

Local Danielle Scott
in Aerials at Winter
Olympics p24

Local Identity
Felicity Harrison p23



Star Pet
Rufus p21



Forster Fortnightly

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

FREE

Wednesday 18 February 2026

PROUD TO BE A LOCAL FAMILY-OWNED BUSINESS

Circulation 7,000 No.140

Surf boat action!



Surf Boat action at Evans Head with Cape Hawke crew Harry Stivactas (Bow), Mick Thornett (2nd Bow), Misty Cornish (2nd Stroke), Karla Berg (Stroke) and Benny Stevenson (Sweep). Photo by Debbie Challis. See more on page 25.

Mayor's column

Mayor Claire Pontin

Councillors met for two Council meetings in February. We held our first on the 4th and there will be another held on the 25th. We agreed to release two important Strategy documents for public exhibition and comment.

The MidCoast Aquatic Strategy document outlines the planned improvements and maintenance of Council owned swimming facilities for the next 10 years. Included in this are nine swimming centres, six swimming enclosures, two ocean baths and a water play area. [See page 2]

Another was the 10-year Taree Regional Airport Strategy that outlines our plans for the Taree Airport. We are working hard to make the airport financially sustainable as a key base for commercial, emergency and civil defence aircraft. [See page 2]



We spent some time discussing the financial viability of the Manning Entertainment Centre in Taree. The MEC is exceeding the Key Performance Indicators (KPIs) in our current year Operational Plan and costs about \$466,000 a year to run (after income). This is about \$4.82 per resident. Importantly, we will be holding a public meeting at the end of March to consult on how we can do this better. Please watch out for this, as we need to hear your views.

Other projects that we have recently been engaging the community on for feedback are the Little Street Boat Ramp and the Stroud Library and Customer Service access trials.

There are a number of important strategy documents currently on public exhibition and I encourage everyone to head to the Have Your Say page on Council's website.

[See page 4 for Council meeting summary]

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Local Australian Citizenship Ceremony in Forster. More photos page 12.

- 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.
- The Forster Fortnightly is on the Council for Country Press NSW and is a member of Country Press Australia and Regional Media Connect.

Forster Fortnightly publishing dates

Edition 141: Wed 4 March (deadline Wed 25 Feb)
Edition 142: Wed 18 March (deadline Wed 11 March)
Edition 143: Wed 1 April (deadline Wed 25 March)

We may publish promotional information based on our assessment of the level of genuine news content. Any material which is clearly advertorial in nature is best promoted as paid advertising. Support the paper that supports the town!

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

Still time to have your say

MidCoast Council
Draft MidCoast Aquatics Strategy

We manage 18 aquatic sites across the region, including swimming centres, river enclosures, ocean baths and a water play area.

We're inviting the community to have their say on the draft MidCoast Aquatics Strategy, which will guide the improvement and maintenance of Council-owned swimming facilities over the next 10 years.

The strategy will guide the improvement and maintenance of Council-owned swimming facilities over the next 10 years.

Council-owned pools at Bulahdelah, Nabad, Stroud and Krambach were assessed as part of the 2023 pools review. As a result, no changes are proposed for these facilities under this strategy, and there are no recommendations to close any aquatic facilities.



Submissions close Tuesday 3 March.
View the draft strategy and lodge your submission:
<https://haveyoursay.midcoast.nsw.gov.au/midcoast-aquatic>

Taree Regional Airport Strategic Plan

The 10 year plan outlines how Taree airport will become financially sustainable and support the MidCoast's growth as a key base for commercial, emergency and civil defence aircraft.

Submissions close Friday 13 March.

View the draft plan and make a submission: <https://haveyoursay.midcoast.nsw.gov.au/taree-regional>



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Stage Two construction begins next to Forster Civic Centre



Above and below right: Solaris Developments' Coyne Graham (yellow vest) giving a tour of the construction site. Photos by Geordie and Mary Yule.

By Mary Yule – Forster Fortnightly

Construction has officially commenced on Stage Two of the Solaris development on Lake Street, Forster marking a major milestone for one of the town's most significant long-term projects.

The Solaris project, led by Solaris Developments' Coyne Graham, began in 2019 and has already delivered Stage One, which includes the Forster Civic Centre, a large enclosed atrium, basement parking and residential apartments in Tower A. The civic centre on the ground floor houses the Forster Information Centre, two levels of the Forster Public Library, a MidCoast Council office and large meeting rooms available for community use.

Stage Two will see the construction of Tower B, incorporating retirement living apartments alongside a major retail and service precinct. Works officially commenced on Monday 9 February, with an opening event held on Friday 6 February to formally announce the next

phase to buyers and community partners. "We're brought together the people who have supported us the entire time we've been in Forster," Mr Graham said. "This project is about providing retirement living within the community."

Around 30 different companies attended the launch, including IGA, which confirmed it will occupy 1,750 square metres of the 4,000 square metres of retail space within the Solaris precinct. Dr Muneef Al-Jawabreh from The Hope Clinic will also

be establishing a 900 square metre medical centre within the development. Mr Graham said the combination of council facilities, medical services and major retail would create a strong daily flow of visitors.

"If you imagine 500 to 600 people a day visiting the library, potentially 1,000 people going to IGA, and similar numbers seeing doctors, that kind of activity benefits every tenancy," he said.

Stage Two will also feature allied health services running a gymnasium tailored to the over-55s market, and discussions are underway with a pharmacy group offering both western and alternative medicine. A café-style offering integrated with the IGA is also planned, with a focus on sourcing local produce.

While designed to support residents of the Evermore retirement communities at Bruce Street and Solaris, all services will be open to the wider public. Mr Graham said technology-driven appointment systems and loyalty-style

retail incentives are being explored to improve convenience for on-site residents.

A significant feature of the broader Solaris and Evermore model is "aging in place". Mr Graham confirmed plans to add three levels of higher aged care through future development, allowing residents to remain within the same community as their care needs change.

"The idea is that people don't have to leave Forster or leave their partner if one person needs a higher level of care," he said. "The



Above: Artistic representation of Solaris Stage Two.

model allows supported retirement living, higher care and residential living all within the one connected environment."

Parking has been a major focus of the project, with approximately 250 basement car spaces dedicated to commercial use and a total of around 500 spaces across the site for residential and visitor access.

Construction timelines were impacted by heavy rainfall last year, but Mr Graham said conditions had improved significantly.

"We'd love to see residents moving in and IGA operating by December 2026," he said. "We're pushing hard to catch up."

"This has been a long journey," Mr Graham said. "But it's a project of scale, and we hope it's something Forster will be proud of when it's complete."



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Sale of regional NBN station to WIN Network

By Mary Yule – Forster Fortnightly

Nine Entertainment has confirmed the sale of its long-established regional broadcaster NBN Television to the WIN Network as part of a major restructure announced to the Australian Securities Exchange (ASX) on 30 January 2026.

Under the deal, Nine will convert NBN into a WIN-operated affiliate, receiving \$14.8 million in cash along with approximately \$95 million in associated tax benefits. The transaction is expected to reduce Nine's operations in regional television while maintaining distribution through its long-standing partnership with WIN. The sale forms part of a broader reset that also includes Nine's exit from broadcast radio and the \$850 million acquisition of digital outdoor advertising company QMS Media.

WIN Network CEO Andrew Lancaster said the acquisition reflects WIN's commitment to regional Australia, supporting local communities and delivering trusted local news.



Under the agreement, WIN will continue to broadcast Nine's signal across the northern New South Wales licence area – the television markets of Newcastle, Central Coast, Port Macquarie and Taree, Tamworth, Coffs Harbour, Lismore and the Gold Coast.

However, the sale of NBN has raised concerns across Northern NSW, where the station's

local news service has long been a dominant source of regional reporting.

Federal Member for Lyne, Alison Penfold, has called on WIN to publicly commit to maintaining existing local news services, including the 6pm bulletin and locally based crews in Taree and Port Macquarie.

"Our local NBN journalists and camera crews have stood with us in the good times and the bad from the May 2025 floods, 2019 bushfires to local shows and events," Ms Penfold said.

"It may surprise many people that not all regional areas have a local 6pm TV news bulletin and local journalists like we do. We therefore cannot assume that the new owners of NBN will keep the same service we have now."

The Member for Lyne expressed concerns about the lack of competition for local reporting that will stem from the sale.

"I am concerned that the sale of NBN Newcastle to the WIN Network will remove a genuine local news service and remove competition that pressures the delivery of it."

"The sale requires the approval of the Australian Competition and Consumer Commission and I ask them to consider whether the sale will provide the same local news coverage and reporting, including ensuring local crews remain based in Taree and Port Macquarie."

"Any suggestion of a loss of local news coverage should result in a rejection of the deal. I will be writing to the ACCC and to the WIN Network to voice my concerns."

The transaction is subject to shareholder and regulatory approval and is expected to be completed before 30 June 2026.

Items of interest - 4 February 2026 Council meeting

Mid Coast Council

On site Wastewater Management Strategy 2026-2031 public exhibition

Councillors approved a revised draft Onsite Wastewater Management Strategy to go on public exhibition for community comment.

The draft strategy proposes a monitoring program with the objective of inspecting all known systems over a five-year strategy period. Very high-risk systems would be prioritised for annual inspection while the timing and selection of other inspections would remain flexible to reflect assessed risk and operational priorities.

Owners of very high-risk systems are proposed to be charged \$380 annually which reflects the need for annual inspections and ongoing compliance management, while owners of other systems would have a lower annual fee than currently.

Tender – Construction of Gloucester Sewer Treatment Plant replacement

The construction will go ahead with Leed Engineering announced as the winning tenderer. Five applications were received for the project with the Tender Evaluation Committee giving the green light to Leed Engineering.

The Gloucester Sewage Treatment Plant services the communities of both Gloucester and Barrington. Located off Showground Road, the facility is situated to the north of the Gloucester township.

Originally constructed in the 1930s, the existing plant utilises trickling filter technology, typical of regional New South Wales infrastructure from that era. The facility's last major capacity upgrade was commissioned in 1983.

A 2015 condition assessment identified several critical Work Health and Safety and operational deficiencies. Consequently, Council committed to the delivery of a new facility to mitigate

significant safety, legislative, environmental and operational risks. This renewal is essential to address the challenges of ageing infrastructure, satisfy projected catchment growth and meet evolving regulatory and community expectations.

Transport and Engineering flood recovery update

Following the May 2025 floods Council has estimated a total recovery cost of \$226.5 million. To date \$43 million has been spent on recovery and just \$3 million of that has been reimbursed under the Disaster Recovery Funding arrangements. This is concerning and has impacted Council's cashflow and may affect future budget allocations.

Proposed dedication of Council owned land for public road, part 353-365 Wingham Road, Taree

A parcel of land already owned by Council will be used for the reconstruction and upgrade of a section of Wingham Road in the vicinity of Kolodong.

Floodplain Management Reference Group

Council will seek nominations from the community to fill up to four positions on the Floodplain Management Reference Group that will focus on the southern region around Wallis Lake and Wallamba River.

The group have been working on the Bulahdelah plan and have recently started work on the Wallis Lake and Wallamba River Floodplain Risk Management Study.

Additional members from across the region are welcome, community members specifically from the southern part of the region would complement the existing membership.

For full details of all reports please see www.midcoast.nsw.gov.au/Your-Council/Council-meetings/Agendas-and-minutes

The next meeting is on 1pm Wed 25 February.



Above: A temporary solution to the Tiri Bridge issue (between Mount George and Cundle Flat) is on its way. The bridge was washed away during the May 2025 floods and there has been no functional crossing in that vicinity since.

Following extensive technical investigations, environmental and safety assessments, MidCoast Council will restore connection with a temporary bridge while investigations into a permanent replacement continue.

Planning and preliminary work for the temporary bridge are already underway with Council working with all relevant stakeholders and agencies to expedite the delivery of the project.

The temporary crossing will have a load limit restriction equivalent to a large SUV with a box trailer. Larger vehicles and trucks will have to continue to use the alternative routes through the likes of Gloucester and Wingham.

Crews are currently working on the logistics involved in keeping the temporary bridge accessible when construction starts on the replacement bridge.

Construction of the temporary bridge is expected to start in late March and finish in June, weather permitting.

A new chapter by the lake

New facilities opening soon!



Artist impression of clubhouse



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Man shot dead by police after suspected domestic-related stabbing

By Claire Simmonds and Marina Trajkovich – ABC NEWS, 7 February 2026

A man is dead after being shot by police after a suspected domestic-related stabbing on the NSW Mid North Coast.

NSW Police has released a statement saying officers were called to a home at Tuncurry just before 6:40am today following reports of a home invasion by man armed with a chainsaw and knife.

Police on their way to the scene were told a 28-year-old woman had been stabbed by a man who then drove away.

NSW Police Northern Region Commander David Waddell said when police arrived at the home, they found a woman with multiple "very serious" stab wounds.

"She was airlifted in a stable condition to John Hunter Hospital and the man had left in a ute," Assistant Commissioner Waddell said.

He said police would be "looking at the domestic violence history".

"We believe they were in a de facto relationship."

Local resident Sue said she heard a lot of screaming early in the morning before "somebody just took off, in their car, out of the driveway up the road".

