

Local small businesses feel the pinch p7

Local Identity Fred Bullen p27



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Forster Fortnightly

Your local independent community newspaper distributed to
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Pacific Palms, Charlotte Bay, Smiths Lake, Coomba Park, Bungwahl & Seal Rocks.

FREE

Wednesday 4 February 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.139

Community urged to speak up NOW as concerns grow over Manning Hospital Stage 2

By Mary Yule – Forster Fortnightly

Community members are being strongly encouraged to have their say on the Manning Hospital Redevelopment Stage 2, with planning documents now on public exhibition until 13 February 2026, amid growing concern about delays and a reduced project scope.

Hunter New England Local Health District (HNE LHD) announced that the revised Stage 2 planning approval documents were available for public comment, with submissions to be used to finalise the design.

Stage 2 is expected to include a new clinical services building with inpatient units, a close observation unit, pharmacy and pathology spaces, and improved connections to the existing hospital.

A community drop-in information session is scheduled for Thursday, 5 February, from 2pm to 8pm at Taree Central Shopping Centre, where residents can view the plans and speak directly with the project team.

However, the announcement drew sharp criticism from the Member for Myall Lakes, Tanya Thompson, who said the latest update delivered “more talk and paperwork” but no certainty around construction timelines.

In a statement released on 19 January 2026, Mrs Thompson said the release of another Review of Environmental Factors (REF) was being framed as progress despite frontline health workers and patients continuing to struggle.

“It is January 2026 and our community is still being shown planning documents and environmental reviews,” Mrs Thompson said.

Continued on page 5.

Fun this summer!



Welcome to our biggest '36 page' bumper edition of the Forster Fortnightly! We have plenty of local news and stories for you. See page 3, 14 and 15 for local recipients of Australia Day Medals and Awards.

Front cover: The best way to cool off this summer in Forster! Photo by Mary Yule.
Read interviews with visitors to Forster Tuncurry on page 11.



SEE OUR MENU

SPECIALS!

THEY'RE BACK!

Lunch

Cheeseburger	18
Chicken Schnitzel	18
Fish & Chips	18
Rump Steak	19

Dinner

Mon Rissoles & Mash	18
Tue Chicken or Lamb Curry	18
Wed Rump Steak	19
Thu Schnitzel/Parmi	18/23

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Matt, Ella and Danielle Kirkland from Cape Hawke Surf Club. More photos p34.

- Business Hours are 9:30am to 5pm (Mon - Fri).
- When submitting stories, please note - around 300 words is best with high resolution photos sent separately (in 'largest size'). Please include names for photos left to right and your contact details.
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Forster Fortnightly publishing dates

Edition 140: Wed 18 Feb (deadline Wed 11 Feb)

Edition 141: Wed 4 March (deadline Wed 25 Feb)

Edition 142: Wed 18 March (deadline Wed 11 March)

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

Australia Day Honours for Superintendent Chris Schilt

By Inspector Tim Bayly - Manning-Great Lakes Police District

On Australia Day Superintendent Chris Schilt, former Commander of the Manning Great Lakes Police District, was awarded the Australian Police Medal (APM).

Supt Christopher Schilt joined the Police Force in 1996 and is widely regarded as a leader who brings genuine care, integrity and professionalism to every aspect of his work. He is known for his commitment to supporting staff, strengthening community relationships and upholding the reputation of the NSWPF.

His contributions to policing are extensive. As commander of the Security Management Unit, he oversaw the transition of special constable powers from ministerial employees, guiding a complex organisational change with clarity and confidence.

Promoted to superintendent in 2016 at Cootamundra Police Station, he soon became the inaugural commander of the Hume PD, where he led major emergency management responses during the 2019–20 bushfires, the 2021–22 east coast floods and the 2025 mid coast flood events.

Since 2020, Supt Schilt has served as commander of Manning Great Lakes PD, placing strong emphasis on youth engagement and early intervention. He established the Forster sector's first Fit for Life outreach program and continued to build meaningful connections with young people through his Boxing with the Boss initiative at the Taree PCYC. A dedicated boxer and president of the NSW Police Boxing Club since 2005, he has been a driving force behind statewide NSWPF boxing fundraisers, helping to raise significant funds for charities.



Supt Schilt has not only stepped into the ring himself to support these causes but has also mentored many young people at pivotal moments in their lives. His guidance and direct intervention have helped change life trajectories for the better, reflecting his deep commitment to community wellbeing.

His career stands as a testament to compassionate leadership, operational excellence and an unwavering dedication to the communities he serves.

At Manning Great Lakes, we thank him for his service to the community and wish him well at his new command at Tweed Byron PD which started on 15 December 2025.

Mr Schilt took up the reins at Tweed Byron on 15 December 2025.



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Your work in progress



OAM for Debe Brassey - service across Pacific Palms

By Mary Yule – Forster Fortnightly

Long-time Pacific Palms community advocate Deborah Brassey has been awarded the Medal of the Order of Australia (OAM) for her service to the community.

Ms Brassey, who has spent more than three decades involved in community groups, committees and volunteer projects across Pacific Palms, Smiths Lake and the wider region, said the award reflected collective effort rather than individual achievement.

"A few people have asked me what I'm most proud of with this award, and the honest answer is there isn't one single thing," she said. "Everything I've been involved in has been done with other community members. You don't do community work in isolation."

With a background in nursing and medical administration, Ms Brassey has applied her organisational and leadership skills to a wide range of causes, including estuary management, sport, arts, veterans' support, surf lifesaving and tourism promotion.

"When you look at my background, it's lots of committees, community groups and projects," she said. "What stands out for me is all the wonderful people I've worked with and am still working with. This isn't an individual award – it's recognition of everyone involved in the projects I've been part of."

Ms Brassey arrived in the area in the early 1990s as part of a generation of young families who helped build many of the services now taken for granted.

"We had very little here back then," she said. "There were no nippers, the surf club was tiny, and if you wanted something to happen for your kids, you had to step up and make it happen yourself. Everybody chipped in."

That hands-on approach carried over into her long involvement with the arts, particularly



through what is now Pacific Palms Arts Inc. Originally established as the Pacific Palms Art Festival under former school Principal Ken Pares, the volunteer-run event has been running for around 30 years.

"Ken's idea was about inspiring creativity and promoting art and culture, especially through the school," Ms Brassey said. "The funds raised always went back into supporting kids."

In recent years, the group transitioned into an incorporated body, allowing it to expand its reach.

"Becoming Pacific Palms Arts Inc. meant we could support writers' programs, arts trails and exhibitions, and raise funds for creative arts programs at both Pacific Palms and Bungwahl public schools," she said.

The Pacific Palms Art Festival will be returning on the June long weekend this year.

OAM for John Hahn - service in Forster-Tuncurry

By Mary Yule – Forster Fortnightly

Forster–Tuncurry resident John Hahn has been awarded a Medal of the Order of Australia (OAM) in recognition for more than four decades of commitment to Cape Hawke Surf Life Saving Club and half a century of involvement with the Forster Lions Club.

Mr Hahn has been associated with Cape Hawke Surf Club after helping establish the club soon after he and his wife Gwenda moved to Forster in 1979 with three young children.

"The year we moved to Forster, I was walking down One Mile Beach and saw a small group of families with young kids on the beach. They were sitting there with a couple of flags," he said. "I walked up to them and we had a chat about making a safe club for all our children."

Having previously been a member of Bonny Hills Surf Club in the 1960s, Mr Hahn brought experience and enthusiasm to the small group of parents. What began as informal beach gatherings gradually developed into regular patrols, surf education and junior activities.

"We would go down there and just play games on the beach, just to get to know each other, and started doing the patrols and teaching kids how to paddle the surfboard," he said.

In the early years, Cape Hawke was very much a family-focused club rather than a competitive one, complementing the more competition-driven Forster club. Over time, Mr Hahn held virtually every role within Cape Hawke Surf Club as it expanded and matured.

"The changes to the surf club since 1979 have been excellent," he said. "You couldn't get a better organised surf club. The people coming through taking over the roles that we set up through the years — young people and older people — it's quite incredible."

Now a Life Member, Mr Hahn still likes to be involved. Along with friend Rob Cornhill, he conducts a weekly bottle and recycling run,



raising around \$30,000 for the club over the past seven years.

Beyond the beach, Mr Hahn has also given 50 years of service to the Forster Lions Club. He said the organisation has evolved significantly over time.

"The Lions Club used to be mainly men, but now there's a lot of ladies in it, and they really fit in," he said.

Among many projects, Mr Hahn has contributed to ongoing maintenance work at Ronald McDonald House in Forster, including the rubbing back and re-lacquering of their outside tables and chairs only a few months ago.

For Mr Hahn, the recognition of the OAM comes as a surprise, but he remains characteristically modest.

"They would just give you a pat on the back or shake your hand, say well done, and you just kept doing it," he said. "It was easy, and you're a part of a club of volunteers."

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Saturday
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Happy Hour 3pm to 5pm
Kids Meals \$5 (16y) with Meal Purchase

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



Crawfish Stew
Fri 6th February

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



Soul Station
Fri 13th February

Friday
Raffles from 6pm
Super 100 Draw after Raffles
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Tuncurry Beach Bowling Club
The Deck
Sporties

Forster

Beach Burns
Tulls News

Forster Information Centre
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Great Lakes Aquatic Centre
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Foodworks Charlotte Bay

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Community urged to speak up NOW as concerns grow over Manning Hospital Stage 2



Manning Great Lakes Community Health Action Group (L-R) Scott Grant, Eddie Wood (President), Trish Wood, Dr Murray Hyde-Page, Tanya Thompson MP, Dr Joe McGirr MP, Carmel Bartlett (Secretary), Tom McDonald (Vice President) and Alan Tickle (Treasurer). Photo by Mary Yule.

"While the Minister is busy talking up revised scopes, our doctors and nurses are at breaking point and patients are waiting in corridors. We don't need more reviews — we need shovels in the ground, beds on wards and staff supported."

Mrs Thompson also said the community remains deeply sceptical about what will actually be delivered under the revised scope for Manning Hospital Stage 2, with concerns that important elements of the original plans have been quietly removed.

Mrs Thompson said frustration was also growing over delays to the Forster Urgent Care Centre, which remained in consultation years after being promised.

Similar concerns were echoed by the Manning Great Lakes Community Health Action Group, with President Eddie Wood calling on residents to take action and demand the infrastructure originally promised.

Mr Wood said the community has already waited more than 10 years for Stage 2, despite a 12,005-signature petition being unanimously accepted by the NSW Legislative Assembly in August 2024. At that time, NSW Health Minister Ryan Park stated that the \$180 million allocation was not the final funding and that Stage 2 was expected to be completed by the end of 2026.

Mr Wood said the revised proposal now being exhibited - fell well short of what was promised, including fewer inpatient beds, no fully fitted pharmacy or pathology services, no loading dock, and reduced building connections.

"Bed shortages are the number one identified problem at Manning Base Hospital," Mr Wood said, adding that government formulas suggest our region of around 100,000 people (with many more over holiday periods) should be serviced by a hospital with at least 250 beds.

Mr Wood said community voices were critical at this stage of the process.

"We need Minister Ryan Park to honour the promises that were made and to come and see the conditions our doctors, nurses and patients are experiencing," he said.

What you can do to help our community!!

1. The Health Action Group is urging residents to view the plans and lodge a "Have Your Say" submission to Hunter New England Health before 13 February 2026, stating that the proposed Stage 2 redevelopment is inadequate for the region's needs.
2. Also write directly to key decision-makers, stating that the proposed Stage 2 redevelopment is inadequate for the region's needs.

Residents are being asked to clearly state that:

- The current Stage 2 proposal does not deliver what was originally promised
- The reduced number of beds is unacceptable for the health care needs of our region
- Fully fitted pharmacy and pathology services are essential
- Construction timelines must be confirmed
- Planning, scoping and funding for Stage 3 must begin immediately so it can proceed seamlessly after Stage 2

1. How to view plans and make a submission:

Submissions can be lodged online via the NSW Government "Have Your Say" portal before 13 February 2026 at <https://ow.ly/atoI50XX3PY>

2. Key decision-maker contact details:

Tanya Thompson MP
Member for Myall Lakes
Email: myalllakes@parliament.nsw.gov.au
Mail: PO Box 272, Tuncurry NSW 2428

The Hon. Ryan Park MP
NSW Minister for Health
Email: via contact form at ryanpark.com.au/contact
Mail: GPO Box 5341, Sydney NSW 2001

Tracey McCosker
Chief Executive, Hunter New England Local Health District
Email: hnelhdipid@health.nsw.gov.au
Mail: Locked Mail Bag 1, New Lambton, Newcastle NSW 2305

Jodi Nieass
General Manager, Manning Base Hospital
Email: Jodi.Nieass@health.nsw.gov.au
Mail: 26 York Street Taree, NSW 2430



Above: Mr Wood (holding Petition) said the community has already waited more than 10 years for Stage 2, despite a 12,005-signature petition being unanimously accepted by the NSW Legislative Assembly in August 2024.



Above: Proposed new section of the Stage 2 Redevelopment at of the Manning Base Hospital. Image credit: NBN News.

Interview with Anaesthetist Dr Jason Bendall by Sophia McCaughan from ABC Mid North Coast, 19 Jan 2026



Above: Dr Jason Bendall, Anaesthetist at Manning Base Hospital. Photo supplied.

1. The redevelopment stage two is up for public exhibition now. What what's your reaction to it? And will you be putting a submission through?

Oh, look, I'll certainly be putting a submission in, and I think 'incredibly disappointed' would be my reaction and just 'outrage and despair' really.

2. Why are you so disappointed and outraged by this?

Yeah, at the heart of it, which that this is a scaled down version of what was promised many, many years ago. The time before last, when we had a public exhibition, we were promised four brand new inpatient units. We were promised a new front entrance. We were promised interconnectability of the hospital and flow. We were promised a new pharmacy, a new pathology, refurbishment of back of house and critical infrastructure. If the public looks really closely at this, we're getting three quarters of the inpatient space. That's like arranging a builder for a four-bedroom home and being delivered three with an empty shell. The language is clever. It talks about space for future redevelopment. But really at the heart of it, Manning Bay Hospital is in a dire state. It was in a dire state in 2018 when the redevelopment was first announced, and it's going to remain in a dire state. It's \$80 million more expensive and is delivering nowhere near what is required for now or into the future.

