

COFFS COAST **N**ews Of The Area

Local Community News ~ Proudly Independent ~ Family Owned

Friday, 26 January 2024

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Chrome Bumper revs into Woolgoolga



By Andrea FERRARI

THE CHROME Bumper Show and Shine made its debut at C.ex Woolgoolga on Sunday 21 January, bringing to life the dream of founder Darren Bromell, President of the Mid North Coast Hot Rod Club.

The steamingly humid day brought 120 hot rod vehicles to Woolgoolga, with visitor attendance well into the hundreds.

A hot rod stalwart, Darren has been blown away with the support.

Having launched the Chrome Bumper brand

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☐ The Chrome Bumper team of Darren and Jacqui Bromell and Nick Clayton at Sunday's debut event in Woolgoolga.

CAMPING CRACKDOWN

City of Coffs Harbour initiate enforcement action on illegal camping

THE City of Coffs Harbour is taking proactive action to tackle illegal camping at the

Jetty Foreshores. Illegal free campers have created a pinch point

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Chrome Bumper revs into Woolgoolga

This wild beast was straight from the Summernats car event.

FROM Page 1

as an online magazine in mid-2023 with his “super tech nerd mate” Nick Clayton, the pair agreed on organising a small car and owner meeting.

“But it hasn’t started small – it’s just gone bang,” Darren told News Of The Area.

“It was a super success by all measures, with well over 100 registered vehicles on display.

“Cars featured were from every decade and every country.

“We had muscle cars, classics, customs and hot rods as well as restored to original and one-owner examples,” he said.

“Chrome Bumper hit a home run and we look forward to growing and making this an annual calendar event.”

Darren said a commonality exists between all those involved in the hot rod



Early locals arrive in their hatchback Torana.



A beloved hot rod showing and shining at the Chrome Bumper event in Woolgoolga.

community.

“We’ve all been in the same boat.

“It’s really cool to see.

“In talking and hearing others’ stories I learned that I wasn’t the only one taking nine years to build my car.

“During the process there were a

couple of times I nearly threw in the towel.

“It got so hard, I couldn’t figure stuff out and I couldn’t get answers but I did get through and that’s what people like to hear about.”

Chrome Bumper now brings together a community of like-minded rev-heads to share stories, knowledge and experiences.

The team consists of Darren, his wife Jacqui (AKA ‘the accounts department’) and Nick Clayton.

“Our collective superpowers have gelled into a slick team.

“Nick compiles and edits then takes all my words and photos and makes it look professional.

“Jacqui grounds us, keeps the rudder steering us straight and is our logical brain, and I’m the content gatherer and writer and photographer.”

Accessible through various online platforms, Chrome Bumper’s aim is to be an information hub for motor enthusiasts.

“The magazine celebrates those who have persevered through the hardships; always striving to keep their pride and joy running and in peak condition, spending countless hours and a small fortune on a project - begging the question, is it passion or are these guys just nuts?” said Darren.



Moonee Beach local George Cannie won Publican’s Choice.



Brom and Bruce, two stunners from the Mid North Coast Hot Rod Club.



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Award nominees congratulated

CONGRATULATIONS to the 2024 City of Coffs Harbour Australia Day Awards nominees.

Below is a summary of the nominations in each category.

Citizen of the Year:

1. Graham Tupper: As President of the Friends of the Botanic Garden, Graham has dedicated himself to enhancing and protecting our natural environment.

Through his work on various projects, including the seed bank project and koala preservation, Graham has not only raised awareness but also helped to attract visitors to the Botanic Garden and the city.

2. Wayne Edwards: Wayne's instrumental role in the CanDo Cancer Trust has helped provide vital support to cancer patients and their families.

Through his involvement with Legacy, and through fundraising initiatives such as a charity ride and Dancing with the Stars, Wayne has helped support and raise funds for important community initiatives.

3. Kyra Ensbe: Kyra's commitment to fostering positive relationships between dogs and their families has touched the lives of thousands of dogs and their owners in the Coffs

Harbour area.

Her work with Community Service Support Dogs, known as therapy dogs, has been invaluable in providing crucial support to healthcare units, schools, and aged care facilities.

Sport & Recreation Award:

1. Peter Barrett: Peter's success as a Rugby League coach and his dedicated service as President of the North Coast Family of League have made a significant impact on the sporting community.

Through the charity organization, he has helped individuals facing challenges by providing essential resources and support.

2. Deborah Baldwin: Deb's continuous service to Hockey Coffs Coast as a player, coach, manager, umpire, and administrator has greatly contributed to the development of the sport in the region.

Her leadership and involvement in critical projects, including the establishment of an artificial playing surface and the renewal of facilities, has created a strong foundation for future generations of hockey players.

3. Trish Isles: Trish's dedication to netball has

been instrumental in creating a more inclusive and diverse netball community in Coffs Harbour.

Through her efforts as the President of Sawtell Toormina Netball Club and her involvement in various initiatives, such as the introduction of mixed netball competitions and men's and boys' representative netball teams, Trish has generated increased revenue and opened new opportunities for players of all backgrounds.

4. Jemma Wratten: Jemma's commitment and leadership in sport have made a lasting impact on the squash community and the aspiring young players she guides.

Jemma has played a vital role in promoting and developing squash in the region and further afield, including through her implementation of the NSW Junior Pathways Program which has provided valuable development and pathway opportunities to over 300 juniors across six state regions.

Mayor's Community Spirit Award:

1. Reverend Dr Graham Whelan OAM: Reverend Dr Graham Whelan's unwavering support for the veteran community has made



□ (Back row) Graham Tupper, Wayne Edwards, Htun Htun Oo, Peter Barrett, Reverend Dr Graham Whelan, City of Coffs Harbour Mayor Cr Paul Amos, (middle row) Trish Isles, Kyra Ensbe, Deborah Baldwin, Carol Cleary, Darrell Groth and (front row) Jemma Wratten.

a profound impact.

Through his role as Padre of the RSL, he has conducted commemorative services, provided weekly posts for veterans and nursing homes, and offered personal visits, helping to ensure the well being and recognition of our veterans.

2. Carol Cleary: Carol's dedication to empowering the Eastern Dorrigo community has brought people together through various organized activities.

From supporting during bushfires to organising health hubs and providing educational and career

development opportunities for local children, Carol's contributions have significantly contributed to the well-being and resilience of the community.

3. Htun Htun Oo: Htun Htun Oo's efforts in organising a multicultural food and dance festival have helped bridge cultural barriers and foster connections within the community.

His commitment to creating inclusive events and his contributions as a husband, father, healthcare worker, and business owner showcase his dedication to making a positive impact.

4. Darrell Groth: Darrell's commitment to supporting good causes and bringing people together has left a lasting impression.

From volunteering for the Scouting movement and Legacy to managing successful football teams and supporting Lifeline and the Masonic Retirement Village, Darrell's selfless acts have made a difference in the lives of many.

News Of The Area applauds all the nominees for their extraordinary efforts and contributions to our community.

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Mental health first aid training on offer

By Andrea FERRARI

'IF I'd known then what I know now' is a driving mantra behind the new work of Coffs Harbour's Andrew Simons in the mental health space.

"I am on a mission to change the way members of the Coffs Harbour community view mental health and mental illness," said Andrew, a former rugby league star.

While mental illness has affected families,

communities and workplaces for generations, its insidious spread is growing, according to recent studies.

A study from the Australian Institute of Health and Welfare suggests that, in any one year, one in five persons over the age of sixteen are experiencing a diagnosable mental illness, and at least half of those persons are not receiving any form of support and assistance.

Andrew believes we can

do better and has stepped up to the plate with a training program.

"Mental Health First Aid Officer (MHFA) training is an important step in the process of supporting someone," he said.

"Mental illness not only affects families and communities but also costs Australian businesses billions of dollars in any financial year due to absenteeism, presenteeism and compensation costs.

"As I reflect over my career, I recognise that as a player with North Sydney and Penrith in the ARL in the eighties and nineties I was completely unaware and oblivious to the struggles my teammates and good friends were experiencing through mental illness in their day-to-day and sporting lives," he said.

"If I had known then what I now know, I could have changed lives entirely and made a real difference.

"I want to help our Coffs Harbour community to be able to recognise, support and assist persons experiencing a mental illness or undergoing a



Andrew Simons will deliver Mental Health First Aid Officer training provided through NovaSkill in Coffs Harbour.



Former rugby league player Andrew Simons says he was completely oblivious to the mental health struggles his teammates and good friends were experiencing in their day-to-day and sporting lives.

mental health crisis.

"It will make our community stronger and safer.

"We need to treat a mental illness as we would treat any other illness."

To achieve these aims Andrew is working with Novaskill (a Registered Training Organisation) and Mental Health First Aid Australia in delivering the MHFA Officer training.

In 2023 more than 50 people in Coffs Harbour received accreditation through Mental Health First Aid Australia, with that number increasing

to approximately 300 participants across the Novaskill footprint.

"I want to make it 100 people accredited in our region in 2024," he said.

"(With) one trained person helping ten, and each of them helping one more, the benefits ripple out over time, saving and changing lives."

MHFA has recognised the outstanding feedback received from the first cohort of participants in 2023, and in 2024 Andrew is now able to offer a variety of learning models, making the course more accessible to more people.

The course delivery models include fully online, mixed mode (online and face-to-face classroom) and a highly successful two-day, face-to-face model.

"We are now able to tailor the course delivery to suit every participant's individual study needs without compromising the quality of the course content."

Any person interested in undertaking the MHFA course or discussing how it can assist your community group or business is invited to contact Andrew directly on 0488 576 567 or andrews@novaskill.edu.au.

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Coffs Dentures would like to thank all those who have supported the clinic and we look forward to looking after the community in the future.



For information and appointments please call us on 0472783230.
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CAMPING CRACKDOWN

FROM Page 1

at the Foreshores, which is exacerbated over the summer holidays.

In response, the City has increased patrols for illegal camping on City-managed land at the Jetty Foreshores, providing verbal warnings and handing out warning notices.

Fines are being issued when illegal campers do not comply.

According to the City, the land used by illegal free campers is in large part managed by Property and Development NSW, a State

Government agency, which means City rangers have no jurisdiction to move people on.

"It's a perennial issue, and one faced by many coastal communities, but the City has been constrained as the illegal camping at the Jetty Foreshores has been taking place primarily on state-owned land," City of Coffs Harbour Mayor Cr Paul Amos said.

Council rangers have been active despite the limitations - handing out 80 warning notices to campers/vehicles on City-managed land at the foreshores just before

Christmas.

On City-managed land, rangers gave out 30 verbal and fourteen formal warning notices over the Christmas-New Year period, and fifteen fines were issued.

City of Coffs Harbour's Acting General Manager Andrew Beswick said rangers will continue to actively patrol the City-managed land - including over the weekend - and issue fines where appropriate.

It's understood Property and Development NSW is assessing signage and fencing options on the land it manages at the Jetty.

Boambee East senior calls for pathway safety improvements

By Andrea FERRARI

A BOAMBEE EAST senior citizen is calling for measures to be taken to

improve pedestrian safety on public walkways.

Margaret Bridgman, 81, said she was tipped off balance by uneven

pavement hidden by long grass on a recent walk, landing heavily on her knees and hurting herself in an attempt to break the fall.

Although Margaret has had both knees and her right shoulder replaced, she describes herself as "fit and well".

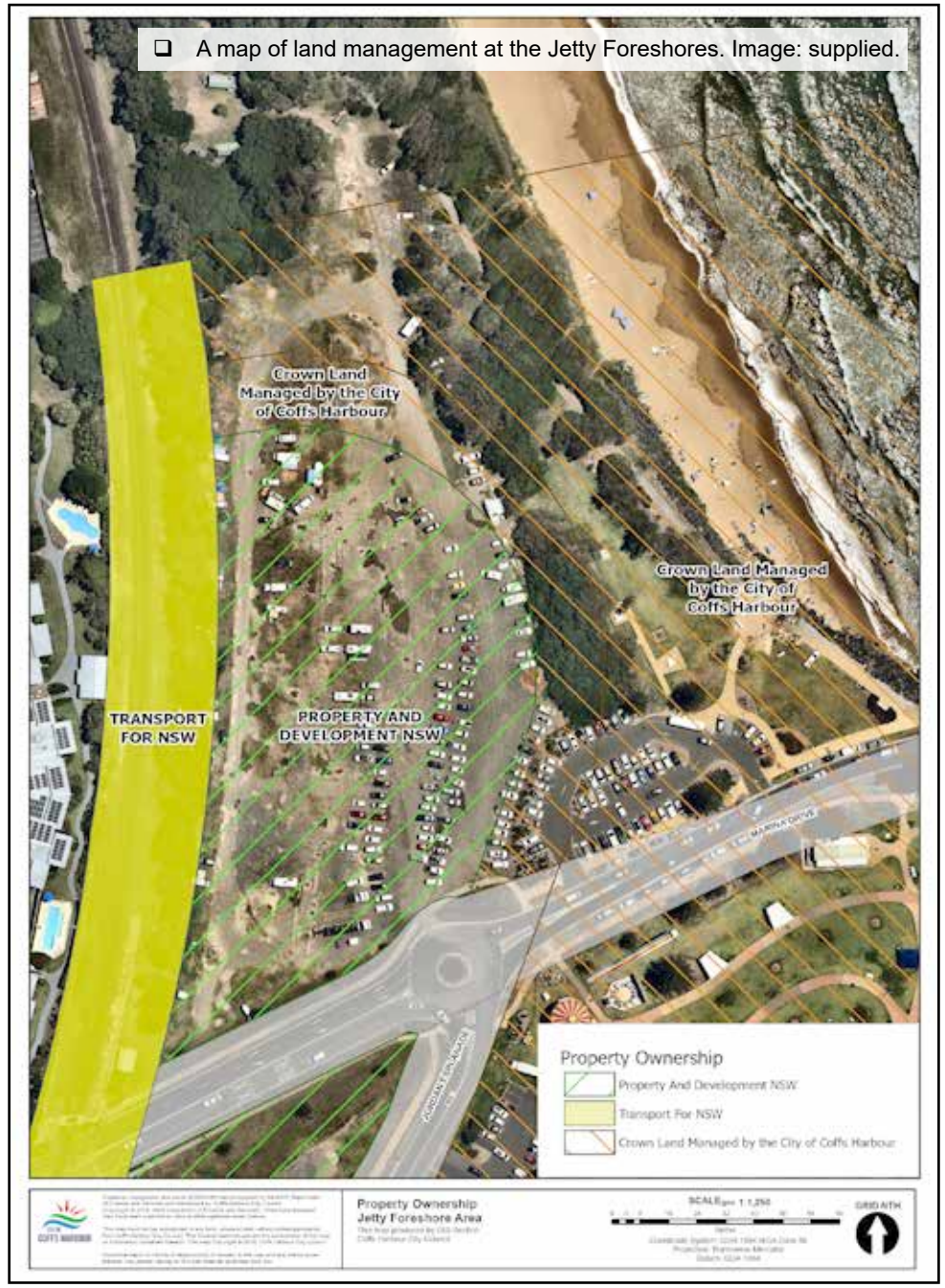
"The fall happened on New Year's Eve as I was walking my dog at 7am in Sawtell," Margaret told News Of The Area.

"It was near the public walkway from Eleventh Avenue through to Circular Avenue, a route I have taken for many years.

"I did not see the hole or depression in the ground and fell heavily on both knees and while trying to cushion the fall with my hands, I also jarred my right shoulder and ankle."

Margaret has written to City Of Coffs Harbour (CoCH) detailing the fall and is awaiting a response.

CoCH told NOTA it is investigating and



The public walkway from Eleventh Avenue through to Circular Avenue in Sawtell, a route Margaret Bridgman has taken for the past ten years, where she claims to have tripped and fallen on uneven pavement.

responding directly to the customer enquiry.

"Some may say 'the silly old fool should have looked where she was going', but those who know me know I am anything but, and my bone replacements are a result of too much sport combined with arthritis.

"Overall I am fit, active and healthy," she said.

Margaret's recent fall has prompted her to seek action on the state of the area's pathways.

"It made me more aware of the tragic state of the footpaths and nature strips, particularly in the Sawtell area where a group of us walk our dogs each

morning.

"Most of the houses attract a \$1 million-plus price tag, so who knows what the rates are."

Observing hazard warning paint on the pavements that's wearing thin with age has led Margaret to wonder what Council's time frame is for the repair of pathways identified as damaged.

"Walking down the main street of Sawtell there are faded yellow paint strips everywhere, where hazards have obviously been identified.

"The state of footpaths and nature strips are a disgrace in many places."

Margaret believes while City of Coffs Harbour must "bear the brunt" of repair and maintenance costs, tenants and homeowners must play their part too.

"We are the ones who mow the grass and see potential hazards on a daily basis," she said.

"I know in my own case I am forever filling in where the postman leaves ruts on the nature strip or where I have driven on the grassed area, particularly during wet weather.

"Exposed tree roots in areas where there are no concrete footpaths also apply."

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Funding for energy upgrades

NSW Premier Chris Minns said reducing cost-of-living pressures was his government's number one priority.

By Doug CONNOR

A \$200 MILLION dollar package has been announced by the State and Federal Governments to provide energy saving upgrades in social housing properties and access to solar for low-income renters and apartment residents.

It is estimated that 30,000 homes will be able to access the benefits.

\$175 million total will be provided over four years to help reduce energy bills for tenants.

More than 24,000 homes will be eligible for upgrades including heat pump hot water systems, ceiling fans, reverse-cycle air conditioners, solar systems, insulation and draught proofing.

The social housing properties will be a mix of NSW Government-owned and managed homes, along with those overseen by community housing providers.

Priority will be given to the least energy-efficient properties, along with locations that experience extreme heat and cold.

The Commonwealth Government is also investing \$30 million to fund rooftop solar installations on apartments, or accessing a portion of a 'solar garden' community energy plot.

More than 10,000 households will be able to access the Solar Banks program, which is hoped could save households up to \$600 a year.

"Saving energy means saving money, which is why we're continuing to deliver cost of living relief for families that need it most without adding to inflation," said Prime Minister Anthony Albanese.

"We want all Australians to have access to cleaner, cheaper energy.

"Renewable energy for social housing helps power bills and is good for the environment."

NSW Premier Chris Minns said easing cost-of-living pressures was the government's major priority, with reducing power bills "a key pillar of that".

"We are investing to save people money while also getting NSW's energy transition back on track," he said.

The NSW Opposition welcomed the announcement, but said the support doesn't go far enough.

Liberal Leader Mark Speakman called on Premier Minns to adopt the Opposition's NSW Energy Bill Saver program, which in theory would allow all households to receive \$250 off their energy bills and unlock up to \$400 in further savings by switching energy plans to a lower deal.



"Chris Minns is determined to pick winners and losers as families and households struggle under Labor's cost of living crisis," Mr Speakman said.

"Everyone is struggling to make ends meet at the moment, and our NSW Energy Bill Saver program would have provided help for hard working families right across our State.

"Chris Minns decided to scrap this commitment and instead deliver limited energy relief."

Under the Commonwealth-NSW energy bill rebates, up to 1.6 million households are currently eligible for \$500 to help pay their electricity bills.

Dr Jennifer Rayner, Head of Advocacy at the Climate Council said last week's announcement was an example of "practical climate action that makes a difference for Australians".

"By helping people in NSW who are doing it tough to upgrade their appliances and access cheap renewable energy, this investment will cut power bills and carbon pollution - a fantastic two-for-one deal," Dr Rayner said.

"Making our homes more energy efficient and powering them with cheap renewable electricity is an important part of building a clean energy system that works for people, not multinational fossil fuel corporations.

"Millions of households around Australia are already seeing the benefits so it's essential renters, people on tight incomes and those who live in apartments can share these too."

Sweltering Cities, a campaign and advocacy organisation working on issues related to extreme heat, also welcomed the joint-government move.

"The policy choices we make on housing and energy efficiency now will decide how many people die in the deadly heat waves of our future," Sweltering Cities Executive Director Emma Bacon said.

"This funding is a good step towards helping low-income families manage their health as summers get hotter."

Solar Citizens CEO Heidi Lee Douglas said electrification and rooftop solar are effective ways to slash energy bills and address the ongoing cost-of-living crisis.

"Rolling out rooftop solar on social housing can save low-income households an average of \$860 per year, while also contributing cheap, clean energy back to the grid and providing cheaper electricity for everyone.

"Adding batteries with storage orchestration offers additional grid security benefits for the energy grid, bringing bills down further," she said.

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Music Society launches scintillating line-up for 2024

By Andrea FERRARI

FILLING the “very big shoes” left by outgoing President Liz Jamison, the new leaders of the Coffs Harbour Music Society are promising an outstanding program of world class concerts for local audiences in 2024.

Dr Leigh Summers is the Music Society’s newly elected President, while her husband, Robert Smallwood, takes the role of Vice President.

Music Society concerts in 2024 will be held at a new venue, the St John Paul College Theatre in Hogbin Drive.

On the program to perform in Coffs are several international stars including Australian pianist Roger Woodward, award winning composer/pianist Elena Kats-Chernin, and Korean wunderkind Jeonghwan Kim, winner of the prestigious 2023 Sydney International Piano Competition.

“The program also offers scintillating operatic, jazz and percussion concerts by high calibre musicians including pianist Simon Tedeschi and violinist and jazz singer George Washingmachine,

who together perform edge yet humorous jazz infused classical music,” Leigh told News Of The Area.

“Soprano Emma Nightingale, a rising star with Opera Queensland, will leave our audiences swooning with a concert featuring favourite well-known arias, while Louise Johnson, formerly lead harpist with Sydney Symphony, brings a selection

of acoustic and electric harps to demonstrate the harp’s extraordinary range.

“The final concert of the year shines the spotlight on Claire Edwardes, lecturer at Sydney Conservatorium of Music and founder of Ensemble Offspring, who will dazzle audiences with her virtuosity in an energetic concert featuring the marimba,” she said.

The program launches in mid-February.

For details visit www.facebook.com/coffsmusicsociety or www.coffsmusicsociety.com.au/.

The Coffs Harbour Music Society is a not-for-profit organisation featuring “a strong group of dedicated music loving volunteers who make things happen”.

A celebration was held recently in honour of Liz Jamison’s 39 years at the Coffs Harbour Music Society,



□ Mary Pollack presents outgoing Coffs Harbour Music Society President Liz Jamison with an Honorary Life Membership.



□ Dr Leigh Summer, the newly elected President of Coffs Harbour Music Society, and her husband Robert Smallwood, who will perform the role of Vice President.

an organisation she founded and developed.

“Liz is simply a marvel and beloved by audiences, and her music students, across and beyond the region,” said Leigh.

Liz was awarded an OAM in 2016 for her services to music.

Her daughter Alice held the Vice President position for almost a decade.

“Their combined contribution to the advancement of classical

music in the regions has been enormous.”

Speaking at the retirement gathering, committee member Mary Pollack said, “Liz said that she wanted to make a difference to the profile of classical music in Coffs Harbour.

“I think we all agree that she has certainly done that.”

In honour of her contribution to the Music Society, Liz was bestowed with an Honorary Life Membership.

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Higher calls out for Coffs Marine Rescue

☐ Marine Rescue vessel Coffs 30 being hauled out for routine service.