She said she was frightened that the car, "coming around the corner on, literally, two wheels", would crash into her home. "Then I heard the young lady screaming out: 'Somebody help me'."

Assistant Commissioner Waddell said it was believed the man left the home and went to a nearby service station where he carjacked a customer's four-wheel drive.

Following a pursuit, the man was involved in a crash on the Forster Tuncurry Bridge before he stole another car and drove to a home in Rainbow Flat, around 16 kilometres away.



Above: Following a pursuit, the man was involved in a crash on the Forster Tuncurry Bridge before stealing another car. Photo supplied.

Assistant Commissioner Waddell said a critical incident investigation into the shooting would be conducted by the Homicide Squad with oversight from the Professional Standards Command and the Law Enforcement Commission.

"The exact nature and circumstances, the motive, whether it is domestic violence-related and we believe there is a domestic aspect to it, mental health or drugs will be part of the critical incident investigation."

Police involved in the fatal shooting have been offered counselling support.

Crime scene disruption

The retail manager of the service station where the first carjacking occurred, Kerry O'Brien, said it had been frightening for staff.

She said the site manager described the offender driving in at high speed and ramming a vehicle at a bowser before threatening its driver with a knife and driving their four-wheel drive away.

"He did not enter the store and he made no threats to anyone other than the guy he took the car from," Ms O'Brien said.

"It was a little bit confusing and confronting for people, but obviously there's been outcomes further on that got much more serious than what happened at the service station."

Council welcomes court ruling

MidCoast Council

MidCoast Council has welcomed the outcome of a December Court ruling that found Palm Lake Works Pty Ltd responsible for offences in relation to work undertaken at Palm Lake Resort, Forster.

Palm Lake Works Pty Ltd pleaded guilty and was fined in relation to six offences under the Environmental Planning and Assessment Act 1979.

Council started the proceedings following the July 2022 flooding event that impacted a large number of properties in the Palm Lakes development.

Contractors working on behalf of Palm Lake Works undertook unauthorised earthworks to divert Dunn's Creek between December 2020 and February 2021 to environmentally zoned land under the Great Lakes Local Environmental Plan 2014, failed to maintain a topsoil stockpile and failed to construct a diversion channel between March 2020 and February 2023, and carried out unlawful works including the construction of an internal road between March 2021 to April 2022.

MidCoast Council's General Manager, Adrian Panuccio, said that the Court ruling vindicates Council's decision to prosecute Palm Lake Works in the Land and Environment Court. Mr Panuccio said that Council will continue to investigate and prosecute breaches of planning laws to protect the environment and ensure development in the MidCoast is undertaken as intended.

MidCoast Council prosecuted Palm Lake Works who were ordered to pay fines totaling \$643,500 as well as pay Council's costs of \$700,000 for the prosecution.

Palm Lake Works were also required to publish notices of the offences in the Sydney Morning Herald and the Forster Fortnightly, and to communicate with nominated property owners on the outcome of the proceedings.

Pioneering Op Shop



Above: (L-R) Narelle Callaghan, Cheryl and John English and Jason Lukjanenko at the new Great Lakes Womens Shelter Op Shop at 68 Manning Street in Tuncurry.

By Jason Lukjanenko - Great Lakes Womens Shelter

Great Lakes Womens Shelter (GLWS) opened its pioneering Op Shop on Monday the 9th of February with the goal to provide low-cost recycled goods to locals and of course raise funds for support of the Shelter which is heavily dependent on fundraising and community support. The Op shop is a culmination of years in the planning and lots of hard work from our volunteers. You can find the Shop at 68 Manning Street in Tuncurry. Every dollar of profit raised will go straight back into the shelter and community, keeping the funds local and providing services to women and children escaping domestic violence and homelessness.

GLWS is the first in the network of Womens Community Shelters to diversify its fundraising with a community-based shop.

Thanks to all involved in helping us get the Op Shop off the ground and out of our heads to become a reality. Thanks also to the locals of the Mid Coast for their support both in custom and through donations.

Donations can be made in the shop during business hours. We are open 9am - 4pm weekdays with plans for a half day Saturday down the track. At this stage we unfortunately cannot accept furniture or do pick-ups until further established.

(See advertisement below)

2026 New Riding Year

Ed Binney – Riding for the Disabled (RDA) Manning Great Lakes

2025 ended on a high for RDA Manning Great Lakes with no less than 2 State Champions and 1 Reserve State Champion as well as being crowned the "Best Performing Centre" at the State Mounted Games.

In 2026 we will continue to build on our Mounted Games abilities to support our goal of becoming a "Mounted Games Centre of Excellence." This in turn provides a goal for our riders to aspire to and introduces more diversity into our riding programs.

We are introducing Saturday riding in 2026, whilst maintaining our Thursday riding day,

effectively doubling our rider capacity. We welcome more riders and those who could not ride during school hours who previously applied. We will also welcome some Able-Bodied Riders this year.

Riding commences on Thursday 5 March and Saturday 7 March.

More Volunteers are required, particularly for Saturday riding. Our Volunteer Training Day this year is on Saturday 21 February.

Prospective Riders and Volunteers should contact us via phone on (02) 6553 6467 or via email on manning@rdansw.org.au to discuss options and receive applications





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Road closures for triathlon event

Elite Energy will be hosting NSW Triathlon Club Championships and Run Forster in Forster on Saturday 21st and Sunday 22nd Feb 2026, based around Main Beach and adjoining North Street.

To ensure event safety, some roads will have restricted access. Residents and businesses will still have managed access at safe intervals via accredited traffic controllers.

- Delays for vehicular traffic on affected roads will occur during peak race periods.

- NSW Emergency services will have unrestricted access at all times under lights and sirens

Saturday 21 February

On Saturday 21 February there will be road closures from early morning to approximately 12:30pm for the bike leg along Beach Street, North Street, Macintosh Street, Head Street, Hadley Street, Lincoln Street, Boundary Street, Strand Street, Underwood Road, Cliff Road, Lakeview Crescent, Stephen Street,

Kularoo Drive, Oyster Parade and Dolphin Drive.

From 12pm, North Street (near Main Beach) will be closed for the duration of the kid's tri races.

Sunday 22 February

On Sunday 22 February there will be road closures from early morning to approximately 11am on Beach Street and North Street (near Main Beach) for a series of running races.

Spotlight on road safety with free workshops



MidCoast Council

MidCoast Council is hosting free workshops during March 2026 to improve road safety across the area.

The free workshops are designed to increase participants knowledge and awareness of road safety.

The outcome is improved driver behaviour supporting a safer environment for all road users.

Three separate workshops being held to address some of the key safety areas;

- **Motorcycle Safety – Survive the Ride workshop**

Saturday 14 March, 10am-1pm in Taree

Supported by 'Survive the Ride Association of NSW' Dave Tynan the workshop aims to help improve safety and aid decision making when riding.

- **Helping Supervisors of Learner Drivers**

Tuesday 17 March, 6-8pm in Tuncurry

Wednesday 18 March, 6pm-8pm in Taree

Aimed at those supervising a learner driver the workshop will provide guidance on how to structure driving lessons and reduce the stress that can come with teaching someone to drive.

- **Caravan Safety workshop**

Saturday 21 March, 10am-1pm in Taree.

A popular workshop that helps to improve safety when towing a caravan by providing practical skills and tips to keep you safe while towing. The workshops benefit both those who are planning their first road trip, and those who are seasoned caravanners.

Bookings are essential. Book online at: www.midcoast.nsw.gov.au/whats-on

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Invitation to meet for future flood recovery

MidCoast Council

Following large scale events like the May 2025 floods it is important for the organisations that responded to unpack and workshop the experience to identify improvements for future events.

MidCoast Council invites all those responsible groups to come together to discuss how the situation unfolded, reflect on the incredible efforts, learn what worked well and strengthen future responses. Those insights are invaluable when it comes to planning for future events.

The workshop – Reflecting, Learning and Strengthening Future Recovery will be held at Yalawanyi Ganya, Council Chambers, 2 Biripi Way, Taree and facilitated by the Australian Red Cross.

The workshop is relevant to all community groups and organisations that established hubs, provided financial or material assistance or extended services in response to the floods. It will provide a constructive space to share experiences, identify what worked well and explore what could be improved from supporting volunteers and managing donations to communicating clearly to avoid duplication of efforts.

There will also be a focus on future events on how we can all work better together through clear communication, strong coordination and shared preparedness.

Date: Thursday 19 March

Time: 9.30am to 2.30pm

Venue: Yalawanyi Ganya, Council Chambers, 2 Biripi Way Taree

Registration: by 13 March <https://www.midcoast.nsw.gov.au/community-and-service-hubs-workshop>

Inquiries: Jane O'Dwyer at Jane.Odwyer@midcoast.nsw.gov.au or 0418 769 494

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Local citizenship ceremony

MidCoast Council

On Australia Day, we had the joy of welcoming new citizens from across the MidCoast who officially became Australians during our local citizenship ceremony at Forster.

We acknowledge the many active citizens whose efforts help improve our community. Join us in congratulating our newest Aussies and wishing them all the best in their journey ahead!



Right: (L-R) Mayor Claire Pontin, Tanya Thompson MP and Deputy Mayor Jeremy Miller.



Local sponsors help melanoma fundraiser

By Mary Yule – Forster Fortnightly

A Bulahdelah melanoma survivor has turned his personal health battle into community action, raising funds for Melanoma Institute Australia through a local Australia Day Charity Golf event.

Mick Gardiner had never undergone a skin check when swollen lymph glands led to a stage 3 melanoma (skin cancer) diagnosis in 2017. His treatment involved a week in hospital, three months managing post-surgical drainage and 12 months of immunotherapy infusions every three weeks.

"As a survivor I urge everybody to have a skin check-up at least once a year," Mr Gardiner said.

Mr Gardiner was treated under the care of Professor Georgina Long in Sydney. Professor Long, 2024 Australian of the Year, is Co-Medical Director of Melanoma Institute Australia and has led world-first research improving outcomes for melanoma patients.

Mick was enrolled in a clinical trial involving the immunotherapy drug Keytruda. The Institute's landmark NADINA phase 3 trial, developed in collaboration with researchers in the Netherlands and conducted across eight melanoma treatment centres in Australia, established pre-surgery combination immunotherapy as a new global standard of care for Stage III melanoma. In August, Australia became the first country to subsidise this treatment through the Pharmaceutical Benefits Scheme (PBS), improving access for eligible patients.

Motivated by his experience, Mr Gardiner organised an Australia Day Charity Golf event at Bulahdelah Golf Club who came on board as a major sponsor. A traditional Australia Day lunch was served after an enjoyable morning of golf.

The event, organised at short notice, raised \$1,325, which will be forwarded to Melanoma



Above: Professor Georgina Long.

Institute Australia to support ongoing research, treatment and education programs.

Local sponsors supporting the day were Coles Stockland Mall Forster; Bakers Delight Stockland Mall Forster; Tuncurry Butcher and Poultry; Reddy Servo Bulahdelah; Bulahdelah Pharmacy; Access Fuels Bulahdelah; Bulahdelah Mens Shed; Peter Newman; Kevin Styles; Steph Plackson, and Wayne and Jackie Pollard.

Mr Gardiner also thanked Bulahdelah Golf Club members for their collective effort in delivering the event, along with Alison Benson and Jackie Pollard for their tireless work on the day. He says the golf club are going to continue sponsoring future fundraising days.

Australia records the highest rates of melanoma in the world, with an estimated 1,300 deaths nationally each year.