3. What are you thinking about putting into your submission? Will it be talking about these talking points of the fact that... it wasn't what was initially promised and it has been scaled back and it's not delivering on things that it needs to deliver for, especially for such a big region, giving that Taree hospital is really the only hospital between Port Macquarie base, which is under pressure as it is, and John Hunter (Newcastle).

Absolutely. It just never gets the funding or attention that it needs. And for all the years of delay, it just puts us further behind. We're now

"We really need the 40,000, 50,000, 60,000 plus people that live in our community to write to their MP, write to the Minister for Health, talk to media, support the Great Health Community Action Group. This is outrageous for every member of the community, no matter what side of politics you sit on. We're a community that needs a hospital that's fit for purpose."

talking about a scaled down version of what we needed in 2022. In actual fact, we need to be talking about the stage three redevelopment and ensuring that we get a new emergency department so that they can cope and deliver contemporary models of care. We need a new short stay unit. We need greater in-patient services. There are so many things that the community is missing out on. There are no new operating theatres, there's no new ED, there's no helipad, there's no new staff amenities. We just get further behind and behind. And it's really not about my submission. We really need the 40,000, 50,000, 60,000 plus people that live in our community to write to their MP, write to the Minister for Health, talk to media, support the Great Health Community Action Group. This is outrageous for every member of the community, no matter what side of politics you sit on. We're a community that needs a hospital that's fit for purpose. We don't need clever language that's used by all forms of government to tell the community they're getting something which they don't actually need.

4. Finally, Jason, obviously every sort of state government project that goes up needs to have a public exhibition, needs to have submissions. Do you think, though, that the state government will pay attention to any submissions requesting more services or requesting different sort of things to be done to the redevelopment, or do you think it's just going to be progress as normal?

Look, I think all governments respond to two things. One is a pathway to staying in government and one is a pathway to getting back into government, so this really is a critical point for our community to demonstrate that this is totally unacceptable. In fairness, the government of the day propped up an extra \$80 million. But when we look at what we're actually getting, it is not even what was promised when we were offered \$100 million. This is really a time for the community to get united and really get active in their community because this makes it hard for the healthcare workers to provide care. It makes it hard for us to attract new staff to come and work. We really are just getting more and more behind every time there's a delay. And we're still looking at another three or so years before this redevelopment, if it goes ahead as proposed, is actually delivered. This is really a critical time, especially in the lead-up to the next state government election.

Editors note: See Letter to Editor "Not good enough for Mid North Coast" on page 22.

M1 Pacific Motorway extension surges ahead

NSW Minister for Roads, 14 January

The M1 Pacific Motorway extension has hit a significant construction milestone, with crews driving the final pile to complete foundation works for 11 new bridges between Black Hill and Raymond Terrace.

Federal Member for Newcastle Sharon Claydon said, "The M1 extension is critical to keeping Newcastle and the Hunter moving. Anyone who's spent time sitting in traffic at Hexham over this summer holiday, or any other day, knows just how frustrating this bottleneck is for families and commuters."

The milestone clears the way for the next phase of high-intensity construction on one of the Hunter's most important road projects.

Since February 2024, project teams have installed 278 bridge piles across the 15-kilometre corridor, including 173 piles for the 2.6-kilometre viaduct that will span the Hunter River and surrounding floodplain.

Sixteen piles were installed directly into the riverbed using heavy-lift barges – a complex operation delivered safely and efficiently.

Motorists have already benefited throughout the busy summer period, after new bridges opened at Black Hill, Tomago and Raymond Terrace, and the Masonite Road bridge at Heatherbrae opened in October.

The remaining seven bridges, including the Hunter River viaduct, will open progressively as construction gathers pace.

The \$2.24 billion M1 extension project, jointly funded by the Federal Albanese and the NSW Minns Labor Governments, with the Commonwealth contributing \$1.792 billion, and NSW contributing \$448 million. The project will also deliver the critical Hexham Straight widening, unlocking safer, faster and more reliable journeys across the Hunter.

NSW Minister for Roads Jenny Aitchison said, "Along with the Coffs Harbour Bypass, this is a



nation-changing piece of infrastructure, and the missing link between Queensland and Victoria – which enable everyone to drive between these two states without passing through a single traffic light."

Flood recovery community events



MidCoast Council

We're hosting a number of events over the next few weeks to help support flood-impacted communities. Take a break, share a meal and connect with others. This is about slowing down, recharging, and building stronger support networks together.

Catch up with neighbours, enjoy a free BBQ, and have a chat with recovery officers about local support and wellbeing.

Free, confidential legal and financial advice will also be available at the Wingham and Mitchells Island events.

No bookings needed – just come along and enjoy some good food and good company.

Money & Justice Matters – Community BBQ & Conversations

4 Feb 2:00pm - 4:00pm (today!)

Mitchells Island Hall, 1179 Manning Point Rd, Mitchells Island

This drop-in event is open to individuals, families, and local business owners in the MidCoast who have been impacted by recent floods.

• Money & Justice Matters – Community BBQ & Conversations

4 Feb 5:00pm - 7:00pm (today!)

Wingham Memorial Hall, 52 Farquhar St, Wingham

This drop-in event is open to individuals, families, and local business owners in the MidCoast who have been impacted by recent floods.

• Connect, Reflect & Recharge – Coopernook BBQ

10 Feb 4:00pm - 7:00pm

Coopernook Park (right hand side next to hall), Macquarie Street, Coopernook

Take a break. Share a meal. Connect with others. This is about slowing down, recharging, and building stronger support networks together.

• Sunny Side Up Sessions – Community BBQ

12 Feb 7:30am - 10:30am

Croki Wharf, Jones Island, Barton St, Croki

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Local RFS help at Nerong fire

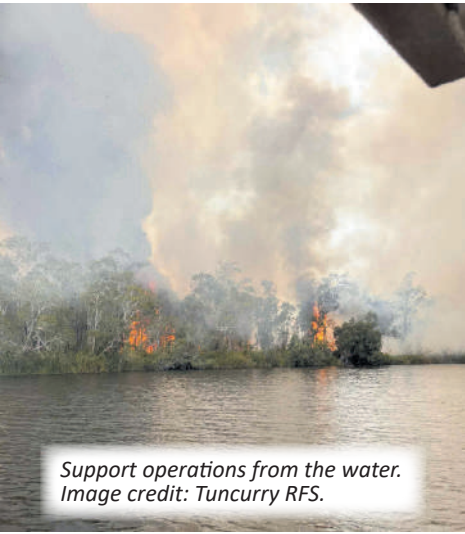
By Mary Yule - Forster Fortnightly

Local RFS crews including Tuncurry, Rainbow Flat and Green Point are playing a critical role to contain a major bushfire south of Nerong that began on Wednesday, 18 January, on the eastern side of the Pacific Highway in Myall Lakes National Park and adjoining private property.

Since last week, the response has involved a coordinated effort between NSW RFS and National Parks with crews working on the ground, from the water and in the air, supported by two helicopters. Tuncurry RFS deployed its fire boat to support operations from the water, helping prevent the fire from crossing the Nerong Inlet and threatening nearby townships.

On Saturday 31 January, the fire breached southern containment lines and spread into the pine forest. Flame heights of up to 30 metres were reported by Bulahdelah RFS, with firefighters working through the night to strengthen containment lines. Power was temporarily lost to the Tea Gardens Water Plant due to fire activity, prompting calls for residents to limit water use to essential needs only by MidCoast Council. Residents in Monkey Jacket, Tea Gardens, Hawks Nest, Nerong and surrounding areas were urged to monitor conditions and be ready to leave if the situation deteriorated.

As of Tuesday 3 February, firefighters continue to work on containing the fire which has burnt out more than 5,750 hectares. Increased smoke and fire may be seen for a while.



Support operations from the water. Image credit: Tuncurry RFS.

Support local hero Doddy



Above: Doddy holding a rescued pet during the May 2025 floods.

"Words cannot express my gratitude to this man Greg Dodd "Doddy" and his daughter Carissa from NSW SES Forster Pacific Palms Unit." (Taree social media, 24 May 2025)
"They went above and beyond this week to help navigate rescues for my dad and pets from our family home in Croki and my sister from Coopernook which allowed them to not only be safe after the house was inundated with water but be able to get to the hospital to see our mum."

Please take this opportunity to support our local hero William "Doddy" Dodd

Many in our community know Doddy through the NSW SES Forster Pacific Palms Unit, where he has dedicated years of tireless volunteer service. From responding to floods and saving lives to supporting communities through local disasters, Doddy has always put others first.

His extraordinary commitment was recognised in 2025, when he received several honours, including NSW SES NAIDOC Aboriginal and Torres Strait Islander Person of the Year – Volunteer.

Alongside his volunteer work, Doddy is a familiar and friendly face around Taree, working for Australia Post. Anyone who has met him knows he's a devoted family man, always up for a good yarn, and constantly looking for ways to help others.

Recently, Doddy was diagnosed with a nasopharyngeal tumour.

While treatment has temporarily slowed him down and forced him to stop working as a postie, the biggest challenge has been time away from his family and friends. Encouragingly, Doddy's condition is responding well to the first rounds of chemotherapy, and he remains positive as he prepares to begin radiation therapy.

His radiation treatment will run for nine weeks, involving five days of treatment followed by two days off each week, requiring regular travel to Newcastle.

With lost wages while Doddy is unable to work, combined with the ongoing costs of travel for treatment, the family is now facing significant financial pressure. Expenses for fuel, accommodation, rent, and everyday living costs are quickly adding up.

How your support will help

Funds raised through this GoFundMe will help support Doddy and his family by covering:

- Rent for their Taree home
- Fuel and travel expenses
- Accommodation during treatment
- Essential day-to-day living costs

It will be some time before Doddy is well enough to return to work and provide for his family. Any donation — big or small — will help ease the burden on a man who has given so much to others.

If you're unable to donate, sharing this page would mean the world to Doddy and his family.

Thank you for your kindness, generosity, and support during this challenging journey.

Support Doddy here: <https://www.gofundme.com/.../support-local-hero-william>

What do our visitors like about Forster Tuncurry?



Above: Rabih Elberjawi (on far left) with his extended family and friends from Sydney.

Rabih Elberjawi and extended his family and friends were enjoying a shared lunch of local seafood on the Forster channel foreshore next to the Pelican Walk on 27 January.

He said they loved the water, the people and the fresh oysters (this journalist was offered one on the spot with real lemon juice which was yummo!) They also like to go fishing.

Interviews and photos by Mary Yule.

Will Soupravat said his family and friends are from Canberra and were staying a couple of nights at the Forster Holiday Village. It is their first time to Forster.

He said they loved everything about the place, especially the beaches, and think it is perfect for families. They are already booked to come again in April this year.



Above: Will Soupravat (second from right at the back) with his family and friends from Canberra.

Left: Janine Barnes (on far left) and Amber Barnes (holding Theodore) from Sydney.

Janine Barnes said her extended family are regular visitors from Sydney and have a permanent caravan at Smugglers Cove.

On this trip she said they have enjoyed eating ice-creams, swimming at the Tuncurry Rockpool where it is safe for their grandchildren, taking their boat out to fish, and are thinking about going to the movies before heading back down to Sydney.



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ALISON PENFOLD MP
FEDERAL MEMBER for Lyne

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ACCC urges households to change electricity plans to help offset price increases

Australian Competition & Consumer Commission, 22 December 2025

Households that have been on the same electricity plan for more than three years are paying on average \$221 per year more than customers on new plans, the ACCC's latest Electricity Market Inquiry report reveals.

In New South Wales, an average household not on their retailer's best plan could save \$300 per year simply by asking their existing retailer to move them on to the cheapest available plan.

"Penalties for loyalty are alive and well in the retail electricity market, so the very best thing people can do to save money is to switch plans – either moving to a cheaper plan offered by their existing retailer or changing retailers," ACCC Commissioner Anna Brakey said.

"Roughly every three months, retailers have to prominently disclose on the first page of electricity bills the potential savings for customers from changing to their cheapest plan. We would strongly encourage households to, at the very least, look at their electricity bill to see how much they could save," Ms Brakey said.

Across all National Electricity Market regions, residential bills increased by 6% from August 2024 to August 2025 (excluding government rebates). New South Wales customers experienced the largest annual price increase at about 9%.

"A silver lining to the dark cloud of higher electricity prices is that there is a wide array of different offers out there and the prices vary significantly, which indicates that competition is working," Ms Brakey said.

Afternoon Tea to celebrate 50 years of Probus



Pacific Palms Probus Club

Pacific Palms Probus Club is marking a significant milestone in 2026 as Probus celebrates 50 years of connection, friendship and community across Australia.

Founded in Australia in 1976, Probus has grown into a network of social clubs that bring people together through shared interests and regular activities. Today, Probus supports more than 90,000 members across 1,300 clubs throughout Australia, with each club reflecting the unique character of its local community.

To mark the 50th Anniversary, Pacific Palms Probus Club will host an afternoon tea from 2:30pm on Tuesday 24 February 2026 at the Tuncurry Golf Club

"Probus is about friendship and staying connected," said Ed Harvey President of Pacific Palms Probus Club "Our club provides a welcoming space where people can meet new

friends, stay active and enjoy being part of their local community."

The benefits of Probus have been widely recognised by all levels of government as well as the Governor General of Australia highlighting the significant contribution Probus makes to the lives of older Australians.

Each Probus club is run by its members and offers activities tailored to local interests, from social gatherings and outings to guest speakers and community involvement.

"Probus gives people something to look forward to," Ed Harvey said. "It's about connection, conversation and enjoying life together."

Anyone that is retired or semi-retired and interested in learning more about Pacific Palms Probus Club are welcome

Afternoon Tea with Pacific Palms Probus

2:30pm Tuesday
24 February 2026

Tuncurry Golf Club
The Northern Parkway

All welcome to attend by
contacting Ed Harvey

0402 470 199

by 16 February 2026



to attend by contacting Ed on 0402 470 199. For more information, please view our website at www.pacificpalmsprobus.com.au



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 Nadiyah Jamaludin

Nadiyah 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 Nadiyah travelling to different countries or visiting her family in Malaysia, reading and enjoying a day at the beach.