By Andrea FERRARI

COFFS Harbour was one of Marine Rescue NSW's locations of highest demand on the Mid North Coast in 2023.

Last year, 390 search and rescue missions including 213 emergency responses were completed across the nine Mid North Coast units, with 907 people safely returned to shore.

Of these units - Woolgoolga, Coffs Harbour, Nambucca, Trial Bay, Lord Howe Island, Port Macquarie, Camden Haven, Crowdy Harrington and Forster/Tuncurry - Coffs Harbour had the third highest level of activity, with 80 missions including 66 emergencies

with 145 people safely returned to shore.

Forster/Tuncurry topped the list with 109 missions, while Port Macquarie completed 102 missions.

According to Marine Rescue, more than half the incidents statewide in 2023 could potentially have been avoided with better boat maintenance, with 57 percent of calls for mechanical, battery or fuel issues.

Marine Rescue Coffs Harbour Unit Commander Jane Leach said boaters can avoid trouble by taking a few simple precautions.

"Always wear a lifejacket (that's everyone on board), maintain your vessel properly, carry a



good reserve of fuel, check the weather, and log on to Marine Rescue before you leave harbour," Jane told News Of The Area.

"Make sure your vessel's engine and battery are working.

"A minor electrical or fuel problem can quickly turn

into a serious emergency on the water.

"Skippers should inspect their boats and safety equipment thoroughly at the beginning of the season.

"Don't assume your equipment is serviceable just because it worked last year," she said.

"Many calls for emergency assistance are due to water in the fuel system, stale fuel, clogged fuel filters, flat batteries, or corroded wiring, and these are easily preventable.

"Finally, remember to stay safe by logging on with Marine Rescue, either on the

radio, on the Marine Rescue app, or by phoning your local Marine Rescue base," said Jane.

You can log on and off with Marine Rescue via VHF Channel 16 or use the free Marine Rescue NSW app available for iOS and Android devices.

A glam fundraiser for a vital community service

☐ The historic Bellingher River Hospital.

By Andrea FERRARI

THE 121-year-old Bellingher River Hospital needs you to get your glam on for its fundraiser bash in March.

To be held on Saturday 16 March from 5-10pm at the Cedar Bar & Kitchen, the fundraiser will generate essential funds for key hospital equipment.

"Unfortunately, the Hospital has ageing equipment that needs to be replaced," Waveney Ayscough, President of the United Hospital Auxiliary (UHA) at Bellingher Hospital told News Of The Area.

"Simple yet costly things like new patient beds and vital signs monitors need renewing."

With well over a century to its presence as a bedrock for the community's health and wellness needs, it's hard to imagine many locals who don't have a connection to Bellingher's local hospital.

"The hospital means so much to the community because so many people have been helped there, be it day surgery, rehabilitation, palliative care and especially ED, where so many lives have been saved, including

my young daughter," said Waveney.

"For me, I have had a family member pass away there from terminal illness, I have had my daughter saved there, another daughter present with a broken arm and a bullrout sting and myself with a life-threatening infection after cancer surgery.

"Coffs Hospital is at least a 30-minute drive away, so lives have been saved just because it's there."

With just under two months to go before the fundraiser event, and many local businesses generously



donating items for auction on the night, the community

is being asked to put the date in their diary and sign up to support the cause.

The night will feature live entertainment, canapés, a grazing table, a standing main and dessert.

For more information on donations contact MNCLHD-BellingherEA@health.nsw.gov.au.

For tickets visit www.events.humanitix.com/bellingher-river-district-hospital-community-gala-event.

All money raised will go to Bellingher Hospital to purchase equipment.

Waveney said the Bellingher River UHA is also always looking for volunteers, "so that the cafe

can finally open five days a week".

Anyone interested can contact her at waveney46@hotmail.com.

The role of the United Hospital Auxiliary, a registered charity, is to assist the hospital.

"We work to the official mantra 'To assist the welfare of patients and staff at all hospitals and healthcare centres within the state of New South Wales by providing all kinds of services to those hospitals and to assist in fundraising and advice to auxiliary, these operating in and about those hospitals and healthcare centres,'" said Waveney.



☐ The Bellingher River Hospital United Hospital Auxiliary celebrating the hospital's 120 year anniversary in 2023.



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'Mushrooms on the Menu' study launches at Shoreline

By Andrea FERRARI

RESIDENTS at The Shoreline Luxury Retirement Living in Coffs Harbour are participating in a partnership between FOODiQ Global and Australian Mushrooms in a first-time research study focussing on enhancing vitamin D and overall nutrient intake among seniors.

The study will investigate

the feasibility of adding vitamin D-rich mushrooms to the menu, their impact on the nutritional intakes of the aged care facility residents, and their overall enjoyment of the menu.

With one in four Australian adults being vitamin D deficient, and seniors being at greater risk for deficiency,

mushrooms are a

problem-solving ingredient to incorporate into the menu; the only natural non-animal source of vitamin D.

Vitamin D is crucial for immunity and bone health, especially important for seniors who may not be outdoors enough to get adequate amounts through the sun and other sources.

The 'Mushrooms on the Menu' launch event took place onsite at The Shoreline on Wednesday morning 17 January, featuring an overview of the study, live cooking demonstrations, nutrition talks and insights into the Australian mushroom industry.

At the launch, Chef Adam Moore hosted a live cooking demonstration for Shoreline residents, families and guests, cooking up mushroom brownies and mushrooms on toast.

Executive Chef of Shoreline, Andrew Wright, cooked Mushroom Pinwheels.

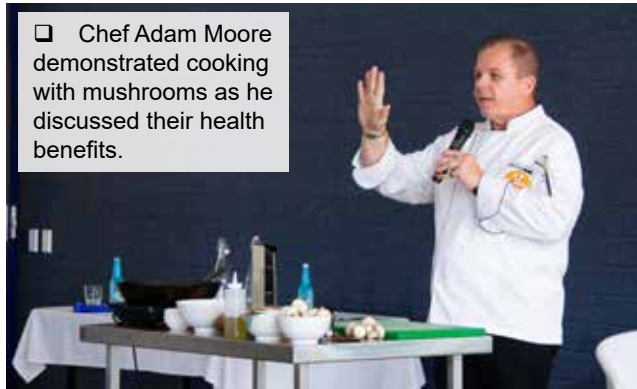
Dr Flávia Fayet-Moore (PhD Nutrition) and Lucy Downey from FoodiQ Global, who are leading the study, provided nutritional insights and an overview of the research.

Dr Flávia explained that mushrooms are part

Australian Mushroom Growers' Association General Manager Leah Bramich, The Shoreline Executive Chef Andrew Wright, Chef Adam Moore, Dr Flávia Fayet-Moore and FOODiQ Global Health Educator Lucy Downey.



Australian Mushroom Growers' Association General Manager Leah Bramich, Dr Flávia Fayet-Moore and Chef Adam Moore at the 'Mushrooms on the Menu' launch.



Chef Adam Moore demonstrated cooking with mushrooms as he discussed their health benefits.



Residents at The Shoreline Luxury Retirement Living in Coffs Harbour attending the 'Mushrooms on the Menu' study launch.

of the fungi kingdom with a unique set of nutrients found across different food groups, including vegetables, grains, nuts, and meats, as well as their own unique bioactive compounds that are beneficial for health.

"By including UV-exposed mushrooms in aged care menus, it could boost their vitamin D intake and improve the health and wellbeing of aged care residents," Dr Flávia explained.

Tammie Breneger, Director of Care at The Shoreline, said they are

thrilled to be part of this partnership and study.

"We're glad we can offer our 150 residents helpful nutrition solutions to optimise health and wellbeing.

"Eating well is so important and vitamin D deficiency is an issue amongst adults that needs to be addressed, so we're looking forward to seeing the results of increased vitamin D intake."

As part of the program, Shoreline residents will be provided with chef and

dietitian crafted meals and meal plans containing at least 75g of vitamin D-enriched mushrooms (Agaricus Bisporus variety) per person each day for 28 days with nutritional analysis done before, during and after the phase of increased mushroom consumption.

Independent living residents will also be supplied with a punnet of mushrooms each week and a recipe booklet so they can consume the recommended daily mushroom servings throughout the program.

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Redefining Ageing event to be held in Coffs Harbour

□ Silver Sirens founder Faith Agugu.

By Mary KEILY

'IT'S never too late for women to redefine their age'

This is the theme of a 'Redefining Ageing' event to be held in Coffs Harbour on Saturday May 11, the result of a collaboration between the national Silver Sirens network and Business and Professional Women Coffs Coast.

Silver Sirens is a movement of '50-plus' women who are redefining how they see themselves and live their lives, busting the myths of what it means to be aged over 50 in today's world.

The Silver Sirens community was born after founder Faith Agugu, a psychotherapist who ran her

own successful practice for many years, felt a deep calling to give women in mid-life a platform and a voice.

"This community is a safe, non-judgemental space for women to realise that their life is not over just because they are in mid-life," Faith told NOTA.

"We also commit to speaking out against ageism and work toward a society where women of all ages are respected and valued for their contributions and wisdom."

Previous events have attracted many distinguished speakers including author and journalist Tracey Spicer AM, author and advocate Tara Moss, comedienne and author Kathy Lette and feminist commentator and

author Jane Caro.

"I have always intended that we be community-based, with women across the country playing active roles in organising and managing the events," said Faith.

All of the profit from these events is donated to a women's charity, with the most recent recipient being the Older Women's Network (OWN).

"The profits from our 2022 events provided two apartments for homeless women over 50," said Faith.

"I can't wait to see what the profit from our 2024 event will provide."

The local event in Coffs Harbour will follow suit, with the beneficiary soon to be announced - one which



supports women in crisis. Speakers will be confirmed shortly and tickets

will be released soon. For more information, contact Debbie Petlueng at

bpwcoffsharbour@gmail.com.

Pink Silks Trust supports Lifeline North Coast

□ Lifeline North Coast General Manager Angela Martin, Paul Austin, Karen Stubbs and Richard Stubbs.

By Andrea FERRARI

A \$10,000 DONATION to Lifeline North Coast from the

Pink Silks Trust (PST) will go straight to improving the mental health organisation's suicide support services.

Tanya Johnson OAM, chair and co-founder of the Coffs Harbour Pink Silks Perpetual Trust, expressed pride in the successful partnership.

"We are thrilled to partner with Lifeline North Coast to raise funds that will aid in the organisation's work within the community, specifically benefiting local women."

Based in Coffs Harbour, Lifeline North Coast General Manager Angela Martin told News Of The Area, "We are so grateful to Tanya and the Pink Silks Trust committee for including Lifeline as a beneficiary, for dollars



raised that will be directly put back into training more crisis support volunteers and increasing the services to help more families who have lost loved ones to suicide."

The collaboration aims to further enhance the organisations' collective efforts to support the local community, particularly focusing on the welfare of women.

"Our Suicide Bereavement Support Groups are traditionally filled with women - mothers/wives and daughters/sisters," said Angela.

"The success of the 18th annual PST Race Day reflects the hardworking commitment by the PST committee and the unity and

generosity of our community.

"Together, we are making a meaningful impact on the lives of those women in need."

The charity Race Day on Sunday 14 January, a flagship on the Pink Silks Trust events calendar, drew a large crowd, making it the biggest event of its kind for the Trust.

The event is dedicated to fostering connections among friends and families, creating lasting memories.

With an attendance of 2500, race day participants were encouraged to dress in various shades of pink, aligning with its themed, vibrant atmosphere.

Renowned as a well organised annual 'do', over 50 local and national businesses and individuals gave valuable

support to help make it the success it was.

"This day is not just about racing; it's about community, support, and creating a positive impact.

"The overwhelming support from businesses and individuals underscores the collective commitment to making a difference," said Tanya.

If you, or someone you know are feeling overwhelmed, you are encouraged to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline on 13 11 14 (24/7), text 0477 131 114 (24/7) or chat to Lifeline online at www.lifeline.org.au (24/7).



□ Lifeline North Coast volunteer Richard Stubbs with Tanya Johnson OAM, chair and co-founder of the Coffs Harbour Pink Silks Perpetual Trust, at the Ladies Charity Race Day fundraiser.



□ Tanya Johnson, chair and co-founder of the Pink Silks Perpetual Trust, presents Lifeline North Coast General Manager Angela Martin with a cheque for \$10,000.

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Red Imported Fire Ant detection has state on high alert

Red Imported Fire Ants are an invasive pest.

THE state's agriculture industry is on high alert after a Red Imported Fire Ant nest was detected at Wardell, south of Ballina, on Friday 19 January.

Incident response teams from the National Fire Ant Eradication Program and NSW Department of Primary Industries (DPI) attended the site to gather further information and destroy the nest with liquid insecticide.

To manage the risks of spread, a biosecurity control order was put in place with immediate effect, restricting movement within the surrounding five kilometre (km) area of the site.

Department of Primary Industry teams will support the local businesses and community who will need to lock down movement of landscaping, gardening, and building materials plus machinery until inspected and checked.

The following types of materials cannot be moved out of the five km zone: mulch, soil, compost and manure, growing media, hay, chaff, silage, potted plants, turf, agricultural and earth moving equipment, grass/vegetation and clippings.

NSW DPI are working on ascertaining where the ants were transported from and how long the fire ants have been at this site.

The suspected fire ants were called in by a gardener who had disturbed the nest while working, was bitten and suffered blistering and pain.

Fire ants are tiny (two to six millimetres long) and reddish-brown in colour, are aggressive when disturbed and will sting repeatedly.

Nests are mounds or flattish patches of soil with no obvious entrance holes, and up to 40 centimetres high.

Minister for Agriculture Tara Moriarty said, "Our teams were prepared for this

discovery of fire ants south of Ballina and immediately implemented our response plan and destroyed the fire ant site.

"Red Imported Fire Ants are an invasive pest and that is why the Minns Government increased the NSW contribution to eradication from \$15 million to \$95 million last year.

"Biosecurity is a shared responsibility and I encourage everyone to continue to check their properties for these pests.

He said the latest discovery should trigger an urgent review of fire ant eradication funding.

"The whole country has been put at risk of fire ants because Labor was too slow to act," Mr Littleproud said.

"Ballina is one of the most popular tourism areas in the country - it's no small issue that this slice of paradise risks having its tourism title destroyed by fire ants if Labor doesn't get on top of this.

"The Response Plan in July said \$592 million was



A female fire ant. Photo: Invasive Species Council.

"With the summer cross-border travel in peak times I ask everyone to be careful of what they're moving and where.

"We will continue to keep the community informed of progress and will continue working closely with industry, the local community and our state and federal counterparts."

Leader of The Nationals and Shadow Agriculture Minister David Littleproud has claimed that the latest infestation is due to Labor being too slow to act on its Red Imported Fire Ant response program.

required over the next four years to control the pest, including immediate funding for 2023-24.

"The National Red Imported Fire Ant Eradication Program strategic review also estimated that at least \$200 to \$300 million per year was required.

"Labor's funding was needed urgently in 2023, which put the time-critical response at risk.

"It has been obvious for some time the funding was not going to be enough.

"The lack of action and the delays in funding undermined previous work



that had been done under the Coalition Government to control fire ants."

The Ballina finding comes days after fire ants were spotted floating in floodwaters around the Gold Coast and warnings that fire ants could spread further south after being detected in Murwillumbah.

Member for Page Kevin Kogan warned that the spread of fire ants will "cost our economy \$2 billion every single year and result in more than 140,000 extra medical visits".

"This could also devastate our native wildlife and cut agricultural output by up to 40 percent.

"I urge everyone in the local area to check their premises, yards and paddocks for the red imported fire ants and then report any suspected sighting immediately," Mr Hogan said.

NSW Farmers President Xavier Martin said the Ballina detection was another significant breach of the state's biosecurity controls and called on the government to immediately ramp up control and eradication efforts.

"This latest outbreak is a stark reminder of the failure

to control and eradicate these insidious pests, the entry of Red Imported Fire Ants into NSW last year demonstrated again the urgent need for increased investment by all governments to support biosecurity," Mr Martin said.

"NSW Farmers has called for greater focus on biosecurity for many years, but we've seen a failure at our borders and with the Queensland Government failing to take this problem seriously, we are now facing the spread of an incredibly dangerous pest into our state.

"Red Imported Fire Ants are a threat to agricultural production and to the landscape of NSW - they can damage agricultural equipment, sting livestock, ruin the natural environment, and pose a serious risk to the health and wellbeing of all people in NSW."

The red fire ant is native to South America and is copper brown in colour with a darker abdomen.

They are highly aggressive and can travel up to five kilometres.

They also build rafts to travel along waterways.

They have been known to attack young animals and livestock, stinging around

eyes, mouths and noses, leading to blindness and suffocation.

Their stings feel like being on fire and are toxic enough to kill people and animals.

Their nests look like small mounds of loose, crumbly dirt and are most often in direct sunlight on lawns, near concrete paths, taps and bodies of water, or along fence lines.

To check the identity of a suspected nest, people should gently poke the mound with a long stick and then check the ants "erupting" from the disturbed soil.

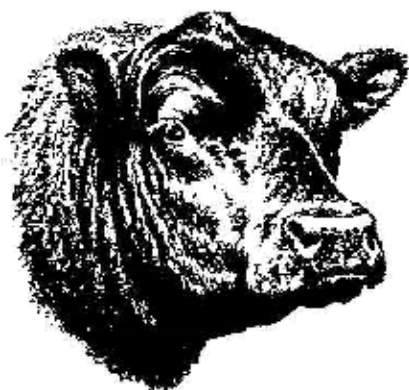
Everyone is urged to continue vigilance in keeping an eye out for fire ants, reporting suspected ants to the NSW Biosecurity Hotline at 1800 680 244 or online at www.dpi.nsw.gov.au/fire-ants.

There are strict restrictions for moving material from control areas.

Breaching the emergency biosecurity order carries penalties of up to \$1.1 million for an individual and up to \$2.2 million for a corporation.

For more information on fire ants and control restrictions visit www.dpi.nsw.gov.au/fire-ant

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Applications open for Women in Construction Industry Innovation Program

GRANT funding applications for the second round of Women in Construction Industry Innovation Program are now open.

Construction continues to be one of the most male-dominated industries in Australia, with twelve percent representation of women across the sector and only two percent in trade roles.

The Industry Innovation Program supports a range of industry-led initiatives across the state to increase the number of women working in construction, improve workplace culture, create inclusive and safe work environments, and to empower women in leadership roles.

Minister for Skills, TAFE and Tertiary Education Steve Whan said the demand for construction workers continues to be high across the state.

"As we continue to deliver infrastructure projects it is paramount we increase the proportion of women in construction to improve industry diversity and productivity,"

Mr Whan said.

"Increasing the participation of women in construction is not about meeting quotas; it is about cultivating a skilled, versatile and experienced workforce.

"Empowering more women to choose a career in construction will lead to greater innovation, diversity, and progress, ultimately building a stronger and more inclusive future for the industry."

An example of an initiative funded in Year 1 of the funding comes from the Infrastructure Sustainability Council, who lead the 'Sustainability: a credible construction career path' program.

This program aims to attract women to the industry and empower inclusive work practices through the development of a skills framework, creation of educational resources for organisations and the delivery of a mentoring program for NSW construction businesses.

Infrastructure Sustainability Council

Chief Executive Officer Ainsley Simpson said, "The NSW Government's commitment of more than \$20 million to increase the number of women working in construction shows the important steps the industry is taking towards a more gender-balanced workplace.

"Thanks to the Industry Innovation Program funding, the Infrastructure Sustainability Council is playing a part in breaking down cultural barriers that may prevent women from considering careers in this field.

"The implementation of a skills framework and creation of resources will help companies throughout the industry to engage and attract women into construction roles."

The Industry Innovation Program is being delivered as part of the NSW Government's \$20.2 million Women in Construction Program.

Minister for Women, Minister for Seniors,

and Minister for the Prevention of Domestic Violence and Sexual Assault Jodie Harrison said the future of the trades industry "lies in embracing the diversity and capabilities of all workers".

"The Industry Innovation Program aims to engage the industry in creating a safe, inclusive and dynamic workforce that welcomes and supports women in all trade roles.

"Closing the gender gap in construction can lead to improved performance, enhanced innovation and ensures sustainable growth.

"By working with industry stakeholders, we can unleash the full potential of women in this industry and build a strong and diverse future."

For information on how to apply for grant funding, please visit the NSW Government Industry Innovation Program Year 2 grants page.

Visit <https://www.nsw.gov.au/grants-and-funding/women-construction-industry-innovation-program-iip-year-2>

Funding facilitates sustainability workshops

By Andrea FERRARI

TWELVE sustainability workshops will take place at the Coffs Regional Community Gardens Association (CRCGA) Combine Street Community Garden thanks to grant funding from the City of Coffs Harbour.

Funding was made available through the City's Environmental Levy.

The workshops are free and anyone can register and attend.

They will also be available as online videos for all to access.

The first workshop will be presented by Karla Gilles, who will explore ways to save water in the garden.

This takes place on site on Sunday 4 February 2024.

Karla is an avid gardener with a strong background in science and over 20 years experience in environmental education.

She is an expert in how to create diverse, resilient and water-wise gardens.

The workshop will run from 9:00am (for a 9:15 start) until 12:00-noon.

There will be breaks and time to ask Karla specific questions.

Over the next few weeks workshops will cover composting household waste, worm farming household waste, gardening

practices to reduce pesticide runoff to waterways, and gardening practices to reduce fertiliser runoff to waterways.

CRCGA President Peter Lewis told News Of The Area, "We should have all twelve speakers locked in soon.

"We're working with past known people as well as organisations such as the Department of Primary Industries, Southern Cross University and North Coast Waste."



Karla Gilles, facilitator for the first sustainability workshop at the Combine Street Community Garden.



The Coffs Regional Community Gardens Association will be running twelve workshops for members over the year thanks to City of Coffs Harbour Environment Levy funding.

CRCGA has a long history of running workshops, including through the City of Coffs Harbour's Living Lightly program.

"We're pleased to be able to carry on the tradition and expand the availability through digital archives of each event."

Peter said the new program will give longer life to the workshops and "help promote our region as an environmentally

caring location".

Each workshop will have a local expert facilitator who is able to help participants develop ways to improve sustainability practices in the garden and in their community.

For more details and to register visit www.coffscommunitygardens.org.au.

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Applications for Veteran Wellbeing Grant program end soon

NSW SHADOW Minister for Youth Justice Aileen MacDonald OAM MLC is seeking to remind the veteran community that applications for the Australian Government's Veteran Wellbeing Grant Program are now open.

"This is an issue above party politics.

"Our veterans have served the nation

with distinction and sacrifice, and they deserve all the funding and assistance we can provide through the Wellbeing Program," Ms MacDonald said.

The aim of the program is to provide funding for ex-service organisations to undertake

projects and activities that sustain or

enhance health and social wellbeing, build community capacity, potentially expand on existing projects and raise awareness of the important issues faced by the veteran community.

"Regional and rural NSW has a significant veteran community, and this is an important resource to help with their wellbeing," she said.

"We all know that transitioning out of the Defence Force and adjusting to civilian life can be a challenge."

More details on the program and how to apply can be found at www.grants.gov.au

Russell Morris live at the Gardens

□ Russell Morris is an Australian rock icon with a long history of writing and recording hits.

ARIA Hall of Fame inductee and platinum selling artist Russell Morris will celebrate a career spanning more than 50 years when he takes the stage for the Legends of Australian Music concert at the North Coast Regional Botanic Garden on Saturday January 27.