Community members wishing to support the fundraiser can donate directly via Mr Gardiner's fundraising page at: <https://diy.melanoma.org.au/page/MichaelGardiner-64037682>

The Grin Bin



Doodley Squat



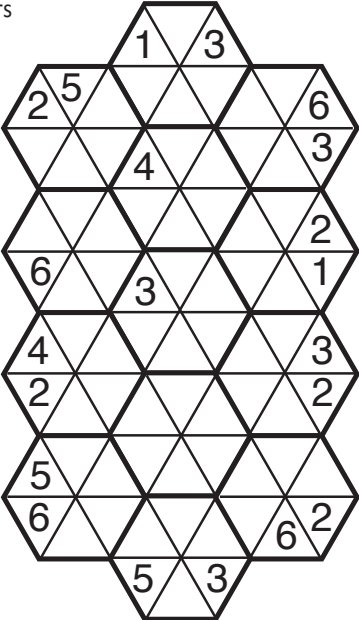
Sudoku

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

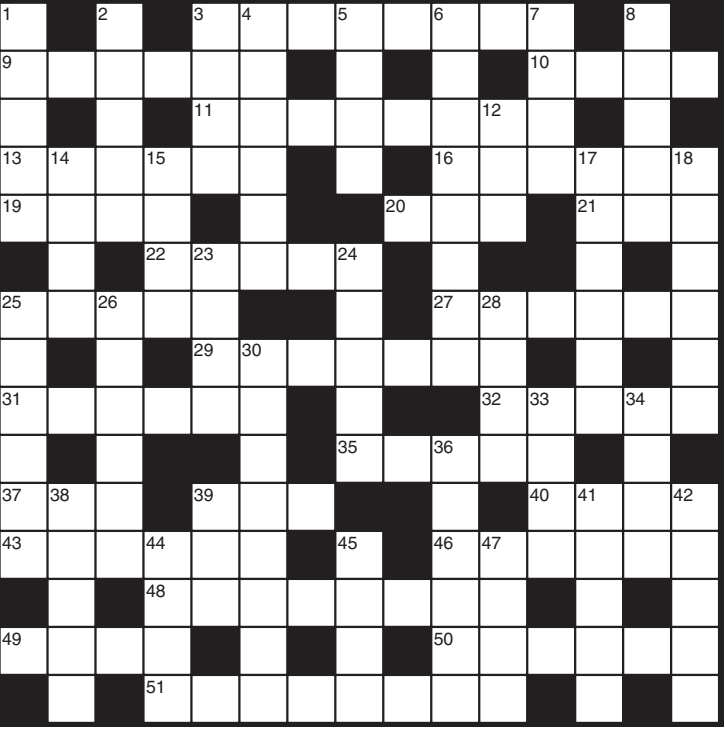
				4	9			
	4			8		7		2
					5			3
8	6	7				1		
		9						
							3	5
			8	1	4			
					3		7	
3		2				5		

Quick Workout

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



Crossword



- ACROSS**
- 3 Plot together
 - 9 Tarry
 - 10 Bellow
 - 11 Making more liquid
 - 13 Dwellings
 - 16 Sounded car horn
 - 19 Challenge
 - 21 Jurisprudence
 - 21 Lyric poem
 - 22 Make void
 - 25 Measure of length
 - 27 Landed property
 - 29 Worry excessively
 - 31 Bring into being
 - 32 Take as one's own
 - 35 Weapon
 - 37 Misery
 - 39 Obtain
 - 40 Slippery catches
 - 43 Sibling
- DOWN**
- 1 Implore
 - 2 Person under age
 - 3 Yield
 - 4 Prayer
 - 5 Innermost being
 - 6 Copies
 - 7 Therefore
 - 8 Rescued
 - 12 Present
 - 14 Foundation
 - 15 Expensive
 - 17 Love apple
 - 18 Fault
 - 23 Tidy
- 46 Enigma**
- 48 Conjectured**
- 49 Prophet**
- 50 Thin broad cut pieces**
- 51 Toothless**
- 24 Of the moon**
- 25 Long-tailed parrots**
- 26 Motifs**
- 28 Close up**
- 30 Produce**
- 33 Exploit**
- 34 Become insipid**
- 36 Wooded area**
- 38 Lubricated**
- 39 Precious stone**
- 41 Decree**
- 42 Sanity**
- 44 Weary**
- 45 Thin fog**
- 47 Not working**

Pacific Palms Bowling Club

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

Monday
Monday Curry Night \$20

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

Sunday
Chook Run Bowls from 10:30am
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

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

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

Friday
Raffles from 6pm
Super 100 Draw after Raffles
Tradies Lunch + Beer \$20
Fresh Fish Friday Night \$34
Live Music Every Friday 8pm

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North Street Avenue
Fri 20th February

Max Marvell
Fri 27th February

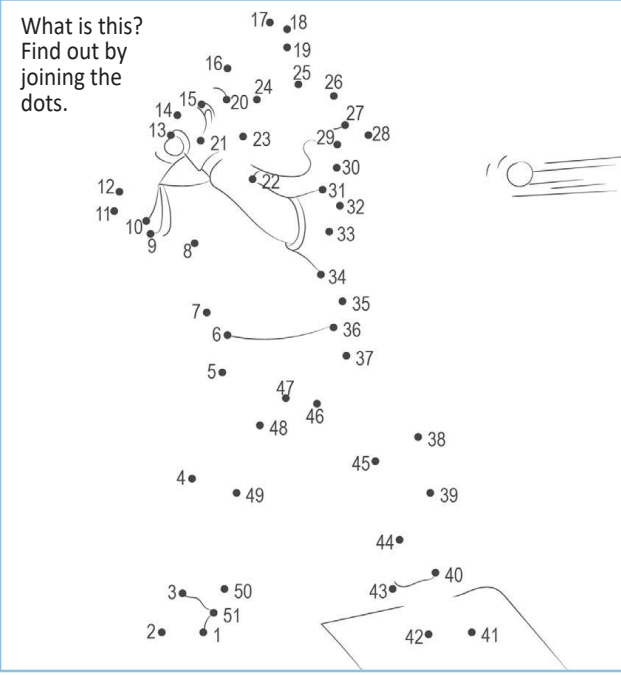
Sunday "Chill Around the Green" is back
Outdoor Bar from 2pm + live Music from 3pm
Donation Bowls from 1pm and Hot from the Bar

Thai-Infused Sesame Crusted Salmon

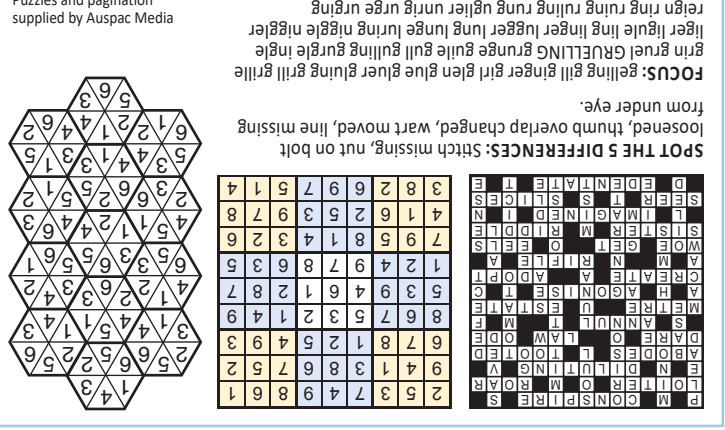
Spot the 5 Differences



Join the Dots



Solutions



YOUR FORTNIGHTLY TV GUIDE

February 18 - 24

	ABCTV	SBS	SEVEN	NBN	TEN
WEDNESDAY	6.00 Morning Programs. 12.00 News. 12.30 Press Club. 1.35 Media Watch. 1.50 Fake Or Fortune? 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. 12.05 Love Your Garden. 12.50 Long Lost Family. 1.40 Rage. 2.40 Smother. 5.00 A Bite To Eat. 5.30 7.30.	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 Saving Yellowstone. 8.30 Seven Wonders Of The Ancient World. 9.25 Trespasses. 10.20 SBS News. 10.50 Face To Face. 11.45 Darkness: Those Who Kill. 12.40 Darkness: Those Who Kill. 1.35 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 News. 7.00 The Chase. 7.00 Home And Away. 7.30 The 1% Club UK. 8.30 Highway Patrol. 9.00 Operation Dark Phase: 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 11 - 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. 9.10 Olympic Winter Games Milano Cortina 2026. Day 12 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 12 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 12 - 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.
THURSDAY	6.00 Morning Programs. 10.55 Creative Types. 11.30 QI. 12.00 News. 1.00 Bergerac. 2.00 Fake Or Fortune? 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 Master Dogs. 10.35 News. 10.50 The Business. 11.05 Love Your Garden. 11.55 Long Lost Family. 12.40 Rage. 2.20 Smother. 5.00 A Bite To Eat. 5.30 7.30.	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 Who The Bloody Hell Are We? 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Toronto Airport Uncovered. 8.20 Robson Green: World's Most Amazing Wives. 9.15 A Spy Among Friends. 10.20 SBS News. 10.50 In Memoriam. 11.40 Forest Of The Missing. 12.25 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 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 13 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 13 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 13 - Overnight. 5.30 Today.	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 12 - Highlights. 3.00 Tipping Point. 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 14 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 14 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 14 - 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. (PG) 7.30 Gogglebox Aust. 8.30 The Graham Norton Show. (M) 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.
FRIDAY	6.00 News Breakfast. 9.00 News. 10.00 Australia's Wild Odyssey. 11.00 Solar System. 12.00 News. 1.00 Master Dogs. 2.00 Dog Park. 2.30 In Limbo. 2.55 Spicks And Specks. 3.25 Brush With Fame. 4.40 Long Lost Family. 5.30 Antiques Roadshow. 6.30 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. (M) 9.15 Hard Quiz. (PG) 9.50 The Weekly. (PG) 10.20 Dog Park. (M) 10.50 News. 11.05 Smother. (M) 12.55 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. 4.10 Building The Impossible. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Going Places. 8.30 Super Ships: A Revolution At Sea. 9.35 Harrods: The Rise And Fall Of A British Institution. 10.30 SBS News. 11.00 Sisi. 11.55 Babylon Berlin. 1.40 The Lesson. 4.05 Barkley Manor. 4.35 Bamay. 5.00 NHK World English News Morning. 5.30 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: Happily Never After. (2022) (M) 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. 8.30 The Marlow Murder Club. (M) Judith, Becks and Suzie investigate a man's death. 12.15 To Be Advised. 12.15 Get On Extra. (M) 1.40 Love At First List It Australia. 9.40 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 13 - 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 14 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 14 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 14 - 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 Aust. 8.40 Love At First List It Australia. 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. 12.00 Shopping.
SATURDAY	6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.30 Call The Midwife. 1.30 Professor T. (M) 2.15 The Piano. (PG) 3.45 Mission To Space With Francis Bourgeois. 4.30 Dr Karl's How Things Work. 5.30 Aust Story. 5.30 Landline. 6.25 Hard Quiz. (PG) 7.00 ABC News. 7.30 Call The Midwife. (PG) 8.30 Midsomer Murders. (M) 10.05 This England. (M) 10.55 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 4.00 Stories From The Cities. 4.30 PBS News. 5.30 Plat Du Tour. 5.35 Bismarck: 24 Hours To Doom. 6.30 News. 7.30 Neil And Martin's Bon Voyage. 8.25 Travels With Agatha Christie And Sir David Suchet. 9.20 Shaun Micallef's Origin Odyssey. 10.20 Highclere: The Real Downton Abbey. 11.15 Outlander. 12.25 Outlander. 1.40 Beyond Signs. 3.35 Barkley Manor. 4.35 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. Silver Slipper Stakes Day and Caulfield Blue Diamond. 5.00 News. 5.30 Border Security. 6.00 News. 7.00 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 1. Pre-race and race. 9.30 MOVIE: F9: The Fast Saga. (2021) (M) 12.00 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 1. Highlights. 1.20 Travel Oz. (PG) 2.00 Shopping. 4.00 It's Academic. 5.00 Million Dollar Minute.	6.00 Morning Programs. 7.00 Weekend Sunrise. 10.00 Today Extra: Saturday. 12.00 My Way. 12.30 Budget Battlers. 1.30 Great Australian Detour. 2.00 The Border Security. 6.00 News. 7.00 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 15 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 15 - Post Midnight. 3.00 Olympic Winter Games Milano Cortina 2026. Day 15 - Overnight. 5.30 Today.	6.00 Toughest Tested. 7.00 Reel Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 Camper Deals. 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 Ultimate Classroom. 3.00 The Brighter Side. 3.30 Millionaire Hot Seat. 4.00 Lingo. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. 8.40 The Graham Norton Show. (M) 9.50 MOVIE: Scream VI. (2023) (MA15+) 12.10 Gogglebox Aust. 2026 . Day 15 - Overnight. 5.00 Hour Of Power.
SUNDAY	6.00 Morning Programs. 10.50 Gardening Australia. My Garden Path. 11.00 Compass. 11.30 Prairie. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Master 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 Master Dogs. 8.30 Dog Park. 9.00 This England. 9.50 Call The Midwife. 10.50 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 Sailing. Sail Grand Prix Auckland. Round 2. Highlights. 4.00 Going Places. 4.55 Going Places. 5.25 Peleliu: WWII's Most Well-Preserved Battlefield. 6.30 News. 7.30 The Colosseum With Dan Snow. 9.20 Ancient Empires. 11.15 Reframed: Marilyn Monroe. 2.35 24 Hours In Emergency. 3.30 24 Hours In A&E. 4.25 Bamay. 4.55 Destination Flavour China Bitesize. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 Morning Programs. 1.00 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 2. Qualifying and support races. 3.30 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 2. Pre-race and race. 6.00 News. 7.00 Australian Idol. 8.40 Murder On A Cruise. 10.40 The Hunters. 12.10 Motor Racing. Supercars Championship. Round 1. Sydney 500. Day 2. Highlights. 1.10 Temple. 2.00 Shopping. 3.30 Million Dollar Minute. 4.00 Better Homes. 5.00 Late Programs.	6.00 Morning Programs. 1.00 David Attenborough's Dynasties II. 2.00 Olympic Winter Games Milano Cortina 2026. Day 15 - Highlights. 5.00 News. 5.25 RBT. 6.00 NBN News. 7.00 Married At First Sight. 8.45 60 Minutes. 9.45 Olympic Winter Games Milano Cortina 2026. Day 16 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 16 - Post Midnight. 3.30 Ready Vet Go: The Vet Paramedics. 4.00 Fishing Aust. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Mass. 6.30 Key Of David. 7.00 Joseph Prince. 7.30 Buy To Build. 8.00 My Market Kitchen. 8.30 Key Ingredient. 9.00 Freshly Picked. 9.30 Travel Oz. 10.00 Farm To Fork. 10.30 GCBC. 11.00 I'm A Celebrity... Get Me Out Of Here! 2.00 Deal Or No Deal. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 I'm A Celebrity... Get Me Out Of Here! 8.10 NCIS: Sydney. (M) 9.10 Law & Order: SVU. (M) 10.05 NCIS: Origins. (M) 11.00 10 News+. 11.30 NCIS. (M) 12.30 Shopping.
MONDAY	6.00 Morning Programs. 1.00 Landline. 2.00 Grand Designs Transformations. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 Love Your Garden. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.25 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 Rage. 4.00 Gardening Aust. 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 Legends Of The Pharaohs. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.10 Building The Impossible. 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. 2.45 My Name Is Reeva. 3.40 Bamay. 4.40 Destination Flavour China Bitesize. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.00 9-11. (M) 10.00 Ivan Milat: Buried Secrets. (MA15+) 12.00 Conviction. (MA15+) 2.00 Shopping. 4.00 Better Homes. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.40 Olympic Winter Games Milano Cortina 2026. Day 16 - Highlights. 3.10 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. Day 16 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 16 - Post Midnight. 3.30 Ready Vet Go: The Vet Paramedics. 4.00 Fishing Aust. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 I'm A Celebrity... Get Me Out Of Here! 11.45 GCBC. 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 Australian Survivor: Redemption. 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 Grand Designs Transformations. 3.00 Spicks And Specks. 3.30 Brush With Fame. 4.00 Love Your Garden. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Foreign Correspondent. 8.30 Todd Sampson's Why? 9.05 If You're Listening: Black Swans. 9.35 Grand Designs Transformations. 10.35 News. 10.50 The Business. 11.05 Four Corners. 11.50 Media Watch. 12.10 Late Programs.	6.00 Morning Programs. 2.00 Legends Of The Pharaohs. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.10 Robson Green's British Adventure. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Who Do You Think You Are? 8.35 Australia's Greatest Conman? 9.35 India Crash: What Went Wrong? 10.30 SBS News. 11.00 Exit. 11.55 Syndrome E. 1.00 Syndrome E. 2.05 Safe Home. 3.00 My Name Is Reeva. 3.55 Barkley Manor. 4.25 Bamay. 4.55 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 7News @ 6.30. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.00 9-11. (M) 10.00 Ivan Milat: Buried Secrets. (MA15+) 12.00 Conviction. (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 Explore. 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. 9.10 Olympic Winter Games Milano Cortina 2026. Day 17 - Night. 12.00 Olympic Winter Games Milano Cortina 2026. Day 17 - Post Midnight. 3.30 Ready Vet Go: The Vet Paramedics. 4.00 Fishing Aust. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 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 Australian Survivor: Redemption. (PG) 8.45 NCIS. (M) 9.45 News. 10.45 10 News+. 11.10 Stephen Colbert. (PG) 12.00 Shopping.