Nadiyah 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 MRCGP 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.**

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'Citizens of the Year' announced at Hallidays on Australia Day



Above: (L-R) Diamond Beach RFS Captain Shane Atwood, Hallidays Point Lions Club Organiser of the morning Ray Piper, Citizens of the Year Carmel Bartlett and Rachel Pavitt-Rumery, Ambassador Mark Forbes, Lions President Vaughn Parker and Lions MC Alan Tickle.



Above: Wallaby Stew entertained the crowd. Photos by Mary Yule. More photos from Australia Day at Hallidays Point on page 22.

By Mary Yule - Forster Fortnightly

Australia Day was celebrated at Black Head Pool with a relaxed community gathering featuring a free barbecue breakfast and live music by local band Wallaby Stew.

Addressing the crowd, Australia Day Ambassador Mark Forbes reflected on moving to Hallidays Point 23 years ago and raising his family in what he described as a supportive and connected community. He said Australia Day was about people and belonging, not just formal ceremonies, and thanked the event sponsors and volunteers who made the morning possible.

Mr Forbes acknowledged the support of the Hallidays Point Lions Club, Foodworks, Diamond Beach Fire Brigade and Black Head Surf Life Saving Club, along with the many volunteers whose behind-the-scenes efforts brought the event together.

His address focused on three themes — Reflect, Respect and Celebrate. Reflection recognised Australia's long history and the importance of understanding the impacts of settlement. Respect was reflected in the everyday actions of local organisations and neighbours who



look out for one another. Celebration centred on Australia's freedoms, Australia Day award recipients, new Australians and the many quiet volunteers whose ongoing service helps make Hallidays Point not just a place to live, but a place to belong.

Hallidays Point Lions Club President Vaughn Parker announced joint Citizens of the Year Rachel Pavitt-Rumery and Carmel Bartlett (see below for speeches), before the Australian Flag was raised in front of members of the Diamond Beach Rural Fire Service.



Above left: Hallidays Point Lion Club member Jane Thomas organised and served damper on the morning. Jane explained that damper was originally called Cocky's Joy in the early 1900s. A cocky was a single farmer who farmed a small piece of land. At night cockys would come home and make damper out of flour and water for a simple evening meal. They poured golden syrup on top of it which came from a 70 pound tin in those days.



Rachel Pavitt-Rumery

Hallidays Point Lions Club

Our joint Citizen of the Year, Rachel Pavitt-Rumery, is a local resident living in Diamond Beach with her partner and two children, moving here six years ago.

She has established her business focussing on helping people with health issues and maintaining a healthy lifestyle having qualifications in Chinese Medicine as well as running Yoga and Pilates classes on a regular basis.

Last September she was a key speaker on women's health in Taree sharing information, stories and expert advice to inspire and empower women. She is also an advocate for supporting the prevention of Ovarian and Pancreatic Cancer.

She has a heart full of compassion in caring for others, demonstrated by her involvement in the community:

She is a keen surfer and, along with Vanessa Lima, has established a group of surfing mums Diamond Surf Chix, which now has 60 members. She was acknowledged by local member Tanya Thompson along with three other local women for conducting a successful 'paddle out' at Black Head Beach in February called SurFebruary, a fundraising event raising \$3000 for cancer research.

She is the current sponsorship co-ordinator for Surfing Mums Australia, seeking sponsorship for equipment and supplies such as wetsuits, wax, sunscreen etc.

'Ladies at Leisure' group started in 2023 now has 168 members supporting women needing a new start.

She also organised a Hootenanny for Doll's Dream at Black Head Bowling Club raising \$5000 for the prevention of bullying.

She has also been involved in raising funds through Surf Aid for orphaned children in Zambia.

As a member of Black Head Longboarders, and media rep, she was involved in the installation of seven shark kits at our local beaches and promoting 'buddy safety'.

She helps support local businesses such as 'Fruit and Veg box divvy' to lessen costs for the community and the Pole Dancing studio for their strength and fitness benefits.

'A caring healing soul who is strengthening connections into friendships and building a healthier, stronger community.'

Read more about Rachel in Local Legends by Vanda Gooley, Edition 100 in our Publication Archives at www.forsterfortnightly.com.au

Carmel Bartlett

Hallidays Point Lions Club

Our joint Citizen of the Year, Carmel Bartlett is a local resident living in Black Head with her husband, who moved to the area in 2001 from the northern beaches of Sydney.

A teacher, she initially did some casual teaching, before settling into full time community involvement.

A keen gardener, she joined the Hallidays Point Garden Club and has been involved for 25 years and is presently the President, not the first time she's taken on that role.

She is a keen Bridge player and is a member of the Great Lakes Bridge Club.

She has been a member of the Manning Great Lakes Community Health Action Group and as secretary has been responsible for fundraising for better health facilities in the area and was involved in organising a petition for rebuilding the Manning Base Hospital. (See page 5)

She has a keen interest in community events and as such has been a regular contributor to News of Our World since 2011. Not only does she write articles for the magazine but she is currently the distribution manager ensuring that they are delivered throughout the area by sorting them into boxes for each of the

volunteer deliverers, a massive task at the beginning of every month.

She has a strong affiliation with Black Head SLSC. She has been the Publicity Officer for some two to three years.

The SLSC celebrated their centenary in 2025 and she was a member of the Centenary Committee. Not only was she on the committee but she also authored 'Black Head Surf Life Saving Club The First Century 1925 – 2025', a mammoth undertaking involving countless hours of research, sorting through club records, conducting interviews, sorting through hundreds of photos, consulting with past and present members and then organising the information and putting it altogether, some 244 pages. This took a year to compile and complete. All this while continuing to carry out her other community involvements.

In the words of a colleague.. 'I have found Carmel to be totally focused on community programs, willing to contribute to the care and welfare of those within the Hallidays Point Community'.

Coomba Fest a success!

Coomba Aquatic Club

The Coomba Aquatic Club Committee would like to thank all the volunteers associated with the organising and running of this year's Coomba Fest Australia Day celebrations.

The 2026 Australia Day festival was supported by many locals and visitors who came to enjoy the fantastic atmosphere that Coomba is renowned for.

Stall holders who offered a range of food and wares were rewarded with plenty of customers on the day supporting their organizations. Thank you: Coomba Aquatic Club, Brunch Café, Dragon boaters, Bev's Bush tucker, Leanne Dodd, Deb Corbet and Rhonda Jones.

The Raft race once again proved to be a highlight as jockeying for position around the buoys caused some friendly excitement. The eventual winner was Coomba Mowers Paul Probert with second place going to The Bolt-John Spurr and third place to The Buffo's-Josh Manners with Cast of Thousands, the race was sponsored by Coastal Reality.

The generosity of our local Muso's was on display again commencing with Greg Elliott who entertained the morning crowd and a special guest appearance from Emma Louise.

Special Thanks to Pat Glasheen for the stage build and Roger Wakefield for the stage sound and mixing. Afternoon entertainment was provided by the following bands: Geezer: Frank and Paul, Amp Hour: Luke, Mick, and Matt, The Howlers: Pat, Maca, Frank, Paul and Missy.

Thanks also go to the local fire brigade, SES members who gave their time to assist with setups and displays.

These events can't function without the support of ticket sellers and volunteers, thanks for your continued support in making this day a great success.



Back row: (L-R) Craig Hainz, John Price, David Rayner, Gerard Taylor, Steve Martin, Peter Davidson. Front row: Fran Saffy-Martin, Narelle Taylor, Peter Felton, Erica Reilly.





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Tanya's Community Update

As students across the Myall Lakes head back to the classroom for a new school year, I want to wish all students, teachers and school staff a positive and successful start to term.



The return to school is an exciting time, but it can also bring a few nerves for families. Whether it's a child starting kindergarten, beginning high school, or settling into a new class, these milestones matter. Our local teachers and school staff play such an important role in guiding and supporting young people, and I thank them for the care, patience and dedication they show every day.

As our kids return to school, Parliament will also soon resume, with the first sitting weeks beginning in early February. When I return to Parliament, one of my priorities will be formally tabling the Fairford Road intersection petition on behalf of our community.

This intersection has been a long-standing concern for locals, and I sincerely thank everyone who took the time to speak up. Community advocacy makes a difference, and every submission represents people looking out for one another and working to make our roads safer.

As the year gets underway, my focus remains on listening to the community and supporting local families. If you have a state issue and think my office may be able to help, please don't hesitate to get in touch.

Tanya Thompson MP

Jana Pitman inspires local school staff

By Mary Yule – Forster Fortnightly

Former Olympian and medical practitioner Dr Jana Pitman was the key motivational speaker for teaching and support staff from the Great Lakes College's three campuses and its six feeder primary schools, during their Staff Development Day at Forster Campus on Tuesday 27 January.

Dr Pitman represented Australia at four Olympic Games and won multiple world titles in the 400-metre hurdles, as well as competing in the Australian bobsled team at the Winter Olympics, before retiring from elite athletics. She later studied medicine and is now a qualified obstetrician and gynaecologist, specialising in women's health.

During her address, Dr Pitman discussed how fear and anxiety can influence decision-making. She explained the concept of distinguishing between genuine risks and "false evidence appearing real," and how recognising this distinction can assist in responding effectively to challenging situations. She gave the example of thinking she was not as good as the other athletes in athletic races who looked stronger and more confident but later realised they had

been just as nervous of her – "so don't let those feelings stop you from having a good go at anything."

She discussed the demands of training for international competition, coping with injury, and managing disappointment. Dr Pitman said. She also spoke about the support she received from Australian athlete Kathy Freeman, who "was patient, kind, and a beautiful person to be around for a nervous young athlete."

Dr Pitman described the challenges of returning to study after retiring from sport. She emphasised persistence, planning, and support networks as critical to completing her studies and establishing a new career. "My mum



Above: Dr Jana Pitman with Graeme Jennings – College Principal of Great Lakes College. Photos by Mary Yule.

encouraged me when I wasn't sure I could do it," she said. "Her belief helped me pursue medicine and kept me going, even when I failed the entrance exam the first time."

She highlighted Australian obstetrician Dr Catherine Hamlin as an influence, noting Dr Hamlin's work in Ethiopia, where she has assisted 30,000 women over 60 years and continues to practice into her nineties.

Reflecting on her own experiences, Dr Pitman explained how setbacks shaped her path. "If I hadn't won a medal at the Olympics, I might not have pursued medicine which I find immensely satisfying. If I hadn't experienced miscarriage and other challenges, I may not have specialised in women's health," she said. "What may seem like failure can create new directions."

She encouraged staff to view obstacles as opportunities for development and noted that teachers already demonstrate resilience daily. "You show students how to manage challenges," she said. "Difficulties can be a source of learning and growth. It's a choice we all can make."

Dr Pitman also mentioned her recent consideration of relocating her family of six children from Sydney to a regional centre for a new hospital position. "I asked myself, what do I have to lose?" she said. "I might get three extraordinary years to live in an amazing place."



Tanya THOMPSON MP

Member for Myall Lakes

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

FORSTER FORTNIGHTLY

4 February 2026

Puzzles Page

Page 17

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.

Swamp

Bushy Tales

Crossword

ACROSS

1 Postpone
4 Chewed the cud
8 Flightless bird
10 Opposite in character
11 Wet soft earth
13 Admit
14 Kitchen utensil
15 Speech defect
16 Let it stand
19 Plain to see
22 Evaded
25 Facial features
26 Nominate
27 Frozen treats
29 Bird
31 Universe
32 Seesaws
33 Vend
36 Domestic animals
39 Copy

DOWN

1 Social events
2 Country
3 Force back
4 Governors
5 Spoils
6 Be adjacent to
7 Pours off leaving sediment
9 Small quantity
11 Seaman
12 Low sand hills
17 Slight colouring
18 Dogma

42 Bringing about
43 No score
44 Month
45 Large deer
46 Audience
47 Rate of progress

19 Revise and correct
20 Prescribed amounts
21 Stair handrail post
23 Of the side
24 Lairs
28 Cut short
29 Moral
30 Plant secretion
34 Esculent
35 Traditional story
37 Land measures
38 Shows sullenness
40 Incline
41 Comfort