Shooting to fame in the mid-1960s with 'Somebody's Image', Russell had a string of hits including 'Hush' and the Bob Dylan classic 'Baby Blue'.

In 1969 he and producer Molly Meldrum released 'The Real Thing', an iconic song played regularly on commercial radio to this day.

Russell then penned breakthrough hits such as 'Sweet Sweet Love', 'Wings of an Eagle', 'Rachel', 'Part 3 into Paper Walls', 'The Girl That I Love' and many, many more.

In 2012 Russell released a new album, Sharkmouth, a collection of tunes written about Australian historical characters.

Sharkmouth reached the number one position on the iTunes Blues charts and number one on the Australian Blues Radio charts, winning Russell an ARIA in 2013.

Russell will be joined in Coffs Harbour on Saturday night by fellow rock legends Glenn Shorrock and Brian Cadd.

Organisers remind concert goers to park away from the gardens where possible, in any of the surrounding streets or over at Brelsford Park.

"The best idea is to park a bit away from the venue so getting away will be easier," concert organiser John Logan said.

"Traffic conditions around the gardens will also be a bit different so take some extra time and be early."

Gates open at 5pm and concert goers are urged to bring something warm and a poncho just in case (no



umbrellas please).

VIP ticket holders have a seat provided, while GA ticket holders can bring a small beach or camp chair.

Large camp chairs with extended arms or high backed camp chairs are not permitted.

The concert hotline, 66

528266, will be manned 9am - 12 midday Friday and Saturday.

Tickets are available online at www.trybooking.com/1144997

(\$69 group, \$79 GA +booking fee).

Any tickets sold at the gate will be \$90.



□ Morris has been entertaining Australian music audiences for more than five decades.

Legends

Sat Jan27th

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Concert starts 6pm, expected finish 9.45pm approx

We encourage patrons to park away from the site & walk to the gardens.

Full terms and conditions, refer to the ticket link www.trybooking.com/1144997

*** Enquiries 66 528266 – 9am – 12 midday only Friday and Saturday ***

Gates open 5pm. North Coast Regional Botanic Gardens, Coffs Harbour

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Park Beach Reserve, Coffs Harbour

HYPOTHETICAL

Taking a *Legal Look*



By Manny WOOD

What are the odds?

DAVE, a creature of habit, purchased a lotto ticket every week.

He was a pillar of the community who unfortunately lost his wife, in tragic circumstances, several years ago.

Dave maintained a relationship with his mum and his supportive sister.

Dave loved his two children, Wayne and Sharon very much and worked hard to provide for them.

Tragically, Dave was unexpectedly killed by a lightning strike.

However, in a turn of events that can only be described as extraordinary, his lotto ticket that week was a winner, netting a windfall of \$50 million.

Dave, known for his generosity, always stated he would share his lottery winnings with his family, especially his mum, Mary and a few close friends.

Unfortunately, this wish was never legally documented.

His will made no mention of this intention.

Instead, the will left his entire estate, which now included the lottery windfall, to Wayne and Sharon.

Wayne proposed to honour his father's wishes.

However, Sharon disagreed and was unwilling to part with any of her newfound wealth.

This disagreement escalated to the point where it ended up in Court.

The Court held, wills cannot be rewritten "posthumously", barring exceptional circumstances.

This left the Court with a difficult decision, balancing the legal rigidity of a will against Dave's generous intentions.

The law, as stated in the Succession Act 2006 (NSW), limits the right to contest a will to spouses, children, and financially dependent individuals.

This meant Dave's mother, sister, and friends could not contest the will.

It is worth noting that whilst the Court would consider moral obligations owed towards certain family members, this is limited to persons eligible to make a claim.

This column is a sobering reminder that while generosity may be a virtue, without legally documenting your wishes, your estate may be the subject of a dispute.

Thank you to Anthony Fogarty for his assistance with this column. Email Manny Wood, principal solicitor at TB Law at manny@tblaw.net.au or call him on (02) 66 487 487.

This column is only accurate at today's date and cannot be relied upon as legal advice.

OPINION & LETTERS



Please save one of Woolgoolga's best assets

DEAR News Of The Area,

WHAT a shame that the shade and beautiful trees in Woolgoolga upset a small body of people when they are a well known attraction.

I was part of the planting of the original trees in Nightingale Street.

In the early 1980s Don Clich, a long term resident and real estate proprietor, lobbied all the relevant authorities to plant some

street trees.

He arranged local nursery owner Carl Freeman (my employer) to supply at a heavily discounted price and we planted several of the advanced trees.

We now reside on the Central Coast and most people we meet down here relate directly to the red flowering trees to identify Woopi.

Please save one of the best assets of a summer in Woopi.

Regards,
Jim GRAHAM,
Central Coast.

What other day could we celebrate?

DEAR News Of The Area,

UNFORTUNATELY there are still some people who are not happy about the date for Australia Day.

As I think that every country should have a national day, I think it would be useful for those opposing January 26 to suggest

another date and the reason for that date.

If this was Australia-wide we

would see if another date would be possible.

We could even have a vote between say three dates at the next election, to see what is the will of the people.

Regards,
Jan NIXON,
Coffs Coast.

Poinciana tree removal is "senseless"

DEAR News Of The Area,

REGARDING 'Poinciana Protest', another brilliant Council plan to senselessly remove the iconic and healthy trees in the streets of Woolgoolga for the sake of four car parking spaces.

This idea is brought to you by the same

people who unbelievably put a new public toilet block within the fenced confines of the new kid's playground at Woopi beach.

I can't trust Council's civic planners to do anything with any sense of style or taste or common sense.

Regards
Andrew STEUART, Safety Beach.



Email Jasmina:media@newssofthearea.com.au

Do you have a pressing problem, annoying anxiety or community conundrum? Jasmina Featherlight, our resident roving Agony Aunt, is here to help. Jasmina will be responding to questions from readers. SEND your concerns to Jasmina care of media@newssofthearea.com.au and include your name and suburb.

DEAR Jasmina,

WHAT do you reckon about boycotting major retailers who won't sell Australia Day merchandise?

Asking for a friend.

Mr Daryl Hutton

Dear Daryl,

AUSTRALIA Day paraphernalia has never made a lot of sense to me.

Without entering the argument of whether the date should be changed, I'm not sure how Australian it is to buy mass-produced plastic made in China with all the associated shipping and processing costs.

I mean, if you consider what you're waving around - a bit of polyester that will end up buried in our 'golden soil' before finding its way into the ocean (we are, after all, 'girt by sea') - it might take the shine off your cheap purchase.

If our esteemed polities want to boycott the major supermarkets, there seems to be a few more pressing reasons to do so.

Off the top of my head, let's say, selling imported farmed prawns instead of supporting our local prawn fishermen, thereby putting Australia's ocean biosecurity at risk.

Not paying Australian farmers adequately and simultaneously making huge profits while raising prices.

Looping music so that you find yourself singing along to the lyrics of Total Eclipse of the Heart, hence forgetting the Vegemite and lamb chops.

Getting rid of most of the cashiers who always asked how your day was and replacing them with self-checkout cameras that make you look like Shrek on Benzos.

Insisting on persevering with plastic produce bags and veggies wrapped in plastic when there are simple alternatives.

Now those and many other things may be worth boycotting our major supermarkets for, but let's not take a cheap political shot when supermarkets are simply responding to a decrease in consumer interest for schlocky imported crap.

Thanks for asking, Daryl.

I hope it provides some clarity for your friend.

Carpe diem, Jasmina.

People from all countries have settled here and have worked hard to build this country to what it has become and call Australia home.

As far as changing the date, there will always be fault finders out there who will never be satisfied.

What is past is done, nothing can change it, but we can live together in this great nation and move forward.

Stop living in the past and stop those who are causing division and spreading hate.

Advance Australia Fair.

Regards,
Jeanne SMITH, Boambee East.

We should have been consulted on Australia Day changes

DEAR News Of The Area,

HOW dare City of Coffs Harbour (council) take it in their own hands to decide not to have Citizenship and Award Ceremonies on

Australia Day, 26 January.

I do not recall being asked by council what my opinion is on this subject.

Council, you should have given the people of Coffs Harbour the opportunity of

having their say on the matter.

Or were you afraid you wouldn't get your way?

I am a very proud Australian and am very proud of the great country that we have built.

I will celebrate Australia Day on 26 January as will millions of others who are proud people of this country.

Australia Day - what about 1 January?

DEAR News Of The Area,

WITH all the discussion, and controversy, about celebrating Australia Day on 26 January each year it is interesting to note that the Commonwealth of Australia was proclaimed on January 1, 1901, not 26 January 1788.

The proclamation, declaring the establishment of the Commonwealth, was issued by Queen Victoria on September 17, 1900, and it federated the six separate British colonies of New South Wales, Queensland, South Australia, Tasmania, Victoria, and Western Australia under the name of the Commonwealth of Australia.

The proclamation was issued under the authority granted by the Commonwealth of Australia Constitution Act 1900, an Act of the Parliament of the United Kingdom.

Before 1 January 1901, the land that is now known as Australia was referred to by different names.

The Aboriginal and Torres Strait Islander peoples who have lived on these lands for at least 60,000 years called it by different names in their respective languages

The Dutch, who visited the western coast of Australia in the 1600s, named the western half of the continent New Holland.

The British, who established colonies in the late 1700s, referred to the land as New

South Wales

The name Australia was officially adopted on 1 January 1901 when the British colonies of New South Wales, Victoria, Queensland, South Australia, Western Australia, and Tasmania united to form the Commonwealth of Australia.

So isn't it logical that Australia Day should be celebrated on 1 January each year?

New Year's Day and Australia Day in one!

Just sayin'!

Regards,
Grant KENNETT.

The 'lock up and leave' approach is killing our towns and environment

DEAR News Of The Area,

IN recent years, there has been a concerning trend observed in Labor-led state governments in Australia - the locking up of productive state forests.

These forests, which could be utilised for sustainable timber harvesting - alongside healthy and productive pastimes such as hunting, fishing, prospecting and horse-riding etc - are increasingly being placed off-limits to everyday Australians.

This policy shift raises questions about the relationships between bureaucrats, inner-city Labor MPs and the activist class - and the poor understanding they have of rural communities.

One of the key issues at hand is the impact on local economies that heavily rely on the sustainable native forestry and timber processing sectors.

These industries have long played a vital role in supporting employment and local businesses.

However, the tendencies for state Labor governments to convert productive state forests into National Parks has been disastrous.

Whether it is the attempt to lock-up many of the most productive parts of the New

South Wales public land estate with the Great Koala National Park or the signalled move of Victorian Labor to lock up a further 335,000 hectares in poorly managed National Park - the potential immense harm to regional, rural and remote communities is deeply concerning.

These poorly managed parks also contribute significantly to out-of-control wildfires across the landscape and terrible outcomes for biodiversity - as well as posing significant threats to small at-risk rural and remote communities that often are surrounded or nearby parks with almost unmanaged fuel loads.

The argument here is not against real environmental conservation.

It's about finding a sustainable middle-ground that does not include the biased voices of a few elitist activist academics that currently pervade the national public land management conversation - alongside the willingness to actively manage the public land estate.

Sustainable forest management practices have been developed to ensure the long-term health of ecosystems while supporting the economic needs of communities.

By locking up productive state forests, we risk neglecting the potential for a harmonious

coexistence between conservation and industry.

Moreover, it is disheartening to observe that some environmental "charities", through public donations, are supporting actions not necessarily focused on saving endangered species or rehabilitating environments.

Instead, these actions are engaging in green lawfare cases against honest, hardworking Australians - with the end aim to destroy their sustainable industries, families and communities.

While environmental protection is crucial, it's essential to distinguish between legitimate concerns and cases that are driven more by extremist ideological agendas rather than actual ecological preservation.

A call for transparency and accountability is necessary, urging governments to ensure that public funds and donations directed towards environmental causes genuinely contribute to the betterment of our ecosystems - this includes supporting initiatives that focus on real practical environmental outcomes and community education rather than solely fueling legal battles whose aims do not align with reality.

As we navigate the complexities of environmental conservation and economic sustainability, it's important to foster open

dialogue and inclusive decision-making processes.

Stakeholders from all sides - scientists, industry representatives, and community leaders - should be invited to participate in constructive discussions that lead to policies reflecting the diverse needs of our society.

Unfortunately this is often not the case - with the NSW Labor Government refusing to allow Forest and Wood Communities Australia a seat at the table on the Great Koala National Park Industry Advisory Panel.

While striking a balance between environmental outcomes and economic prosperity is a delicate task - locking up productive state forests without considering sustainable management practices will harm both local economies and the environment.

By promoting transparency, accountability, and inclusive dialogue, we can work towards policies that address the concerns of all stakeholders, ensuring a more sustainable and harmonious existence for all Australians - alongside a future that does not rely on foreign imports from countries with much poorer environmental records than our own.

Regards,
Michael HARRINGTON,
Executive Officer,
Forest and Wood Communities
Australia.

Regional Forest Agreements decision a sensible call

DEAR News Of The Area,

IN reference to Ziggy Koenigseder's emotive letter in both the Coffs Coast and Nambucca NOTA (19/1/24) titled 'An unbelievable decision on native forests', I'd like to correct several errors of fact.

There is no "clear felling of our old growth native forests" in NSW.

There have been no extinctions from sustainably managed timber harvesting in Australia.

All mammal extinctions in Australia have occurred in the arid regions where there is NO forests (removal of Aboriginal burning) or on the islands that dot our coast (pests and weeds).

Claims that the timber industry is subsidised are false and a deliberate misinterpretation of the facts.

Following the Black Summer wildfires and at least two major flood events, Forestry Corporation of NSW received "taxpayer funded grants worth \$246.9m since the 2019//20 financial year" to fix public roads, bridges and other public assets.

Critics of FCNSW claim these are examples of financial losses by Forestry Corporation of NSW!

Each year, FCNSW receives Community Service Obligation (CSO) funding "to provide a range of community services including recreational facilities, education, regulatory and fire protection services".

The annual cost to NSW taxpayers in CSO funding to manage the two million hectares of State forests is generally around \$17M, which works out to be \$8.50 per hectare.

This public good funding is often referred to by activists as subsidies.

The last time you could check the NPWS Annual Report (about 2019), before it was hidden behind the veil of the Department of Planning and Environment, the NSW Government was paying around \$850 million to manage its National Parks, which equates to \$121 per hectare.

It would seem that actively managed State forests, which also sustainably produce timber products (did I mention that half the weight of timber is converted

CO2 stored as carbon!), are actually a better spend of taxpayers' dollars.

The Regional Forest Agreements (RFAs) were agreed to in the late 90s/early 2000s - to find a balance between ecologically sustainable forest management, a sustainable timber industry (and regional economies) and a comprehensive, adequate and representative conservation reserve system.

Neither side was happy (the timber industry was halved overnight) but both sides of the debate declared that the forest wars were over.

Under the RFAs, of the three million hectares of public forest on the north coast, 88 percent is already managed for conservation and only twelve percent is available for timber harvesting.

On average, just six trees in 10,000 are harvested each year and then regenerated (a condition of the Coastal IFOA).

However, even within the areas to be harvested, extensive seasonal surveys are undertaken to determine what flora and fauna species are present or likely to occur and operations are planned to minimise any impacts on those species.

Species conservation requires management at the landscape scale, not at the micro or individual scale.

Bio-DIVERSITY by its very definition requires a variety of species compositions, structural variations, etc.

The more diverse the environment from old growth to young regenerating trees, the greater the benefits for the widest range of plant and animal species.

Timber harvesting, where operations are deliberately planned to be spread both spatially and through time across the landscape, provides that biodiversity by creating a mosaic of stand structures, age classes and feed sources whilst maintaining tree species composition.

Now 20 years later, after the RFA's were renewed like they were designed to be (because sustainable forestry works on 100 plus years cycles of regeneration, thinning, harvesting and regeneration), those same people who declared the forest wars over from the conservation movement 20 years ago want the rest.

Regards,
Steve DOBBYNS,
Jamax Forest Solutions.

Your Paper, Your Voice Have Your Say

News Of The Area would love to hear your OPINION and VIEWS on issues and topics affecting our area. Keep Letters to the Editor under 250 words for its best chance of publication. Please be aware that there is no guarantee or certainty of publication from your submission to us. Publication will be determined by the editor around available space, relevance and appropriateness. Email to media@newssofthearea.com.au

Experience convenience and comfort

Address: 5 West Side Close, Coffs Harbour
Price: \$695,000 - \$710,000
Beds: 3, Bath: 2, Car: 1
Land size: 992.7 sqm
Open for Inspection: Saturday 27 January from 11.15am - 11.45am.

NESTLED in a quiet cul-de-sac on a spacious 992.7m2 block, this charming property offers the perfect blend of comfort, convenience, and ample space.

Boasting three bedrooms plus a study, two bathrooms, and single carport, this home is a haven for those seeking a harmonious balance between tranquillity, privacy, and proximity to town.

As you approach the property, you'll be greeted by a well-maintained exterior that exudes warmth and charm.

The lush greenery surrounding the residence provides a sense of serenity, creating a welcoming atmosphere for residents and guests alike.

The large block ensures privacy and room to

breathe, making it an ideal setting for various outdoor activities.

Step inside to discover a home that radiates cosiness and homeliness.

The interior spaces are thoughtfully designed to maximise both functionality and comfort.

The three bedrooms offer ample accommodation for a growing family, complemented by two well-appointed bathrooms.

Experience seamless living in this home where the renovated kitchen effortlessly connects to the family dining area and extends to the outdoor entertainment space.

The modern elegance of the kitchen blends smoothly with the inviting dining room, creating a harmonious transition.

Step outside from the dining area to enjoy the fresh air in the outdoor

entertainment space, surrounded by natural charm.

This home is a perfect blend of indoor and outdoor living, providing an ideal setting for shared moments and enjoyable gatherings.

One of the property's standout features is its proximity to town, offering the convenience of easy access to amenities, shopping, dining, entertainment, schools, and childcare centres.

Residents can relish the benefits of urban living while still savouring the peaceful retreat that this property provides.

Don't miss the opportunity to make this charming property your home.

Embrace the tranquillity, enjoy the spacious interiors, and revel in the convenience of town living.

Schedule a viewing today and experience the perfect blend of comfort and convenience in this delightful three-bedroom haven.

Contact agents: Charlotte Evans on 0490 265 578 and Kim McGinty on 0432 953 796.



TOORMINA REAL ESTATE



\$500,000 to \$520,000
1/51 Jane Circuit
TOORMINA

Two bedroom detached villa, with polished timber floors, ducted air conditioning, open plan living, built-ins, central bathroom, separate toilet, walk in pantry, b/bar, larger cover entertainment deck with sink, power garage door, covered front balcony and fenced courtyard. Walk to schools and is near Koala reserves.

Call Chris: 0427 581 100



\$455,000
3/20 Werambie Street
TOORMINA

OPEN 11.00AM TO 11.30AM SATURDAY
 Affordable level modest villa that is orientated to catch the morning sun and sea breezes. Featuring: open plan living, air conditioning, two bedrooms with built-ins, shower room, new stove, private rear fenced yard, lock up garage with power door and in a complex of only 3. Not far to Boambee Creek Reserve and Toormina Garden Shopping Centre.

Call Chris: 0427 581 100



\$610,000 to \$630,000
2 Ilex Court
BOAMBEE EAST

Open plan living, three bedrooms with built-ins, main bedroom with access to a three way bathroom with dual sinks, dining/kitchen with breakfast bar, ceramic cook top, range hood, double linens, extra toilet in laundry, internal access to a lock up garage and on a 440m2 block. Needs TLC.

Call Chris: 0427 581 100

www.toorminarealestate.com.au Ph: 02 6658 1100



Sawtell | 7/136 First Avenue

- Immaculately maintained 3-bedroom Villa, close walking distance to Murrays Beach & The Hilltop Store Cafe.
- Freshly painted internally + updated blinds + new carpets.
- Private rear courtyard with covered area, lawn + garden beds.
- Large double garage with additional storage/workshop space.
- Split System Airconditioner. Solar Power System + Solar HWS
- An exceptionally tidy & very low-maintenance property.
- Perfect lifestyle option for Downsizers & Retirees.

FOR SALE \$875,000

3 🛏️ 1 🚿 2 🚗

Freestanding Villa

Contact Agent

Barry France

0407 301 404

Inspect:

Sat 27th Jan
11am - 11.30am



Bonville | 16 Bambara Drive

- Attractive, modern Coral home built in 2022.
- Flat, level block and exceptionally low-maintenance.
- Multiple internal living zones + large central kitchen.
- Spacious Master bedroom suite with large ensuite & WIR.
- Coastal / Hamptons theme with neutral colour tones throughout.
- Private rear yard with spa and excellent views of the Bongil Forest.
- Perfect for both downsizers and families alike.
- Just 6 minutes drive to Sawtell Village and its gorgeous Beaches.

FOR SALE \$1,189,000

4 🛏️ 2 🚿 2 🚗

House

Contact Agent

Barry France

0407 301 404

Inspect:

Phone Agent to
Arrange Inspection



Sawtell | 14 Honeysuckle Street

- Beachfront location with direct access to Sawtell Beach from your rear yard. Rare ocean glimpse from the upper level.
- 4 minute stroll to Sawtell main street, surf club & RSL.
- Substantial construction, with double brick base, brick veneer upper level & full suspended slab. Gross Floor Area Approx 480m2.
- Spacious Master bedroom suite with exceptionally large ensuite with ample built in wardrobe space + large walk-through wardrobe.
- The layout allows each level able to be fully self-contained. Perfect for shared living within family or for Holiday Letting.

FOR SALE \$3.0m - \$3.2m

4 🛏️ 4 🚿 3 🚗

House

Contact Agent

Barry France

0407 301 404

Inspect:

Sat 27th Jan
11.45am - 12.15pm



Toormina | 9 Carrywell Crescent

- Spacious, family-sized home with a very versatile floorplan.
- Elevated position captures cooling breeze and great natural light.
- Updated Kitchen + main bathroom. New floor coverings + internal paint.
- Lower level can be utilised as a fully self-contained 1 bedroom flat with its own kitchen, bathroom, laundry and living area.
- 6.3kw Solar System, Ozone Pool + Solar Cover, Air Conditioning.
- Quick 6 Minute drive to Sawtell Village for Cafe's & Beache.
- Close to local schools and Toormina Gardens Shopping Centre.

FOR SALE \$839,000

4 🛏️ 3 🚿 2 🚗

House

Contact Agent

Barry France

0407 301 404

Inspect:

Sat 27th Jan
10.45am - 11.15am



Bonville | 50 Mimiwali Drive

- Wonderfully presented home on a desirable, elevated block.
- Attractive & exceptionally low-maintenance established gardens.
- Multiple internal living zones and fantastic open plan layout.
- Spacious Master bedroom suite with large ensuite & WIR.
- Great outdoor entertainment area and private rear yard space.
- Perfect for both downsizers and families alike.
- Just 6 minutes drive to Sawtell Village and its gorgeous Beaches.
- Close access to Bongil Bongil National Park walking trails.