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February 25 - March 3					
ABCTV	SBS	SEVEN	NBN	TEN	
6.00 Morning Programs. 1.35 Media Watch. 2.00 Grand Designs Transformations. 3.00 Spicks And Specks. 3.30 Brush With Fame. 3.55 Love Your Garden. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Hard Quiz. 8.30 The Weekly. 9.00 Dog Park. 9.25 QI. 10.00 Planet America. 10.35 News. 10.50 The Business. 11.05 Live At The Wireless. 11.40 Love Your Garden. 12.30 Long Lost Family. 1.15 Rage. 2.20 Smother. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Legends Of The Pharaohs. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.10 Robson Green's British Adventure. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Saving Yellowstone. 8.30 Australia's Greatest Conman? 9.30 Trespasses. 10.25 SBS News. 10.55 Face To Face. 11.20 Face To Face. 11.50 Darkness: Those Who Kill. 1.40 Divided We Stand. 2.35 Divided We Stand. 3.25 My Name Is Reeva. 4.20 Bamay. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 The 1% Club UK. (PG) 8.30 Highway Patrol. (PG) 9.00 Operation Dark Phone: Murder By Text. (MA15+) 10.00 Air Crash Inv. (PG) 11.00 TBA. 12.40 The Act. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 11.30 9News Morning. 12.00 Married At First Sight. 1.45 Talking House. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 MOVIE: I'm Chevy Chase And You're Not. (2025) 11.00 9News Late. 11.30 A Remarkable Place To Die. 12.20 Tipping Point. 1.00 Great Australian Detective. 2.00 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 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 Australian Survivor: Redemption. 9.00 Elsbeth. 10.00 News. 11.00 The Weekly Kick-Off. 12.00 10 News+. 12.30 Stephen Colbert. 1.30 Shopping.	WEDNESDAY
6.00 Morning Programs. 1.00 Bergerac. 2.00 Grand Designs Transformations. 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 Myster Dogs. 10.30 If You're Listening. 10.55 News. 11.00 The Business. 11.25 Love Your Garden. 12.15 Long Lost Family. 1.00 Rage. 4.00 Gardening Aust. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Legends Of The Pharaohs. 3.00 Going Places. 3.30 Plat Du Tour. 3.35 The Cook Up. 4.10 Robson Green's British Adventure. 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 A Spy Among Friends. 10.30 SBS News. 11.00 In Memoriam. 11.50 The Hollow. 11.50 Silent Road. 4.00 Mastermind Aust. 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 7News @ 6.30. 7.00 Home And Away. 8.30 MOVIE: Notting Hill. (1999) (M) Hugh Grant, Julia Roberts, Rhys Ifans. 11.05 To Be Advised. 12.35 Dare Me. (MA15+) 1.35 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG) 6.00 NBN News. 7.00 A Current Affair. 7.30 RBT. (M) 8.30 To Be Advised. 9.00 9News Late. 11.00 The Equalizer. (M) 12.00 Tipping Point. (PG) 1.00 Surfing Aust. 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 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 Australian Survivor: Redemption. 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. (PG) 7.30 Gogglebox Aust. 8.30 The Graham Norton Show. (M) 9.40 News. 10.40 10 News+. 11.00 Stephen Colbert. (PG) 12.00 Shopping.	THURSDAY
6.00 News Breakfast. 9.00 News. 10.00 Australia's Wild Odyssey. 11.00 Antiques Roadshow. 12.00 News. 1.00 Myster Dogs. 2.00 Dog Park. 2.30 In Limbo. 2.55 Spicks And Specks. 3.30 Brush With Fame. 3.55 Love Your Garden. 4.45 Long Lost Family. 5.30 Antiques Roadshow. 6.25 Hard Quiz. (PG) 7.00 News. 7.30 Gardening Aust. 8.30 Professor T. (M) Mystery. 9.00 The Weekly. (PG) 9.30 The Piano. (PG) 10.20 Dog Park. (M) 10.45 News. 11.00 Smother. (M) 12.50 Rage News Music. 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. 4.10 Robson Green's British Adventure. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Going Places. 8.30 Fukushima: Days That Shocked The World. 9.25 Fly Girl. (M) 10.30 SBS News. 11.00 SiL. 12.00 Berlin. 1.15 The Gang. 1.45 Gangs Of Madrid. 3.45 Mastermind Aust. 4.20 Bamay. 4.55 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 MOVIE: All For Her. (2021) (M) 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. 8.30 The Marlow Murder Club. (M) A member of a sailing club is killed. 10.50 MOVIE: Lions For Lambs. (2007) (M) 12.30 Tipping Point. (PG) 1.30 TV Shop. 4.00 Million Dollar Minute. 5.00 NBC Today.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 MOVIE: Love At First Like. (2023) 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Taronga: Who's Who In The Zoo. (PG) 8.30 MOVIE: Olympus Has Fallen. (2013) (MA15+) 10.50 MOVIE: Lions For Lambs. (2007) (M) 12.30 Tipping Point. (PG) 1.30 TV Shop. 4.00 Skippy. 4.30 Global Shop. 5.00 TV Shop. 5.30 Postcards.	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 Australian Survivor: Redemption. 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 Aust. 8.40 Love In Lullala. 9.40 News. 10.40 10 News+. 11.10 Stephen Colbert. 12.00 Shopping.	FRIDAY
6.00 Rage Charts. 7.00 Wknd Brekky. 9.00 Rage. 10.30 Rage Vault Guest Programmer. 12.00 News. 12.25 Call The Midwife. (M) 1.00 The Piano. (PG) 3.00 Extraordinary. 4.00 Escapes. (PG) 4.00 The ABC Of. (PG) 4.30 Todd Sampson's Why? (PG) 5.00 Aust Story. 5.30 Landline. 6.00 Kath & Kim. (PG) 6.30 Hard Quiz. (PG) 7.00 ABC News. 7.30 Sydney Gay And Lesbian Mardi Gras 2026. 10.00 This England. (M) 10.55 Rage. (MA15+) 5.00 Rage. (PG)	6.00 Morning Programs. 1.00 Cycling. ProVelo Super League. Round 3. Melbourne to Warrnambool. Mens rivalry. 1.00 The Piano. 3.00 WorldWatch. 5.30 What Are We Fighting For? 6.30 News. 7.30 Neil And Martin's Bon Voyage. 8.25 Travels With Agatha Christie And Sir David Suchet. 9.20 Shaun Micallef's The Original Odyssey. 10.20 Highclere: The Real Downton Abbey. 11.15 Outlander. 1.35 El Immortal: Gangs Of Madrid. 3.30 Mastermind Aust. 4.00 Bamay. 4.40 Late Programs.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 Horse Racing. Very Elegant Stakes Day And Kentucky Derby. 1.00 News. 5.30 Border Security. (PG) 6.00 Seven News. 7.00 Border Security: Australia's Front Line. (PG) 7.30 MOVIE: Fast X. (2023) (M) 10.00 MOVIE: Baby Driver. (2017) (MA15+) 12.50 Devils. (MA15+) 2.00 Shopping. 4.00 Tales Of Aluna. 5.00 Million Dollar Minute.	6.00 Morning Programs. 1.00 Find My Beach House Australia. 1.30 Great Australian Detour. 2.00 Taronga: Who's Who In The Zoo. 2.30 Global Shop. 3.30 Epic Builds. 4.30 Journey To Japan. 5.00 News. 5.30 Getaway. 6.00 NBN News. 7.00 ACA. 7.30 Space Invaders. 8.30 MOVIE: Runaway Bird. (1999) 11.00 MOVIE: Something Borrowed. (2011) 1.05 Find My Beach House Australia. 1.35 Great Australian Detour. 2.00 The Incredible Journey. 2.30 TV Shop. 4.30 Global Shop. 5.00 Late Programs.	6.00 Tough Tested. 7.00 Real Action. 7.30 Escape Fishing. 8.00 I Fish. 8.30 Camper Delivers. 9.00 All 4 Adventure. 10.00 The Weekly. 11.00 The Weekly Kick-Off. 1.00 Cook With Luke. 1.30 Frugal Foodie. 2.00 Farm To Fork. 2.30 Ultimate Classroom. 3.00 The Brighter Side. 3.30 Millionaire Hot Seat. 4.00 Lingo. 5.00 News. 6.30 Dog House Aust. 7.30 Love It Or List It Australia. (PG) 8.40 The Graham Norton Show. (M) 9.50 Gogglebox Aust. 11.00 Matlock. 12.00 Elsbeth. 1.00 Shopping. 5.00 Hour Of Power.	SATURDAY
6.00 Rage. 7.00 Wknd Brekky. 9.00 Insiders. 10.00 Officers. 10.30 World This Week. 11.00 Compass. 11.30 Praise. 12.00 News. 12.30 Landline. 1.30 Gardening Aust. 2.30 Myster 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 The Piano. (PG) 8.30 Dog Park. (M) 9.00 This England. (M) 9.45 MOVIE: Shine. (1996) (PG) 11.30 Rage. 1.40 Ragdoll. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 1.00 Cycling. ProVelo Super League. Women's. Round 3. Melbourne to Warrnambool race. 4.00 Steady. 4.25 Entanglement. 5.25 Her War. Her Story. WWII. 6.30 News. 7.30 Rose: Secrets From Above. 9.35 Ancient Empires. 11.40 Powerful Women. 12.30 MOVIE: Fiona Clark: Unafraid. (2021) 2.00 MYLIFE: The Endgame Generation? (2022) 3.35 Mastermind Aust. 4.35 Bamay. 5.00 NHK World English News Morning. 5.15 Euronews. 5.30 PBS News Horizons.	6.00 NBC Today. 7.00 Weekend Sunrise. 10.00 Morning Show. 12.00 MOVIE: Love Blossoms. (2017) 2.00 TBA. 3.45 Surveillance Oz. 4.00 Better Homes And Gardens Summer. 5.00 News. 5.30 Weekend. 6.00 News. 7.00 Australian Idol. 8.20 The Mystery Of The Lady In The Lake. 9.50 The Hunters. (M) 11.20 24 Hours In Police Custody. (M) 12.20 Temple. (MA15+) 1.20 Temple. (M) 2.30 Temple Shopping. 3.30 Million Dollar Minute. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Morning Programs. 1.00 NRL Season Preview. 3.00 NRL Sunday Footy: Las Vegas Pre-Show. 3.30 Rugby League. NRL. Round 1. Canterbury Bulldogs v St George Illawarra Dragons. 5.30 NRL Sunday Footy: Las Vegas Post-Match. 6.00 NBN News. 7.00 Married At First Sight. 8.45 60 Minutes. 9.45 9News Late. 10.15 TBA. 11.15 The Vet. 12.48 Vet Wild Cards. 1.00 Ready Vet Go. 1.20 Paramedics. 1.30 TV Shop. 4.00 Skippy. 4.30 Garden Gurus. 5.00 Today Early News. 5.30 Today.	6.00 Morning Programs. 7.30 Buy To Build. 8.00 My Market Kitchen. 8.30 Key Ingredient. 9.00 Freshly Picked. 9.30 Travel Oz. 10.00 The Weekly Kick-Off. 11.00 Australian Survivor: Redemption. 2.00 Deal Or No Deal. 2.30 Millionaire Hot Seat. 3.00 The Finish Line. 4.00 Lingo. 5.00 News. 6.30 10 News+. 7.00 Soccer. AFC 2025 World Cup. Asian Cup Group Stage. Australia v Philippines. 10.30 MOVIE: The Italian Job. (2003) 12.45 10 News+. 1.10 Law & Order: SVU. 2.00 Shopping.	SUNDAY
6.00 Morning Programs. 1.00 Landline. 2.00 Parliament. 3.00 Grand Designs Transformations. 4.00 MOVIE: Murdoch Mysteries: The Dying. (2004) 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 Diabolical: The Epstein Files. 9.15 Media Watch. 9.35 Planet America. 10.05 Foreign Correspondent. 10.35 News. 10.50 The Business. 11.10 The Weekly. 11.40 MOVIE: Murdoch Mysteries: Except The Dying. (2004) 1.05 Parliament. 2.05 Rage. 2.35 Ragdoll. 5.00 A Bite To Eat. 5.30 7.30.	6.00 Morning Programs. 2.00 Legends Of The Pharaohs. 3.00 Going Places. 3.30 The Cook Up. 4.05 The Wonders Of Europe. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.35 Inside The Tower Of London. 8.10 8 Out Of 10 Cats. 9.25 Buzzcocks. 10.30 SBS News. 10.40 Other People's Money. 11.35 The Old Man. 2.45 Greeland: Survival At The Edge. 3.40 Mastermind Aust. 4.40 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 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) 7.30 Australian Idol. (PG) 9.15 9-11. (M) 10.15 Granny Killer: The Unsolved Murders. (M) 11.05 Alpusto USA. (M) 12.50 Conviction. (MA15+) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.45 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. 9.00 Epstein: Making Of A Monster. 10.00 9News Late. 10.30 Love Cheats. (M) 11.30 Sight Unseen. (M) 12.20 Tipping Point. (PG) 1.10 Hello SA. (PG) 1.30 TV Shop. 2.30 Global Shop. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 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. (PG) 7.30 Australian Survivor: Redemption. (PG) 9.00 Matlock. 10.00 News. 11.00 10 News+. 11.30 Stephen Colbert. 12.00 Shopping.	MONDAY
6.00 Morning Programs. 1.00 Restoration Aust. 2.00 Parliament. 3.00 Grand Designs Transformations. 4.00 MOVIE: Murdoch Mysteries: Poor Tom Is Cold. (2004) 5.25 Antiques Roadshow. 6.25 Hard Quiz. 7.00 News. 7.30 7.30. 8.00 The Piano. (PG) 8.30 Dog Park. (M) 9.00 This England. (M) 9.45 MOVIE: Shine. (1996) (PG) 11.30 Rage. 1.40 Ragdoll. 4.00 Dream Gardens. 4.30 A Bite To Eat. 5.00 Insiders.	6.00 Morning Programs. 2.00 Legends Of The Pharaohs. 3.00 Going Places. 3.30 The Cook Up. 4.05 The Wonders Of Europe. 5.05 Jeopardy! 5.30 Letters And Numbers. 6.00 Mastermind Aust. 6.30 News. 7.30 Great Continental Railway Journeys. 8.30 Insight. 9.30 Dateline. 10.00 Rock Legends. 10.30 SBS News. 11.00 Exit. 11.55 Syndrome E. 12.55 Syndrome E. 1.55 Safe Home. 2.50 Greeland: Survival At The Edge. 3.45 Mastermind Aust. 4.20 Mastermind Aust. 4.50 Late Programs.	6.00 Sunrise. 9.00 The Morning Show. 12.00 News At Noon. 1.00 Seven News With Alex Cullen. 1.10 Blankety Blank. 2.00 Bridge Of Lies. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 7News Local. 6.30 News. 7.00 Home And Away. (PG) 7.30 Australian Idol. (PG) 9.10 Doc. (M) 11.00 Ambulance: Code Red. (M) 11.10 St. Denis Medical. (PG) 12.10 MOVIE: Taken Again. (2023) (M) 2.00 Shopping. 4.00 NBC Today. 5.00 Sunrise Early News. 5.30 Sunrise.	6.00 Today. 9.00 Today Extra. 11.30 9News Morning. 12.00 Married At First Sight. 1.30 Getaway. 2.00 Pointless. 3.00 Tipping Point. 4.00 9News Afternoon. 5.00 Tipping Point Australia. 6.00 NBN News. 7.00 ACA. 7.30 Married At First Sight. 9.00 Epstein: The Hunting Wives. (MA15+) 10.10 9News Late. 10.40 Wild Cards. (M) 11.30 Next Stop. 12.00 Tipping Point. (PG) 1.00 Destination Wale. 1.30 TV Shop. 2.30 Our State On A Plate. 3.00 TV Shop. 4.00 Skippy. 4.30 ACA. 5.00 Today Early News. 5.30 Today.	6.00 Ent. Tonight. 6.30 Bold. 7.00 Deal Or No Deal. 7.30 Farm To Fork. 8.00 Lingo. 9.00 The Finish Line. 10.00 Ent. Tonight. 10.30 Australian Survivor: Redemption. 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. (PG) 7.00 Millionaire Hot Seat. (PG) 7.30 Australian Survivor: Redemption. (PG) 8.45 NCIS. (M) 9.45 News. 10.45 10 News+. 11.00 Stephen Colbert. (PG) 12.00 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