Spot the 5 Differences

Join the Dots

Solutions

Forster Fortnightly

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YOUR FORTNIGHTLY TV GUIDE

February 4 - 10

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 1.35 Media Watch. 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 Hard Quiz. 8.30 The Weekly. 9.00 Dog Park. 9.30 QI. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 You Can't Ask That. 11.40 Love Your Garden. 12.25 Long Lost Family. 1.10 Parliament. 2.15 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 1.55 South America With Simon Reeve. 3.00 Living Going Places. 3.35 The Cook Up. 4.05 Secrets Of The Giant Mammoths. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Saving Yellowstone. 8.25 Seven Wonders Of The Ancient World. 9.20 Trespasses. 10.25 SBS News. 10.55 Face To Face. 11.55 Darkness: Those Who Kill. 1.40 Gaudin Boy. 2.30 Australia In Colour. 3.25 Australia In Colour. 4.25 Late Programs.	6.00 Morning Programs. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 The 1% Club UK: Rollover. 8.30 Highway Patrol. 9.00 Operation Dark Phone: Murder By Text. 10.15 Air Crash Inv. 11.15 The Disappearance Of Gabby Petito. 12.35 The Last Weekend. 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.45 My Way. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.15 Olympic Winter Games Milano Cortina 2026: Let The Games Begin. A preview of Milano Cortina 2026. 10.45 9News Late. 11.15 A Remarkable Place To Die. 12.10 Tipping Point. 1.05 Swimming. Australian Open Water Championships. Highlights. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 Late Programs.	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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 I'm A Celebrity... Get Me Out Of Here! (PG) 9.00 Elsbeth. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.
THURSDAY	6.00 Morning Programs. 1.00 Bergerac. 1.45 Way Out Ag. 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 Grand Designs Transformations. 9.00 Amanda & Alan's Italian Job. 9.30 The Piano Uk. 10.20 Rural Flavours. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.40 Parliament. 1.40 Late Programs.	6.00 Morning Programs. 2.00 South America With Simon Reeve. 3.05 Going Places. 3.35 The Cook Up. 4.05 Secrets Of The Sabre-Toothed Tiger. 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. 2.00 Because We Have Each Other. 3.30 Rediscover Victoria. 4.00 Rediscover Victoria. 4.30 Bamay. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Catch Phrase. 2.00 Bridge Of Lies. Celebrity Specials. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 MOVIE: The Proposal. (2009) (PG) 10.50 Australian Idol. (PG) 12.35 Dare Me. (MA15+) 2.00 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.45 9Honey Hacks. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.05 Olympic Winter Games Milano Cortina 2026. Coverage includes curling and ice hockey. 12.00 Olympic Winter Games Milano Cortina 2026. Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Attenborough's Parenthood. 8.40 The Graham Norton Show. (M) 9.50 News. 10.50 10 News+. 11.20 Stephen Colbert. 12.30 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Solar System. 11.00 Antiques Roadshow. 12.00 News. 1.00 Muster Dogs. 2.00 Dog Park. 2.30 In Limbo. 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. (PG) 7.00 News. 7.35 All Creatures Great And Small Christmas Special. (PG) 8.35 Art Detectives. (PG) 9.20 Hard Quiz. (PG) 9.50 The Weekly. (PG) 10.30 Dog Park. (M) 10.50 News. 11.10 Smother. (M) 12.55 Rage New Music. 5.00 Rage.	6.00 Morning Programs. 1.55 South America With Simon Reeve. 3.00 Nula. 3.30 The Cook Up. 4.05 Secrets Of The Terror Whale. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Southern Cyprus: Aphrodite's Paradise. 9.30 Isle Of Wight: Jewel Of The South. 10.25 SBS News. 10.55 Sisi. 11.50 Babylon Berlin. 12.45 Babylon Berlin. 1.40 Silent Road. 2.35 Silent Road. 4.25 Bamay. 4.55 Destination Flavour China Bitesize. 5.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: One Of A Kind Love. (2021) 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens Summer. 8.30 MOVIE: Pretty Woman. (1990) (M) Richard Gere, Julia Roberts, Hector Elizondo. 11.05 Australian Idol. (PG) 12.50 Dare Me. (MA15+) 2.00 Shopping. 4.00 Million Dollar Minute. 5.00 Dr Harry's Animal Encounters. (PG)	6.00 Morning Programs. 1.30 Olympic Winter Games Milano Cortina 2026. Highlights of the Milano Cortina 2026 games. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Olympic Winter Games Milano Cortina 2026. A preview of Milano Cortina 2026. 8.00 Olympic Winter Games Milano Cortina 2026. 12.00 Millionaire Hot Seat. 12.30 AACTA Awards 2026. 10.00 10's Late News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.	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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 AACTA Awards 2026. 10.00 10's Late News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.
SATURDAY	6.00 Rage. 10.30 7.00 Wknd Brekky. 9.00 Rage. Charts. Rage Vault Guest Programmer. 12.00 News. 12.30 Call The Midwife. 1.30 Art Detectives. 2.15 All Creatures Great And Small Christmas Special. 3.10 Extraordinary Escapes. 4.00 Human. 5.00 Aust Story. 5.30 Dr Karl's How Things Work. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. 7.30 Call The Midwife. (PG) 8.30 Midsomer Murders. (M) 10.00 This England. (M) 11.05 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 2.00 Figure Skating. ISU Four Continents Championships. Highlights. 4.00 Going Places. 4.30 Cycling. Cadel Evans Great Ocean Road Race. Elite Men's. Highlights. 5.30 The Anti-Soviet Fighters. 6.30 News. 7.30 Imperial Crown: The Myth, Mystery And Majesty. 8.30 News. 9.30 Secrets Of Britain's Historic Houses. 8.40 Swiss Alpine Rail Journeys. 9.35 The Secret DNA Of Us. 10.40 Lord Lucan. (M) 11.05 Outlander. 2.30 Beyond Signs. 4.25 Bamay. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Better Homes. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Inglis Millennium Day And Caulfield Charity Family Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: The Mummy. (1999) (M) 10.00 MOVIE: American Made. (2017) (MA15+) 12.20 MOVIE: Daughter In Disguise. (2021) (M) 2.30 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 1.00 Olympic Winter Games Milano Cortina 2026 Opening Ceremony. The Opening Ceremony of Milano Cortina 2026. 2.00 Italian Masterclass. 3.30 Frugal Foodie. 2.00 Farm To Fork. 2.30 Cook With Luke. 3.00 The Brighter Side. 3.30 Millionaire Hot Seat. 4.00 Lingo. 5.00 News. 6.30 Dog House Aust. (PG) 7.30 Love It Or List It Australia. 8.40 Sort Your Life Out. (PG) 9.50 Ambulance Australia. (M) 10.50 Matlock. (PG) 11.50 Elsbeth. 1.00 Shopping. 5.00 Hour Of Power.	6.00 Rage Tested. 7.00 Reel Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 On The Fly. 9.00 4x4 Adventures. 10.00 I'm A Celebrity... Get Me Out Of Here! 10.30 Italian Masterclass. 1.30 Frugal Foodie. 2.00 Farm To Fork. 2.30 Cook With Luke. 3.00 The Brighter Side. 3.30 Millionaire Hot Seat. 4.00 Lingo. 5.00 News. 6.30 Dog House Aust. (PG) 7.30 Love It Or List It Australia. 8.40 Sort Your Life Out. (PG) 9.50 Ambulance Australia. (M) 10.50 Matlock. (PG) 11.50 Elsbeth. 1.00 Shopping. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 9.00 Insiders. 10.00 Offsiders. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Muster Dogs. 3.40 The Piano Uk. 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. 9.50 Call The Midwife. 10.55 Midsomer Murders. 12.30 5.00 Gardening Aust. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Cycling. Ailua Tour. Highlights. 4.00 Going Places. 4.30 Cycling. Cadel Evans Great Ocean Road Race. Elite Men's. Highlights. 5.30 The Anti-Soviet Fighters. 6.30 News. 7.30 Extreme Silk Road. 8.25 Grand Canal: China And Its Wondrous Waterway. 10.15 Dunhuang: Ancient Frontier Fortress. 11.15 George Michael: Portrait Of An Artist. 1.00 Unlocking The Secrets Of The Nazca Lines. 1.50 Rise Of The Nazis: The Downfall. 2.55 Late Programs.	6.00 Morning Programs. 10.00 Morning Show. 12.00 Cycling. Santos Tour Down Under. Highlights. 1.30 Unfiltered: Cricket. 2.00 MOVIE: Close Encounters Of The Third Kind. (1977) 5.00 News. 5.30 Weekender. 6.00 News. 7.00 Australian Idol. 8.40 The Fall Of The House Of Bechham. 9.40 The Royal Rich List. 11.10 Crime Investigation Australia: Most Infamous. 12.20 Temple. 1.20 Travel Oz. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.10 Fishing Aust. 11.30 Forging Champions. 1.00 Beyond The Dream: Ice Breakers - Chasing Olympic Gold. 2.00 Olympic Winter Games Milano Cortina 2026. Day 1 - Highlights. 3.00 News. 5.30 RBT. 6.00 NBN News. 7.00 Married At First Sight. 8.35 Olympic Winter Games Milano Cortina 2026. Day 2 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 2 - Overnight. 5.30 Today.	6.00 Morning Programs. 8.30 Key Ingredient. 9.00 Freshly Picked. 9.30 My Market Kitchen. 10.00 Farm To Fork. 10.30 GCBC. 11.00 Well Traveller. 11.30 Pooches At Play. 12.00 I'm A Celebrity... Get Me Out Of Here! 1.30 Lingo. 2.30 Basketball. NBL. Round 20. South East Melbourne Phoenix vs Sydney Kings. 4.30 Deal Or No Deal. 5.00 News. 6.30 10 News+. 7.00 I'm A Celebrity... Get Me Out Of Here! 12.00 Farm To Fork. 12.30 Family Feud. 1.00 News. 2.00 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 I'm A Celebrity... Get Me Out Of Here! (PG) 9.00 Matlock. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.
MONDAY	6.00 Morning Programs. 1.00 The Great Australian Bee Challenge. 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 Aust Story. 8.30 Four Corners. 9.15 Media Watch. 9.35 Planet America. 10.05 Dr Karl's How Things Work. 10.35 News. 10.50 The Business. 11.10 The Weekly. 11.40 Love Your Garden. 12.25 Long Lost Family. 1.15 Late Programs.	6.00 Morning Programs. 1.00 PBS News Compass Points. 1.30 WorldWatch. 2.00 Karnak: The Largest Temple In The World. 3.05 Going Places. 3.35 The Cook Up. 4.05 Secrets Of The Killer Mega Shark. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.05 SBS News. 10.35 Other People's Money. 11.30 Vigil. 1.30 Vigil. 2.30 The Great House Revival. 3.30 Rediscover Victoria. 4.00 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 MOVIE: The Proposal. (2009) (PG) 10.50 Australian Idol. (PG) 12.35 Dare Me. (MA15+) 2.00 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 2 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.05 Olympic Winter Games Milano Cortina 2026. Day 3 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 3 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 3 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 I'm A Celebrity... Get Me Out Of Here! (PG) 9.00 Matlock. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.
TUESDAY	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Parliament. 3.00 Spicks And Specks. 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 Mission To Space With Francis Bourgeois. 9.20 Grand Designs Transformations. 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.10 Love Your Garden. 1.00 Long Lost Family. 1.45 Rage. 4.00 Late Programs.	6.00 Morning Programs. 2.00 Queens Of Ancient Egypt. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Secrets Of The Tasmanian Tiger. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Who Do You Think You Are? 8.35 MOVIE: I Am Raquel Welch. (2025) 10.10 Rock Legends. 10.40 SBS News. 11.10 Exit. 12.05 DNA. 1.50 We Hear You. 2.40 The Great House Revival. 4.35 Bamay. 5.00 NHK World English News Milano Cortina. 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 7News Local. 6.30 News. 7.00 Home And Away. (PG) 8.30 MOVIE: The Proposal. (2009) (PG) 10.50 Australian Idol. (PG) 12.35 Dare Me. (MA15+) 2.00 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 3 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.05 Olympic Winter Games Milano Cortina 2026. Day 4 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 4 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 4 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 I'm A Celebrity... Get Me Out Of Here! (PG) 9.00 Elsbeth. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.