SOLD FOR \$937,000

4 🛏️ 2 🚿 2 🚗

House

Contact Agent

Barry France

0407 301 404



Boambee East | 34 Lamberts Road

- Spacious Master bedroom with ample wardrobe space.
- Peaceful location offering easy driving access to Boambee IGA, Toormina Shopping Centre & Sawtell Village/Beach.
- Kitchen/dining & living flow well, with easy access to alfresco area.
- Low-maintenance home and yard space, with views of the mountains.
- Elevated position captures the cooling breeze & Northern light.
- 3rd bedroom also serves as a secondary living, art studio or office.
- Perfect option for Downsizers, Retirees and First Home Buyers.

FOR SALE \$675,000

3 🛏️ 1 🚿 1 🚗

House

Contact Agent

Barry France

0407 301 404

Inspect:

Phone Agent to
Arrange Inspection



Toormina | 13 Jay Place

- 'House-like' Villa within a peaceful pocket of Toormina.
- Renovated internally with attractive finishes, updated paint/lighting & modern appliances.
- Flat, easy to maintain gardens / lawns & a spacious rear yard.
- Close driving distance to Sawtell Village/Beach.
- Close access to local schools and Toormina Shopping Centre.
- Perfect for downsizers, retirees or first home buyers.
- Very well presented and move in ready!

FOR SALE \$639,000

3 🛏️ 1 🚿 1 🚗

Freestanding Villa

Contact Agent

Matt France

0411 675 860

Inspect:

Sat 27th Jan
11.30am - 12pm

Call us today for a free, no obligation appraisal on your home or investment property!

Sawtell | Toormina | Boambee East | Boambee | Bonville | Urunga | Repton | Korora | Coffs Harbour

Bonville beauty

16 Bambara Drive,
Bonville
4 beds, 2 bath, 2 car
garage.
Price: \$1,189,000

OFFERING an attractive façade, functional design, and all the modern-day creature comforts, this recently constructed (2022) Coral built home is the perfect solution for those wanting a ready-to-move in property located on a flat land parcel, within a highly desirable pocket of Bonville.

Stepping inside, neutral colour tones, attractive finishes and fantastic natural light combine with coastal/Hamptons design themes, making for a very modern and exceptionally inviting space.

A wide hallway leads to the spacious kitchen which offers stone benchtops and a large breakfast bar with plenty of space for meal prep, while ample cabinetry ensures plenty of storage space.

The home's layout and design provide an ideal transition between the kitchen and dining area

which flows seamlessly to the covered alfresco area which enjoys great privacy and a peaceful, uninterrupted outlook across to the native forest of Bongil Bongil National Park.

The master suite is very generous, offering plenty of space for a king-sized bed, a large walk-in wardrobe and spacious ensuite bathroom with dual vanity.

The remaining three bedrooms are all well-sized and offer built-in wardrobes, ceiling fans and the front bedrooms also include sheer curtains for privacy.

A break-out living area resides just outside the front bedrooms which offers yet another space for a children's retreat or office/desk space.

The entire home is serviced by a fully ducted Daikin air conditioning system which can be zoned to ensure all members of the home are comfortable all year round, as well as a large 6.6kw solar system for efficiency.

The backyard is very low maintenance, with

manageable lawned space along the rear and northern side yard.

Fully fenced in Colorbond, the yard offers a private sanctuary to relax with your morning coffee or jump into the hot tub with a glass of wine and watch the sunset fall behind the forest in the evening.

This location offers easy access to Bongil Bongil National Park walking and bike trails, which weave through the native forest and lead to Bonville Creek.

Local schools and Toormina Shopping centre are only a short six-minute drive as well as Sawtell Village for access to cafes, nightlife, and its stunning beaches.

Overall, the home caters perfectly to both families and downsizers alike, and this modern home is a fine example of a walk-in living option that allows you to immediately enjoy the wonderful lifestyle this location has to offer.

Please contact Barry France from Sawtell Real Estate Co. on 0407 301 404 for further information or to book your inspection!



LOOKING AFTER THE LOCALS FOR OVER 25 YEARS

Ever grateful for the vast experience and knowledge I've gained since being fully licensed from 1998, across cattle production, equine interests, tea-tree plantations, blueberry plantations, macadamia's, bananas, fruit tree plantations, to properties with beautiful river and creek frontage, to magnificent panoramic Coastal, sea and mountain views, to clean open pastures and rainforest gullies.

As an independent agent across residential, rural and commercial property, I'm here to help you take the next step in Life.

**For all enquiries please contact:
Peter Lloyd Auld 0429 866 689**



10 ANDREN CLOSE, BONVILLE

Prized Bonville Location/ Huge Home



PRICE \$1,650,000

Open for inspection Saturday 27th January, 1pm - 2pm

*See our drone video, for an ideal aerial inspection,
before you inspect the property*

Double entry off Pine Creek Way & Andren Close, positioned next to Bonville School, this expansive 2.031 ha/ 5.016 acre property has a massive open shed space - all steel & cement, with built-ins & power tools included. Combined homestead consisting of 5 bedrooms, 5 septic toilets, inclusive of 2 bathrooms & ensuite. 2 kitchens, 2 laundries, office. 170' covered cemented verandas - approx. 15' wide. 4 X 5000 gallon rainwater storage, plus 500 gallons. 3 modern air-conditioning units. 3 X 52" modern TV's & other inclusions. 1 open paddock of 1 hectare. **Watch over your children enjoying the 2+ acre back yard.** Extensive established lawns & fruit trees. Wide range of inclusions. Mountain views to Tuckers Nob. Close to Sawtell, supermarkets, hospital & Coffs City conveniences.

Note: This property is being sold in conjunction with Coffs Coast Property Sales

Auld PROPERTY SALES

Residential • Rural • Commercial

For all enquiries
please contact:
Peter Lloyd Auld
0429 866 689

Lic No 655546





& Home Open



Great location – Golf course nearby

3/8 Reid Dru Coffs Harbour

🚗 2 🛋️ 1 🚗 1

Whether you are a keen golfer, retiree, first home buyer or an investor – this comfortable uilla home is well worth an inspection! Yes, it does need a little TLC and modernising but the price has been adjusted with this in mind. Both bedrooms have robes, the living area is open plan and the air conditioner adjusts the temperature when required. There is also a garage, your own yard with the complex being well maintained. Strata Fees are approximately \$2000pa with Council rates being \$2649pa.

Home open Sat 27/01 10.30 – 11.30am
For Sale – \$465,000



Family home with privacy!

9 Eungella St, Toormina

🚗 3 🛋️ 1 🚗 2

This well presented 3 bedroom family home is well worth making an appointment to inspect! All 3 bedrooms have robes with the master being air conditioned. There is also an enclosed air conditioned office, with the bedrooms, lounge/living and traffic areas all having easy care hardwood flooring. Smeg appliances and a dishwasher compliment the kitchen with there being separate lounge, dining and family rooms. The wrap around verandahs double as covered entertaining areas with their being a private place to relax no matter what the weather brings. The drive through carport gives you access to the detached 8m x 6m colourbond shed with the rear yard being fenced a private. The schools, shops and public transport are all close by with Sawtell's beach and café strip all being approximately 5 minutes away by car.

For Sale – \$680,000 to \$700,000



& New Listing



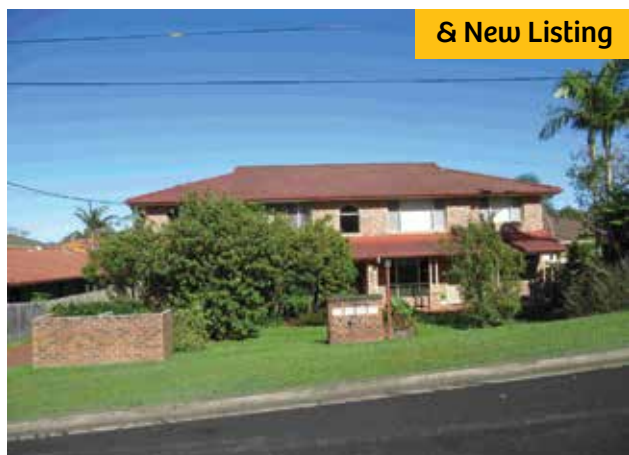
Starting out or investing

11a Worland Dru, Boambee East

🚗 3 🛋️ 1 🚗 1

This comfortable 3 bedroom home is located in a quiet street and has plenty of extras!! All 3 bedrooms have robes, easy care floor tiles have been laid throughout the living and traffic areas whilst the rear covered entertaining area overlooks your rear yard. There is also air conditioning, a lock up garage, the kitchen is large and our long term tenant would love to stay. Land size 495m2, Council rates \$3049.68pa and the current rent is \$510.00 per week.

For Sale – \$649,000



& New Listing



Spacious unit close to all!

4/31 Wybalena Cres, Toormina

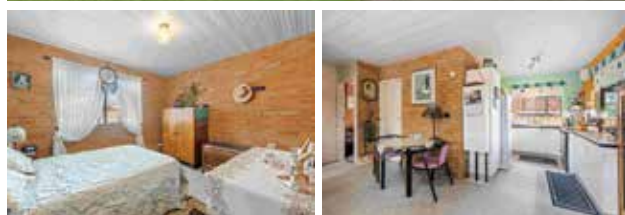
🚗 2 🛋️ 1

Located in a convenient location between Toormina Gardens Shopping Centre and Boambee Beach is this spacious 2 bedroom upstairs unit. The living areas are open and airy, the kitchen is well appointed with both bedrooms having mirrored robes. There is also your own balcony to relax on and a carport. The complex is well maintained with an excellent tenant in place. The current rent is \$415.00 per week with the lease expiring in November 2024. Council rates are \$2502.55pa

For Sale – \$449,000



& New Listing



Terrific Toormina Unit!

2/4 Wybalena Cres

🚗 2 🛋️ 1 🚗 1

This ground floor 2 bedroom unit has been partially modernised and presents in excellent order. Both bedrooms have built in robes, the living area is open and airy with the kitchen being well appointed. There is also a carport with Boambee Creek Reserve and Toormina Gardens being closeby. Ideal investment, downsizer or first home. Arrange your inspection today!

For Sale – \$425,000



& New Listing



Family home – backs on to reserve

16 Bardsley Cres Toormina

🚗 3 🛋️ 1 🚗 1

This comfortable 3 bedroom family home presents in good order and is positioned on a level 807m2 block. 2 bedroom have robes, the lounge/living area is open plan with there being air conditioning. There is a garage along with a carport and the rear covered entertaining area overlooks the yard and reserve with our excellent long term tenants being keen to stay. Arrange your inspection today!

For Sale – \$679,000

Scott Bellamy 0438 581 611

2 Minorca PL, Toormina

66581611

rh.com.au/toormina

Raine & Horne

© NTH Coles - Ref: RHM_2024



Jetty Location
**8/21 MOORE STREET,
COFFS HARBOUR \$549,000**

- Great top floor unit with views to the Coffs Coast Hinterland from balcony
- Open plan living including kitchen with mountain views
- 2 bedrooms, both with built ins, toilet separate to bathroom
- Tandem undercover parking for two vehicles

Chris Hines 0439 667 719
Kim McGinty 0432 953 796



unre.com.au/moo8.21



Quaint Cottage
**19 MIRROOLA CRESCENT, TOORMINA
\$549,000 - \$579,000**

- Great starter, 2 bedroom torrens titled cottage
- Renovated kitchen and renovated bathroom with separate toilet
- Open plan living and dining. Tenants in place until 17 Feb 2024 paying \$450 p/w
- Current Tiny house on the lot will be relocated prior to settlement

Chris Hines 0439 667 719
Kim McGinty 0432 953 796



Land Size: 458.2sqm unre.com.au/mir19



Downsize Without Compromising Style
**22 JACKWOOD GROVE, BOAMBEE EAST
\$649,000 - \$659,000**

- Two living areas including fully enclosed sunroom
- Kitchen with electrical appliances and corner pantry
- Three bedrooms with built in robes, all in one bathroom, plus extra toilet
- Private low maintenance yard with established gardens

Kim McGinty 0432 953 796
Chris Hines 0439 667 719



Land Size: 314.7sqm unre.com.au/jac22



Potential Plus Position
**60 TOORMINA ROAD, TOORMINA
\$699,000**

- Three-bedroom home in original condition
- Carpeted lounge room positioned off the kitchen with electric appliances, breakfast bar
- Rear yard with established gardens including citrus trees
- Great sized 943sqm block in convenient location near sporting fields, shopping centre, medical centre

Kim McGinty 0432 953 796
Chris Hines 0439 667 719



Land Size: 943sqm unre.com.au/too60



Tranquillity and Comfort Awaits
**66 PLAYFORD AVENUE, TOORMINA
\$749,000**

- Three bedrooms, two with built in robes, one with direct access to the fully enclosed sunroom which overlooks the tranquil backyard with established gardens and the reserve at the rear
- Renovated kitchen with stone benchtop, open plan living dining area
- Renovated bathroom with laundry, carport for parking

Kim McGinty 0432 953 796
Chris Hines 0439 667 719



Land Size: 702sqm unre.com.au/pla66



Affordable Family Home Including the Extras
**1 MIRROOLA CRESCENT, TOORMINA
\$799,000**

- Freshly painted and new flooring throughout
- Renovated kitchen with electric appliances
- Three bedrooms with built ins, disability friendly bathroom
- Large block with side access, single garage shed in rear yard
- Enclosed sunroom overlooking the Inground swimming pool

Kim McGinty 0432 953 796
Chris Hines 0439 667 719



Land Size: 1,063sqm unre.com.au/mir1



High Set and Private
**3 CAMELLIA CLOSE,
BOAMBEE EAST \$849,000**

- Stunning single storey four-bedroom home located in quiet cul-de-sac
- Positioned and designed for privacy and low maintenance living
- Practical layout with large lounge room, plus two living areas off the central kitchen
- Main bedroom with ensuite, WIR & direct access to the covered outdoor entertaining area
- Plantation shutters and freshly painted throughout

Kim McGinty 0432 953 796
Chris Hines 0439 667 719



Land Size: 646.6sqm unre.com.au/cam3



Spacious Family Haven
**6 KOEL PLACE, BOAMBEE EAST
\$849,000 - \$879,000**

- Large family home in cul de sac location.
- 3 bedrooms, 2 bathrooms upstairs, additional bathroom and extra rooms downstairs lends itself to granny flat or retreat.
- Side access to large double garage and storage galore Large covered deck overlooking backyard

Chris Hines 0439 667 719
Kim McGinty 0432 953 796



Land Size: 928.9sqm unre.com.au/koe6



Family Home + Self-Contained Studio
**20 RUTLAND STREET, BONVILLE
\$1,150,000**

- Short 5-minute drive to Sawtell's beautiful beaches, cafes, and waterways
- Side access availability, being perfect for the boat or trailer
- This level home is designed to accommodate the needs of a growing family or those who simply desire extra space
- Brand new flooring in main house and studio apartment
- Separate one bedroom, self-contained studio apartment

Charlotte Evans 0490 265 578
Chris Hines 0439 667 719



Land Size: 699.3sqm unre.com.au/rut20



Your own Resort
**50 ROYAL PALM DRIVE, SAWTELL
\$1,179,000**

- Located in one of Sawtell's most popular enclaves in a cul de sac location
- Designed with the sleeping accommodations on one side of the home and living on the other
- Your choice of two living areas and additional built in veranda that overlooks the landscaped in ground pool.
- Extras include 6.6kw solar and even pool heating to extend the swimming season
- Certainly a property for those who expect quality

Chris Hines 0439 667 719
Kim McGinty 0432 953 796



Land Size: 682.8 sqm unre.com.au/roy50



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Korora youth exchange student jets off to France

Rotary Youth Exchange student Maddy Hardaker with the family on a visit to Coffs Coast Wildlife Sanctuary.

By Andrea FERRARI

ROTARY Youth Exchange student Madeleine 'Maddy' Hardaker flew off on a great adventure to hosts in France on Sunday 21 January.

Maddy, from Korora, was selected by Rotary's District 9660 committee and is one of sixteen students going overseas for the organisation's 2024 Youth Exchange program.

Spending her last few days

in and around her hometown, Maddy paid a special visit to the Coffs Coast Wildlife Sanctuary.

Accompanied by her family, Maddy was joined by Coffs City Rotary President Bob Carle and Youth Director Paul McLeod for the visit.

"The purpose of the visit was for Maddy to be up to date on all the new happenings in Coffs Harbour to tell her Clermont-Ferrand Rotary Club French hosts, her school

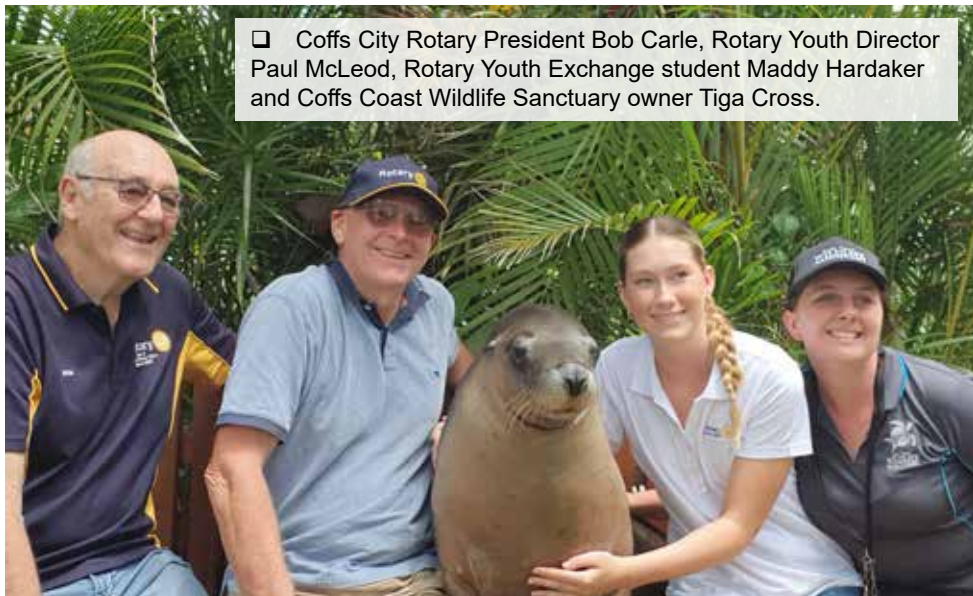
and any organisation she may speak to in her one-year exchange," Mr Carle told News Of The Area.

Guiding the group was one of Coffs City Rotary Club's newest members, Tiga Cross, the joint venture owner/manager (with her husband) of the Coffs Coast Wildlife Sanctuary.

Currently a student at Coffs Harbour Christian Community High School, Maddy's next educational



Coffs City Rotary President Bob Carle, Rotary Youth Director Paul McLeod, Rotary Youth Exchange student Maddy Hardaker and Coffs Coast Wildlife Sanctuary owner Tiga Cross.



experiences will be in France.

Maddy will live with three host families from the Clermont-Ferrand Rotary Club, staying with each family for about three to four months.

"In this time, she will be invited to address other classes and assemblies at her school, any other Rotary Clubs or local clubs and people interested in finding out about Coffs Harbour, NSW and Australia.

"While she is doing that, she will be learning all about France and her host town and

clubs," said Mr Carle.

She will also get the opportunity to travel Europe on different Rotary-organised events, such as the Annual Rotary District Conference and other exchange student get-togethers.

Maddy leaves behind her dad, Nicholas, mum Melanie and siblings Griffin, Chloe and Lachlan.

"I don't know who will miss who the most," Mr Carle said.

Coffs City Rotary members had a farewell lunch with

Maddy and her mum and dad at Shearwater Restaurant in Coffs on Sunday.

"These are great experiences; they are not holidays," Mr Carle said.

"Each youngster is a student and is there to promote Rotary, their town, state and Australia while on the exchange."

Rotary provides full support while the student is travelling and living in another country.

"They are safe wherever they go," Mr Carle said.

LOCALSPORT

Coffs Harbour to host NSW Inclusive Golf Championship

Coffs Harbour Golf Course.

THE NSW Inclusive Golf Championship has found a home on the Coffs Coast, with Golf NSW and City of Coffs Harbour agreeing to host the event in the City for the next three years.

The tournament for players with a physical, sensory, or intellectual impairment (based on the International Golf Federation IGF definitions), will tee off this year on April 2 at Coffs Harbour Golf Club.

"This will be the first time this event is run in Coffs Harbour, and it will sit alongside the Australian Women's Classic to be played at Bonville," City of Coffs Harbour Mayor Cr Paul Amos said.

"The Classic has been held at Bonville since its inception in 2018 and we are thrilled to see the NSW Inclusive Golf Championship now secured for the Coffs Harbour Golf Course."

Golf NSW Chief Operating Officer Graeme Phillipson is delighted the tournament will call Coffs

Harbour home until 2026.

"Participation in the sport by anyone, regardless of their ability, age or gender, is critical to the growth of our great game," Mr Phillipson said.

"Confirmation of the All-Abilities championship on the Golf NSW Calendar for 2024 and beyond is significant for our organisation and the sport across the state.

"The Coffs Harbour area has been an excellent destination for several of our biggest championships, and we are thrilled a tournament that will attract competitors from across Australia now has a home as wonderful as Coffs Harbour."

A renowned golf 'destination', City of Coffs Harbour has a long and close partnership with Golf NSW.

The premier 27-hole Coffs Harbour layout is also a regional qualifying event for the NSW Open.

The NSW Inclusive Championships is an important event on the



National All-Abilities Calendar.

All-Abilities competition is fierce, with the tournaments now held alongside many major professional events

across Australia and internationally.

The World Rankings for Golfers with a Disability is open to Men and Women with a Golf Australia handicap up to

54 across three ranking categories: Stroke and nett (handicap 18.4 or below) and stableford (handicap 18.5+).

Players with a disability will need to obtain either

a national (access) or international (WR4GD) pass through the online application platform at https://edgagolf.com/online/pass/pass_info.php

Sawtell and Coffs Colts to play off in T20 Cup grand final

By Aiden BURGESS

SAWTELL and Coffs Colts are set to face off for a T20 trophy, when they play off in Coffs Harbour District Cricket Association's T20 Cup grand final. Sawtell and Colts are set to play off for the annual T20

title on Thursday 1 February from 6pm at Richardson Park. It was originally scheduled to be played on Thursday 18 January, but was rescheduled due to the recent wet weather. Sawtell and Colts earned the right to play in the T20 Cup decider after finishing

top two on the ladder after the ten-round competition. Sawtell finished on top of the ladder after winning seven of their eight games, while the Colts finished second after winning five of their seven matches. The two teams split their two meetings in the latest

T20 Cup. The Colts were the only team to beat Sawtell in the current T20 Cup, having a 19-run win when they last played in the competition in late December. Sawtell had an eight wicket win when they first met in November.

Sawtell and Colts played out a thriller when they last met in the one-day competition on 13 January, with Sawtell winning by one wicket. David Horseman, Competition Coordinator - Mid North Coast, was expecting a close grand final. "Both teams are a mix of experience and youth, too often these games end up one-sided but I am expecting

a close one," he said. "And especially after a very close one day game recently." T20 Cup final standings. 1.Sawtell. 31 points. 7 wins. 1 loss. 2.Coffs Colts. 26 points. 5 wins. 2 losses. 3.Valleys Cricket Club. 22 points. 4 wins. 2 losses. 4.Nana Glen Lizards. 21 points. 4 wins.3 losses. 5.Northern Districts Rebels. 20 points. 3 wins. 4 losses. 6.Diggers Cricket Club. 13 points. 1 win. 5 losses. 7.Adams Family. 9 points. 0 wins. 5 losses.