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 Wyllie Breckenridge Park, Black Head Rd. Check website for ground closures.
www.facebook.com/blackheadbazaar

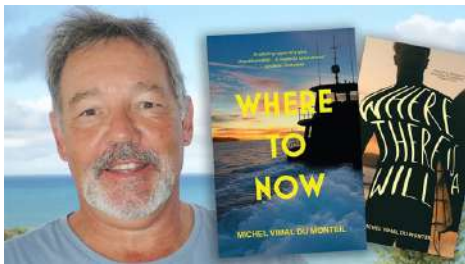
Sun 1 March - Hallidays Point Car Boot Sale
7am to 12pm Hallidays Point Shopping Village
Enquiries: 0403 042 088

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

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

Sat 21 March - Forster Farmers Market
8am to 12pm Forster Info Centre, 4 Little St.
Enquiries: Linda 0421 347 273

Free Author Event Forster Library



3-4pm on Monday, 23 February 2026

Michel Vimal Du Monteil joins us to discuss how life experiences have inspired scenes of betrayal and murder set to flooded towns, the Sumatran jungle and the high seas in his latest book *Where to Now*.

Bookings essential at <https://library.midcoast.nsw.gov.au/Home>

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



Quota - Forster/Tuncurry Presents International Women's Day



Theme: IWD 2026 campaign theme is: **"Give to Gain"**

Date: Arrival - 9.30am Saturday 7 March 2026

Venue: Sporties - 65 Beach Street, Tuncurry

Dining: Brunch - Smorgasboard

Cost: \$40 per head

Tickets: Heather - 0418 718 110

quota.forstertuncurry.inc@gmail.com

Guest Speaker: Gemma Sisia
Member of the Order of Australia (AM)



Gemma Sisia is an Australian humanitarian who founded *The School of St Jude in Tanzania* in 2002. The school provides free, high-quality education scholarships to over 1,800 Tanzanian children.

At age 22, Gemma moved to Uganda to volunteer as a teacher in a convent school where she taught girls science and sewing. This experience led her to believe that a free, high-quality education should be the right of all children. Gemma Sisia's story is one of determination, compassion, and a commitment to making a difference in the world.

Her journey from a rural Australian upbringing to establishing a successful school in Tanzania exemplifies the power of education as a tool for social change. Through her efforts, she continues to inspire others to contribute to humanitarian causes and advocate for the rights of children everywhere.

What's on around town & beyond!

Love is in the Air in Forster!

Chemistry Club brings inclusive dating event to town

Did you know that around one in six Australians lives with a disability? For many, that can mean more than navigating daily life, it can also make building friendships and finding romance a whole lot harder.

That's where Chemistry Club comes in.

This fun and inclusive social dating event is heading to Forster, creating a welcoming space for adults with disability to connect, chat, laugh and maybe even spark something special.

Hosted by Care Rehab, Chemistry Club has already been a hit in Sydney and Newcastle, where organisers have seen friendships blossom, new relationships begin and yes, even a few romances take off. Whether you're looking for a new mate, a meaningful connection, or a potential date, the event offers a relaxed and supportive way to meet people.

Candice Care-Unger, Director of Care Rehab, a specialist psychosexual therapy and social work team, has recently relocated to Forster and is excited to bring the initiative to the local community.

"Chemistry Club is built around the idea that, just like in chemistry, when the right elements come together, something special can happen," Ms Care-Unger said.

"These gatherings are about connection in all its forms, friendship, romance, or simply great conversation. I've met many people living with disability who absolutely want to meet others, date, and find someone special. The barriers can be real and that's exactly why Chemistry Club was created."

The event is designed to be safe, respectful and inclusive. Allied health professionals will be on hand throughout the afternoon to ensure everyone feels comfortable and supported.



Above: Candice Care-Unger, Director of Care Rehab, is excited to bring a social dating initiative to the local community.

Families and support workers are welcome if needed, though guests are encouraged to come along independently where possible and see where the connections may lead.

Chemistry Club will be held at the Forster Civic Centre on Friday 28 March from 3pm to 5pm.

(See advertisement right)

Spots are limited and bookings are essential via Humanitix:

<https://events.humanitix.com/chemistry-club-forster>

For more information about Care Rehab's psychosexual therapy and social work services, visit www.care rehab.com.au.

Who knows? A little chemistry could go a long way.

Join us for an inclusive social and dating event designed to help you feel at ease while making meaningful connections.



28 MAR @Forster Civic Centre

3:00pm - 5:00pm AEDT

Ticket \$45 - RSVP essential



CARE REHAB

MidCoast Seniors Festival



Celebrate being a senior on the MidCoast this March with a vibrant program of free activities. Explore what's on, then scan the code to book online. Hurry, places are limited.

(See advertisement on right)

See full program across MidCoast & make bookings at: <https://www.midcoast.nsw.gov.au/Community/Community-support-and-statistics/Seniors/NSW-Seniors-Fest-2026>

Enquiries: Ph 7955 7001

Local activities in Forster:

Wednesday 4th March

• Meditation and Sound Healing

2 - 3pm Hallidays Point Library

A guided meditation on the breath followed by healing vibrations from ancient instruments.

• Keith Potger's Celebrating The Seekers

2pm MEC - Flett Studio

Keith Potger's solo tribute to the group he helped to form in 1962 covers the songs, the stories and the influences that shaped The Seekers. Includes rare footage and still photos of the group and special tribute to Judith Durham. Tickets, \$10.

• Wallis Lake: Stories Cruise

10am - 12pm Forster, Little Street

Hop aboard, take in the beautiful scenery and discover the history of the area with fascinating stories from MidCoast Stories. Enjoy morning tea whilst you visit Wallis Island, Regatta Island and Coomba Park from the comfort of the Free Spirit.

Saturday 7 March

• Eat Well, Age Well

11am - 1pm Forster Civic Centre

This workshop focuses on practical, confidence-building nutrition rather than diets or trends.

Wednesday 11 March

• The Big Fins

2 - 4pm Forster Civic Centre

Get set for an afternoon of fun, music and dancing with The Big Fins. This groovy 8-piece band plays everything from the 70s onwards, in a range of styles as performed by their 3 lead singers and rocking horn section.

Thursday 12 March

• Rock Art Workshop

10:30am - 1:30pm Hallidays Point Library

Create your own rock art in this fun and colourful workshop.

• Native Bee Presentation

10:30 - 11:30am Forster Civic Centre

Learn about our fascinating bee species and how to keep native stingless bees.

Saturday 14 March

• Rock Art Workshop

10am - 1pm Forster Civic Centre

Create your own rock art in this fun and colourful workshop.

Live Life in Colour
and check out our
vibrant program of
activities to enjoy
during the NSW
Seniors Festival.



BOOK NOW

**DISCOVER
YOUR NEXT
PASSION**

Enquiries: 7955 7001

midcoast.nsw.gov.au/seniorsfest

This event is made possible due to funding from the NSW Government's Seniors Festival 2026 program.



What's On club forster

19 STRAND ST FORSTER NSW
WWW.CLUBFORSTER.COM.AU/SHOWS



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

Nothing short of a crisis

I am writing regarding the planned upgrades and extension of Manning Base Hospital, Taree, as referenced in the Forster Fortnightly article on Wednesday, 4 February 2026, and in relation to comments by Dr Jason Kendall. I speak from a unique perspective: I am both a former health professional of some 30 years who worked at Manning Base Hospital and now a consumer of its services living with Multiple Sclerosis. I have seen this system from every angle, and what I am witnessing is nothing short of a crisis.