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	ABC TV	SBS	SEVEN	NBN	TEN	
	6.00 Morning Programs. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 2.00 Parliament. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 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 Hard Quiz. 8.30 The Weekly. 9.00 Dog Park. 9.30 QI. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 Live At The Wireless. 11.55 Love Your Garden. 12.40 Long Lost Family. 1.30 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Queens Of Ancient Egypt. 3.00 Going Places. 3.30 The Cook Up. 4.05 Race For The Sky. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Saving Yellowstone. 8.30 Seven Wonders Of The Ancient World. 9.25 Trespasses. 10.20 SBS News. 10.50 Face To Face. 11.40 Darkness: Those Who Kill. 12.35 Darkness: Those Who Kill. 1.30 Golden Boy. 2.20 The Great House Revival. 4.15 Bamay. 4.50 Late Programs. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. 7.30 The 1% Club UK. 8.30 Highway Patrol. 9.00 Operation Dark Phone: Murder By Text. 10.00 Air Crash Inv. 11.00 The Disappearance Of Gabby Petito. 12.15 The Last Weekend. 1.15 Travel Oz. 2.00 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 4 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. (M) 9.05 Olympic Winter Games Milano Cortina 2026. Day 5 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 5 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 5 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 I'm A Celebrity... Get Me Out Of Here! (PG) 9.00 Elsbeth. (PG) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.30 Shopping.	WEDNESDAY
	6.00 Morning Programs. 1.00 Bergerac. 1.45 Camel Capers. 2.00 Parliament. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 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 Grand Designs Transformations. 9.00 Amanda & Alan's Italian Job. 9.30 The Piano. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.40 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Queens Of Ancient Egypt. 3.00 Going Places. 3.30 The Cook Up. 4.05 Race For The Sky. 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 Forest Of The Missing. 1.40 Silent Road. 3.35 Celebrity Mastermind. 4.35 Bamay. 5.00 NHK World English News Morning. 5.00 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. 12.00 Golf. LIV Golf Adelaide. Day 1. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Home And Away. 8.30 MOVIE: Sweet Home Alabama. (2002) (PG) Reese Witherspoon, Josh Lucas, Candice Bergen. 10.50 To Be Advised. 12.30 Dare Me. (MA15+) 1.30 Harry's Practice. 2.00 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 5 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 A Current Affair. 7.30 Olympic Winter Games Milano Cortina 2026. Day 6 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 6 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 6 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Attenborough's Parenthood. 8.40 The Graham Norton Show. 9.50 News. 10.50 10 News+. 11.15 Stephen Colbert. 12.00 Shopping.	THURSDAY
	6.00 News Breakfast. 9.00 News. 10.00 Solar System. 11.00 Antiques Roadshow. 12.00 News. 1.00 Muster Dogs. 2.00 Dog Park. 2.30 In Limbo. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 Love Your Garden. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.35 Gardening Aust. (PG) 8.30 Professor T. (M) 9.15 Hard Quiz. (PG) 9.50 The Weekly. (PG) 10.15 Dog Park. (M) 10.45 News. 11.05 Smother. (M) 12.50 Rage New Music. (MA15+) 5.00 Rage.	6.00 Morning Programs. 1.55 The Hospital: In The Deep End. 3.00 Nula. 3.30 Plat Du Tour. 3.40 The Cook Up. 4.00 Building The Impossible. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 The Lost Cities Of The Incas. 9.25 Isle Of Wight: Jewel Of The South. 10.15 SBS News. 10.45 Sisi. 11.40 Babylon Berlin. 12.30 Babylon Berlin. 1.25 The Lesson. 1.30 News. 7.30 Secrets Of Britain's Historic Houses. 8.40 Queen Camilla: The Wicked Stepmother. 9.35 Shaun Micallef's Origin Odyssey. 10.35 Lord Lucan. 11.40 Outlander. 1.55 Beyond Signs. 3.50 Celebrity Mastermind. 4.50 Destination Flavour China Bitesize. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Sunrise. 9.00 The Morning Show. (PG) 12.00 Golf. LIV Golf Adelaide. Day 2. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Better Homes And Gardens. 8.30 The Marlow Murder Club. (M) A wealthy baronet dies alone in his study. 10.30 To Be Advised. 12.15 GetOn Extra. 12.45 Dare Me. (MA15+) 2.00 Home Shopping. 4.00 Million Dollar Minute. 5.00 Dr Harry's Animal Encounters. (PG)	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Olympic Winter Games Milano Cortina 2026. Day 6 - Highlights. 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 Olympic Winter Games Milano Cortina 2026. Day 7 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 7 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 7 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 Selling Houses Country. 8.40 Love It Or List It Australia. 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. 12.00 Shopping.	FRIDAY
	6.00 Rage. 10.30 7.00 Wknd Brekky. 9.00 Rage. Charts. Rage Vault Guest Programmer. 11.00 75th Anniversary Of Australian National Service. 12.00 News. 12.30 Call The Midwife. 1.30 Professor T. 2.20 The Piano. 3.20 Extraordinary Escapes. 4.10 Mission To Space With Francis Bourgeois. 5.00 Aust Story. 5.30 Dr Karl's How Things Work. 6.00 Kath & Kim. 6.30 Hard Quiz. 7.00 News. 7.30 Call The Midwife. (M) 8.30 Midsomer Murders. (M) 10.00 This England. 11.00 Rage. 5.00 Rage.	6.00 Morning Programs. 2.00 Plat Du Tour. 2.10 Going Places. 3.10 The D-Day Superhero. Jack Kirby. 4.10 Kirby At War. 5.00 Stephen Fry: Willem And Frieda. 6.30 News. 7.30 Secrets Of Britain's Historic Houses. 8.40 Queen Camilla: The Wicked Stepmother. 9.35 Shaun Micallef's Origin Odyssey. 10.35 Lord Lucan. 11.40 Outlander. 1.55 Beyond Signs. 3.50 Celebrity Mastermind. 4.50 Destination Flavour China Bitesize. 5.15 Euronews. 5.30 ANC Philippines The World Tonight.	6.00 Better Homes. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Apollo Stakes Day and Black Caviar Lightning Race Day. 5.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: The Mummy Returns. (2001) (M) 10.10 MOVIE: Atomic Blonde. (2017) (MA15+) 12.30 MOVIE: The Right Mom. (2021) (M) 2.30 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 7.00 Weekend Today. 10.00 Today Extra: Saturday. 12.00 My Way. 12.30 Budget Battlers. 1.30 Find My Beach House Australia. 2.00 Olympic Winter Games Milano Cortina 2026. Day 7 - Highlights. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Olympic Winter Games Milano Cortina 2026. Day 8 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 8 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 8 - Overnight. 5.30 Today.	6.00 Tough Tested. 7.00 Real Action. 7.30 Escape Fishing. 8.00 Fish. 8.30 Camper Delivers. 9.00 All 4 Adventure. 10.00 I'm A Celebrity... Get Me Out Of Here! 1.00 Cook With Luke. 1.30 Frugal Foodie. 2.00 Farm To Fork. 2.30 CBCG. 3.00 The Brighter Side. 3.30 Millionaire Hot Seat. 4.40 Lingo. 5.00 News. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. List It Australia. 8.40 Sort Your Life Out. (PG) 9.50 Ambulance Australia. (M) 10.50 Matlock. (PG) 11.50 Elsbeth. 1.00 Shopping. 5.00 Hour Of Oath.	SATURDAY
	6.00 Morning Programs. 1.00 Insiders. 10.00 Officers. 11.30 Praise. 12.00 News. 11.00 Compass. 11.30 Praise. 12.00 News. 1.00 Landline. 1.30 Gardening Aust. 2.30 Muster Dogs. 3.40 The Piano UK. 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. 9.55 Call The Midwife. 10.55 Midsomer Murders. 12.25 Rage. 3.00 Gardening Aust. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 1.00 Speedweek. 3.00 Plat Du Tour. 3.05 Going Places. 4.35 Raising The Mary McCormack. 5.30 News. 6.00 7News Local. 6.30 News. 7.00 Extreme Silk Road. 8.25 Fengyang: The Forgotten Imperial City. 10.10 Dunhuang: Ancient Frontier Fortress. 11.30 South Korea With Alexander Armstrong. 12.55 South Korea With Alexander Armstrong. 1.45 24 Hours In Emergency. 2.40 24 Hours In A&E. 3.35 Celebrity Mastermind. 4.40 Bamay. 5.00 Late Programs.	6.00 Better Homes. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Golf. LIV Golf Adelaide. Day 4. 5.00 News. 5.30 Weekend Sunrise. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Australian Idol. (PG) 8.45 The Meghan Effect: Transforming The Royals. (PG) 10.15 The Hunters: Mr Cruel. (M) 11.45 Autopsy USA. (M) 12.45 Temple. (MA15+) 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 9 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.05 Olympic Winter Games Milano Cortina 2026. Day 9 - Overnight. 5.30 Today.	6.00 Morning Programs. 1.00 Market Kitchen. 8.30 Key Ingredient. 9.00 Freshly Picked. 9.30 Travel Oz. 10.00 Farm To Fork. 10.30 CBCG. 11.00 Well Trained. 11.30 I'm A Celebrity... Get Me Out Of Here! 1.30 Lingo. 2.30 Basketball. NBL. Round 21. Melbourne United vs Illawarra Hawks. 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 Landline. 2.00 Restoration Aust. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 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 7.30. 8.30 Four Corners. 9.15 Media Watch. 9.35 Planet America. 10.05 Dr Karl's How Things Work. 10.35 News. 10.50 The Business. 11.10 The Weekly. 11.35 Love Your Garden. 12.25 Long Lost Family. 1.15 Rage. 2.20 Smother. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 1.00 PBS News Compass Points. 1.30 WorldWatch. 2.00 The Point: Road To Referendum History Bites. 2.05 Asia's Ancient Civilisations. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Silk Road From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.00 SBS News. 10.40 Other People's Money. 11.30 Vigil. 2.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Australian Idol. 9.15 9-11. (M) 10.15 Ivan Milat: Buried Secrets. (MA15+) 12.15 Conviat. (MA15+) 2.30 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 10 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Olympic Winter Games Milano Cortina 2026. Day 11 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 11 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 11 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 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.	MONDAY
	6.00 Morning Programs. 1.00 Call The Midwife. 2.00 Restoration Aust. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 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 Mission To Space With Francis Bourgeois. 9.20 Grand Designs Transformations. 10.15 Way Out. 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.55 Media Watch. 12.10 Love Your Garden. 1.00 Late Programs.	6.00 Morning Programs. 2.00 The Point: Road To Referendum History Bites. 2.05 Asia's Ancient Civilisations. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.05 Silk Road From Above. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Inside The Tower Of London. 8.30 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.00 SBS News. 10.40 Other People's Money. 11.30 Vigil. 2.45 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 TBA. 6.00 7News Local. 6.30 7News @ 6:30. 7.00 Home And Away. (PG) 7.30 Australian Idol. 9.15 9-11. (M) 10.30 Denis Medical. 11.00 Denis Medical. 11.30 Madeleine McCann: Searching For The Prime Suspect. 12.30 Childhood's End. 2.30 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 12.00 Married At First Sight. 1.30 Olympic Winter Games Milano Cortina 2026. Day 10 - Highlights. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Olympic Winter Games Milano Cortina 2026. Day 11 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 11 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 11 - Overnight. 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 Millionaire Hot Seat. 2.30 The Finish Line. 3.30 Lingo. 4.30 Bold. 5.00 News. 6.00 10 News+. 6.30 Deal Or No Deal. 7.00 Millionaire Hot Seat. 7.30 I'm A Celebrity... Get Me Out Of Here! 9.00 NCIS. (M) 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. (PG) 12.30 Shopping.	TUESDAY

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.

February



Sat 7 Feb - Real Food Market (above and right)
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 (above)
8am to 12pm Forster Info Centre, 4 Little St.
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

Sat 28 Feb - Tuncurry Market
8am to 1pm at John Wright Park, Tuncurry.
Enquiries: Anne 0417 400 994

March

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

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

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POSITIVELY DIFFERENT

88.0

FORSTER-TUNCURRY

Come along and meet your talented local producers

By Judy Donnelly – Real Food Markets

Leanne from Sydney was on holiday at Smiths Lake when she and her friend decided to check out the January Real Food Markets at Pacific Palms Community Centre.

There was a raffle in the hall, with the chance to win a fantastic prize, a hamper of beautiful produce, valued at more than \$300, made and donated by the stallholders - Topi Hill Organics, Coastal Brewing Co, Palms Artisan Bakery, Hillside Honey, Tianjara Eco, Hand n' Hoe, Nadine the Cake Queen, Paparazzi Bach Farm, Utopia trees and Blueys Bouche.

Leanne was astonished when her winning ticket was drawn.

"I haven't stopped laughing," she said. "We nearly decided not to go to the markets, but I am thrilled that we did"

The next market will be held on Saturday 7th February 8am to 11am at Pacific Palms Community Centre.



Above: (L-R) Nadine the Cake Queen, winner Leanne, Jenna from Hand n' Hoe.

MEC now more inclusive and accessible

MidCoast Council

The Manning Entertainment Centre (MEC) in Taree is now more inclusive and welcoming, following the completion of a suite of accessibility upgrades designed to improve access and comfort for all patrons.

The works mark a significant step forward in ensuring people of all abilities can fully participate in performances and events at the region's premier entertainment venue.

A key new feature is the introduction of a dedicated quiet room, providing a calm and supportive space for people with sensory sensitivities, parents with young children, breastfeeding mothers, or anyone who may need a break from the stimulation of a live event. The room is available to ticket holders during events ensuring it can be accessed when it is most needed.

Manager Libraries, Community and Cultural Services, Alex Mills, said the improvements reflect Council's commitment to creating inclusive cultural spaces for the whole community.

"These upgrades are about removing barriers and making sure everyone feels welcome and comfortable when they visit the Manning Entertainment Centre," he said.

"The new quiet room, along with the other accessibility improvements, means more people can enjoy live performances in a way that works for them."

Additional accessibility upgrades completed as part of the project include a portable wheelchair lift, new handrails in the main auditorium, improved internal and external pathways, and the creation of additional accessible car parking spaces. Together, these improvements enhance safety, mobility, and ease of access throughout the venue. Speak to our helpful box office team when booking your tickets about all accessibility needs.

The projects were proudly funded by the NSW Government through the Creative Capital Funding Program, which supports the development and renewal of cultural infrastructure across the state.

"These improvements will have a lasting impact, helping to ensure the MEC continues to be a vibrant, inclusive destination for arts and entertainment in our region," Mr Mills said.

<https://mec.midcoast.nsw.gov.au>



A dedicated quiet room is now available at the MEC during live performances.

Musubi Do

From Waves to Moves Aikido at One Mile Beach

EMMA BARTON

Put your grounding to the test at Aikido

5pm - 6:30pm Tuesday afternoons
at Cape Hawke SLSC
One Mile Beach.

A fun de-stressing combined
Kids and Adults class

0434 173 850
emma@musubido.com.au
musubido.com.au

What's on around town & beyond!

Claire Novak - Author Event

MidCoast Libraries

Catherine Jinks and Alexa Moses join forces as Claire Novak to pen the funny, moving and wise mum-com Dreamwives. Join the conversation and discover how separate influences were melded and how themes of 'reinvention with a vengeance' and 'the power of friendship' were woven into the story.

About the Book 'Dreamwives'

When two enterprising women hit the financial skids, they cook up a business to make money from the wife-work they've been doing for decades. But will their labour of love be too hot to handle?

Middle-aged housewife Katrina Webb, dumped by her husband and suddenly broke, meets her old friend Michelle Redlin-Wu, who looks after her elderly father and has just been laid off. Over a stolen bottle of champagne, they decide that people should pay for the domestic and emotional work women have largely shouldered for centuries, and their business is born.

Dreamwives aren't cleaners or nannies or housekeepers - they create warm and inviting homes by cooking dinner, leaving the bathroom clean (and just a little bit used), and listening to their clients unload. This is extreme customer service - no sex included.

It seems to be a winning formula, until Michelle starts falling for a client, and Katrina finds herself at the centre of a very public scandal. Can they really get paid for the work that so many women do for free, or are they flushing

their lives away? This fast-paced romp will make you laugh, shout and cry ... And make you forget about your To-Do list for a while.

'Besties Katrina and Michelle will have you cheering them on and snort-laughing through their riotous misadventures. Dreamwives is fresh, frank and full of heart' TESS WOODS

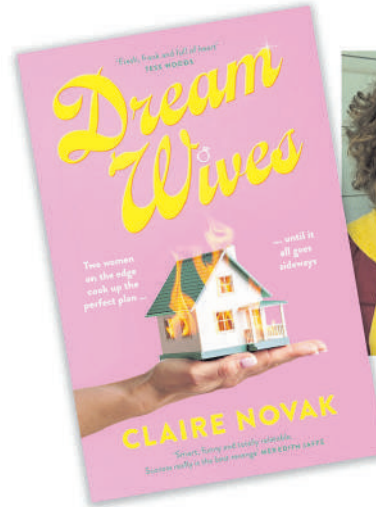
'If you're not laughing and despairing with Dreamwives, then you are the Craig in your relationship. This funny, insightful story is for anyone who needs a laugh and a good dose of empowerment' KIMBERLEY ALLSOPP

'Money-spinning the mental load of wifery into dollars? Genius! Savvy Kat and Michelle cook up a hilarious scheme and are smart, funny, instantly loveable and totally relatable. Success really is the best revenge' MEREDITH JAFFE

The Claire Novak - Author Event is on 16 Feb 2026 - 11am to 12pm at Forster Library.