Comets to host Hoey Moey 9s Tournament

By Aiden BURGESS

COFFS Coast's rugby league players will have the perfect opportunity to prepare for this year's Tooheys New Group 2 Rugby League season when the Coffs Harbour Comets host their annual Hoey Moey 9s Tournament. The pre-season nine-a-side competition will be held on Saturday, 2 March at Geoff King Motors Oval and surrounding fields. The Coffs Coast's biggest annual rugby league tournament will feature Opens, Under 18s, Ladies

Tackle and Ladies League Tag Divisions. The tournament traditionally signals the beginning of another year of local rugby league, with this year marking its 10th anniversary after the first event was held in 2014. The Port Macquarie Breakers were the big winners at last year's event, taking out both the Men's Open and Ladies League Tag competitions, with the Comets winning the Under 18s title on home turf. Last year's tournament also featured teams from

Woolgoolga, Macksville, Lismore, Wauchope, and Kootingal. Expressions are now open for this year's event, by emailing events.coffsharbourcomets@gmail.com. The Coffs Harbour Comets returned to training this week as they prepare for the 2024 season. The Comets are coming off a successful 2023, in which they won both the Group 2 reserve grade and Ladies League Tag premierships.

❑ The winning Coffs Harbour Comets Under 18s team from last year's Hoey Moey 9s Tournament.



Sydney Swans to visit Coffs next week



❑ A three-day AFL Community Camp starts on Monday in Coffs Harbour.

By Aiden BURGESS

AFL FANS on the Coffs Coast will have the chance to see the Sydney Swans in person next week. The Swans will be conducting an AFL Community Camp from Monday January 29 to Wednesday January 31 at the C.ex Coffs International Stadium. Next week's visit is the first time since 2019 that the Swans men's team has visited Coffs Harbour. The first day will see the Swans run a Super Clinic for kids aged between five and sixteen. The clinic gets underway at 3.30pm, with the Swans

then having a signing session for those at the clinic. A Coaching Development Session will be held from 5.30pm to 7pm on Monday, which will see Swans coaching staff and Coach Developer for the AFL North Coast region, Tim Davis, sharing their knowledge with coaches while Northern Heat and Swans Academy players demonstrate the training drills discussed. A Club Volunteer Session will be held at the same time, in which the Swans will show their appreciation for the wonderful volunteers of the region with a chance for them to meet Swans players. The AFL Community Camp concludes with the

Swans players going head to head in an intra-club practice match on Wednesday, 31 January, at the C.ex Coffs International Stadium, which is open to the public free of charge. Sydney Swans Executive GM Football - AFL, Leon Cameron said the club is looking forward to returning to Coffs Harbour, a place which has become a home away from home for the red and whites. "Pre-season camps are a great chance for our team to bond and learn in a different environment, and I couldn't think of a better place for us to be heading than Coffs Harbour," Cameron said.

Group 2 clubs return to training for 2024

By Aiden BURGESS

WITH a return to the field fast approaching, Tooheys New Group 2 Rugby League clubs have resumed training for 2024 as they prepare for the upcoming season. The Woolgoolga Seahorses have returned to training as they prepare for their premiership defence. The Seahorses resumed training this week on Tuesday night at Centennial Oval. The Coffs Harbour Comets also resumed training this week on Tuesday night

at Geoff King Motors Oval, as they look to build on a finals appearance from last season. The Sawtell Panthers resumed training last week at Rex Hardaker Oval, as did the Macksville Sea Eagles, as both clubs look to improve after missing finals last season. Last season's preliminary finalists the Nambucca Heads Roosters also resumed training last week, on Thursday night at Coronation Park. Last season's finalists the Grafton Ghosts resumed

training this week, with training on Tuesday and Thursday nights at Frank McGuren Field. Player registrations have opened on MySideline, with players urged to register online as soon as possible in preparation for the 2024 season. Group 2 Rugby League teams will get the chance to prepare for the 2024 season by taking part in the Hoey Moey 9s Tournament, to be held on Saturday, 2 March in Coffs Harbour.



❑ The Woolgoolga Seahorses have resumed training for the 2024 season.

Coffs Colts and Sawtell win two-day matches

By Aiden BURGESS

COFFS Colts and Sawtell Cricket Club have both won their two-day matches during the latest round of Coffs Harbour District Cricket Association's first grade season.

The Colts became the first team to beat Valleys Cricket Club this season, with victory in their two-day match at Coffs Coast Sport and Leisure Park.

The Colts won the toss and elected to bowl, bowling out Valleys Cricket Club for 131 in the 41st over.

Colts captain Mitchell Weeden took 3-18 from his 7.5 overs, with Zac Creanaune also having a good spell taking 3-32 from 13 overs.

Matthew Francis was also amongst the wicket takers, taking 2-23 from 10 overs.

Brodie Bartlett continued his stellar form for Valleys, playing a lone hand by top scoring with 88.

The Colts were bowled out for 190 after 75 overs, with Connor McCoy top scoring on 80.

Julian Hulbert was the pick of the Valleys bowlers, taking 3-39 from his 20 overs.

Kurt Stennett took 2-20 from 10 overs, while Josh Bartlett took 2-42 from 18 overs.

Sawtell recorded a big victory against Diggers Cricket Club in their two-day match at Richardson Park.

Sawtell won the toss and elected to bowl, getting Diggers all out for 114 after 51 overs.

Richie Gallichan was the pick of the Sawtell bowlers taking 4-43 from his 20 overs.

Will Bailey took 3-27 from 8

overs, with David Schutt taking 2-13 from 7 overs.

Sawtell declared at 4/284 after 39 overs.

Sawtell captain Tyh Murphy was simply magnificent, at his brilliant best finishing unbeaten on 204 off just 116 balls in an innings of 24 fours and 7 sixes.

Sawtell bowled out Diggers for a second time, all out for 132 in the 56th over of their second innings.

Richie Gallichan continued his top bowling from the first innings taking 4-43 from 20.1 overs.

Will Bailey also had a top spell taking 3-20 from 10 overs.

The Northern Districts Rebels and Nana Glen Lizards played out a thriller, sharing the points in a tie at Fitzroy Oval.

The Rebels won the toss and elected to bat, finishing all out for

250 in the 72nd over.

Taj Dosanjh top scored for the Rebels with a fine knock of 88.

Jonathon Paff was the best of the Lizards bowlers taking 4-35 from his 10.5 overs.

Zane Guthrie took 2-18 from 7 overs, with Riley Dagger taking 2-35 from 12 overs.

Chasing 251 for victory, the Lizards were bowled out for 250 in the 69th over, with the match ending in a tie.

Hayden Cekanaukas fell just short of a century with a great knock of 99, while Ty Adams had a captain's knock of 61.

Connor Burgess had a brilliant spell for the Rebels taking 7-58 from 17 overs.

With just three rounds to go before this season's finals series, the first-grade season continues

this weekend with Round 13 matches in Coffs Harbour and Woolgoolga.

The fourth placed Northern Districts Rebels host the second placed Sawtell in the match of the round at Woolgoolga.

Ladder leaders Valleys Cricket Club play Diggers Cricket Club at Fitzroy Oval, while the Nana Glen Lizards and Coffs Colts play off at Coffs Coast Sport & Leisure Park.

First grade standings. 1.Valleys Cricket Club. 56 points. 8 wins. 1 loss. 2.Sawtell. 54 points. 7 wins. 2 losses. 1 tie. 3.Coffs Colts. 39 points. 5 wins. 5 losses. 4.Northern Districts Rebels. 38 points. 4 wins. 4 losses. 2 ties. 5.Nana Glen Lizards. 26 points. 2 wins. 7 losses. 1 tie. 6.Diggers Cricket Club. 19 points. 1 win. 8 losses.

Sails up at Urunga

STORY STARTS on BACK COVER, Page 36

Start 1 and 2 course and our new mostly female instructors assisted with their new Instructor skills training," said Derek Ridgley, the Principal of the Discover Sailing Centre.

"We also held a Wednesday 'Women on the Water' course, sailing from Urunga to Mylestom as part of the training.

"The 'Mums' are the ones that mostly take their kids to sport, and this has offered them a way to be involved as a family, with themselves learning new skills - and they were in great hands with our experienced, nationally accredited Sailing Instructors.

"The courses are for beginners and anyone wanting

to brush up on their sailing skills, so no experience is necessary."

The course teaches how to confidently skipper and crew a sailing dinghy, basic sailing manoeuvres, boat parts and rigging, safe boat launching and retrieval, capsizing recovery drills, reading the tides and weather conditions, sailing etiquette and more.

The skills learnt can be transferred to crewing and sailing on larger boats.

The Urunga Sail Training Club is a volunteer organisation which runs programs for people of all ages and most abilities and has been teaching sailing on the Mid North Coast for thirteen years.

Courses are run three times per year in February, May, and October.

Weekday and holiday courses

for schools, other groups and individuals are also offered by appointment.

Sailing is a wonderful sport for people aged from seven to 85 years, as it encourages both mental and physical ability in addition to promoting a healthy,

active outdoors lifestyle.

"The sailing lessons have taught juniors and teenagers many valuable life lessons like decision-making, resilience, leadership, teamwork and communication in a fun, healthy environment and a wonderful way to explore

and enjoy our wonderful waterways," said Derek.

For more information visit www.sailurunga.org.au, email urungasailtraining@gmail.com or phone Derek on 0427115892 or the Secretary on 0490349378.



□ The Urunga Sail Training Club offers a range of sailing opportunities on the Bellinger and Kalang Rivers.

Woolgoolga Bowling Club Results

By Glenn LANE

TUESDAY Social Bowls 16 - 1 - 24

G Lane and B Parker defeated S Bailey and R Bennell 28 - 13

C Davis and G McInerney defeated K Stirling and F Cacciattolo 34 - 9

R Gurber and G Pallister defeated R Shaw and I Cork 23 - 11

J Taylor and H Schutz defeated J Prosser and W Prosser 24 - 13

T McKenzie and P Buck defeated J Weston and B Merchant 23 - 18

K Costelloe, B Napper and M Shortens defeated Laurie Walsh, S Oliver and T Allen 26 - 13

M Lampert and C Latham defeated M Hopes and R Ryan 21 - 18

1st Rink G Lane and B Parker

2nd Rink C Davis and G McInerney

3rd Rink R Gurber and G Pallister

Jackpot Margin 13 Shots K

Costelloe, B Napper, M Shortens,

Laurie Walsh, S Oliver and T Allen

Woolgoolga Wanderers

Wednesday 17 - 1 - 24

P Hatton and B Kowal defeated T

Collins and S Dodd 21 - 17

Punkin, J Martin and I Gentle

defeated G Woolley, S Ferro and R Shaw 26 - 6

R Holliday, M Mulligan and I Cork

defeated J Taylor, G Lane and B

Lipman 22 - 15

Bear, R Shaw and D Mason

defeated P Diamond, P Devine and K

Costelloe 20 - 14

B Pendred, P Jones and M

Lampert defeated J Hampstead, S

Oliver and I Brien 24 - 17

1st Rink P Hatton and B Kowal

2nd Rink Punkin, J Martin and I

Gentle

Lucky Loser P Diamond, P Devine

and K Costelloe

No Jackpot

Friday Social Bowls 19 - 1 - 24

M Shorten and M Brookes

defeated G Lane and D Mason 30 - 14

W Prosser and C Davis defeated

Lorna Walsh and Laurie Walsh 24 - 10

G Pallister and T Allen defeated E

Pearce and J Prosser 36 - 9

J Hinchly and S Bailey defeated R

Gurber and B Merchant 20 - 13

J Taylor and P Buck defeated D

Barnard and H Katala 21 - 18

J Hurrell, P Devine and M Kearns

defeated A Wroe, S Oliver and B

Parker 21 - 11

H Schutz and R Bennell defeated

SPORTS RESULTS

K Costelloe and L Kaufmann 18 - 15

M Hopes and R Ryan defeated J

Martin and I Gentle 20 - 14

M Lampert and K Stirling defeated

J Gibbins and F Cacciattolo 21 - 19

N Haines and J Hampstead

defeated K Napper and B Napper 17

- 15

1st Rink H Schutz and R Bennell

2nd Rink J Hinchly and S Bailey

3rd Rink M Lampert and K Stirling

4th Rink J Hurrell, P Devine and M

Kearns

No Jackpot

Bellingen Diggers Swimming Club

By Lois LANE

10.1.24

WE had nine swimmers tonight.

We would like to welcome Colin

Redman to our club.

RACE 1 \$ 75m Freestyle

HEAT 1

Jim Baird flew off his block coming

first and Mike Navin came in second.

Judy Chesney did a time trial.

HEAT 2

Andrew O'Keefe came from

behind coming first, in second was

Amanda Vockler and in third was

Elizabeth Casey.

HEAT 3

Peter Allison had a firm hold on

this race coming first and in second

was Dean Bonventi.

Colin Redman did a time trial.

FINAL

Amanda Vockler showed them how it was done coming first and in the money and in second was Andrew O'Keefe.

RACE 2 25m Backstroke

HEAT 1

Andrew O'Keefe had his windmill

arms on coming first and in second

was Elizabeth Casey.

Judy Chesney and Jim Baird did a

time trial.

HEAT 2

Peter Allison held his own race

coming first and in second was

Amanda Vockler.

Colin Redman did a time trial.

RACE 3 25m Freestyle

HEAT 1

Jim Baird went supersonic coming

first, in second was Judy Chesney and

in third was Mike Navin.

HEAT 2

Amanda Vockler and Elizabeth

Casey went at high speed tying for first

and in second was Andrew O'Keefe.

HEAT 3

Dean Bonventi put metal to pedal

coming first and in second in was

Peter Allison.

Colin Redman did a time trial.

RACE 4 50m Breaststroke

HEAT 1

Andrew O'Keefe swam like a bat

out of hell coming first, in second was

Jim Baird and in third was Elizabeth

Casey.

Judy Chesney did a time trial.

HEAT 2

Amanda Vockler swam like the

wind coming first, in second was Peter

Allison and in third was Mike Navin.

Colin Redman did a time trial.

A great night had by all, come and

join us for some fun and laughter on a

Wednesday night at 5.30.

17.1.24

We had nine swimmers tonight.

RACE 1 \$ Brace Relay

Jim Baird and Elizabeth Casey

went double time coming first and in

second was Mike Navin and Amanda Vockler.

HEAT 2

Andrew O'Keefe and Jim Baird

ripped their lane apart coming first,

in second was Sue Crossley and Peter

Allison and in third was Paul Sheridan

and Jill Williams.

FINAL

There was a bust in the final,

Andrew O'Keefe and Paul Sheridan

taking one second off their time.

Jim Baird and Elizabeth Casey

came from behind coming first and in

the money.

RACE 2

HEAT 1

Jim Baird blew everyone out of

the water coming first, in ssecond

was Elizabeth Casey and in third was

Amanda Vockler,

HEAT 2

Paul Sheridan went at full speed

coming first, in second was Sue

Crossley and in third was Jill Williams.

RACE 3 25m Butterfly

There was one bust in this race,

Andrew O'Keefe taking one second off

his time.

Peter Allison swam like lightning

coming first, in second was Jill

Williams and third was Amanda

Vockler.

RACE 4 50m Freestyle

HEAT 1

Mike Navin was lucky the police

weren't around to clock him at high

speed coming first, in second was

Amanda Vockler and in third was Jim

Baird.

HEAT 2

Andrew O'Keefe went hell for

leather coming first, in second was Sue

Crossley and in third was Jill Williams.

A great night had by all, come and

join us for some fun and laughter on a

Wednesday night at 5.30.

We would like to thank our

sponsors, Bellingen IGA, Bellingen

Providore and Fullers Fresh.

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Blue Bottles Brasserie
Mitre 10 Woolgoolga
Top Town Market
Sunken Chip Takeaway Sandy Beach
Village Growers Market Woolgoolga
Nicole Cardow Real Estate
Sunset Room Restaurant
Woolgoolga Library
Royals Garage, Corinidi Beach

COFFS HARBOUR

Coffs Central Shopping Centre
Fresco Marketplace
Palate and Ply Coffee Shop
Lucky 7 Supermarket, Northside
Shopping Centre
Bray Street Newsagency Coffs
Coles Supermarket
Woolworths
Spar Supermarket Coffs Harbour
Spar Supermarket Jetty Village
Shop 36 General Store
Midway Convenience Shop
Good Price Pharmacy
Discount Chemist CBD
BP South
BP Truck Stop South
Caltex Service Station
BP Service Station
Bailey Centre Service Station
Caltex Service Station
Park Beach Bowling Club
Coffs Hotel
Green House Bottle Shop
BYO Cellars
Big Country Meats
Bray Street Butchery
Coffs Harbour Produce
Clog Barn Coffs
Macleod's Furniture Court Homebase
The Village Pantry - Homebase
Observatory Apartments
Nolan's Real Estate
The Happy Frog
Northside Bakery
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Community Village
Coffs Harbour Library and Cafe
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Park Beach Plaza

Woolworths
Ritchies IGA
Big W
Terry White Chemmart
Target
Silvio's Italiano
Park Beach Plaza Food Court
Park Beach Plaza Customer Information

BOAMBEE/TOORMINA/SAWTELL

Sawtell Newsagency
Coles Supermarket
Ritchie's Supermarket Boambee
Lucky 7 Convenience Store
Blooms the Chemist Sawtell
Boambee Liberty Service Station
Bonville Service Station
Toormina Hotel
Sawtell Surf Lifesaving Club
The Country Brewers
Marian Grove Retirement Village
Toormina Centre Management
Boambee Garden Retirement
Raine & Horne Toormina
Unrealestate Agent
Sawtell Real Estate
Toormina Real Estate

URUNGA/BELLINGEN

Bellingen Newsagent
IGA Supermarket
Spar Supermarket Urunga
Foodworks Urunga
Lindsay's Oysters
Kombu Wholefoods
Cardow's Urunga
Cardow's Real Estate Bellingen
Fermount Fire Station
Ray White Real Estate

Sawtell Bowls Results

By Geoff HAMPSON

MONDAY Twilight Bowls 5pm to 7pm
(Names in on sheet at Club by 4pm/
Payment and Check in by 4.45pm) Single
Entry- All Bowlers Welcome
MONDAY - Twilight Bowls 15/1/24
/ WAS CANCELLED DUE TO WEATHER
TUESDAY - Ladies Social Bowls
16/1/24/ WAS CANCELLED DUE TO
WET WEATHER
WEDNESDAY- Men's Social Bowls

17/1/24
W Hall, D Anderson, A Berry DEF K
Raymond, M Cutts, J Murtas
G Campbell, P Bartholomew, B
Newling, DEF M Hastings, A Baker, A
Sorbello
N Thomas, G Berko, L Preston DEF
W Vaughn, J Townsend
C Attard, M Flint, N Wong DEF D
Wheeler, C Christian, M Aujard
T Brooks, R Cridge, G Denniss DEF P
Bird, A Amos, R Rolinson
N Kotrozos, J Oates, R Morris DEF R
McLennan, G Hitchen, S Wilkinson

P Roach, D Bond, B Meadows DEF D
Frost, N Sillar, M Langley
R Stock, P Collins, B Martin DEF A
Vivian, J Urge, A Taylor
B Fitzpatrick, R Williams, B Clugston
DEF R Smithers, N McClelland, J Rice
I Muller, L Zecchinati, DEF P
Paunovic, A Wagstaff
FRIDAY -Open Social Bowls 19/1/24
J Brooks, J Smithers, R Morris DEF N
Thomas, T Thomas, M Sharpe
H Slater, D Frost, C Attard DEF N
Kotrozos, J Oates, Jon Townsend
A Baker, A Robertson, B Blyth DEF L

Zecchinati, P Bartholomew, B Meadows
G Campbell, W Sharkey, Jan
Townsend DEF K Lewis, A Stone, M Flint
S Mason, T Lavelle, P Roach DEF B
Hamilton, C Christian, A Berry
T Brooks, R Cridge, A Taylor DEF L
Read, P Covington, N Sillar
G Hampson, H Muir, J Flynn DEF P
Bird, M Friend, J Richardson
P Paunovic, N Wong, G Hunt DEF B
Fitzpatrick, J Harter, A Sorbello
J Urge, T Karam, T Hodgson DEF W
Vaughn, D Anderson, A Wagstaff

Park Beach Mens Bowling Club

By Bruce WORBOYS

CLUB Championships Fours - Semi
Finals
D Valentine, J Thorn, T Erskine, D
Condon d R Aitken, C Holland, S Kindred,
D Lindner 23 - 14
R Finch, M Berube, J Long, C Daley
d N Dean, N McKee, P Evans, J Swan
22 - 18

Final to be played 9.30am Sunday
28 January
D Condon v C Daley
Thursday Mens Triples 18/01/2024
L Frail, B Warmlesley, M Flint d J
Lowndes, R Shephard, A Dorrington
23 - 12
S Campbell, P North, B Trotman d M
Lee, C Hinsley, J Long 23 - 15
J Robinson, W Grimshaw, C Jones d
K Johnson, P Booth, J Dunn 19 - 15
W Moore, P McLachlan, I Trengove d
B Edwards, B Worboys, R Douglas 24 - 9

R Felton, S Bailey, D Condon d S
Jones, R Kelly, B Smith 33 - 10
C Trotman, B Nicholson d S
Bloomfield, J Wills 23 - 11
K Williams, R Aitken, K Morrison d G
Williams, B Kelly, R Beaumont 22 - 10
C Weatherall, S Crawford d T Wisely,
K Kaaden 24 - 9
C Lloyd, N Dean, D Wilson d D
Francis, D Catling, B Garner 19 - 18
J Edding, H Katala, G Colman d J
McLeod, D Orchard, G Wallace 24 - 13
R Finch, M Berube, R Alford drew M

Finn, N Condon, J Swan 18 - 18
Major Mens Triples Championship
commence on 18 February and continue
3 March, 16 March and 17 March (3
March if required). Nominations close
Friday 9 February at 5.00pm.
Park Beach Bowling Club conducts
free bowls lessons every Saturday
morning, weather permitting, from
9.30am. All ages and skill levels
welcome. Please put your name down
at Club reception by 3.00pm Friday to
make sure you don't miss out.

Coffs Harbour Golf Club Monday Vets

By Vicky SILVER

MONDAY 22nd January 2024
45 members and 1 visitor played a
9 hole stableford event to start off our
golfing year.
Winners and place getters:
Gents
John Miles 22
Trevor Bissett 21
Garry Silver 20 c/b
Chris Oddy 20 c/b
Ball Comp:
Stuart Malouf 20

Roger Martin 19
John Wilgress 18 c/b
Ladies
Susan Maione 19
Joan Levingston 18 c/b
Vicki Silver 18 c/b
Lyn Whitelaw 18 c/b
Ball Comp
Jenny Malouf 18 c/b
Lin Kildea 18
Jean O'Connor 17 c/b
Nearest the Pins:
3rd Lyn Whitelaw & Norman
Shannon
6th Anne Ericsson & John Delaney.
Next week we will play a Single
Stableford.