Since its amalgamation with the Hunter New England Area Health Service, Manning Base Hospital has been treated as the poor relation, underfunded, under-resourced, and left to decay while neighbouring hospitals like Port Macquarie receive ample funding, permanent staff, and recognition. The reality at Manning Base is shocking: a hospital that resembles a third-world facility, with limited permanent staff forcing reliance on overseas workers to fill gaps.

The impact on the community is real and immediate. Emergency care has dropped in standards. Chronic illness is rising. Pregnant women and other vulnerable patients risk traveling 70–200 km each way to access care elsewhere. The hospital is filthy; its interior conditions are worse than Taree Police Station cells. This is not a minor oversight, it is a systemic failure.

Funding and attention have bypassed Taree entirely, flowing instead to Port Macquarie, which now outperforms Manning Base on every measure: staffing, service delivery, and environment. Meanwhile, the people of the Manning and Great Lakes region are subjected to substandard care in a hospital that is hollow inside, no matter what upgrades are announced. Band-aid "first aid" to keep people alive is not healthcare, it is negligence dressed up as progress. You can build the most beautiful hospital in the world, but without supporting and retaining frontline staff, it is meaningless.

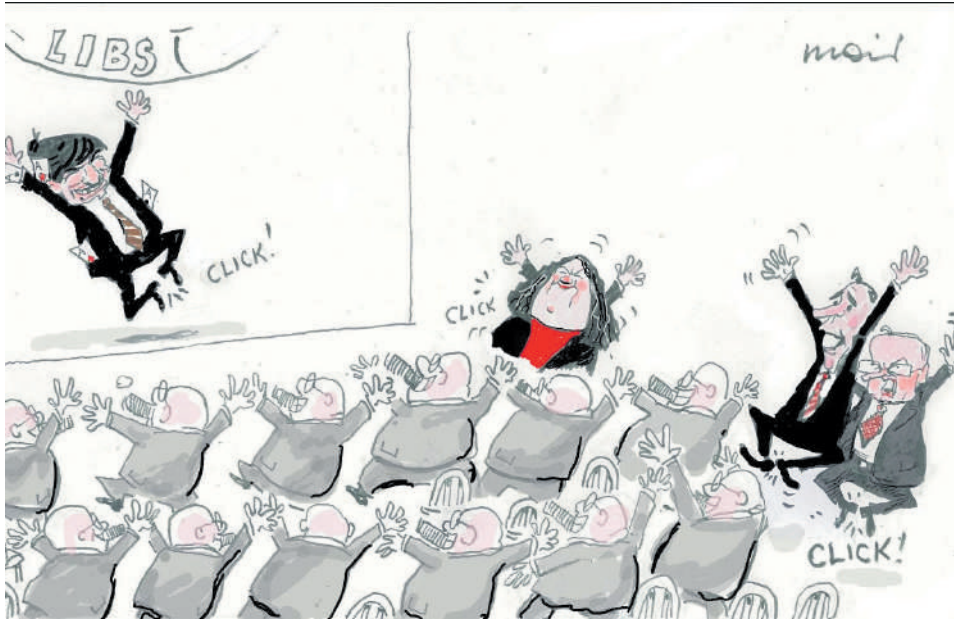


This is a system that has been run on convenience and nepotism, not on merit or community need. The future of this region hinges on real care, not tokenism. Without permanent staff, proper training, and investment in infrastructure beyond cosmetic construction, Manning Base will remain a danger to its community and a deterrent to growth in the region. Residents are tired of being treated as second-class citizens, forced to gamble with their health while decision-makers pat themselves on the back for "development."

I want to acknowledge the extraordinary work of the permanent staff who remain, particularly operating and recovery staff, who continue to serve against impossible odds. These are the professionals whose expertise and insight must guide any reform. They are the ones who see the reality of this hospital every day, and they deserve action, not platitudes.

The people of Taree deserve a hospital that is safe, functional, and staffed by highly trained professionals who are supported and respected. Anything less is unacceptable. The time for token upgrades is over. The time for systemic reform, real funding, and accountability is now.

Meegan Malouf - Pampoolah



www.moir.com.au

Albanese apologises to Israeli President for temporary outbreak of democracy

The Shovel

POLITICAL SATIRE: Social cohesion fanatic Anthony Albanese has offered his deepest apologies to his esteemed guest, accused genocide inciter, Isaac Herzog, after the Israeli President almost came into contact with a strain of democracy.

After touching down in Australia, Herzog was welcomed in Sydney with a traditional 21 pepper-spray salute. He then flew off to Canberra, where — much to the embarrassment of Albanese — he was affronted by more radicals practising "democracy".

"I'm really sorry about that, mate. We've got a bout of it going around at the moment,"



Albo grovelled to the man accused of inciting genocide.

"Nah, it's totally fine. I always find that the best cure is a cup of warm tea, and a couple canisters of tear gas," replied Herzog.

Once the awkward moment passed, the two then bonded over their mutual success in turning their opposition to rubble.

Kmart confirms they moved check-out to centre of store just to f**king annoy you

The Shovel

SATIRE: Kmart says there is no scientific reason why all of its checkouts are now 50 metres from the store entrance, confirming it is simply just a fun little thing they did because they were bored.

"We analysed a lot of shopper data and matched it with footfall information, and what we realised was that by far the most logical place for a check-out is at the front of the store. And so we moved them to the centre in all 324 Australian stores just for a laugh," a spokesperson for the company said.

She said making customers walk through a kilometre of point-of-purchase displays, laid out in a maze-like configuration, was something they only thought of later. "That was after a few wines on a Friday night after work. Hilarious!"

Kmart says the idea to shift the checkouts had first been floated by the company's floor staff. "What you have to understand is how boring it



is to work at a Kmart store. Seeing customers aimlessly walk around near the exit trying to work out how to give us money for the items they want to purchase is often the only enjoyable part of a Kmart-worker's day.

"The funniest bit is when they tell the customer to walk to the centre of the store to pay, only for them to discover that they'll be asked to show a proof-of-purchase receipt at the front of the store before they leave anyway".

Screen Reviews



TV Show Review by Leon Batman - Tuncurry

Steal - Prime, Released 21-01-2026 6 Episodes

Sophie Turner from Game of Thrones stars in this 6 part British crime thriller as an office girl caught in the middle of a major robbery at a major investment company. The seemingly successful heist gradually collapses through infighting amongst the robbers and we find the office girl and some of her colleagues are in collaboration with the thieves. A very exciting show to watch through the many twists and turns in the story till eventually the real thieves are found out.



Kangaroo Island - Netflix, Australian Movie released 2024

An Australian drama, comedy set on Kangaroo Island starts when an unsuccessful Australian actress returns home on an airline ticket paid for by her father. Arriving home she finds out a number of family secrets involving her father, her sister and her father and sister! We find out the sister has married the actress's ex and has become very religious whilst the father has left the farm to the sister, while the actress gets nothing. From there

on it gets more intriguing but I'll leave that for you to find out when you watch this really good Australian movie.

Under Saltmarsh - Foxtel Mini Series Released 30-01-26

Yellowstone star Kelly Reilly stars in this British murder mystery that starts when the ex-detective-come-school-teacher finds the body of one of her students drowned. This brings back memories of an unresolved murder three years earlier which ruined her career as a detective. The detective assigned to the case is the former detective's partner from the old case and this results in many clashes between the two whilst they investigate the murder while battling against an impending storm that will destroy any evidence. The series has many hidden secrets that come out during the investigation. Another great British murder mystery to watch.



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FORSTER-TUNCURRY

Louise Helen Wright (Peters)

Late of Peel St Tuncurry and Hallidays passed away on the 21st of Jan 2026 aged 63 Years.

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Book Review



Book Review by John King - Pacific Palms Librarian

Hard New World
Our Post-American Future

Hugh White in the Quarterly Essay (Issue 98 2025) says in his Hard New World Our Post-American Future that Trump may well have done us a favour. In drawing aside the previous curtain of American world dominance to reveal the deep abyss of present day strategic reality, he shows what delusions we and the rest of the western world, including Japan, Taiwan, and South Korea have been under. It is America first all the way, self-sufficient and safeguarded by two beautiful wide seas. The trend is not new, US military expenditure has not kept pace with changed strategic circumstances.

Ukraine exemplifies that self-interest perfectly. It is not strategically important to the US. Nor can Article 5 of the NATO Treaty be relied upon if Putin threatens to use nuclear weapons. Would Washington really risk annihilation of New York? America has prevaricated except to the extent that there is a dollar in it for them (Trump announcement 15 July 2025); in this case European countries picking up the tab in buying American weapons for Ukraine.

The situation in the Asia Pacific has changed too. China's rise in military and technological power is now at the point that in East Asia, the US can no longer assert primacy. Moreover, under Trump, competition with China is economic not strategic. Is it in US strategic interests to defend Taiwan, or South Korea, or Japan in a war it could lose given the local advantages to China? Yet, he says, China could be patient and wait for Taiwan to fall into its hands.

So to Australia. We are now in a multi-polar world and a multi-polar region when considering India and a future Indonesia. In a transactional world, and Hugh sees all international relations as transactional, what is Australia's significance to America? He sees reliance upon AUKUS (which only provides for consultation if either party is under threat or attack) and AUKUS as failing the test of reality

if we expect the US to come to our aid. We must be self-reliant. Indeed, he considers that a Trumpian America would expect and welcome that just as they expect European nations to step up to their own defence.

Though White does not mention it in this essay, we have been here before – in 1968 with the UK withdrawal from east of Suez and America's Guam doctrine directed at the Philippines which basically said god helps those who help themselves. Australia took the message to ensure Australian forces worked together and were able to deal with credible contingencies arising at short notice. Our involvement in East Timor is a good example.

White does not see a direct attack on Australia by China. But he posits a force structure that looks very much like one to repel invasion. Yet, this essay falls short of looking at threats to our region that really would be a concern to us. Coercive embargoes and maritime exclusion zones around Japan, South Korea, and Taiwan, as China has used for exercises, would have a major economic impact on us, as would any interdiction to our oil supplies. Coercion on our Pacific neighbours? What are these implications for our force structure? White does not say. Nevertheless, he has issued a clarion call for our governments to wake up to the changed strategic realities. His essay is certainly worth reading and thinking about.

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.



Forster Post Office

Great Lakes Museum

Mail

The first office was conducted in Breckenridge's Post Office Store under the name of John Wylie Breckenridge and was opened on 1st October 1872 as a minimum service. Mail was delivered once weekly by Charles Dee Jnr. of Myall River who rode horseback between Myall River and Forster via McRaes Mill, Burraduc and Bungwahl Flat, a distance of eight kilometres. The residents at Forster and North Forster used the post office at Forster until 1899. However, in 1899 the Postal Inspector Mr G. Unwin submitted a report to the authorities stating that North Forster residents had a dangerous lake crossing to the post office. This enabled John Wright to open a post office at the back of his store and appointed Mrs Susan O'Beirne a postmistress. Confusion resulted in the postal field with Forster and North Forster, so on 1st June 1899 permission was given to change the name to Tuncurry an aboriginal name meaning "plenty fish."

Telegraph

The need for rapid transmission of messages was most important to those engaged in the shipping business, thus sufficient traffic of such nature warranted the erection of a telegraph line between Bungwahl Flat and Forster. The single line was completed in 1882, the total line was 34.4km. Telegraphy required a trained operator with experience in the use of Morse code and so on 1st May, 1882 Pelham Henry Ellar Aldrich was appointed to the new telegraph station at Forster. When Aldrich sent the first telegram, it was from a separate office from the post office. The office was situated in what was previously the residence of David White, Shipbuilder. When Mr White died, his widow rented the building to the Postal Authority. The authorities decided to combine both post and telegraph facilities and on 1st June, 1882 this became Forster's Post Office and Telegraph Office under the direction of



Above: Pelham Aldrich was appointed to the new telegraph station at Forster in 1882.

Pelham Aldrich. A new office, on lot 1 section 2 corner Beach and Wallis Street, resumed from John Breckenridge. It was built by Albert von Ehlefeldt and was completed in April 1902. It was not until 19th June 1948 that it became a full time service and an official post office.

Telephone

Eventually the telephone took over the transmission of telegrams and the services of a telegraphist was no longer needed. On 8th June 1910 a telephone exchange was opened with R. R. Breckenridge, C Bowers, Albert von Ehlefeldt & Sons as subscribers. **The Great Lakes Museum is at 1 Capel Street, Tuncurry. Opening Hours are Tuesday, Wednesday, Friday 10am-1pm and Sunday 1pm-3pm.**

Local Identity – Felicity Harrison

Interview by Vanda Gooley

Felicity Harrison, moved to Pacific Palms in 2023, she said “it’s a huge relief to be in a small town again. “It feels a lot like Perth in the 90s, where I grew up. I am able to slow down, see the bigger picture and not get caught up in the rat race.” She still feels like she is building her community here. “I would love to meet more professionals and swimmers, but I know that these things take time!” Felicity is an open water marathon swimmer who has earned many achievements but her biggest, thus far is conquering the English Channel.