To book your free spot go to <https://library.midcoast.nsw.gov.au/Whats-on>

Walk-in allowed



Award-Winning Diva Tribute Show is coming to town

Direct from Canada, award-winning international performer Bonnie Kilroe brings her hit live show 'DIVAS: She's Every Woman' to the NSW coast, touring from Ballina to Merimbula this February-March.

Her high-energy, one-woman show pays homage to classic Divas while blending current pop culture in hilarious mash-ups, bringing audiences of all ages together for a night of music, laughter, and celebration.

Known for her rapid-fire costume changes, audience interaction, and powerhouse vocals, Bonnie creates unforgettable, joyous experiences wherever she performs.

"In a time of much unrest online and rising levels of depression and anxiety, I hope my show brings welcome laughter, connection, and a joyful escape for audiences," says Kilroe. "Australian audiences are incredibly warm, and I'm thrilled to be touring the NSW coast."

- I had no idea what to expect, I can't remember the last time I laughed this hard! Absolutely freaking fabulous.

- I'm still laughing! What a super high energy interactive evening of FUN!

- Bonnie is a first class act and one of the BEST!



Kilroe has toured Canada, Europe, Mexico, and the United States, performing in theatres, festivals, casinos, and corporate events. Her accolades include Most Unique Act, Best Comedy, Best Costume, The Carol Burnett Award, and The Award of Excellence at the Las Vegas Reel Awards and the Sunburst Convention of Professional Celebrity Impersonators in Florida. Her shows have been praised as "a powerhouse of vocal versatility" and "the ultimate girls' night out."

'DIVAS: She's Every Woman' is on at **th Tuncurry Beach Bowling Club on Friday 27 February.**

Tickets: <https://tuncurrybeachbowlingclub.com.au/divas-shes-every-woman/>

(See advertisement below)

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BROOKE McClymont AND ADAM ECKERSLEY

PREVIEW THIS TOUR

SATURDAY 21 FEBRUARY

Doors open 7.30pm for an 8pm show
Tickets \$55 per person

Book NOW at reception or book online at www.stickytickets.com.au

DIVAS

Starring **BONNIE KILROE**

She's every woman!

FRIDAY 27 FEBRUARY

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Tickets \$40 per person

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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

Not good enough for Mid North Coast

While the Minister is busy talking up revised scopes, our doctors and nurses are at BREAKING POINT and patients are waiting in corridors.

We are NOT living in a Third World Country – though it sure feels like it at times, for those of us living on the Mid North Coast!! Currently, we are being treated as 2nd class citizens.

The population of the MidCoast Council area is approximately 100,000 - which doubles over holiday periods - particularly over Xmas/New Year when many accidents/incidents occur.

Over 40% of our population is aged over 60 ... yet Manning Base Hospital currently has just 160 beds! We SHOULD be serviced by a hospital with at least 250 beds. Yet the revised proposal now being exhibited falls well short of what was promised, including fewer inpatient beds, no fully fitted pharmacy or pathology services, no loading dock, and reduced building connections.

WE DON'T NEED MORE REVIEWS — we need shovels in the ground, beds on wards and staff supported!! And we need it NOW!!

The proposed Stage 2 redevelopment is INADEQUATE for the region's needs.

The current Stage 2 proposal DOES NOT DELIVER what was originally promised.

The reduced number of beds is UNACCEPTABLE for the health care needs of our region.

Fully fitted pharmacy and pathology services are ESSENTIAL and not negotiable.

Construction timelines MUST be confirmed!

Planning, scoping and funding for Stage 3 MUST BEGIN IMMEDIATELY so it can proceed seamlessly after Stage 2!!

In 2024, NSW Health Minister Ryan Park stated that the \$180 million allocation was not the final funding, and that Stage 2 was expected to be completed by the end of 2026.

The revised proposal (now being exhibited) falls well short of what was promised, including fewer inpatient beds, no fully fitted pharmacy or pathology services, no loading dock, and reduced building connections. THIS IS NOT GOOD ENOUGH. It wouldn't be acceptable in Sydney or Canberra - and it is NOT ACCEPTABLE IN THE MID NORTH COAST!

Manning Base is the ONLY Hospital WITH AN EMERGENCY DEPT between Newcastle & Port Macquarie.

We need Minister Ryan Park to HONOUR THE PROMISES THAT WERE MADE and to come and SEE the conditions our doctors, nurses and patients are experiencing!!

Check the two images below to see how many Public Hospitals there are in Sydney within a 20 sq kilometre area ...most people in Sydney have about a 15 minute drive to get to a Public Hospital. WE DO NOT HAVE THAT LUXURY! Note: the hospital in Wingham is Private with no emergency services.

We have a growing population on the Mid North Coast and many of the surrounding towns already have to drive 30min-1hr to even GET to our only Public Hospital (and double it, if requiring an ambulance to come from Taree or Forster/Tuncurry - IF one is available!) - by which time the patient's condition has already deteriorated - we NEED TO KNOW that that we will receive first class treatment, not Third World treatment!

This letter was received and verified from a resident in Forster.



Screen Reviews

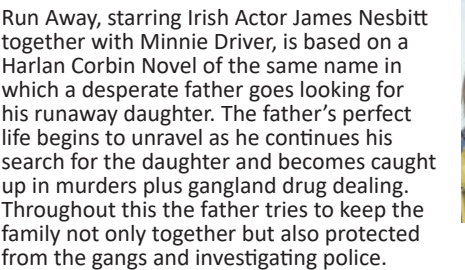
TV Show Review by Leon Batman - Tuncurry



Girl Taken - Prime Paramount+, 6 Episodes released 08-01-26

Based on the novel Baby Doll, this psychological thriller Girl Taken involves a family with teenage twin daughters who has their lives impacted when a seemingly respected school teacher abducts one of the twins, but not the twin he had his eyes on. The abduction continues over a number of years till the twin eventually escapes. There are a number of twists and turns in the series which will keep you watching and yet sometimes frustrated.

Run Away - Netflix, 8 Part Miniseries released 01-01-26



Run Away, starring Irish Actor James Nesbitt together with Minnie Driver, is based on a Harlan Corbin Novel of the same name in which a desperate father goes looking for his runaway daughter. The father's perfect life begins to unravel as he continues his search for the daughter and becomes caught up in murders plus gangland drug dealing. Throughout this the father tries to keep the family not only together but also protected from the gangs and investigating police.



Star Trek: Starfleet Academy - Prime Paramount+, Season 1, 8 Episodes released 15-01-26

Another spin off from the highly successful Star Trek franchise, this series set in the 32nd Century follows a new group of Starfleet cadets, the first in over a century, as they train to be officers.

I have only watched 2 episodes so far but I am so far not convinced this spinoff will become a must watch show for myself. Even though it is much better than the last spinoff released, Section 31, it seems to be very much set for a much younger audience and not for an older Trekkie like myself.



Photos from Australia Day at Hallidays Point by Mary Yule.



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Community News

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Weekly Diary

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

Mondays

Alcoholics Anonymous

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

Al-Anon Family Groups

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

Boomerang Bags Forster Tuncurry

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

Club Forster Travel Club

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

Forster Family History Research Service

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

Forster Hospital Pink Ladies

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

Forster Tuncurry Lions Club

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

Forster Tuncurry Men's Shed Inc.

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

Get Active Coomba Park exercise

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

1st Forster Tuncurry Scout Group Cub Section

Scout Hall Cnr Lake & McIntosh Sts Forster,
Mondays 5 - 6.30pm for 8 - 11 years. Enquiries:
leanne.richardson@nsw.scouts.com.au

Forster Tuncurry Seniors

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

Girl Guides Forster Tuncurry

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

Great Lakes Evening VIEW Club

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

Great Lakes Ladies Probus Club

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

Great Lakes Vietnam Veterans Association

Email: vvaglforster@gmail.com

Manning Great Lakes Parkinson's Support Group.

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

Mixed Social Tennis

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

Mid North Coast Bootscoters

Beginner lessons 6 - 7pm every Monday at
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 Kal 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: vvaglforster@gmail.com

Lodge Forster Great Lakes United

Meets third Thursday of the month
7pm at the Lodge Hall, 27 Lake Street
Enquiries: Bob Mackinnon on 0437 854 466

Knit and Knatter

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

Mens Social Tennis

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

Tennis Forster

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

Twin Towns Tennis Club

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

Fridays

Alcoholics Anonymous

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

Forster Country Women's Association (CWA)

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

Forster Tuncurry Men's Shed Inc.

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

Forster Tuncurry Red Cross

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

Forster Tuncurry Seniors

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

Get Active Coomba Park exercise

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

Ladies Social Tennis

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

Pickleball Tuncurry

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

“Quilts of Love” Forster Arts & Crafts

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

Tuncurry Beach Dunecare

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

Twin Towns Tennis Club

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

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

5pm at tennis courts behind Sporties.
Enquiries: Sonia Rockley 0427 309 032

Tennis Forster

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



Welcome Back Brunch

By Jacqui Costello - Forster District Combined Probus Club
The Forster District Combined Probus Club held their annual Welcome Back Brunch at Elizabeth Park on 21st January 2026.
We were blessed with a fine day to share with 49 of our members. We enjoyed a barbecue, followed by fresh fruit platters and topped

off with sparkling wine and orange juice.
Thanks to all those who pitched in to make it a successful morning of friendship and fun.
Photos supplied.



Pacific Cape Lodge

Kularoo Drive Forster

We're thrilled to invite you to discover the caring and homely environment of our Kestrel section now open at Pacific Cape Lodge. Located on Kularoo Drive in Forster, we are just a short stroll from the beach and the local shops. At Pacific Cape Lodge, we focus on your comfort and well-being. Our spacious single rooms are thoughtfully designed for your needs, each equipped with a private ensuite so you can enjoy privacy and independence.

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

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

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Local Identity – Fred Bullen

Interview by Vanda Gooley - Forster
Fred Bullen, 82, is a well-known artist based on the Mid North Coast, who discovered he had a hidden talent late in life.

After he retired in 2007, Fred and his wife, moved from Sydney to the Mid North Coast. He initially considered taking up golf but quickly realised his athletic prowess was limited, thus enrolled in art classes instead of hitting the fairways. Fred had a hiatus of over 40 years before he started painting again.

He joined the local art society where he was guided in his artistic endeavours by dedicated and competent local artists who gave up their time to teach. In addition, he participated in regional workshops run by visiting tutors in quite diverse artistic media and subjects. Fred said several art tutors and artists have influenced and inspired him, they have also attempted “to get me out of my comfort zone.” He is indebted to the very talented artists Yvette Hugill and Vicki Bullard along with Val Wright, Van Gough and MC Esher.

His inspiration for his paintings comes from the local area and the urban landscape - and executes in styles ranging from traditional realism to abstract realism.

Fred has established himself as an artist of considerable note as evident in his many exhibitions and awards.

Fred has had many of his works judged as ‘First Prize’ and ‘Highly Commended’ awards in local and regional art exhibitions. Fred said he’s proud of “having my paintings chosen by several hundred people to bring heartfelt enjoyment to themselves and their family.” Fred’s artworks have won awards in Forster, Taree and Port Macquarie. He also enters his work in the regional annual agricultural art shows and art society Art Exhibitions around NSW. He has been featured at South West Rocks Community Art Gallery alongside other local artists.

He runs a home studio/gallery in Tallwoods, called Lake View Gallery, where framed prints and original works are available.

Fred has been happily married to Patrice for 57 years and is very proud of having the opportunity to raise their son Anthony and daughter Emma.

Fred reflects fondly on the time he completed his apprenticeship as a structural and civil draftsman and joined a forward-thinking company in technical personnel. At TAFE he gained a certificate in Mechanical Engineering. Fred was later involved in management and ownership of a technical staff hire company and later Australia’s first CAD/CAM (Computer Aided Design and Manufacturing) supplier and bureau. Fred was a senior consultant to the Australian Personnel Industry as Quality Consultant. Fred’s knowledge of mathematical precision and engineering is obvious in the perspectives of his works.

Fred has many interests, apart from his passion for painting, he enjoys exhibiting his works, meeting gallery visitors and sharing life stories. Fred is also passionate about promoting the equality of men and women in all aspects of life, occupations and relationships. He believes the best candidate should always be chosen, irrespective of race, gender, religious or political persuasion. In the same way art should be viewed. He is a DIY handyman and loves gardening and cooking. Fred is determined to accept life changing business challenges in the expectation that there would only be positive outcomes.

Fred’s painting career started very early on in life when he won a prize of a book by Pixie O’Harris in a drawing competition when he was 10 years old.

Despite his artistic success and awards, Fred considers his greatest achievement is, “Living a long life with a loving wife and no regrets, and



Above: Fred Bullen said he’s proud of “having my paintings chosen by several hundred people to bring heartfelt enjoyment to themselves and their family.” Photos supplied.

Long term friend, Margie Kennard, said this of Fred...

“Fred has been a wonderful friend to Dave and I for well over 10 years now, but we still never know what to expect! From bespoke T shirts, hand-monikered to highlight a particular character quirk, to witty ditties written for a special birthday – Fred is a friend in a million. He is a creative, practical and ‘out-there’ but conservative. If it sounds hard to get your head around, then we can just focus on his community spirit!”

If Fred doesn’t turn up at the weekly meeting of the ACCC ‘August Circle of Coffee Connoisseurs’ (a group of old blokes who enjoy comparing ailments and solving complex political problems over coffee) then it is because he is supporting others, probably in the local art world. The ACCC is actually Fred’s baby – and is a beautiful social outlet, support and connection session for these older male friends - a rare and important thing. He regularly raises money by donating paintings for charity and truly worthwhile causes from Women’s Shelters to FAWNA Wildlife Rescue.

To sum up – he’s a generous, kind man and who’s lots of fun.”

Long term friend, Faye Murray, said this of Fred...

“I have known Fred Bullen as a friend and fellow Tallwoods resident for 12 plus years.

Fred is a special person who gives unconditionally when help is needed. He has willingly helped me on occasions when I have found myself in “silly situations”.

Fred is very community minded and willingly offers his personal and professional expertise where it can be useful. His generosity has been experienced by many, and he helps in ways big and small.