Safety Beach Golf

BEACH Street Dining
9 Hole Stableford
C Boady 27
B Lawrence 23.
Coffs Coast Sports Physio
18 hole stableford
Ray Isaacs 39

Ashley Hardwick 38
Wayne Bailey 37
Neil Power 36.
Mens 4 man 4bbb
20 Jan
B Irvine and T Hunt 51
G James and G Harrisc 48
W Stone and D Yarnold 47

Coffs Table Tennis Results

By Dale ALLEN

FRIDAY, 19 January 2024
Division 1
Will Fang d Arpit Pathak 3/1,
Reece Baker d Gerard Martin 3/0,
Arpit Pathak d Gerard Martin 3/2,
Will Fang d Reece Baker 3/2, Will
Fang d Gerard Martin 3/2, Reece
Baker d Arpit Pathak 3/2. WINNER:
Will Fang from Reece Baker.
Group A (D2 and D3)
Colin Deng d Ann Joy 3/0, Dale
Allen d Troy Prystasz 3/2, Paul
Hendriks d Bo Zhang 3/0, George
Ruaporo d Lachlan Dierkx 3/2.
Division 2
George Ruaporo d Colin Deng
3/1, Paul Hendriks d Dale Allen 3/1,
Colin Deng d Dale Allen 3/2, Paul
Hendriks d George Ruaporo 3/0.
WINNER: Paul Hendriks from George
Ruaporo.
Division 3
Lachlan Dierkx d Ann Joy 3/1,
Bo Zhang d Troy Prystasz 3/0, Troy

Prystasz d Ann Joy 3/0, Lachlan
Dierkx d Bo Zhang 3/0. WINNER:
Lachlan Dierkx from Bo Zhang.
Group B (D4 and D5)
Terry Baker d Boyd McGregor
3/0, King McKie d Nick Jankovic 3/0,
Char Berglund d David McGrath 3/2,
Lulu Zhang d Sharee Templeton 3/0.
Division 4
Terry Baker d Lulu Zhang 3/2,
King McKie d Char Berglund 3/1, Lulu
Zhang d Char Berglund 3/0, Terry
Baker d King McKie 3/2. WINNER:
Terry Baker from King McKie.
Division 5
Sharee Templeton d Boyd
McGregor 3/2, Nick Jankovic d David
McGrath 3/0, Boyd McGregor d David
McGrath 3/1, Sharee Templeton d
Nick Jankovic 3/1. WINNER: Sharee
Templeton from Nick Jankovic.
Division 6
Jake Morley d Lindsay Jones 3/0,
David Iles d Jo Ellis 3/0, Jake Morley
d Jo Ellis 3/1, David Iles d Lindsay
Jones 3/0, Jo Ellis d Lindsay Jones
3/1, David Iles d Jake Morley 3/0.
WINNER: David Iles from Jake Morley.

Coffs Harbour Rifle Club

By Geoffrey HART

JANUARY 21 - Dairyville Range 300m
Centrefire match was conducted with
10 participants, in very hot conditions.

Master Grade: Glenn K 98.2, Jake
Buckley 94.8, A Grade: John Lambert
81.1, B Grade: Lindsay McConachy 89.4,
Member-677 82.2, Max Archer 82.1, C
Grade: Pete C 80.0, Phil Hartmann 66.0,
Cherelle Steinhardt 63.2, Ron Dean 59.0

Park Beach Women's Bowling Club

By Mandy TRENGOVE

MIXED pairs Friday 19th January
E Kidd, M Watt, S Watt def L
McLeod, P Poulton, J Murtas 15/14
Y and G Hinsley def J Farrell, R
DeMeio 27/10
C Irvine, J Bishop def C Treharne, S

Jones 20/6
G Duffey, D Lindner def V Slater, R
Oakley 23/14
C Keogh, J Phillips def A Worboys, K
Frail 14/13
D Futcher, R Lane drew with D
Hargraves, Y Schmidt 17/17
M and C England def C and N
McVicar 20/11
K Dunn, L Loadsman def S Bailey, D
Walsh 19/11

SSAA Benchrest Results

By Rodney MADELEY

DAIRYVILLE range.
Event was Rimfire Score 50m.
Bill Buchanan 250.10.
Alistair McMillan 248.11.
Peter Fleming 247.5.
Keiran Grabham 245.5.
Rod Madeley 242.6.
John Mason (Air rifle) 221.1.
Greg Sutherland dnf.
Silhouettes: Steve D. 41.
Sarah 40. Matt 38.

Dan 38. Aaron 35.
Kim 33. Lachie 32.
Amanda 17. Steve 16.
100yds Centrefire Group:
Alistair McMillan .2532, sg .120.
Ray Beavis .2540, sg .184.
Wayne Munro .2588, sg .249.
Michael Thompson .2834, sg .143.
Peter Fleming .3132, sg .285.
Ian Thompson .4310, sg .328.
Keiran Grabham .4492, sg .299.
Hunting rifle:
Peter McGrath .7842, sg .404.
Ken 1.7994, sg 1.220.

Coffs CEX Results

By Steve ROBINSON

21 JANUARY 2024
COFFS CEX Golf played on Sunday
21 January 2024 at Nambucca Heads,
Single Stableford.
The Winner: Pat Sydenham (41)
Runner Up: Maurice Tate (37)

Ball Winners: Casey Pilon (35),
Jose Caravante (35), Kel Wilton (33),
Rick Paxton (32), Warwick Wallace
(31), Ben Gately (31), Peter Hill (30),
Peter Woods (30), Chad Nagel (30) &
Peter Downes (29)
NTP's: Peter Woods, Matt Hood,
Warwick Wallace & Kel Wilton
Next Game is on Sunday 4th
February 2024 at Grafton.

Urunga Ladies Golf Results

By Lois MILHAM

FRIDAY 19/01/24 - Monthly Medal 2
Divisions
Division 1
Winner: L.Thomas (15) Nett 78
R/Up: D.Navin (19) Nett
83
Putts: L.Thomas 27putts

Division 2
Winner: D.Lindsay (29) Nett 82
R/Up: C.Fahey (39) Nett 85
Putts: D.Lindsay 35 putts
Balls: L.Thomas, D.Navin, L.Milham,
L.Bastick, S.McLean, D.Lindsay,
C.Fahey, K.Kennedy, J.Tierney.
Congratulations to all the winners.
Conditions were very trying due to
the amount of rain we had on the
course, but we soldiered on.

Sawtell Golf Results

By Janet O'DOWD

16/1 STABLEFORD (front x 2) Lochie
Smith 38. Balls to 32. James Murdoch
eagle on 4
17/1 Stableford (front x 2) Gayle
James 35, Sharon Shipman 31. Balls to
28c/b
18/1 Play9 Stableford Terence
Rumble 19c/b, Paul McHugh 19c/b.
Balls to 16c/b
19/1 Medley Stableford Luke
Smith 40
20/1 Single Vs Par A: Luke France
+2c/b, Brendan Barnes+2.B: Sam Rava
+7, Bruce Lynch +1. C: Bill Hobbs +4,

Josh Siebert +2. Balls to - 2c/b. Peter
Matten eagle on 4, Bradley Lewis Eagle
on 17. NTP 7 A: Scott Pollard. NTP 11 A:
Bryce Clugston (pro pin), B: Paul Bayliss,
C: Garry Klaus
20/1 Single Stableford Rhonda
Cooper 27. Balls to 26
20/1 9 hole Stableford Lee Farrell
20
21/1 Medley Stableford Max Neal
37c/b, Nicholas Ling 37. Balls to 34

Urunga Men's Veterans Golf

By Ross Hardaker

JANUARY 22
Good roll up today with 30 starters
competing in a Single Stableford.
Visitors from Tamworth and
Moonbi.
Winner with 34 points was Kevin
kiwi Sanford, 2nd Geoff Hardaker 33
c/b, 3rd Selwyn Newby 33 c/b.

Run-down, Tom Cornelius, Kim
Michelsen, Greg Bartlett all 33, Ross
Hardaker, Peter Brotherton 32, Nick
Betar 31 and Grant Cardow 30 c/b.
NTPs 3rd Jock Howarth, 9th Selwyn
Newby, 18th Paul Bastick.
Longest Putt Gary Teale.
Bradman's Neil Richardson 14.
Slab Winner Aussie Bob Jones.

Sawtell RSL Snooker Club

By Ken MASON

TUESDAY 16th January 2024

Main Draw Winners: - Terry
Jennar - R/U Larry Hodgson
Consolation Winners: - Tony Gauci
- R/U Dave Lewis

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Death Notices

Jacqueline Polack
18th January 2024

Passed away peacefully at Masonic Aged Care, Coffs Harbour. Beloved wife of Cyril (dec). Loved mother and mother-in-law of Tony & Debbie, and Brian & Paula. Loving Grandma to Jessica, Danielle, James, Daniel and Ed.

Aged 91 Years
At Rest

As per Jacqueline's wishes, a private cremation was held at the Coffs Harbour Crematorium, Karangi.

VICTOR RULLIS
FUNERAL SERVICES
(02) 6651 5007
www.funeralcoffsharbour.com.au



WILKES, Thelma

21st January 2024, passed peacefully at Woolgoolga Retirement Village, Woolgoolga, formerly of Sefton. Much loved wife of Joseph (dec'd). Loving mother and mother-in-law of Alan & Cheryl, Pauline & Gary and Philip & Karen. Adored grandmother and great-grandmother of their families. Thelma will be sadly missed by all her extended family and friends.

Aged 99 Years
Reunited With Joe, Her Mum, Dad
Brothers & Sister

Thelma was privately cremated at Hogbin Drive Crematorium, Stadium Drive, Coffs Harbour on Wednesday 24th January 2024.

KEITH LOGUE & SONS
Coffs Harbour 6652 1999
Funeral Director's Assoc. of NSW
Accred No 12033-01

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to place
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Funeral Notices

McLAUCHLAN
Kevin Douglas

22nd January 2024, passed peacefully at Coffs Harbour Health Campus with family by his side. Much loved husband of Gillian. Loving father of Stephen, David and Philip, their partners and families. Kevin will be sadly missed by all his extended family and friends.

Aged 86 Years
At Peace

Relatives and friends are invited to attend Kevin's Funeral Service to be held in the Chapel of Hogbin Drive Crematorium & Memorial Gardens, Stadium Drive, Coffs Harbour on Tuesday 30th January 2024 commencing at 10.00 am thence for private interment.

KEITH LOGUE & SONS
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Funeral Director's Assoc. of NSW
Accred No 12033-01

ROGAN, Jack Grant
02.04.1934 - 19.01.2024

Passed away peacefully. Late of Coffs Harbour, Coolah, Dorrigo.

Loving husband of Ruth. Much loved & will be greatly missed.

Family and friends are warmly invited to celebrate Jack's life at Rose Chapel, Macquarie Park Crematorium, 2.00pm Friday 2nd February 2024.

Gregory & Carr - Gordon NSW
<https://gregoryandcarr.com.au/>

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Public Notices

Revival Centres Church
- Coffs Harbour -

Have you received the Holy Spirit since you believed?

Seminar Hut, 6 Duke Street, Coffs Harbour
Sundays 10.00 am

Mobile 0427 949 206 - revivalcentres.org

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Need help finding somewhere safe to stay?



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COFFS HARBOUR NEIGHBOURHOOD CENTRE Ph: 02 6648 3694

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- Vouchers and donations

PETE'S PLACE Ph: 0438 931 201

- Open Mon - Fri (8:30am - 1:30pm)
- Access to food, showers, laundry, clothing or bedding
- Support and information
- Visiting medical and other support services

MISSION AUSTRALIA Ph: 1800 269 672

- Emergency accommodation (9am-5pm). Contact Link2Home after hours
- All social housing queries

LINK2HOME Ph: 1800 152 152

- For after hours temporary accommodation if you are homeless

NEW HORIZONS Ph: 02 5632 4800

- Assistance if you are at risk of homelessness or currently homeless
- Securing housing and keeping you housed

WARRINA (Women & Families) Ph: 02 6652 4000

- Women's refuge and outreach
- Support for women and families experiencing domestic and family violence and/or homelessness
- Case management for men who use violence

COMMUNITY HOUSING LTD Ph: 1300 245 468

- Supporting CHL tenants
- Information about how to obtain housing

MOMENTUM YOUTH HOUSING Ph: 02 5632 4021

- For young people aged 17 - 24 yrs
- Support to keep or find housing
- Access to computers and information

WESLEY MISSION (Young people) Ph: 02 5646 5755

- Specialist housing for young people 12-25
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HOW DO YOU THINK PEOPLE EXPERIENCE HOMELESSNESS?

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BEDROOM, own tv. Fridge. Share everything else. All bills inc in rent. Unlimited wi-fi. Male / female with full time employment. No smoker. Share with quiet male in his 50s. \$250 per week. Ph 0488 261 068

Personals

GENTLEMAN, seeking lady for friendship and travel great ocean road the end of February 0423 041 423

Wanted to Buy

CAR later model, auto in VGC, ie bairna size registered in Coffs area Ring 0417 283 380

PLACE A CLASSIFIED AD TODAY

Phone 4981 8882 between 9am - 2pm on Monday, Tuesday Wednesday and Friday.

Personals

LADY seeks gentleman go dutch for movies theatre, outings and great friendship. If you like to dance, great bonus. Age 65 - 70. 0415 981 605

Any individual item listed for \$100 or less is listed for free.

Garage Sale

SAT 27/1. 7am start books, new summer ladies clothing, fridge jewellery, furniture, art works, ex shop items baby items, pram, cot, nic nacs and more. 38 Vista close, Woolgoolga

Found

A set of headphones found in South Coffs on Sunday 23/07/23. Ph 0493 082 090

We have great rates for items listed over \$100.

House for Sale

PRICE REDUCED! 2 br manufactured home in o55's village. Located in Bonville. \$350,000 ono. 0431 267 653

HUGE garage sale Multiple households A bit of everything. Sat/Sun 27th/28th January 8am start. 20 Boronia Ave Mylestom.

KEYS found at Diggers Beach on 11th December. 0415981605

Call today for a free quote.

Items for Sale

Crafty Recyclers 2nd hand goods Large qty of items In shed now \$2 each Mon to Friday 9.30am - 2pm 7 Newcastle Drive Toormina

Classifieds

4981 8882

SPECTACLES found Diggers Beach, 31 Oct describe and claim Ph: 0403 437 219

Coffs Coast News Of The Area

List any item for sale for under \$100 for FREE on the News Of The Area classifieds page. Phone (02) 4981 8882 or email ads@newssofthearea.com.au

Of The Area News

PET OF THE MONTH



Proudly brought to you by News Of The Area and Nambucca Valley Council



Vero:

Vero is a male black cat who was impounded from Giinagay Way, Nambucca Heads. Vero is not currently microchipped, vaccinated, desexed or lifetime registered.

Adoption fee for 2023/2024 is \$200 and this includes microchipping, vaccination, desexing & lifetime registration.

Please visit Councils website to view the full list of animals available for adoption or lost. For any adoption enquiries please contact Council on 6568 2555.

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Found For Sale For Sale For Sale For Sale For Sale For Sale For Sale For Sale

SUNGLASSES (Oakley) found in Walco Dr Toormina. If yours phone 0423 323 439

Free
1910 Antique Rattan Lounge Sofa. Classic piece. Restoration 0499682008

For Sale
80 DVDs, a few movies but majority war documentaries. \$50. Ph 0411 352 198

2 Darcy Doyle glass framed prints, 40cm x 50cm. The Kite Flyer, 'Hopscotch' Photos can be sent \$30. 0490 161 119

2 fridges plus wine fridge corner cupboard unit and gas heater. Prices neg. 0407580436

2 Super Sleeper single bed mattress toppers brand new top of the range on 1 error for \$718, will not fit my new caravan. \$150 each or \$250 the pair. Ph 0403 033 205

2 x VINTAGE Floral padded footstools. 50cm x 45cm. 45cm H. Photos avail. \$35 each. 0490 161 119

A variety of pictures old & modern prints, several by old masters. Reducing collection, prices lower Phone 6652 3791

ABROCKET twister exercise waist and abdomen trainer Brand new in box \$35. 0490 161 119

ANALOG clock and tide dock mounted on 900yr old Cedar. Made by mens shed. 45cmL x 20cm H. \$60 Photos avail. 0490 161 119

ANTIQUE red cedar bookcase \$80. 0400 976 080

ANTIQUE table, oval 100cm x 70cm lovely wood \$250 0499592475

BENCH grinder. \$100 0400 323 656

BILLARD table 8ft x 4ft plus accessories - equal to new. Slate top, Drop pockets, turn legs and sides. Full price \$5,000 Ph: 6653 7595

BISLEY womens workpant stretch cotton S10 1x black 1x stone Brand new \$30 each Ph 0432 294 491

BLOWER Vacuum Morrison. \$30 0499 592 475

BOOTS blk 37 Dj & J \$90. 0432 294 491

BOOTS, blk s37 Effegie \$50. 0432 294 491

BOXES, large (20) and medium (10) cardboard boxes. \$3 each for large, \$2 for medium 0410439950

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CARGO Barrier to suit early Nissan X-Trail Milford brand. \$50. Ph 0421 750 592

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CHILDRENS play table and 2 chairs, painted wood, 1 metre plus. \$90. 66523791

COFFEE Machine Jura Impressa J9.3 Swiss Made, exc cond Reasonable Offer Accepted. 0418 278 966

COMMODOE, mid century oak bedroom toilet. Circa 1950s with original chamber pot. \$75. Photos can be sent. 0490 161 119

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CUFF Links, mesh gold tone, wrap around with red stone. \$25 0407 654 879

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LARGE bench for work or decoration. 2m have a look. Phone 6652 3791

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LARGE metal FOB shape wall dock. 40cm diameter. \$50. Photos can be supplied. 0490 161 119

LARGE vintage timber wall mirror. Photo can be supplied. 90cm x 70cm \$40. 0490 161 119

LEGO Number 6608 1982 Vintage tractor in box with instructions. \$35. Photos avail. 0490 161 119

LG Bluray CD/DVD disk player. With remote. \$45. Photos avail. 0490 161 119

LOUNGE 2 seater 2x 1 seater wooden arm rests exc cond \$100 Call John 6651 7710

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LAWN Mower Masport 18" cut with Honda motor. Working cond but not used for extended time. \$20. 5633 9888

MARKWELL 3 phase 18cfm air compressor \$99. Ph 0474 378 447

MATTRESS and base king single, as new \$300 Ph: 0457 679 486

MATURE trees, inc new season christmas bush, yukkas, clumping bamboo. 0428812383

MUSO Stomp Box SK inc cable, pick up & battery. \$99 0407654879

NESPRESSO coffee machine \$20. Ph 0499 592 475

NEW mans PU leather cross over man bag 26cm x 22cm x 9cm \$35. Photos can be sent 0490 161 119

NIAGRA medical massage portable thermal eycolpad, \$400 0499 592 475

NORDIC track VR 19 exercise bike w/ manual \$550. 0417 481 120

OAK sideboards with ornate mirror, circa 1920. 0428 812 383

OZ trail wardrobe four shelves and hanging space \$50 Ono 0456 210 772

OZITO edge trimmer with battery and charger \$75. 0410 439 950

PENDULUM wall dock 31 days looks and works as good as new. Please ring early morning or evening. \$100 66562373.

PHIX steel saw bench with operating instructions in GC, has not been used much \$35. 0421 699 174

PORTABLER air/cond lebante, Tango 14 immac cond, \$275. 0418245913

PRESTIGE Pressure cooker perfect cond. Trivet, basket and spare seal incl. \$99 Ph: 6653 8337 or 0419 166 688

QUALITY wooden furniture for sale made by craftsman/carpenter variety to choose from view anytime. 66523791

R&R heavy duty over toilet chair with antispash 250kg, swl. \$95. Photos can be supplied. 0490 161 119

RECLINER Jason brand. Fully operational \$50. 0409 022 456

RUSTIC oblong 6 seat 1930's white mahogany farm table \$60. Ph 0474 378 447

RYOBI stainless steel workshop wet / dry vac \$65. 0410 439 950

SHELVES (2) solid wooden wall shelves with fittings 900mmL x 230mmW x 40mmD \$25 each or both for \$40 0415 981 605

SHOWER Screen good cond 2 sides, one slider can deliver locally \$99 call 0434 212 460

SKI Tube new tow bridle \$30. New tow rope \$30 0467 634 668

SMOKE alarms, 5 dipsal, fire tek 755psma2 New in box. \$20 each Photos can be sent 0490161119

SNOW Skis and bindings. Incl poles and Salomen boots Great cond. \$100 the lot 0409 022 456

SORBET maker \$10 0499 592 475

STAND up work bench ornamental for play or computer use. 1.2 h and wide, \$99. 66523791

STEAM Mop Hoover with 2 cleaning pads in very good as new condition \$40 Moonee 0422440802

STONES, garden river stones. Up to a trailer load. 0415 981 605

TANDEM Holstar Grand Tourer bike, exc cond \$1200. 0458 274 319

TAPESTRY, Glass framed and wall hung \$95. 0422 440 802

TENNIS racquets, man and ladies older style (Yvonne Goolagong) \$40.00 each. Phone 0401 221 864

THREE Heavey duty collapsible reflective safety truck triangles \$30 0490 161 119

TIMBER venetian blinds various sizes 50ml slats Brown oak as new 2 sets 210cm W, 1 set 120cm W. From \$50 to \$100. 0405 083 245

TIMBER Vintage free standing chevelle mirror Glass measures 1m x 30cm. \$85 Photos available 0490 161 119

TRADITIONAL timber corner cabinet, 3 shelves and doors at bottom 18cm H x 90cm W. \$75 Photos can be sent 0490 161 119

TRAVELERS palm \$50 Jacaranda and flame tree \$40 each mature trees in pots, approx 9ft high. Ph 6653 8337

TV hearing aid ear phones, Digitech, in box Rechargeable. \$100 0407 654 879

TV Teac 18.5" LCD tv with built in DVD player \$75. Photos can be sent 0490 161 119

Two Santee Kayaks Lightweight, stable, perfect for flatwater. Blue, one 13'5" other 11'6". Thermophored ABS solid bulkhead. win storage. Great condition, no dings, not scratched. Paddles included. Two pairs of Thule roof rack on VW for both kayaks. Package \$2,000. 0411 261125

VASE Mikasa Ceramic Blue. 32cm tall 25cm W Original Label. \$50. Ph 0407 654 879

VINTAGE art deco large wall mirror, 70cm x 50cm. \$40. Photos can be sent. 0490161119

WALL unit, large, timber and glass, good cond teak. \$75. 6652 5377

WASHING Machine Haier 6kg. very good cond. \$90 ono 0409 997 566

WEBBER BBQ on stand. cover full gas bottle. \$150 0403 953 924

WINE Bar decor 3 green glass bottles in Seagrass Vintage 1970 \$100 ono 0407654879

WINE Fridge - Large Transthem Ermitage Holds 240 bottles Reasonable Offer Accepted. 0418278966

WOK Bessemer \$20. 0499 592 475

Motorcycles

2019 Suzuki Burgman 200cc, 9 months rego 6000kms, GC. \$4,500 JSW48. 0428 628 105

Motors

2001 Ford Forte station wagon, auto, 6 months rego, 229,931kms \$1,500 ono. XQG882 0403 036 066

2008 VW Golf hatch auto, 244,307km, 6 mth rego. \$6,000. Ph 0477 990 446



2014 Suzuki Grand Vitara. Turbo-diesel 4WD 5-speed manual Hi-Low range. Genuine off-road/day-to-day SUV One owner. Logbook Exc cond. CVE54K Long rego 02/10/24 \$14,500 neg Ph 0412 165 405

