Ove by Fredrik Backman
- 43. All That I Am by Anna Funder
- 44. Limberlost by Robbie Arnott
- 45. The Time Traveler's Wife by Audrey Niffenegger
- 46. Horse by Geraldine Brooks
- 47. Harry Potter and the Goblet of Fire by JK Rowling
- 48. Life of Pi by Yann Martel
- 49. A Thousand Splendid Suns by Khaled Hosseini
- 50. The Lovely Bones by Alice Sebold
- 51. The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid



- 52. The Girl with the Dragon Tattoo by Stieg Larsson
- 53. Prophet Song by Paul Lynch
- 54. The Rosie Project by Graeme Simsion
- 55. Girl, Woman, Other by Bernadine Evaristo
- 56. The No. 1 Ladies' Detective Agency by Alexander McCall Smith
- 57. Sapiens by Yuval Noah Harari
- 58. James by Percival Everett
- 59. The Curious Incident of the Dog in the Night-Time by Mark Haddon
- 60. The Song of Achilles by Madeline Miller
- 61. Joe Cinque's Consolation by Helen Garner
- 62. The Covenant of Water by Abraham Verghese
- 63. We Need to Talk about Kevin by Lionel Shriver
- 64. Bel Canto by Ann Patchett
- 65. Question 7 by Richard Flanagan
- 66. The Tattooist of Auschwitz by Heather Morris
- 67. Circe by Madeline Miller
- 68. Educated by Tara Westover
- 69. The Midnight Library by Matt Haig
- 70. Station Eleven by Emily St John Mandel
- 71. The Bee Sting by Paul Murray
- 72. The Guernsey Literary and Potato Peel Pie Society by Mary Ann Schaffer, Annie Barrows
- 73. The Happiest Man on Earth by Eddie Jaku
- 74. The Overstory by Richard Powers
- 75. The Happiest Refugee by Anh Do
- 76. Where is the Green Sheep? By Mem Fox, Judy Horacek
- 77. Life After Life by Kate Atkinson
- 78. The Women by Kristin Hannah
- 79. Brooklyn by Colm Tóibín
- 80. A Short History of Nearly Everything by Bill Bryson

- 81. Too Much Lip by Melissa Lucashenko
- 82. Carpentaria by Alexis Wright
- 83. The Lost Flowers of Alice Hart by Holly Ringland
- 84. Stone Yard Devotional by Charlotte Wood
- 85. Chai Time at Cinnamon Gardens by Shankari Chandran
- 86. Cloud Atlas by David Mitchell
- 87. Fourth Wing by Rebecca Yarros
- 88. This House of Grief by Helen Garner
- 89. People of the Book by Geraldine Brooks
- 90. This Is Going to Hurt: Secret Diaries of a Junior Doctor by Adam Kay
- 91. The Bookbinder of Jericho by Pip Williams
- 92. Gone Girl by Gillian Flynn
- 93. Project Hail Mary by Andy Weir
- 94. Lincoln in the Bardo by George Saunders
- 95. Piranesi by Susanna Clarke
- 96. Tom Lake by Ann Patchett
- 97. True History of the Kelly Gang by Peter Carey
- 98. The Heart's Invisible Furies by John Boyne
- 99. Middlesex by Jeffrey Eugenides
- 100. Big Little Lies by Liane Moriarty



Cape Hawke SLSC brings beach safety to the community

Karen Rands – Cape Hawke Surf Club

Cape Hawke Surf Life Saving Club hosted a highly successful Community Beach Safety Day on Sunday 11th of January, welcoming locals and visitors alike for a hands-on morning focused on keeping everyone safer at the beach.

The event attracted people of all ages, with strong participation from both locals and

tourists keen to learn more about surf safety, CPR (cardiopulmonary resuscitation involving chest compressions) and how to confidently use an AED (Automated External Defibrillator). One of the standout sessions was the shark bite kit demonstration, where Bruce White guided attendees through the contents of the kits and explained their real-world use. Participants were then given the opportunity to practise applying tourniquets on the club's rescue

manikin "Malcolm", while younger attendees enthusiastically got involved using "Mini Malcolm".

A fundraising barbecue was held alongside the education sessions, raising \$311 through donations and sausage sales. The funds will go towards a project in the works to install rescue tubes along One Mile Beach and Burgess Beach, further strengthening local beach safety infrastructure.

Organisers described the day as a passion project made possible by the unwavering support of Cape Hawke's dedicated volunteers, trainers, and facilitators. Their teamwork delivered what many described as "a cracker of a morning," with feedback ranging from "We've always wondered what was in the shark bite kits" to "I feel much more confident that I could provide CPR in an emergency."

Special guest MP Tanya Thompson also attended the event, taking the opportunity to discuss community safety, surf lifesaving,



and emergency response with club members. Adding to the day's realism, a shark siren activation during the morning highlighting the importance and effectiveness of drone



technology in modern surf safety operations.

Cape Hawke SLSC hopes everyone who attended walked away with valuable knowledge and practical skills. The club is looking forward to making the Community Beach Safety Day a regular event.

As organisers reflected, if one person learns a lifesaving skill and passes it on, the whole community benefits.

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FRIDAY 10.30 HOLLYWOOD EXPRESS

Jay Green - “ A remarkable young soccer player”



Above: Brothers Rhyder Green (pink top) and Jay Green (black top) with Coach Jeff Summers at the South Street Oval in Tuncurry. Photos supplied.

By Mary Yule – Forster Fortnightly

Ten months ago, Jay Green had his foot amputated to improve his chance at walking normally. Today he happily joined in a summer soccer clinic for a couple of days at Tuncurry, run by local Football Coach Jeff Summers.

Jay was born with a rare condition called Amniotic Band Syndrome which affected all his limbs but mainly his left leg. Jay’s parents made the decision to amputate his left foot last year, which gave him the opportunity to move more easily with a prosthetic limb.

Jeff explained that Jay’s parents got in touch with him as he wanted to play soccer after receiving his prosthetic leg. He has a blade set for playing sport and wanted to try it out.

“We soon realised that Jay could do lots of stuff. We made some modifications with his kick, but he can pass the ball with a regular technique. I had to tell the other players not to go easy on him,” said Jeff. “He was exceptional.”

“Jay is remarkable. He loves his soccer and he also rides dirt bikes. He is an inspiration to the other players and coaches,” said Jeff. “Although



Jay shows amazing resilience, he is basically just a typical kid who wants to do well.”
“His whole family are very supportive of him and I’m so proud of him too.”



Jeff Summers Football Coaching

2026 Term 1 Academy Programs
Starting 1st week of school term

Tuncurry Juniors Ages 5-9 years Mondays 4:00-5:00pm South Street Oval	Wingham Seniors Ages 10-16 Tuesdays 4:30-6:00pm Wingham Sporting Complex	Tuncurry Seniors Ages 10-16 Fridays 4:30-6:00pm South Street Oval
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