Fred is a great problem solver. When confusion and chaos set in he is always calm and can help to arrive at a good solution.

Right: Fred has had many of his works judged as ‘First Prize’ and ‘Highly Commended’ awards in local and regional art exhibitions.

Fred is a fun person to know and to be part of his world always means lots of laughs and good times.

Fred has a very special gift as an artist that he shares with many in different ways to benefit others.

Fred is a very special person who is loved and valued by those who know him.”

Local Friend Patrick Novak said this of Fred...

I have the privilege to know Fred for the past eight years.

Fred’s wife Patrice and my partner Heidi used to train as nurses in the old Mona Vale hospital in Sydney.

Heidi and I moved to Halliday’s Point close to ten years ago and the girls met by chance and recognised each other after a lifetime break. Heidi and I and the Bullens became friends.

I’m lucky to own and enjoy several Fred paintings which are displayed with pride in my home.

During the period of our friendship, we have shared fun times and sad episodes as well.

I and most of our friends enjoy Fred’s art and frequently visit his exhibitions or any art exhibition where Fred shows his art. The artistic culture here in the area is very active and produces high quality artworks.

Coming from Sydney where we tried to follow the art culture, the art world here is as active and productive as in the capital cities.



Fred’s paintings often reflect vibrant colours, (“Colour transmits and translates emotion.” Wassily Kandinsky) imaginative ambiguous and distorted perspectives, and strange juxtapositions which suggest an imagined or dreamed reality. Fred usually paints in acrylics but also does what he calls ‘two and a half D’ – almost 3D. This is where he carves the underlying media, then paints over the top of it.

As much as Fred enjoys the challenge of painting a wide variety of subjects using an equally wide range of techniques, his greatest pleasure comes from hearing that an artwork has unlocked a heartfelt memory for the viewer.

Fred was born in Belmore and considers his childhood to have been typically middle-class Australian. “Uncomplicated, unworldly and unquestioning. No major traumas in our family.” Fred’s parents owned and operated a ‘Ham and Beef’ delicatessen in Harris Park near Parramatta until their retirement. Fred has a younger sister Janene.

being surrounded by great friends and family.” However, he said there are challenges which include, “Growing old with dignity and the death of our daughter in 2022.”

Fred has found time to be involved in his community. He is a life member of Apex Australia, (a volunteer community service organisation that empowers individuals over 18 to engage in personal development, leadership training and community service projects). He has also been involved in building stage sets for local theatre and dance groups and assisted in raising funds for the local Women’s Shelter, from the sale of his works. Fred is an organiser of a ‘men’s coffee support group,’ which comprises of a group of like-minded individuals who enjoy solving the problems of the world every week.

Asked what motto Fred lives by he said, “Do unto others as you would have them do unto you.”

Fred loves the relaxed lifestyle of the Mid North Coast with lots of similarly minded friends. He also loves the weather, the landscape and the ease of commuting.



Transport in another age

Great Lakes Museum

What is a teamster?

Teamsters were also known as a Bullocky, an Australian term for a Bullock drive, and consisted of typically skilled tough men who often faced extreme difficulties during their job.

Our first settlers had many problems, one of which was the transport of goods over relatively huge distances they needed to travel. Bullocks were the essential power because of the need to traverse forest areas, swampy terrain and manoeuvre very heavy weights in the form of large logs to rivers and sawmills. Lead bullocks were the key to a good team, for what the lead yoke did the others tended to follow, and a well-trained yoke of leaders was worth a lot of money to the bullock driver. Speed was not the essential thing back in the bullock days, for the teamster generally walked on the nearside (left) of his team bearing his whip some 3 metres in length, of plaited rawhide tipped with horsehair. The long-handled whip permitted the bullocky to control his team while keeping safe working distance from the danger of being run

Right: Bullock Drivers Bill and Arthur (Purdy) Palmer of Bungwahl.

down by a large dray or jinker, which did not provide seating for the driver. Jinkers, typically four-wheeled vehicles, were specifically designed for hauling large logs, while bullock carts and drays were used for a variety of loads like wool, wheat, hay and farm equipment.

Some well known teamsters of the district were Godwins, Brambles and Palmers of Bungwahl and Cheers, Mills and Newells around the Wallamba district.

Many of our modern roads today follow the old bullock tracks for the teamsters seemed to have a built in survey system that caused them to select routes which gave the shortest distance to their destination yet followed tracks whose grades gave the easiest travelling for the bullocks.

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



Book Review



Book Review by John King - Pacific Palms Librarian

SEX

Now that we have your attention, welcome to the disinformation age, the sub-title to Ed Coper's book Facts* and other lies. Why a new age? Simple. Traditionally, we have relied upon the media of newspapers, radio, TV, books etc. Now we have the internet and social media. Of course, we've long had "shock-jocks" but now we have "influencers" who are even invited to budget lock-ups previously the preserve of journalists. Whatever constraints we may have had (on Murdoch media?) can now be bypassed. Moreover, journalists themselves can now be bypassed. Rather than relying on the politician/journalist symbiosis, social media allows direct contact – think Trump.

Coper investigates why disinformation can get such a hold on us. Rational beings? No, social people open to emotional appeal. We all love a good story and never let the facts get in the way. White lies? Of course, we don't want to hurt others' feelings. Dissenting views implying others are idiots to believe in such conspiracy theories? Be careful because we might find our group turns its back on us.

The point is that social media is an echo chamber so readily allowing for tweets, and retweets and references to similar uploads that reinforce preconceptions. Add to that the algorithms that judge value by volume with dummy web sites piling on, and group think takes on a life of its own. We like to be part of a group with common beliefs and if it involves "secret knowledge" that is a powerful glue. Even trying to debunk disinformation and misinformation risks highlighting and reinforcing it: we don't like our preconceptions challenged and so up the ante.

Can Coper be believed? There are so many examples of pernicious disinformation which are hard to ignore. "Vaccines kill"! "Climate change is a hoax"! Headline grabbing clickbait. A nice simple example. Two people are on a stage. One talks about ending the war on Gaza.

The other falls into the orchestra pit. Which one gets the front page tomorrow? If there ever is a prime example of disinformation, then Trump would have to be it. Even Twitter banning him only worked until dummy sites picked up and broadcast his tweets.

Are there answers? Yes. It starts with recognizing human nature; are we not nearly as rational as we like to think we are? Let Malcolm Turnbull have the last word. "Ed Coper explains how lying has been normalised in right-wing media - both social and mainstream. The Trump-inspired attack on the US Capitol on 6 January (2020) is just one consequence. Coper deftly shows us what is to be done and offers real solutions to restore trust in public discourse."

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.

FACTS* *and other lies

Welcome to the
Disinformation Age
Ed Coper

There have been no other
books like this one
before. It is a masterpiece.
The best of the best.
The best of the best.

Fossil fuels are doomed – and Trump can't save them

By Wesley Morgan - The Conversation, 29 January 2026

The past three years have been the world's hottest on record. In 2025, Earth was 1.44°C warmer than the long-term average, perilously close to breaching the Paris Agreement goal of 1.5°C.

This warming is fuelling Australia's current record-breaking heatwave. Other consequences are visible globally, from Iran's crippling drought to catastrophic wildfires and unprecedented floods in the United States to deadly cyclones hitting southern Asia.

We know what to do to tackle the climate crisis: replace fossil fuels with clean energy technologies such as solar, wind, electric vehicles and batteries. We are well on our way. Globally, the power produced by renewables overtook coal last year.

Petrostates (a country where the economy is shaped primarily by the sale of oil and natural gas), such as Saudi Arabia and the US have made trillions from oil and gas. Now they are fighting a rearguard action to prolong fossil fuels. The US is pushing European nations to buy its gas, for instance.

But most countries have seen the writing on the wall. In November, the COP31 climate talks in Turkey are expected to deliver a global roadmap away from fossil fuels. Dozens of countries will meet in Colombia in April to fast-track the transition. The road ahead is bumpy. But the end of fossil fuels may finally be coming into view.

No holding back clean energy

There's no one trying harder to slow the clean energy transition than US president Donald Trump. During his bid to return to the White House, Trump pressed oil executives for US\$1 billion (A\$1.4 bn) in campaign finance, promising a windfall in return.

In 2025, he increased subsidies for fossil fuel producers, weakened environmental laws, gutted Biden-era support for clean energy and moved to block clean energy projects, even some near completion. The US is now one of

the world's biggest exporters of liquefied natural gas (LNG) and oil.

But clean energy growth has proved difficult to kill. Despite Trump's efforts, domestic solar generation is still expected to grow 46% in the next two years while electricity output from fossil fuel plants falls.

Trump is betting fossil fuels are the key to future American power. He made no secret of the fact the US military raid on Venezuela earlier this month was aimed at increasing oil production. He has implored US oil companies to invest billions to revive the country's battered oil infrastructure. The response was lukewarm. ExxonMobil CEO Darren Woods said Venezuela was "uninvestable".

Developing Venezuela's oil reserves assumes there will be demand for decades to come. But the world now faces an oversupply of oil, even as sales of electric vehicles grow strongly in many countries. Last month, battery electric vehicles outsold petrol cars for the first time in Europe.

Electrostates rising

While the US doubles down on 20th century fossil fuels, China is betting on an electric 21st century. It is emerging as the first electrostate (a country whose primary source of energy is emission-free electricity), dominating production and export of solar, wind, batteries and EVs. China is now the world's biggest car exporter. Most new Chinese cars are powered by batteries, not oil.

China's manufacturing might has driven down the price of batteries, the main cost of EVs. As EVs get cheaper, emerging economies are finding they can leapfrog fossil fuels and move



straight to solar panels and EVs – even if the national power grid is limited or unreliable.

Commodity price trends show surging global demand for copper, silver and other metals needed for mass electrification. Worldwide, investment in clean energy technologies first overtook fossil fuel investment ten years ago. In 2025, clean investment was more than double the investment in coal, oil and gas. Clean energy is where the world is headed, whether Trump likes it or not.

China, India and Pakistan are rapidly making the shift to renewable power. Developing nations from Nepal to Ethiopia are taking up electric transport to slash the cost of importing fossil fuels.

New roadmap away from fossil fuels

This week, the US formally withdrew from the Paris Agreement. But no other country has followed.

For decades, the COP talks have focused on "cutting emissions" without dealing directly with the use of coal, oil and gas. But at the 2023 talks, nearly 200 countries agreed to "transition away from fossil fuels".

At last year's COP30 talks, host nation Brazil proposed a roadmap to phase out fossil fuels. More than 80 countries backed the idea, including Australia, but pushback from Saudi Arabia and Russia kept it out of the final outcomes.

In response, Brazil is working to develop a roadmap for phasing out fossil fuels. This – or

something similar – may be formally adopted at the next climate talks in November.

While COP31 will be held in Turkey, Australian climate minister Chris Bowen will have a key role as "President of Negotiations" and will steer global discussion ahead of the summit.

Bowen plans to lobby petrostates to support a managed shift away from fossil fuels, drawing on Australia's experience as a major exporter of coal and LNG facing its own transition. Korea – Australia's third largest market for thermal coal – will retire its entire coal fleet by 2040.

Government modelling suggests Australia's coal and gas exports could plummet 50% in value in five years as global demand falls. Independent modelling suggests the decline for coal could happen even faster if countries meet their climate targets. Policymakers must plan to manage this transition.

Coalitions of the willing?

Frustrated by slow progress, a coalition of nations is separately discussing how to phase out fossil fuels. The first conference will take place in April in Colombia. Here, delegates will discuss how to wind down fossil fuels while protecting workers and financial systems. Some nations want to negotiate a standalone treaty to manage the phase-out. Conference outcomes will also feed back into the UN climate talks.

Pacific island nations aim to be the world's first 100% renewable region. Ahead of COP31, Australia and island nations will meet to progress this.

Progress is happening

In an ideal world, nations would rapidly tackle the existential threat of climate change together. We don't live in that world. But it may not matter.

The shift to clean electric options has its own momentum. The question is whether the shift away from coal, oil and gas will be orderly – or chaotic.



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Beat the heat

Keep cool, healthy and safe this summer

Hot weather can be extra dangerous for seniors.

Here are some simple tips:



Stay inside during the hottest part of the day.



Keep your home cool. Close curtains and blinds and use air conditioning or fans.



Do your housework or exercise early in the morning when it's 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



Local flavour at Port music festival

By Dave Isbel – Forster Runners

The Red Hot Summer Tour gig in Port Macquarie on 31 January survived an invasion of over 30 Forster Runners supporting a popular club member, Cameron Bruce. Cam, who lives in Smith Lake with his wife and young son, is a music industry stalwart producing, directing and playing with many artists. For nearly 20 years this has included keyboards with Aussie rock royalty, Paul Kelly.

The festival featured an impressive line-up on a perfect summer's evening. Newcomer Jess Hitchcock kicked off a trio of female artists with Kasey Chambers and Missy Higgins delivering well-pitched mixes of new and old

material. After the Cat Empire funk'd their way through a high-energy set, Tex Perkins snarled menacingly through Cruel Sea staples.

Forster Runners travelled in hordes by car and party bus to support Cam and really got into the spirit by dominating the mosh pit and making clear that Cam Bruce was the star of their show, relegating Kelly and band to a support role for his flamboyant keyboard work.

Paul Kelly showed why he is such a reliable performer at age 70, gliding through a flawless set mixing old favourites with great songs from his new album '70' supported by the best band in Australian music. Paul introduced 'Rita wrote a letter' revealing that things did not turn out



Some of the 30 Forster Runners who travelled to Port to watch club member Cameron Bruce (kneeling front right in striped shirt and fedora hat) rock the Paul Kelly band with his flamoyant keyboard playing. Photos by Hayley Moody.



well for Joe of 'Whos going to make the gravy' fame, while everyone loved 'Dumb Things' and 'Before too long'. Acknowledging the recent passing of Midnight Oil drummer Rob Hirst, the band played a moving version of 'Dead Heart' featuring Jess Hitchcock's impressive vocals.

However, for Forster, the undeniable star of the show was Cam Bruce, rocking a striped shirt and fedora combo and thrilling the travelling posse with star turns on the Kelly classics 'Deeper Water' and 'Darlin it hurts'.