HYUNDAIA Getz 2010 blue, 190,000kms GC, manual. ESG37H \$4,500. 0447 452 261

Caravans



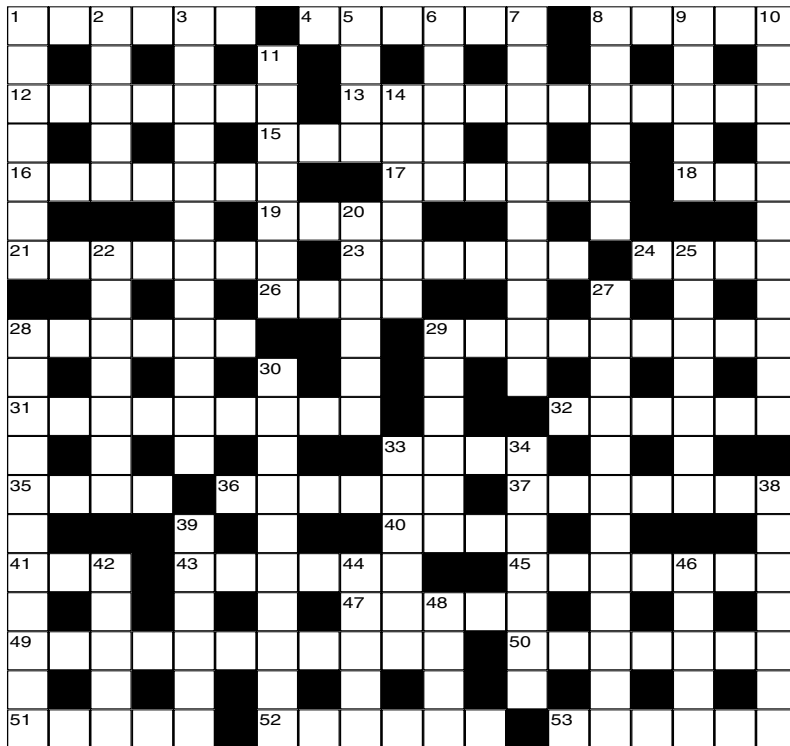
2000 Windsor Wind Heater Air con. Microwave Porta potti. Full cover. Long Rego TA83WD. \$13500 Ph 0408 275 767

Boats

TRAILER Sailer Hutton 24 registered. Trailer & boat ready to go. \$7500. 0427034446

BIG CROSSWORD

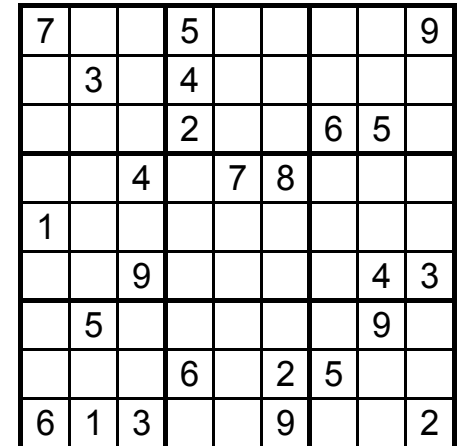
- Across**
- 1 Enormously
 - 4 Counteract
 - 8 Two-masted vessel
 - 12 Maize whisky
 - 13 Fizzed
 - 15 Confuse
 - 16 Facial hair
 - 17 Secret
 - 18 Health resort
 - 19 Affirm
 - 21 Milk drinker
 - 23 Get back
 - 24 Run before a gale
 - 26 Australian birds
 - 28 US president of 1980s
 - 29 Compound
 - 31 Quotations
 - 32 Get on a ship
 - 33 Desire
 - 35 Extra
 - 36 Squirm, as in pain
 - 37 Disease
- Down**
- 1 Jews
 - 2 Bandage material
 - 3 Political group (7,5)
 - 5 Nourish
 - 6 Less risky
 - 7 Solid ground (5,5)
 - 8 Custodian
 - 9 Bloodsuckers
- 10** Child's game (4-3-4)
- 11** Oblivious
- 14** Bell-bottoms
- 20** Bursts forth
- 22** Hire (a boat, etc)
- 25** Prevailing conditions
- 27** Astronomers
- 28** Suggested
- 29** More snug
- 30** Contest
- 33** Breathe with difficulty
- 34** Blocks
- 38** Overindulgence
- 39** Young dogs or wolves
- 42** Percussion instruments
- 44** Waterlogged
- 46** Yours (archaic)
- 48** Norse god



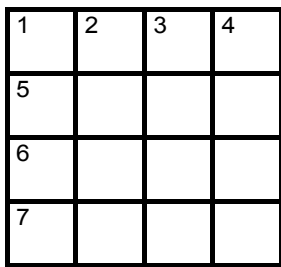
SUDOKU

Sudoku is an 81 square number grid with nine blocks each containing nine cells. To solve the puzzle, all the blank cells must be filled in using numbers from 1 to 9. Each number can only appear once in each row, column and in the nine 3x3 blocks.

MEDIUM



TINY CROSS



- ACROSS**
- 1 Water bird
 - 5 Ocean movement
 - 6 Concludes
 - 7 Toward sunset
- DOWN**
- 1 Brood
 - 2 Chardonnay
 - 3 Contributes
 - 4 Cosy retreat

O S U C C E S S F U L L Y
S D R G W G T P O Y O Y G
A O E A G G Q O W K U X N
W K V R L L A R I P B P I
D E L T U L D T E N I T Y
S P E W C O I S P M U J T
D G X K B T L P O O L W N
R E N T U H O O R V E U U
Y M H M R B S A C E W N D
L E A U S M G K D D T Y T
I V Y B T U O S U I T A W
A E W A S J R W L T O A C
D N A T I M O L E C U L E

WORD FIND

All the words listed below can be found in the grid.

- All
- Mrs
- And
- Oaks
- Bursts
- Omit
- Caterpillars
- Owe
- Coat
- Pool
- Coloured
- Rent
- Crow
- Solid
- Daily
- Sports
- Eat
- Successfully
- Egg
- Sugar
- Even
- Until
- Get
- Untying
- Jump
- Waves
- Molecule
- Weeds
- Moved
- Yoyo

SOLUTIONS

TINY CROSS

ACROSS: 1 Stew, 2 Wine, 3 Adds, 4 Nest.
DOWN: 1 Swans, 2 Tide, 5 Ends, 7 West.

Kids Boot Camp 003

Burping Bubbles

Fishing Expedition

Can you spot 5 differences between picture A and picture B?

Which path leads to the coral?

ANSWERS: Spot the difference Picture B - Rock missing, eye missing on green fish, extra bubble, orange fish's eye has moved and spot missing on purple fish. Fishing Expedition - Path 1.

NEWS OF THE AREA TIDES

Of The Area News

THE RIGHT TABLE SHOW TIDAL VARIATIONS AT SEVERAL LOCATIONS

The time variation should be added to the corresponding Fort Denison time.

In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only.

They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated.

Day	Time	Height
FRI 26 Jan	3:06 am	0.55m
	9:38 am	1.79m
SAT 27 Jan	3:44 am	0.54m
	10:14 am	1.78m
SUN 28 Jan	4:20 am	0.54m
	10:47 am	1.75m
MON 29 Jan	4:58 am	0.50m
	11:20 am	1.80m
TUE 30 Jan	5:37 am	0.59m
	11:54 am	1.82m
WED 31 Jan	12:33 am	1.38m
	6:19 am	0.64m
THU 1 Feb	1:13 am	1.39m
	7:06 am	0.68m

TIDE CHART - 7 DAYS

Graph and Times are for Sydney Fort Denison

Location	(high)	(low)
NAMBUCCA RIVER	Watts Creek 1hr	Macksville 1hr 30m 2hrs 10m
KALANG RIVER	Uranga Bridge 1hr 20m	1hr 40m
BELLENGER RIVER	Mylestom 30m 1hr	Raleigh 1hr 1hr 30m
	Bellingen 1hr 40m	2hr 10m
COFFS HARBOUR	0 to 15m	0 to 15m

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tv listings

BEST ON THE BOX



SATURDAY

COTSWOLDS AND BEYOND WITH PAM AYRES

SBS, 7.30pm

British poet Pam Ayres has hit the jackpot with this charming travelogue – not only does she get to tour the picturesque Cotswolds, writing verses about her rich discoveries and the region's bountiful gardens, but she gets paid to do it. No doubt she leapt at the chance to film this second outing, this time venturing further afield to capture the beauty of neighbouring counties and their residents (including Tetbury's most famous resident, King Charles) as well. In tonight's premiere, Ayres visits one of Britain's most iconic landmarks, Stonehenge, for a magical sunrise, tastes the water at Cheltenham's spa, and searches for a furry friend in Oxfordshire.

SUNDAY

TOTAL CONTROL

ABC, 8.30pm

The third and final season of this successful political drama series showcases brilliant performances from Deborah Mailman and Rachel Griffiths, benefitting from incorporating real-world events (the pandemic, floods, cost of living crisis) into the narrative. But this episode is more about personal stakes and shady behind-the-scenes dealings in Canberra as Rachel (Griffiths) finds herself under the influence of a powerful billionaire, while Alex (Mailman) continues to deal privately with a shocking health diagnosis, and decides to confide in her advisor (Steph Tisdell). With only three episodes remaining after this instalment, *Total Control* is building to an explosive climax.



MONDAY

AUSTRALIAN IDOL

SEVEN, 7.30pm

After a successful revival in 2023, this talent show returns with a change-up in the judging panel. Aussie popstar Amy Shark and shock jock Kyle Sandilands are back again, with the legendary Marcia Hines joining them this year as the third industry figure casting an eye over a whole new group of singing hopefuls. This season also sees the return of the "golden ticket", which guarantees aspiring singers a spot in the top 30. It is incredible to see the talent *Idol* has uncovered over the years – including co-host Ricki-Lee – and this season is sure to be no different. In tonight's premiere, star-on-the-rise Dylan Wright auditions with a moving rendition of "Better Be Home Soon" that's not to be missed.



2601

FRIDAY, January 26

ABCTV (2)

6.00 News. **8.05** Private Welcome Ceremony. **8.20** News. **9.00** Australia Day: National Citizenship Ceremony. **10.15** News. **11.00** Fake Or Fortune? (R) **12.00** News. **1.00** Silent Witness. (Manv, R) **2.00** Total Control. (R) **2.55** Australian Of The Year Awards. (PG, R) **4.10** Antiques Roadshow. (R) **5.05** Love Your Garden. (PG) **5.55** Back Roads. (R)

6.25 Hard Quiz. (PG, R)
6.55 Governor-General's Australia Day Message. An address to the nation.
7.00 ABC News.
7.30 Australia Day Live. (PG) A concert from the Sydney Opera House forecourt.
9.30 MOVIE: Miss Fisher And The Crypt Of Tears. (2020, Mv, R) Phryne Fisher embarks on an adventure involving an ancient curse and priceless emeralds. Essie Davis, Nathan Page.
11.10 ABC Late News.
11.25 Love Your Garden. (PG, R)
12.15 Tenable. (R)
1.00 Wakefield. (Final, Mal, R)
2.00 Rage. (MA15+adhlsv)

ABCTV PLUS (22) **6am** Children's Programs. **7.05pm** Star Wars: Young Jedi Adventures. **7.20** Bluey. **7.30** Spicks And Specks. **8.00** Would I Lie To You? **8.30** MOVIE: Breath. (2017, M) **10.25** The Story Of Film: A New Generation. **11.45** Would I Lie To You? **12.15am** QI. **12.45** Killing Eve. **1.30** Back. **1.55** George Clarke's Amazing Spaces Northern Lights Adventure. **2.45** ABC News Update. **2.50** Close. **5.00** Late Programs.

SKY NEWS (53) **6am** Morning Programs. **10.00** AM Agenda. **11.00** NewsDay. **Noon** News. **12.30** News. **1.00** The Kenny Report. **2.00** Afternoon Agenda. **3.00** Paul Murray Live. **4.00** Afternoon Agenda. **4.30** Business Now With Ross Greenwood. **5.00** Erin. **6.00** Steve Price. **7.00** The Rita Panahi Show. **8.00** The US Report. **9.00** The Media Show. **9.30** NewsNight. **10.00** NewsNight. **11.00** Late Programs.

SBS (3)

6.00 Morning Programs. **11.55** Dance Ceremony. (R) **12.00** Living Black. (R) **12.40** WorldWatch. **2.00** Mastermind Aust. (R) **2.30** The Cook Up. (PG, R) **2.59** News. **3.01** Who Do You Think You Are? (PG, R) **4.04** News. **4.06** Jeopardy! (R) **4.29** Letters And Numbers. (R) **4.58** News. **5.00** Mastermind Aust. (R) **5.30** NITV News Special: Day 26.

6.30 SBS World News.
7.30 MOVIE: Top End Wedding. (2019, Mdls, R)
9.25 Sex: A Bonkers History. (MA15+as)
10.25 SBS World News Late.
10.55 L'Opera. (Mls)
11.50 La Fortuna. (Mls, R)
2.50 Nine Perfect Strangers. (Malv, R)
3.50 Going Places With Ernie Dingo. (PG, R)
4.50 Destination Flavour Down Under Bitesize. (R)
5.00 NHK World English News Morning.
5.30 ANC Philippines The World Tonight.

VICELAND (31) **6am** WorldWatch. **10.00** Front Up. **12.15pm** Sing About This Country. **2.20** Wellington Paranormal. **3.15** WorldWatch. **5.15** The Ice Cream Show. **5.45** Joy Of Painting. **6.15** The Fast History Of. **6.40** Jeopardy! **7.30** 8 Out Of 10 Cats Does Countdown. **8.30** Hoarders. **9.20** Love And Sex In An Age Of Pornography. **10.20** Mums Make Porn Germany. **12.10am** Radio Hate. **1.05** Sex Before The Internet. **2.00** Late Programs.

SBS MOVIES (32) **6am** Stolen Kisses. Continued. (1968, PG, French) **6.20** Dr Strangelove. (1964, PG) **8.10** Heart Beats Loud. (2018, PG) **10.00** Parallel Mothers. (2021, M, Spanish) **12.15pm** Man Of The Year. (2006, M) **2.20** The Cup. (2011, PG) **4.20** Alone In Space. (2018, PG, Swedish) **5.50** Rabbit-Proof Fence. (2002, PG) **7.30** Charlie And Boots. (2009, M) **9.25** High Ground. (2020, MA15+) **11.25** Late Programs.

SEVEN (6)

6.00 Sunrise. **10.00** The Morning Show. (PG) **11.30** News. **12.00** MOVIE: The BBQ. (2018, PGal, R) **2.00** Pre-Game Show. **3.00** Cricket. Second Test. Australia v West Indies. Day 2. Afternoon session. **5.00** Test Cricket: Tea Break.
5.40 Cricket. Second Test. Australia v West Indies. Day 2. Late afternoon session.

6.00 Seven News.
7.00 Cricket. Second Test. Australia v West Indies. Day 2. Late afternoon session.
7.40 Test Cricket: Dinner Break. Takes a look at the day of play so far in the Second Test between Australia and the West Indies.
8.00 Cricket. Second Test. Australia v West Indies. Day 2. Evening session. From the Gabba, Brisbane.
10.30 MOVIE: The Mountain Between Us. (2017, Mals, R) Two strangers survive a plane crash. Kate Winslet, Idris Elba.
12.45 12 Monkeys. (MA15+av, R)
2.00 Home Shopping.
4.00 Million Dollar Minute. (R)
5.00 NBC Today.

7TWO (62) **6am** Morning Programs. **9.00** Harry's Practice. **9.30** NBC Today. **Noon** Better Homes. **1.00** Escape To The Country. **2.00** Harry's Practice. **2.30** Weekender. **3.00** Cities Of The Underworld. **4.00** Better Homes. **5.00** Escape To The Country. **6.00** Bargain Hunt. **7.00** Better Homes And Gardens Summer. **8.30** Escape To The Country. **10.30** Escape To The Perfect Town. **11.30** Late Programs.

7MATE (64) **6am** Morning Programs. **11.30** American Pickers. **12.30pm** Pawn Stars. **1.00** Counting Cars. **2.00** Aussie Lobster Men. **3.00** Timbersports. **3.30** Desert Collectors. **4.30** Storage Wars. **5.00** American Pickers. **6.00** Cricket. Second Test. Australia v West Indies. Day 2. Late afternoon session. **7.00** Pawn Stars. **7.30** MOVIE: The Amazing Spider-Man. (2012, M) **10.15** MOVIE: Priest. (2011, M) **12.15am** Late Programs.

NBN (8)

6.00 Today. The latest in news and current affairs.
9.00 Today Extra. (PG) A mix of topical issues.
11.00 Australian Open Tennis Pre-Show. Hosted by Tony Jones.
12.00 Tennis. Australian Open. Day 13.
4.00 Tennis. Australian Open. Afternoon 13.

6.00 NBN News.
7.00 Australian Open Tennis Pre-Show. Hosted by James Bracey.
7.30 Tennis. Australian Open. Night 13. Men's semi-final.
11.00 MOVIE: The Impossible. (2012, Malnv, R) A family is caught up in the 2004 tsunami. Naomi Watts.
1.00 New Amsterdam. (MA15+am, R)
2.00 Law & Order: Organized Crime. (Mv, R)
3.00 TV Shop: Home Shopping. (R)
4.00 GolfBarons. (PG, R)
4.30 Global Shop. (R)
5.00 TV Shop: Home Shopping. (R)
5.30 Skippy The Bush Kangaroo. (R)

9GEM (82) **6am** Morning Programs. **11.30** My Favorite Martian. **Noon** Edgar Wallace Mysteries. **1.20** Explore. **1.25** Dr Quinn. **2.25** Keeping Up Appearances. **3.25** MOVIE: The Getting Of Wisdom. (1977, PG) **5.30** The Travelling Auctioneers. **6.30** Antiques Roadshow. **7.30** David Attenborough's A Perfect Planet. **8.40** MOVIE: Red Dog. (2011, PG) **10.35** MOVIE: Red Dog: True Blue. (2016, PG) **12.20am** Late Programs.

9GO! (83) **6am** Children's Programs. **11.30** MOVIE: Pokémon The Movie: Diancie And The Cocoon Of Destruction. (2014) **1pm** Winter Youth Olympics: Highlights. **2.00** Bewitched. **2.30** Full House. **3.00** Seinfeld. **4.00** Family Ties. **4.30** The Addams Family. **5.00** Bewitched. **5.30** Dream Of Jeannie. **6.00** MOVIE: Cats & Dogs. (2001, PG) **7.45** MOVIE: Divergent. (2014, M) **10.30** MOVIE: Species. (1995, MA15+) **12.40am** Late Programs.

TEN (5)

6.00 Morning Programs. **9.30** Neighbours. (Pga, R) **10.00** Taste Of Aust. (R) **10.30** GCBC. (R) **11.00** Food Trail: South Africa. (R) **11.30** My Market Kitchen. (R) **12.00** 10 News First: Midday. **1.00** Dr Phil. (PGals, R) **2.00** Gladiators. (PGv, R) **3.15** Ent. Tonight. **3.30** Judge Judy. (PG, R) **4.00** Farm To Fork. **4.30** Bold. (Pga) **5.00** News.

6.30 The Project. A look at the day's news.
7.30 Gladiators. (PGv) Hosted by Liz Ellis and Beau Ryan.
8.45 The Graham Norton Show. (Mdl) Celebrity guests include Paul Mescal, Andrew Scott, Kingsley Ben-Adir and Da'Vine Joy Randolph.
9.45 Fire Country. (Mdv, R) The crew comes under fire from an outlaw protecting his illegal marijuana plantation.
10.40 So Help Me Todd. (Pga, R) Todd reunites with a childhood friend.
11.40 The Project. (R)
12.40 The Late Show With Stephen Colbert. (PG)
1.30 Home Shopping. (R)

BOLD (51) **6am** Home Shopping. **8.00** Soccer: A-League Men. Round 13. Central Coast Mariners v Melbourne City. Highlights. **8.30** Diagnosis Murder. **10.30** Jake And The Fatman. **11.30** JAG. **1.30pm** Star Trek: Voyager. **2.30** Jake And The Fatman. **3.30** Diagnosis Murder. **5.30** JAG. **7.30** Bull. **8.30** NCIS. **9.25** NCIS: Hawai'i. **10.20** NCIS: Los Angeles. **11.15** JAG. **12.15am** Home Shopping. **2.15** Diagnosis Murder. **4.05** JAG.

NITV (34) **6am** Morning Programs. **8.30** Garma Bunnul 2023. **9.30** Dance Rites 2023. **11.00** Elder In Residence Oratorion 2023. **Noon** Living Black. **12.40** Ganbu Gulin: One Mob. **1.10** Ningla A-Na. **2.30** Sounds Of Solidarity. **5.30** NITV News Special: Day 26. **6.30** The Big Wet. **7.30** MOVIE: Rabbit-Proof Fence. (2002, PG) **9.10** NITV News Special: Day 26. **10.10** You Are Here: We Don't Need A Map. **11.45** Late Programs.

CONSUMER ADVICE (P) Pre-school (C) Children (PG) Parental Guidance Recommended (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence (R) Repeat Please Note: Programs are correct at the time of print and are subject to change by the Networks.