Felicity Harrison graduated from the University of Western Australia as an Environmental Engineer in 2011. She joined as a graduate at GHD, (a course focusing on technical development and mentoring new engineering graduates) in the Perth office, and has stayed with the company ever since. With this company Felicity got experience in; working on landfills, mine sites, service station: doing site inspections, investigations and remediation. With the marine services team, she helped to model potential oil spills in the ocean. She spent some time in the Air and Noise team, modelling potential noise impacts from new roads or developments and investigating air pollution. She also spent some time in the Mine Closure team, helping to write mine closure plans.

In 2016, Felicity moved to Louisiana, USA to join the Emergency Response team, and spent three years both in Baton Rouge, Louisiana, and Houston Texas, responding to environmental emergencies. Projects included a refinery explosion (which involved the evacuation of 100,000 residents), an acid spill onto a train track (melting a train car and shutting down a station) and an oil spill from a pipeline into a river.

Felicity now works for private and institutional investors to identify environmental, social and governance (ESG) risks in their portfolio companies, and help to mitigate these. She still gets to go out to 'site' and visit different companies and people working in them. Now, Felicity mostly does this work from home.

There's no such thing as a
Solo Marathon Swim

“In October 2018, I'd just returned to Sydney from the US. Eager to reconnect with my roots, I joined Vladswim and set my sights on a solo Rottnest Channel crossing in Perth. My coach Vlad Mravec encouraged me to aim for the Bondi to Watsons Bay swim (10km) as a stepping stone. With consistent pool sessions and weekly ocean swims, I completed Bondi to Watsons Bay and was instantly hooked by the sense of accomplishment and the

camaraderie it required. Soon after, I conquered the Rottnest Channel swim and, spurred on by my swimming mates, set my sights on the English Channel.

The following years were a blur of marathon swims around Australia, including the 34km Derwent River, Palm to Shelley, and another Rottnest Channel crossing (amounting to being the 9th person to achieve the Australian Triple Crown of Marathon Swimming). My training intensified—four pool sessions, one ocean swim per week, and gym twice a week for strength and injury prevention. Between training and full time work, I had time for little else in my life. I relied on a nutritionist, chiropractor, and physio, but most importantly, my friends and family, who paddled alongside me and lifted my spirits during the toughest times. Their support became the backbone of my journey, turning a solo swim into a true team effort.

Early Saturday mornings in freezing water were brutal, but I pushed through, motivated by the prospect of hot showers and good food with other marathon swimmers afterwards. Six weeks out, I completed my qualifying swim: six hours at Balmoral in 15.5°C water, buoyed by my partner and best friend kayaking beside me. I was ready.

Only 12 skippers are licensed to take swimmers across the Channel, and I booked the first slot of the late August 2022 tide. Two weeks before my window, I settled into Kingsdown, near Dover, for some solo training before my support crew joined me—my parents, partner Cameron, and friend Rachael (an International Triple Crown Swimmer, and first Australian woman to cross the North Channel). As the swim approached, unpredictable winds kept us on edge, until finally the skipper gave us the green light for September 4. We packed up and

set alarms for 1:30am.

Meeting the crew at Dover Harbour in the early hours, I was a bundle of nerves and excitement. On board were Rachael, Cameron, my dad, skippers Andy and James, and observer Keith. The rules were strict—no wetsuit, only one cap, and no contact with the swimmer during the swim. After slathering on channel grease (a mix of anhydrous lanolin/wool fat and petroleum jelly for chaffing – not warmth!), I jumped into the tender and then onto shore, ready to start. At the air horn's blast, I dove in,

feeling strong in the relatively warm 19°C water (compared to winter Sydney temperatures), knowing dawn would soon break.

The swim was challenging—relentless swell, inconsistent breathing, and the occasional mouthful of seawater. But I kept going, focusing on the fun of it and the encouragement from my crew. As dawn arrived, my support team wrote messages on a whiteboard and raised the Aboriginal flag. Seeing my dad proudly sitting under his people's flag filled me with renewed energy. Their presence and belief in me carried me through moments of doubt and exhaustion.

The hours blurred as I entered a flow state, chatting to myself, singing songs, and relying on my crew's cheers and advice during quick drink stops. When we drifted dangerously close to Calais, Rachael's urgent call spurred me to sprint for an hour—another reminder that, even in the loneliest stretches, my team was there, guiding me and keeping me safe. Nearing the end, a fierce current nearly broke me, but with every ounce of grit—and my crew's unwavering support—I pushed through. Finally, guided by Rachael and the tender, I hauled myself onto the French sand after 14 hours and 21 minutes. I was utterly spent but elated.

That evening, there was no champagne due to a very unsettled stomach and swollen tongue, just broth and warm tea as I processed what we'd achieved. The next morning, we celebrated with local swimmers and later at the pub with Kingsdown locals who felt straight out of a BBC rom com. The glory may go to the swimmer, but the real triumph was shared—a result of the tireless efforts, love, and encouragement of my village of supporters. Without them, this swim would not have been possible. My greatest lesson? We are stronger together, and achievement is sweeter when shared. I am so much more capable with my community behind me, and that resilience—and humility—will stay with me forever.

Finding Belonging in a Small Community

Living in Pacific Palms has brought me into the heart of a close-knit and welcoming community. The genuine friendliness and support of the people here make me feel connected and valued, reminding me of how humans are truly meant to live—side by side, helping and looking out for one another. This



Felicity Harrison with Alan."Living in Pacific Palms has brought me into the heart of a close-knit and welcoming community."

way of life has reaffirmed my belief in the power of community, and I cherish the sense of belonging and purpose it brings. Here, change feels possible because we raise our voices together, and every day I am reminded that life is richer and more meaningful when it's shared with others."

Rachael Elkaim – friend who was on Felicity's boat for the channel crossing said...

"I met Felicity in 2019, when we were supporting a mutual friend train for her English Channel swim. Even though it's only been 6 years, I feel like I've known her forever.

I knew Felicity was tenacious, driven and tough. A swimmer has to be all of those things to even sign up for the English Channel.

Being on her boat as she crossed the channel, in truly awful conditions, showed me just how tough she is. For at least 10 hours she battled high winds and crashing waves, at hour 12, though the surface conditions looked calmer, she was being pushed backwards, battling eddies and strong currents.

She was obviously fatigued but not once did she complain, grumble or give any impression that she was anything other than determined. Seeing her walk up the beach in France and lift her arms in triumph was truly the privilege of a lifetime. I'm so proud to know her.

Felicity has taken that tenacity and determination into the next chapter of her life - moving to Smiths Lake and having a baby. If anyone could leave the security of their support network and move to a regional town and have a baby, and thrive, it's Felicity. Her outgoing, warm and down-to-earth nature, together with that trademark determination, is unlike anyone else I know. In Smiths Lake, Felicity has built a community around her, just like she did when she moved to Sydney. I envy those that get to spend time her."

Felicity's swimming coach, Vlad Mravec, said this of Felicity...

"Felicity Harrison is a quiet, calm, and highly focused swimmer who joined one of the Vladswim sessions to work on her swim fitness and become part of the Sydney open water swimming community.

From the very beginning, Felicity impressed me as a coach. She attended sessions regularly, stayed consistent, and quickly connected with the Vladswim group—forming strong friendships, including ones that will last a lifetime. Her calm, controlled swimming style made it clear that she had significant potential.

After a few months in the Vladswim program, Felicity caught what many of us call the "Vladswim virus" — the dream of becoming a Channel swimmer. She didn't take the easy path. Instead, she committed fully to one of the toughest swimming goals possible: the English Channel.

Her preparation was not easy. Felicity faced many challenges along the way. Her body reacted unpredictably during long cold-water swims, but she never quit. Each setback became a lesson. She returned to training stronger, more focused, and more determined, gradually pushing her limits further and further — eventually completing 8-hour swims.

That period of training was when Felicity truly learned about herself: how to control her mind, manage discomfort, and stay focused on her final goal. Her mental strength and determination shaped her into one of the strongest swimmers I have coached. Her resilience may come from her strong heritage and character, but what stood out most was how she handled tough situations with calm and confidence.

Felicity is also a genuinely friendly and supportive person. She was loved by the entire Vladswim family and always found support partners to train with. Having moved from Perth, she built a strong swimming community around her in Sydney, which is one of the most important and valuable parts of life.

For me as a coach, Felicity was outstanding. She never missed a session, followed every training plan, pushed herself during high-intensity workouts, and always showed respect and support to other swimmers.

Thank you, Felicity. It was a privilege to coach you. If one day you decide to return and take on another "crazy swim," it would be my honour to be your coach again."



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Danielle Scott competes in Aerials at Winter Olympics

Boomerang Beach resident Danielle Scott is one of 53 Australian athletes currently competing at the Milano Cortina 2026 Winter Olympics. This is the fourth time Danielle has represented Australia at the Winter Olympics.

The Woman's Aerial Qualifications were held on Tuesday 17 February and the Finals are on Wednesday 18 February (today!) at 9:30pm.

Danielle recently won the Aerials World Cup at Lake Placid in the U.S. on 11 -12 January 2026 with a score of 98.88 points, ahead of China's Olympic Champion Xu Mental with 94.01 points.

Back in 2023, the Forster Fortnightly published an interview by Vanda Gooley with Pacific Palm's Danielle.

"Danielle began gymnastics at the age of three and by the age of seven, she was offered a scholarship for Artistic Gymnastics at the Australian Institute of Sport. Danielle was the youngest athlete to be offered a scholarship at the Australian Institute of Sport. Danielle trained in various locations and had her sights set on the 2004 Olympics. Unfortunately, after many years of competing at an elite level, Danielle couldn't fulfill her dreams due to lack of support and retired at 13. Danielle continued to play many different sports until age 16, and represented NSW in Gymnastics, Diving, Athletics, Cross-country and Sports Aerobics.

At 16 she was introduced to aerials by five-time winter Olympian Jacqui Cooper. Jacqui Cooper was assessing Danielle to see if she was a good candidate for the Australian Aerial Skiing Program. Since then, Danielle has not looked back.

Despite never having skied before Danielle was excited about aerial skiing and wanted to excel at it. She made her debut on the World Cup circuit in 2013 where she made every final and was awarded the International Ski Federation Rookie of the Year.

Since that time Danielle's achievements have been nothing short of incredible.

• 2013 World Championships Bronze medalist



- 2014 represented Australia at the Winter Olympic Games
- 2015 FIS World Cup Overall World #3
- 2016 FIS World Cup Overall World #2
- 2017 World Championships Silver medalist
- 2017 FIS World Cup Overall World #2
- 2018 represented Australia at the Winter Olympic Games
- 2022 represented Australia at the Winter Olympic Games
- 2023 World Championships Silver medalist

In her chosen career, Danielle has faced many challenges, but she said dealing with weather is one of the greatest challenges! "Our sport has so many variables and sometimes your performance can come down to luck with mother nature."

She also said of another challenge, "My life is out of a suitcase, and I love to travel but there is no place like home!!"

"Check out my Instagram or Facebook for all my latest adventures @daniellescotti"

Fortunately, Danielle can spend a lot more time on home soil. as it's been a long time coming but Australia's best aerial and mogul skiers can now soar through the Brisbane sky and practise their skills at the new Geoff Henke Olympic Winter Training Centre at the Sleeman Sports Complex. It's home base for Australia's elite athletes where Danielle is a member of The Flying Kangaroos ariel ski team. Danielle said it's a dream come true being able to train on home soil. She said, "Although Aerial skiing is a

Winter sport, I spend half the year in Summer practicing my jumps into water."

As well as skiing, Danielle loves anything outdoors! Surfing, diving, boating, camping and photography. "I grew up a summer girl at heart doing gymnastics so when I was transitioned into a winter sport, that's when I formed a passion for the snow."

See Forster Fortnightly Edition 71 to read the full interview with Danielle Scott at www.forsterfortnightly.com.au

Wing-Curry Cup first round



Above: (L-R) Bill Osborne, Wingham Vets Captain and Tony George, Forster Vets Captain. Photo supplied.

By David Blanchard - Forster Mens Vets Golf

On Monday 9th February we had 96 players including a great team of Vets from Wingham Golf Club to compete for the first round of the Wing-Curry Cup played at the magnificent Tuncurry Championship Course over 18 holes.

The Forster team now has the lead for the Trophy with a score of 395 to Wingham's 343, with the second round to be competed later in the year at Wingham.

The winners for the day were presented with great prizes and many thanks go to our sponsor for the day, Evermore Solaris Retirement Living.

Once again we were treated to a magnificent BBQ lunch after the game, prepared by our hardworking catering volunteers with special thanks to our treasurer Kerry Matheson and the morning tea and coffee specialist Alan McCarthy and team.

The attraction of the Men's Vets Golf is constant with new members joining all the time and we welcome anyone wishing to come and have some fun.

Please contact the Forster Clubhouse accordingly (conditions apply).

Cape Hawke rowers shine in Series Finale & Cape Hawke SLSC Branch Carnival triumph



Above Cape Hawke drew particular admiration in the traditional March Past for showcasing the historic rescue reels. Photos supplied.



Among the highlights was the traditional march past, with clubs proudly flying their flags. Cape Hawke drew particular admiration for showcasing the historic rescue reels once used in lifesaving operations, honouring the club's heritage. The Men's Flags event also proved a crowd favourite, drawing strong competition and plenty of spectator excitement.