Great Lakes AFL Association to return bigger & stronger in 2026



By Alex Jacobs - Great Lakes AFL

The Great Lakes Australian Football Club Committee met in January to begin planning for an exciting 2026 season, building on the strong momentum gained last year.

The 2025 season proved to be a breakout year for the revamped Great Lakes AFC, with increased participation across senior teams and more than double the numbers in the junior program. The club successfully ran a four-team, eight-round competition, culminating in a thrilling Grand Final at Tuncurry Oval in August 2025. The Tuncurry Tigers claimed the premiership with a strong performance against Old Bar in front of a passionate local crowd.

In 2026, the Great Lakes AFL Association will return bigger and stronger, with a continued focus on making Australian football accessible to people of all ages and abilities across the region. Training will commence on April 2, with the majority of games again to be played at

Tuncurry Oval. Reflecting the growing interest in AFL locally, the club received a \$20,000 grant from the AFL last year, which was used to install new goalposts at the venue.

The season is set to begin on Sunday, May 17, with eight competition

rounds played every second week through to August. Game days will be family-friendly Sundays, offering a full schedule of football for all ages. This includes Auskick for children aged 5–7, Superkick for ages 8–13, women's senior matches, and men's senior matches.

Auskick is a fun, introductory program designed to develop basic coordination and football skills, with a strong emphasis on enjoyment. Junior participants were rewarded last season with the unforgettable experience of playing at halftime during a Sydney Swans AFL match at the SCG. Superkick aims to expand further in 2026, with plans for a four-team competition playing eight rounds every second week, mirroring the adult fixture in the AFL 9s format.

Teams competing this season will include the Tuncurry Tigers, Forster Giants, Hallidays Point Swans, and Old Bar Thunder. The club is also excited to launch a women's competition for the first time, marking a significant milestone for AFL in the Great Lakes region.

Anyone interested in playing at junior or senior level, or in becoming involved with the club in a volunteer capacity, is encouraged to register their interest. Enquiries can be made by emailing alexander.jacobs2011@gmail.com, visiting the club's Facebook page (#GreatLakesGiantsAFL), following on Instagram (#great_lakes_giants_afl), or simply coming along to a training session.



AFL training this year will commence on April 2, with the majority of games again to be played at Tuncurry Oval.

TikTok crashes in the U.S.

Will Australian 'UpScrolled' Make the Algorithm Great Again?

By Joshua Barnett - The Micheal West Report, 29 January

TikTok users in the US are cancelling their subscriptions following a change in ownership and a new privacy policy dictated by the Trump administration. Will Australia's UpScrolled save the day?

TikTok has more than 180 million monthly users in the US. However, since users were forced to accept new terms last week, daily cancellations have surged by 150%, according to CNN and other sources.

The new privacy policy followed the announcement of TikTok's new ownership consortium, openly supported by Donald Trump and led by Oracle, the domain of vocal Israel supporter Larry Ellison. According to Wired, TikTok now collects even more data on its users, including their precise location.

The new leadership has openly signalled they will be limiting accounts criticising Zionism, reducing their reach while simultaneously promoting pro-Israel content.

Users are opting out, while Benjamin Netanyahu is opting in to the fight.

Enter UpScrolled

It's not just TikTok, of course. Social Media users everywhere are questioning the way social media companies are collecting data and manipulating their feeds, and being less than transparent about how it all works. Concerns new social media entrant UpScrolled wants to address.

UpScrolled is operated by Recursive Methods Pty Ltd, registered in NSW on 28 June 2021, with Issam Hijazi listed as director and secretary. Their app is available on Apple and Android platforms, and is currently downloaded around 15,000 times a day.

According to the app's FAQ, UpScrolled is privately funded by founder Issam Hijazi together with a small group of individual investors who share the mission and values; there is currently no corporate, government, or venture capital ownership. The platform also states funding comes with no editorial influence over content, data or product decisions.

UpScrolled is pitching what the big platforms won't touch: a social media feed built on visible rules, not a black box like we are used to with Google and Meta. It promises an app free of censorship with a road map designed with the user experience in mind, instead of maximising shareholder value.

A transparent algorithm?

UpScrolled is unusually up-front about how its feeds work. They state that their 'Following feed' is fully chronological, no reshuffling, with a 'Discovery feed' ranked by likes, comments and reshares, with a time delay to favour newer posts, plus a small element of randomness so smaller accounts still get seen.

AI content is an optional opt-in feature instead of the litany of AI slop being pushed by Meta and Google.

Their roadmap appears to have the user in mind, including web and desktop versions, community-written context notes to add sources and background to disputed posts, and monetisation tools aimed at creators rather than just advertisers. Private messaging encryption and clearer explanations of how new features affect ranking are also flagged.

How do they make money?

UpScrolled's FAQ indicates the platform plans to generate revenue through carefully



Above: (L-R) TikTok founder Larry Ellison and UpScrolled founder Issam Hijazi.

controlled in-app advertising and future creator monetisation tools, including payouts and branded content options, rather than relying on third-party ad networks.

The company says it will not use Google Ads or personal data targeting and will design and manage ads itself. App Store listings also show the app contains advertising and offers paid features such as verification tiers. Taken together, the model appears to be platform-run ads and optional paid features, not a system where users pay to artificially boost reach like Elon Musk's X.

No Google Ads. No third-party tracking. No targeting based on personal data.

Censorship and hate speech

UpScrolled positions itself as a response to concerns about political bias and opaque moderation on larger platforms like TikTok. Its founder publicly expresses pro-Palestine views and argues for open political discourse.

The platform says it does not censor viewpoints based on ideology, but instead focuses moderation on unlawful content and direct harm, drawing a line between political speech and hate speech. How that balance is enforced in practice, especially on highly polarised issues, will be a key test of its free speech claims.

"We don't censor opinions. But we do enforce a standard that keeps the platform safe, respectful, and responsible for all users."

Avoiding enschittification?

This is where the track record of social platforms bites. Many begin by serving users, then drift toward by serving users, then drift toward advertisers and partners, before squeezing everyone once network effects take hold, the slide Cory Doctorow dubbed enschittification. Even the "good" alternatives face that pressure. Bluesky built credibility with protocol-level identity and domain-based handles, yet is now developing paid subscriptions while promising they will not influence reach.

The question is whether Upscrolled can cover infrastructure, marketing, distribution, and moderation costs without creeping back to the tactics of its competitors: paid reach, Google-tracking ads, engagement farming and ragebait?

UpScrolled is entering a space littered with platforms that promised openness before commercial interests took over. Whether it can prove that transparent rules stay transparent once money, moderation pressure and scale arrive is the real question. We've put these issues to the founder and will update with his response.

What's On club forster

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Cape Hawke shines at 2026 Country Championships



Above: Angus Westaway, Melissa Westaway, Tristan Marshall and Aaron Lea came second in their Mixed Beach Relay.

By Karen Rands – Cape Hawke Surf Club

Cape Hawke Surf Life Saving Club's trademark determination and camaraderie were on full display at the 2026 Country Championships, held over three days from January 23–25 at South West Rocks.

Despite fielding a small but mighty team, Cape Hawke's Masters and junior athletes delivered an outstanding performance, finishing 12th overall out of 33 clubs. Competing against much larger teams, the result was a testament to the club's depth, resilience and unmistakable can-do spirit.

Club representative Ben Forrester, who was on the ground throughout the carnival, praised the team's effort and attitude.

"Huge effort from the whole team, showing real depth, resilience and club pride across every area," Forrester said. "The way everyone supported each other, adapted to the conditions and kept things moving was outstanding. I even had the Carnival Referee comment on how much Cape Hawke put in. The Cape Hawke can-do spirit was on full display and we couldn't be prouder of the group."

The three-day carnival produced a stack of podium finishes, with Masters athlete Melea Tyrie dominating the 30–39 age group, claiming four gold medals across board race, Ironperson, rescue tube race and surf race. Strong performances also came from Melissa Westaway, Aaron Lea, Gemma Tyrie and others, contributing to a highly successful Masters campaign, including gold in the 40–49 Female Board Rescue and the 110–149 Mixed Surf teams event.

Cape Hawke's junior competitors also impressed, with Hudson Keegan taking gold in the U9 Male Beach Sprint and helping secure first place in the U10 Mixed Beach Relay along with teammates Thea Rodgers, Elliott Figallo and Ky Westaway. Ella Kirkland rounded out the junior results with a bronze medal in the U11 Female Beach Sprint.

A full list of medals and the team will be placed on our socials.

Beyond the medals, the carnival was marked by lasting memories, big smiles and plenty of stories that will be talked about for years to come. The club extended a huge thank you to its cheer squad, water safety team, officials, team manager and every competitor who played a part in the successful campaign.

We would like to thank Jeff Horn, Director of Surf Sports for Cape Hawke and the Lower North Coast Branch. Jeff puts in an enormous amount of work behind the scenes, organising everything required for the club to compete. On top of that, he generously takes on officiating duties and is always there cheering on the team. We are incredibly grateful for his dedication and support.

Once the sand settles and muscles recover, attention will quickly turn to the next challenge, with Cape Hawke

athletes set to resume training ahead of the upcoming Branch Carnival, to be hosted at Cape Hawke Surf Life Saving Club on Saturday, February 7.

Results

Masters

- 1st 30-39 Board Race - Melea Tyrie
- 1st 30-39 Female Ironperson - Melea Tyrie
- 1st 30-39 Female Rescue Tube Race - Melea Tyrie
- 1st 30-39 Surf Race - Melea Tyrie
- 1st 40-49 Rescue Tube Race - Melissa Westaway
- 1st 40-49 Female Surf Race - Melissa Westaway
- 1st 40-49 Male Beach Flags - Aaron Lea
- 2nd 40-49 Male Beach Sprint - Aaron Lea
- 2nd 40-49 Rescue Tube Race - Gemma Tyrie
- 2nd 40-49 Male Beach Flags - Nick Croad
- 3rd 40-49 Male Beach Flags - Reece Dodds
- 3rd 40-49 Female 2km Beach Run - Melissa Westaway
- 3rd 40-49 Female Beach Sprint - Gemma Tyrie

Master teams

- 1st 40-49 Female Board Rescue - Gemma Tyrie, Melissa Westaway
- 1st 110-149 Mixed Surf Teams - Angus Westaway, Melea Tyrie, Nick Croad
- 2nd 140-199 Mixed Beach Relay - Tristan Marshall, Melissa Westaway, Angus Westaway, Aaron Lea

Juniors

- 1st U9 Male Beach Sprint - Hudson Keegan
- 3rd U11 Female Beach Sprint - Ella Kirkland

Junior teams

- 1st U10 Mixed Beach Relay - Hudson Keegan, Thea Rodgers, Elliott Figallo, Ky Westaway



Above: (L-R) Elliot Figallo, Ky Westaway, Thea Rogers and Hudson Keegan came first in the Under 10 Mixed Beach Relay.

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50 years for Social Golf Club & January game report



Winners of our 4th January game (L-R) Wayne Richards, Sharon Evans, Martin Pottinger. Photos by Warren Warner.

By Warren Arnold - Club Forster Social Golf Club

At our Christmas party we also celebrated our 50 years as a social golf club. Unfortunately there is little information remaining about our club's history although our longest serving member President Jimmy Lovegrove gave some recollections about our past.

With Christmas and the New Year now behind us we have played one game on the 4th January (our 18th January game was washed out) at the Forster Golf Course as a Single Stableford Event in ideal weather conditions.

Results

A Div: 1st Wayne Richards 34, 2nd Pete Wilson 34, 3rd Grant Mathews 33

B Div: 1st Martin Pottinger 33, 2nd John Burgess 32, 3rd Gary Cook 32
Ladies: 1st Sharon Evans 40, 2nd Marlene Meyer 35, 3rd Kim Clark 32

Nearest to pin, second shot

Hole 4: Paul Nicholas, Gary Cook, Robyn Rogers
Hole 6: Pete Wilson, Tom Welch, Kim Clark.
Hole 11: Daz Fahey, Tom Welch, Jill Magee.

Hole 14: Grant Mathews, Martin Pottinger, Kim Clark.

Next game

We play fortnightly on Sundays. Our next game will be on the 15th February at the Forster Course. It will be a 2 person Stableford event. Meet 6.50am for a 7.20am hit off.

For all enquiries contact Ken Woods on 0401 767 257.



Not sure if bogged or broken down but not going anywhere.

January 2026 - The outing that nearly didn't happen!

By Dave Nash - Club Forster Bluewater Fishing Club

January's weather did not want to play along with the Club Forster Bluewater Fishing

Club. The Competition Outing was originally scheduled for the weekend of the 17th and 18th January. Winds and waves however conspired to kibosh the event!

Fortunately, if a weekend competition is washed out, club rules allow for a one day outing the following Saturday. Thus, on Saturday the 24th January, despite some members

away and weather conditions being less than ideal, 4 boats, (the minimum required to make a competition valid) and 7 anglers ventured forth to test their skills.



It was not however a fairy tale ending. Only 14 fish were entered into the recorder, with a number of members coming home with the dreaded donut of fish! Fish were also small overall. A real highlight of the day however was a horse of a snapper (720mm) caught by our

Left: Allan Bowden (white top) has always been the first to put his hand up for a job to be done. Here he is assisting Club Recorder Frank Harshman at a competition Measure In.

Left: Overall winner was Martyn Barry again!

outgoing President Allan Bowden. Allan has faithfully served the club as President over the last three years, stepping up to do so at a time when the club was struggling to find leadership. He is now unfortunately leaving the Forster area for new surroundings and has had to step down from the role. It would seem though that the karma gods were not done, dealing out a big ultimate thank you to Allan. Congratulations Allan, and thanks for all you have given the club over many years. You leave a great legacy and will be missed.

Allan's snapper of course took out the longest snapper category of the competition. Other winners were Brai Page with best Teraglin (420mm) and Garry Smith with runner up Flathead (467mm). Overall winner was once again Martyn Barry with a total of 154.6 points, including longest flathead (480mm) as well as runner up snapper (430mm).

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

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

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