By Karen Rands – Cape Hawke Surf Club

Cape Hawke Surf Life Saving Club has capped off a huge start to the year, with its surf boat rowers delivering outstanding performances at the final round of the North Coast Surf Boat Series at Evans Head on 30 January 2026.

Contesting wild and testing conditions, the crews showed grit and composure in the surf, navigating heavy seas and chaotic races with confidence. Despite the challenging environment and a few dramatic moments on the water, the team finished the day with no injuries and no damaged equipment — a testament to their preparation and experience.

Across the series, Cape Hawke secured impressive overall results:

- 2nd – Women's
- 2nd – Men's
- 3rd – Women's Masters

The achievements are particularly notable given the club was unable to compete in every round of the series. Strong teamwork, determination and trademark Cape Hawke spirit were evident throughout the campaign.

Excitement is also building around discussions of a potential "Learn to Row" surf boat

program, aimed at welcoming new rowers into the sport and building future strength in the crews.

Momentum continued for the club when Cape Hawke proudly hosted the Lower North Coast (LNC) Branch Carnival on February 7, bringing together six Surf Life Saving clubs — Crowdy Head, Old Bar, Black Head, Forster, Cape Hawke and Pacific Palms.

The carnival attracted a strong turnout and delivered a day filled with friendly rivalry and community spirit. The club's "Can Do" green shirt working group played a crucial role behind the scenes, assisting with event set-up, catering for officials, pack-down and a host of other tasks to ensure the day ran smoothly.

Cape Hawke enjoyed remarkable success in competition, claiming all three major titles:

- Junior Champions
- Masters Champions
- Club Champions

Right: Volunteer Officials from local surf clubs assisted at the Carnival on One Mile Beach. (L-R) Corey Duncan, Natalie Kelly, Linda Forrester, Lee McDonald, Melissa Westaway and Jeanette Allen.



Netball Season set to return to the courts

By Candice Care-Unger - Great Lakes Netball Association

Netball is back in the Great Lakes, with players and families preparing for another exciting season on the courts.

Last Saturday, 9 February, Great Lakes Netball Association hosted a successful "Come and Try" day, welcoming families and young athletes keen to experience netball for the first time. The event highlighted the strong community spirit that underpins the sport, with plenty of enthusiasm on display from both new and returning participants.

As a grassroots community sport, netball continues to offer local families friendship,

fitness and a healthy dose of Saturday competition.

Among those attending was Hazel, who participated in a "Come and Try" umpiring session. Hazel said she is excited to begin umpiring this season after previously playing the game.



Above: The association's newest development squad, the 11-year-olds are especially excited to take to the court for the first time as a team and represent the Great Lakes region.

"I've loved netball as a player and I'm really looking forward to joining 'Team White' this year," she said.

Forster Netball Club President Jade Eriksen said the club prides itself on being welcoming and inclusive. "I love this club. It's welcoming and inclusive and allows everyone to have fun, play netball and make friends," she said.

Looking ahead, Great Lakes Netball Association will host a representative carnival

at Boronia Park on 22 March. Teams from Newcastle to Kempsey will travel to Forster for a full weekend of competition. The association's newest development squad, the 11-year-olds who were training this week are especially excited to take to the court for the first time as a team and represent the Great Lakes region.

The 2026 season officially begins on Saturday, 7 March. Registrations are now open, with Forster Netball Club particularly encouraging children aged 5–15 to sign up.

For more information, email forsternetballclub@gmail.com



Hazel said, "I've loved netball as a player and I'm really looking forward to joining 'Team White' this year."

Come and Play
Netball with Forster
Netball Club

2026 Registration open now for
Juniors and Seniors
Use the QR code to register



All games and training are played at
Boronia Sports Complex Forster
2026 Season starts March 7th



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Congratulations to Forster Nipper Daniel Reid!



(L-R) Daniel Reid Forster, Piper Marshall Cape Hawke and Zach Forrester Cape Hawke, Mason Toms Black Head and Tallow Eady Crowdy.

Forster Surf Live Saving Club

We are incredibly proud to announce that Daniel Reid has been awarded the Lower North Coast Branch Male Junior Lifesaver of the Year. This is a massive achievement and a true reflection of Daniel's commitment, leadership and passion for Surf Life Saving. We couldn't be prouder to see him representing Forster so well.

A huge congratulations to all Nippers who were nominated across all Branch clubs

— being nominated alone is an outstanding achievement and something to be very proud of.

We also wish Daniel and Tallow from Crowdy Head, who received the Female Junior Lifesaver of the Year award, all the very best as they continue on their Surf Life Saving journeys and hope they have an amazing time at the Junior Lifesaver of the Year (JLOTY) Program held in Sydneys Northern Beaches in April. What an amazing pair of young lifesavers to represent our Branch!

GLPD gears up for action-packed year on state, national & world stages

Great Lakes Pearl Dragons (GLPD)

It's shaping up to be a blockbuster year for GLPD, with three talented club members selected to represent New South Wales at the prestigious Australian National Championships, taking place at Lake Kawana in Queensland. Marika Koroï and Mike Wyatt have earned places on the Northern Region State team, while Michelle Richardson joins the State Development team in the Premier Division. Dedicated to their preparation, Marika and Mike are attending monthly training camps in Port Macquarie, while Michelle travels to Sydney to sharpen her skills.

Closer to home, GLPD is gearing up for the Club State Championships at the Sydney International Regatta Centre (SIRC), with an intensive training program already underway. The State Championships will run from 28 March until 3 April, providing another opportunity for the Club to showcase its depth of talent.

Following the State Championships, the Pearlers – GLPD's signature crew – will travel north to Lake Kawana in the middle of April, for the National Club Championships, where they'll compete among Australia's best.

In a remarkable achievement, the Pearlers have secured a coveted spot at the Club Crew World Championships in Hualien, Taiwan, following a rigorous selection process. This global event will see them competing on the world stage

against hundreds of crews from across the globe, marking a significant milestone for the Club.

With a demanding training schedule on their plates, the Pearlers are also rallying community support through fundraising efforts to cover the considerable costs of travel and competition. Their campaign has already received a major boost, thanks to a generous sponsorship from Intermodal Solutions Group, which will supply the crew with competition uniforms.

As GLPD embarks on this exciting journey, the local community is invited to follow their progress and get behind the team as they strive for success at every level – from State to National, and now, the World Championships.



(L-R) Michelle Richardson, Marika Koroï and Mike Wyatt.

Coomba Aquatic Club welcomes community

Coomba Aquatic Club

Coomba Aquatic Club is inviting the Mid North Coast community to join us on beautiful Wallis Lake for our upcoming Sailing Open Days. Whether you're curious about sailing, looking for a new activity for the kids, or simply wanting to enjoy a friendly day by the water, this is a wonderful opportunity to see what our club offers.

Visitors will be able to explore our Learn to Sail programs, Youth Sailing, Inclusive Sailing for people with disabilities, and our popular school and community sessions. Sailing instructors and friendly volunteers will be available throughout the day to answer questions, demonstrate equipment, and help newcomers experience the joy of sailing in a safe, supportive environment.

Our Open Day is all about connection – with the lake, with each other, and with the spirit of our local community. Everyone is welcome, from complete beginners to returning sailors.

We Need Your Help

Coomba Aquatic Club is proudly community run, and our sailing programs depend on the generosity of local volunteers. You don't need

sailing experience – just a willingness to lend a hand. Whether it's helping children rig boats, greeting families, supporting inclusive sailing sessions, or keeping an eye on safety around the ramp and wharf, every volunteer plays an important role.

By giving even a small amount of your time, you help us keep our programs affordable, inclusive, and accessible for local families. If you've ever wanted to contribute to something positive in our community, this is a great place to start.

For more information or to get involved, contact Craig, Sailing Manager, on 0414 596 247 or email foradventuresake@yahoo.com.

(See Sailing Open Days below)





Family Aquatic Days 2026

Dates
Sun 8th Feb
Sun 22nd Feb
Sun 8th March
Sun 22nd March
Sun 12th April
Sun 26th April
9.30 am to Noon at the club wharf

Please Bring

- A hat
- Sunscreen
- Water shoes

Free Sausage Sizzle
All Donations appreciated

To learn more or book a spot, contact Craig on 0414 596 247
Also, have a look at our website at: <http://www.coombaaquatic.club>

International Women's Day 3-5km Walk/Run

Women's Running Collective Podcast

On March 8th, the world will come together to celebrate International Women's Day, a day dedicated to honouring the achievements and contributions of women around the globe. This year, the Forster community is gearing up for a special event to mark the occasion – a women's walk/run fundraiser to support two important causes: the oncology ward of Forster Private Hospital and the Great Lakes Womens Shelter.

The event, organised by Hayley Moody and Justine ales of the Women's Running Collective Podcast, will take place at the beautiful Forster Surf Club lawn area, providing participants with a scenic backdrop for their run or walk. The main goal of the event is to raise funds for the Oncology Ward at Forster Private Hospital, which provides crucial care and support for cancer patients in the area. The funds raised will go towards purchasing vital equipment, funding research, and improving the overall patient experience at the hospital.

In addition to supporting the Oncology Ward, the event will also raise funds for the Great

Lake Womens Shelter, which provides a safe and supportive environment for women and children in need. The shelter offers a range of services, including emergency accommodation, counselling, and advocacy, to help women escape domestic violence and rebuild their lives.

Participants in the event can choose to either walk or run a designated course, with options available for all fitness levels. There will also be a range of fun activities and entertainment on the day, making it a great opportunity for friends and families to come together and show their support for these important causes.

Registration for the event is now open (see QR code and link below), with all proceeds going directly to the Oncology Ward and the Great Lakes Women's Shelter. Whether you're a seasoned runner or just looking to enjoy a leisurely stroll in the sunshine, this event is a fantastic way to celebrate International Women's Day and make a positive impact in your community.

<https://www.ticketebo.com.au/womens-running-collective/>

08 MARCH 2026

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AND FORSTER MAIN BEACH
SURF CLUB.

Forster Main Beach Surf Club
3-5km run or walk @ 7am

February results for Social Golf Club



Above: Waiting to hit off at Tuncurry Golf Course. Photos by Warren Warner.

By Warren Warner – Club Forster Social Golf Club

Our most recent game of 2 Ball best Ball was played on the 1st of February at the Tuncurry Course with hot and humid conditions towards the end.

Results

Mens: 1st Warren Warner & Allan Bowden 46, 2nd Allan Brinckley & Paul Nicholas 40

Mixed: 1st Pete Wilson & Lyn Thomas 48, 2nd Bruce Pottinger & Jill Magee 45

Nearest to the Pin 2nd shot

4th hole: Paul Nicholas, Martin Pottinger

9th hole: Allan Brinckley, Bruce Pottinger, Lyn Thomas

14th hole: Grant Mathews, Warren Warner, Kim Clark

16th hole: Wayne Richards, Mark Nicholson, Marlene Meyer

Next game

The next game is a "wear your footy team colours day" on 15 March at the Forster Course. Hit off 7am for 7.30am start.

For all enquiries contact Ken Woods on 0401 767 257.



Above: 1st Mixed team, Lyn Thomas and Pete Wilson.



Above: 1st Mens team, Warren Warner and Allan Bowden.

Great day had by all



Above: Terry Hulme from Tea Gardens with winner Jo Nolan from Forster Lakes. Photo by Warren Arnold.

By Warren Arnold - Palm Lake Inter Resort Golf Event

On Monday 9 Feb we played our first event for this year at the Forster Golf Course. Despite the threat of rain 22 players from Forster Lakes and 12 players from Tea Gardens enjoyed a rain free round followed by lunch and presentations at Bukos.

The individual winner on the day was Jo Nolan from Forster Lakes with Martyn Robinson from Tea Gardens 2nd followed by Paul Nolan from Forster Lakes 3rd.

In the battle for the shield Forster Lakes with 230pts beat Tea Gardens

218pts. A great day was had by all. Thanks also to Forster Lakes Sales Department for their sponsorship of this event.

Local Athletes compete on Gold Coast

By Candice Care-Unger – Forster Tuncurry Athletics Club

On the weekend of 31st January and 1st February, the North and Northwest Regional Little Athletics Championships were held on the Gold Coast. 15 athletes from Forster Tuncurry Athletics Club qualified for the event and in tough hot conditions, they competed over 2 days. So far 9 athletes have directly qualified for either NSW Junior (13+) or NSW Little Athletics (9-12) State Championships to be held in March in Sydney.

There were several standout performances across the club with podium finishes and

personal best achievements. Congratulations to all athletes and coaches and families for supporting these athletes.

GOLD

- Hazel Care-Unger 1st 11 girls Shot Put
- Hudson Keegan 70 metre Sprint,
- Chelsea McDonald 70/100/200/400m
- Abby Blatch 300m Hurdles, 90m Hurdles, Long Jump
- Issac Mayo 200m

SILVER

- Olive Care-Unger 9 girls Discus



Above: (L-R) Hazel Care-Unger with one of her medals. Photos supplied.



15 athletes from Forster Tuncurry Athletics Club competed over 2 days.

- Isaac Mayo 100m
- Cody Murray 300m
- Georgia Hardy Shot Put
- BRONZE**
- Hazel Care-Unger Discus
- Olive Care-Unger Shot Put
- Harry Lynch 80m Hurdles
- Max Everton 800m
- Beatrix O’Riley 400m, 800m 1500m



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