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SATURDAY, January 27

ABCTV (2)	SBS (3)	SEVEN (6)	NBN (8)	TEN (5)
<p>6.00 Morning Programs. 9.00 Rage. (PG) 12.00 News. 12.30 Keeping Faith. (PG, R) 1.25 Darby And Joan. (PG, R) 2.10 Spicks And Specks. (PG, R) 2.45 McCartney 3, 2, 1. (PG, R) 3.15 Julia Zemiro's Home Delivery. (PG, R) 3.45 Extraordinary Escapes. (PG, R) 4.30 Grand Designs Transformations. (R) 5.30 Muster Dogs. (PG, R)</p> <p>6.30 Back Roads: Uralla, NSW. (R) Presented by Heather Ewart. 7.00 ABC News. A look at the top stories of the day. 7.30 Darby And Joan. (PG) A scuba dive goes horribly wrong. 8.15 Vera. (Ma, R) Part 2 of 4. After DCI Vera Stanhope is called to the scene of a car crash, she discovers that it was no accident. 9.45 Total Control. (R) Alex receives a health diagnosis, which threatens to derail her political ambitions. 10.40 Australia Day Live. (PG, R) A concert from the Sydney Opera House forecourt. 12.40 Rage. (MA15+adhlvns)</p>	<p>6.00 WorldWatch. 9.00 Cook Up Bitesize. (R) 9.05 The World From Above. (R) 10.05 Love Your Garden. (R) 11.00 Great Irish Interiors. (R) 12.00 WorldWatch. 2.00 Destination Flavour China Bitesize. (R) 2.10 Portillo's Greatest Railway Journeys. (R) 4.00 Black Cockatoo Crisis. (PGa) 5.30 Ukraine: Holocaust Ground Zero.</p> <p>6.30 SBS World News. 7.30 Cotswolds And Beyond With Pam Ayres. (Premiere) 8.25 Beautiful Lakes Of Northern Italy. 9.20 World's Most Scenic Railway Journeys. (R) 10.10 Secrets Of The Royal Palaces. (PG, R) 11.00 Auschwitz: One Day. (MA15+av, R) 12.00 In Therapy. (Mal, R) 2.45 Going Places. (PGa, R) 3.45 Bamay. (R) 4.45 Destination Flavour. (R) 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 ANC Philippines The World Tonight.</p>	<p>6.00 NBC Today. 7.00 Weekend Sunrise. 10.30 Cricket. Women's Twenty20 International Series. Australia v South Africa. Game 1. 2.00 Pre-Game Show. 3.00 Cricket. Second Test. Australia v West Indies. Day 3. Afternoon session. 5.00 Test Cricket: Tea Break. 5.40 Cricket. Second Test. Australia v West Indies. Day 3. Late afternoon session.</p> <p>6.00 Seven News. 7.00 Cricket. Second Test. Australia v West Indies. Day 3. Late afternoon session. 7.40 Test Cricket: Dinner Break. Takes a look at the day of play so far in the Second Test between Australia and the West Indies. 8.00 Cricket. Second Test. Australia v West Indies. Day 3. Evening session. 10.30 MOVIE: Hancock. (2008, Mlv, R) A public-relations expert tries to help a superhero. Will Smith. 12.20 12 Monkeys. (MA15+av, R) 1.20 Travel Oz. (PG, R) 2.00 Home Shopping. 4.00 Get Clever. (R) 5.00 My Greek Odyssey. (PG, R)</p>	<p>6.00 Morning Programs. 7.00 Weekend Today. 10.00 Today Extra Summer. (PG) 12.00 Cybershack. (PG) 12.30 Mr Mayor. (PGa, R) 1.00 Bondi Vet. (PGm, R) 2.00 MOVIE: The Man In The Moon. (1991, PGa, R) 4.00 Australian Open Tennis Pre-Show. 5.00 9News First At Five. 5.30 Country House Hunters Australia.</p> <p>6.00 NBN News. 6.30 Australian Open Tennis Pre-Show. 7.30 Tennis. Australian Open. Night 14. Women's final. Men's doubles final. 12.00 New Amsterdam. (MA15+am, R) 1.00 Law & Order: Organized Crime. (Mav, R) 2.00 The Incredible Journey Presents. (PGa) 2.30 Country House Hunters Australia. (R) 3.00 TV Shop: Home Shopping. (R) 4.30 Global Shop. (R) 5.00 TV Shop: Home Shopping. (R) 5.30 Helping Hands Summer Series. (PG, R)</p>	<p>6.00 Morning Programs. 10.30 Healthy Homes. (R) 11.00 The Chef's Garden. (R) 11.30 All 4 Adventure. (PGI, R) 12.30 Taste Of Aust. (R) 1.00 GCBC. (R) 1.30 Exploring Off The Grid. (R) 2.00 Wildlife Rescue. (PGm, R) 3.00 What's Up Down Under. 3.30 Everyday Gourmet. (R) 4.00 My Market Kitchen. (PGI) 4.30 Farm To Fork. (R) 5.00 News.</p> <p>6.30 Jamie's 5 Ingredient Mediterranean. (R) Part 4 of 4. 7.30 The Dog House. (PG, R) Dogs are matched with companions. 8.30 Ambulance UK. (Mal, R) Crews come to the aid of a 100-year-old woman who has fallen down the stairs. A man gets trapped under a collapsed mobile home. Paramedics help a young boy who has taken a painful tumble from a horse. 11.00 To Be Advised. 12.00 FBI: International. (Mav, R) 1.00 NCIS: Los Angeles. (Mv, R) 2.00 Home Shopping. (R) 4.30 Authentic. (PG) 5.00 Hour Of Power.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 7.05pm Karma's World. 7.20 Bluey. 7.30 Spicks And Specks. 8.00 QI. 8.30 Melbourne Comedy Festival Allstars Supershow. 10.35 Whose Line Is It Anyway? 11.20 MythBusters. 12.05am Portlandia. 12.50 Black Mirror. 1.55 The School That Tried To End Racism. 2.40 ABC News Update. 2.45 Close. 5.00 Clangers. 5.10 Kiddets. 5.25 The Wonder Gang. 5.35 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. 10.00 Front Up. 10.30 Front Up 1998. Noon Gymnastics. FIG Rhythmic World Cup series. Replay. 2.00 The Story Of. 2.50 WorldWatch. 4.45 Asia's Next Top Model. 5.45 Australia In Colour. 6.40 The Toys That Built The World. 7.30 Building The Ultimate. 8.30 Icons Unearthed: James Bond. 10.20 Better Things. 11.10 Fear The Walking Dead. 12.05am Late Programs.</p>	<p>7TWO (62) 6am Home Shopping. 8.30 Travel Oz. 10.00 Escape To The Country. Noon Horse Racing. Australia Stakes Day, Carrington Stakes Day and Sunshine Coast Cup Day. 6.00 Extreme Animal Transport. 6.30 The Yorkshire Vet. 8.30 Escape To The Country. 10.30 The Yorkshire Vet. 11.30 Penelope Keith's Hidden Villages. 12.30am Animal Rescue. 1.00 Last Chance Learners. 1.30 Late Programs.</p>	<p>9GEM (82) 6am Morning Programs. 7.30 Danger Man. 8.30 Tomorrow's World. 9.00 Turning Point. 9.30 TV Shop. 10.00 Helping Hands Summer Series. 10.30 My Favorite Martian. 11.00 MOVIE: Pool Of London. (1951, PG) 12.45pm MOVIE: The Dancing Years. (1950) 2.45 MOVIE: Nicholas Nickleby. (1947) 3.00 MOVIE: The Unforgiven. (1960, PG) 7.30 To Be Advised. 12.10am Late Programs.</p>	<p>BOLD (51) 6am Home Shopping. 9.00 Exploring Off The Grid. 9.30 Diagnosis Murder. 10.30 All 4 Adventure. 11.30 Diagnosis Murder. 12.30pm Star Trek: Voyager. 1.30 Jake And The Fatman. 2.30 Reel Action. 3.00 JAG. 7.00 Soccer. A-League Men. Round 14. Central Coast Mariners v Brisbane Roar. 10.15 NCIS: Los Angeles. 12.05am FBI: International. 1.00 NCIS: Hawaii. 2.00 48 Hours. 3.00 JAG. 5.00 Home Shopping.</p>
<p>SKY NEWS (53) 6am Morning Programs. 9.00 Gameday Live. 10.00 Weekend Live. 11.00 News. 11.30 News. Noon Weekend Live. 1.00 News. 1.30 News. 2.00 The Rita Panahi Show. 3.00 News. 3.30 News. 4.00 Weekend Live. 5.00 News. 5.30 News. 6.00 NewsNight. 7.00 The US Report. 8.00 The Media Show. 8.30 NewsNight. 9.00 Fox Sports News. 9.30 Fox Sports News. 10.00 NewsNight. 11.00 Late Programs.</p>	<p>SBS MOVIES (32) 6am Alone In Space. Continued. (2018, PG, Swedish) 7.20 Rabbit-Proof Fence. (2002, PG) 9.00 Vanity Fair. (2004, PG) 11.35 Infinite Storm. (2022, M) 1.25pm Destination Wedding. (2018, M) 3.00 Frantz. (2016, PG, French) 5.05 Heart Beats Loud. (2018, PG) 6.55 Wide Open Sky. (2015) 8.30 The Driver's Wife. (2021) 10.25 Nymphomaniac: Vol 1. (2013, MA15+) 12.35am Late Programs.</p>	<p>7MATE (64) 6am Morning Programs. Noon Cycling. Cadel Evans Great Ocean Road Race. Elite Women's. 5.00 Storage Wars: NY. 5.30 Storage Wars. 6.00 Cricket. Second Test. Australia v West Indies. Day 3. Late afternoon session. 7.00 Storage Wars. 7.30 Air Crash Investigations: The Accident Files. 8.30 Disasters At Sea. 9.30 Mighty Ships. 10.30 Mighty Planes. 11.30 Late Programs.</p>	<p>9GO! (83) 6am Children's Programs. 1pm Winter Youth Olympics: Highlights. 2.00 MOVIE: The Cutting Edge. (1992, PG) 3.55 MOVIE: Show Dogs. (2018, PG) 5.40 MOVIE: The Flintstones. (1994) 7.30 MOVIE: The Divergent Series: Insurgent. (2015, M) 9.45 MOVIE: Species II. (1998, MA15+) 11.40 Medium. 1.30am Rich House, Poor House. 2.30 Bakugan: Evolutions. 3.30 Beyblade Burst Surge. 4.00 Late Programs.</p>	<p>NITV (34) 6am Morning Programs. 2.25pm Yothu Yindi Tribute Concert. 3.50 On Australian Shores: Survivor Stories. 4.50 Lagau Danaia: An Island Life. 5.00 The Last Land: Gespege'wa'gi. 6.20 The Land We're On With Penelope Towney. 6.25 News. 6.35 Kura. 7.00 Family Rules. 7.30 Boteti: The Returning River. 8.30 MOVIE: Blade Runner. (1982, MA15+) 10.30 Night. 11.55 Late Programs.</p>

SUNDAY, January 28

ABCTV (2)	SBS (3)	SEVEN (6)	NBN (8)	TEN (5)
<p>6.00 Morning Programs. 11.00 Compass. (PG, R) 11.30 Praise. (R) 12.00 News. 12.30 Landline Summer. (R) 1.00 New Leash On Life. (R) 1.30 Gardening Aust. (R) 2.30 Dream Gardens. (R) 3.00 Nigella Bites. 3.25 Cook And The Chef. (R) 3.50 A Life In Ten Pictures. (PG, R) 4.45 Extraordinary Escapes. (PG, R) 5.30 The ABC Of. (PGa, R)</p> <p>6.00 Grand Designs Transformations. (R) 7.00 ABC News. 7.30 Muster Dogs. (PG) 8.30 Total Control. (M) Rachel gathers the numbers for her alliance. 9.25 Miniseries: Best Interests. (Mdl) Part 3 of 4. 10.20 Mystery Road. (Malv, R) 11.15 Harrow. (Mv, R) 12.10 The Trial Of Christine Keeler. (Mals, R) 1.10 Sanditon. (PG, R) 2.00 Rage Vault. (MA15+adhlvns) 4.15 The Durrells. (PG, R) 5.00 Dubboo: Life Of A Songman. (R)</p>	<p>6.00 Morning Programs. 11.00 Great Irish Interiors. (PG, R) 12.00 WorldWatch. 12.30 PBS Washington Week With The Atlantic. 12.55 Blind Sailing. (R) 1.00 Speedweek. 3.00 Motor Racing. Dakar Rally. H'lights. 4.00 Portillo's Greatest Railway Journeys. (PG, R) 4.55 Grand Tours Of Scotland's Lochs. (PG, R) 5.30 The Irish Civil War. (PGaw)</p> <p>6.30 SBS World News. 7.30 Pharaohs Of The Two Lands. 8.30 Dun Huang: Ancient Frontier Fortress: The Shining Beacon. (MA15+v) Part 1 of 2. 10.35 Viking Empires. (PG, R) 11.35 Hemingway. (Mal, R) 1.25 Portillo's Greatest Railway Journeys. (PG, R) 4.05 Going Places With Ernie Dingo. (R) 4.35 Bamay. (R) 5.00 NHK World English News Morning. 5.15 France 24 Feature. 5.30 Al Jazeera News.</p>	<p>6.00 Morning Programs. 2pm Pre-Game Show. 3.00 Cricket. Second Test. Aust v West Indies. Afternoon session. (Please note: alternative schedule may be shown due to changes to cricket coverage). 5.00 Test Cricket: Tea Break. 5.40 Cricket. Second Test. Australia v West Indies. Day 4. Late afternoon session.</p> <p>6.00 Seven News. 7.00 Cricket. Second Test. Australia v West Indies. Day 4. Late afternoon session. 7.40 Test Cricket: Dinner Break. Takes a look at the day's play. 8.00 Cricket. Second Test. Australia v West Indies. Day 4. Evening session. 10.30 Jimmy Barnes: Working Class Boy. (Mal, R) A candid look at the life of Jimmy Barnes. 12.45 Bates Motel. (Mav, R) 2.00 Home Shopping. 3.30 Million Dollar Minute. (R) 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Morning Programs. 10.30 Kenan. (PGals, R) 11.00 The Bizarre Pet Vets. (PGm, R) 12.00 Iconic Australia. (PGalv, R) 1.00 Surfing Australia TV. 1.30 Chasing Champions: Dylan Alcott. (PGI) 2.00 Australian Open Tennis Pre-Show. 3.00 Tennis. Australian Open. Afternoon 15. Women's doubles final. 5.00 9News First At Five. 5.30 RBT. (PG, R)</p> <p>6.00 NBN News. 6.30 Australian Open Tennis Pre-Show. Hosted by James Bracey. 7.30 Tennis. Australian Open. Night 15. Men's final. 12.00 The First 48: Rearview Killer And Point Blank. (MA15+av, R) 1.00 Prison. (MA15+al, R) 2.00 Chasing Champions: Dylan Alcott. (PGI, R) 2.30 Surfing Australia TV. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 GolfBarons. (PG, R) 5.00 9News Early. 5.30 Today.</p>	<p>6.00 Morning Programs. 10.00 Farm To Fork. (R) 10.30 Pooches At Play. (R) 11.00 The Dog House. (PG, R) 12.00 4x4 Adventures. (R) 1.00 Buy To Build. (R) 1.30 Healthy Homes. (R) 2.00 Cook With Luke. (R) 2.30 My Market Kitchen. (R) 3.00 Roads Less Travelled. (Return) 3.30 Farm To Fork. (R) 4.00 All 4 Adventure. 5.00 News.</p> <p>6.30 The Sunday Project. A look at the day's news. 7.30 Gladiators. (Final) Everyday Aussie challengers take on the gladiators in a series of iconic events, as well as brand-new challenges. 9.00 NCIS: Hawaii. (Mv, R) Kai goes undercover in one of Hawaii's oldest surf gangs after a petty officer, who was trying to help wayward kids find a new path by joining the US Marines, is found murdered in the parking lot of a stadium. 11.00 To Be Advised. 12.00 The Sunday Project. (R) 1.00 Home Shopping. (R) 4.30 CBS Mornings.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 6.55pm Shaun The Sheep. 7.05 Karma's World. 7.20 Bluey. 7.30 Spicks And Specks. 8.00 QI. 8.30 Louis Theroux: Extreme Love. 9.30 You Can't Ask That. 9.50 Interview With The Vampire. 10.30 Doc Martin. 11.20 Penn & Teller: Fool Us. Midnight Miniseries: The Hollow Crown. 2.15 ABC News Update. 2.20 Close. 5.00 Clangers. 5.10 Kiddets. 5.25 The Wonder Gang. 5.35 Late Programs.</p>	<p>VICELAND (31) 6am Morning Programs. 12.05pm Patriot Brains. 1.00 Lee Lin Chin's Fashionista. 1.10 Noisy. 2.05 Rise. 3.00 Jungletown. 3.50 WorldWatch. 4.15 PBS Washington Week With The Atlantic. 4.45 Every Family Has A Secret. 5.50 Alone Sweden. 6.40 The Buildings That Fought Hitler. 7.35 Abandoned Engineering. 8.30 Billy Connolly: Made In Scotland. 9.30 Cracking The Code. 10.30 Late Programs.</p>	<p>7TWO (62) 6am Morning Programs. 7.30 Leading The Way. 8.00 David Jeremiah. 8.30 Shopping. 9.00 Penelope Keith's Hidden Villages. 10.00 Escape To The Country. Noon The Yorkshire Vet. 1.00 Better Homes. 2.00 South Aussie With Cosi. 2.30 Extreme Animal Transport. 3.00 The Yorkshire Vet. 5.00 I Escaped To The Country. 6.00 Escape To The Country. 7.00 Vicar Of Dibley. 8.35 Call The Midwife. 11.05 Late Programs.</p>	<p>9GEM (82) 6am Morning Programs. 7.30 In Touch. 8.00 Beyond Today. 8.30 The Incredible Journey. 9.00 Turning Point. 9.30 TV Shop. 10.00 My Favorite Martian. 10.30 Edgar Wallace Mysteries. 11.50 Explore. Noon MOVIE: The Magic Box. (1951) 2.20 MOVIE: Contraband Spain. (1955, PG) 4.00 MOVIE: The 7th Dawn. (1964, PG) 6.30 M*A*S*H. 8.30 MOVIE: Assassins. (1995, M) 11.10 Late Programs.</p>	<p>BOLD (51) 6am Home Shopping. 7.30 Key Of David. 8.00 The Offroad Adventure Show. 9.00 Pat Callinan's 4x4 Adventures. 10.00 Escape Fishing With ET. 11.00 JAG. 1pm On The Fly. 1.30 What's Up Down Under. 2.00 Camper Deals. 2.30 JAG. 4.30 Soccer. A-League Men. Round 14. Macarthur FC v Perth Glory. 7.00 Bondi Rescue. 8.00 NCIS. 1am NCIS: Los Angeles. 2.00 48 Hours. 4.00 JAG.</p>
<p>SKY NEWS (53) 6am Morning Programs. 11.00 Business Weekend With Ross Greenwood. Noon Weekend Live. 1.00 News. 1.30 News. 2.00 News. 2.30 News. 3.00 News. 3.30 News. 4.00 Business Weekend With Ross Greenwood. 5.00 NewsNight. 6.00 Sunday Agenda. 7.00 The Sunday Showdown. 8.00 2024: The Year Ahead. 9.00 Paul Murray Live. 10.00 Royal Report. 11.00 Late Programs.</p>	<p>SBS MOVIES (32) 6am Heart Beats Loud. Continued. (2018, PG) 7.05 Frantz. (2016, PG, French) 9.10 Alone In Space. (2018, PG, Swedish) 10.40 Looking For Alibrandi. (2000, M) 12.35pm Charlie And Boots. (2009, M) 2.30 Rabbit-Proof Fence. (2002, PG) 4.15 Capricorn One. (1977, PG) 6.30 Coco Avant Chanel. (2009, PG, French) 8.30 The Worst Person In The World. (2021, MA15+, Norwegian) 10.55 Late Programs.</p>	<p>7MATE (64) 6am The Fishing Show. 7.00 On The Fly. 7.30 Creek To Coast. 8.00 A Football Life. 9.00 America's Game. 10.00 Merv Hughes Fishing. 10.30 Cycling. Cadel Evans Great Ocean Road Race. Elite Men's. 4pm Storage Wars. 5.00 Storage Wars: New York. 6.00 Cricket. Second Test. Australia v West Indies. Day 4. Late afternoon session. 7.00 Border Security. 8.30 MOVIE: Pearl Harbor. (2001, M) 12.10am Late Programs.</p>	<p>9GO! (83) 6am Children's Programs. 1pm Winter Youth Olympics: Highlights. 2.00 Motor Racing. Formula E. Mexico City ePrix. H'lights. 3.10 Rich House, Poor House. 4.10 MOVIE: Wonder Park. (2019, PG) 5.45 MOVIE: Madagascar. (2005, PG) 7.30 MOVIE: The Divergent Series: Allegiant. (2016, M) 9.45 MOVIE: In Time. (2011, M) Midnight Medium. 2.00 Rich House, Poor House. 3.00 Bakugan: Evolutions. 3.30 Late Programs.</p>	<p>NITV (34) 6am Morning Programs. Noon Rugby League. Murri Carnival. Replay. 1.15 Away From Country. 2.15 VICE Sports. 3.15 Kutcha's Carpool Koorioke. 3.25 Going Places. 4.25 Kutcha's Carpool Koorioke. 4.30 Private Elvis. 5.45 Moko. 6.15 News. 6.25 Yellowstone. 7.35 Land Bilong Islanders. 8.30 Black Cockatoo Crisis. 9.55 MOVIE: Murder In The First. (1995, MA15+) 12.05am Late Programs.</p>

CONSUMER ADVICE (P) Pre-school (C) Children (PG) Parental Guidance Recommended (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence (R) Repeat

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MONDAY, January 29

ABCTV (2)	SBS (3)	SEVEN (6)	NBN (8)	TEN (5)
<p>6.00 News. 9.00 News. 10.00 Movin' To The Country. (PG, R) 11.00 Antiques Roadshow. (R) 12.00 News. 1.00 Vera. (Ma, R) 2.30 Back Roads. (PG, R) 3.00 The Cook And The Chef. (R) 3.25 Tenable. (R) 4.15 Antiques Roadshow. (R) 5.15 Love Your Garden.</p> <p>6.00 Back Roads. (R) 6.30 Hard Quiz. (PG, R) 7.00 ABC News. 7.30 7.30. 8.00 Nemesis: The Abbott Years. 9.30 The Cloud Under The Sea. (PG, R) A look at telecommunication cables. 10.35 ABC Late News. 10.50 The Business. (R) 11.05 War On Waste. (R) 12.05 Changing Ends. (PG, R) 12.30 Love Your Garden. (R) 1.20 Tenable. (R) 2.05 Rage. (MA15+adhlsv) 4.40 The Durrells. (PG, R) 5.30 7.30. (R)</p>	<p>6.00 Morning Programs. 10.20 Prince's Master Crafters Next Generation. (PG) 11.15 Inside The Steam Train Museum. 12.10 WorldWatch. 2.05 Good With Wood. (PGa, R) 3.00 Mastermind Aust. (R) 3.35 The Cook Up. (R) 4.05 Who Do You Think You Are? (PG, R) 5.05 Jeopardy! (R) 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 Jonathan Ross' Myths And Legends. (PG) 8.25 Isle Of Wight: Jewel Of The South. (PG) 9.20 Building The Snowy. (R) 10.20 SBS World News Late. 10.50 Blanca. (Malnv) 11.50 Bloodlands. (Malv, R) 3.55 Going Places With Ernie Dingo. (PG, R) 4.50 Destination Flavour Down Under Bitesize. (R) 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 MOVIE: As Luck Would Have It. (2021, PGa) 2.00 Pre-Game Show. 3.00 Cricket. Second Test. Australia v West Indies. Day 5. Afternoon session. (Please note: alternative schedule may be shown due to changes to cricket coverage). 4.00 News. 5.00 The Chase Aust.</p> <p>6.00 Seven News. 7.00 Home And Away. (PGa) A new arrival brings Leah and Justin together. 7.30 Australian Idol. (Return, PGI) Hosted by Ricki-Lee and Scott Tweedie. 9.10 An Audience With Kylie Minogue. (PG) Pop icon Kylie Minogue takes centre stage in her very own musical extravaganza. 10.30 The Latest: Seven News. (Return) 11.00 Kylie Vs Bee Gees. (PG, R) 12.00 Bates Motel. (Mav, R) 2.00 Home Shopping. 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Today. 9.00 Today Extra. (PG) 11.30 9News Morning. 12.00 MOVIE: A Bridesmaid In Love. (2022, G, R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (Premiere, PG)</p> <p>6.00 NBN News. 7.00 A Current Affair. 7.30 Married At First Sight. (Return, Mls) 9.30 To Be Advised. 10.30 9News Late. 11.00 Law & Order: Organized Crime. (MA15+av) 11.50 Court Cam. (Mlv, R) 12.15 Tipping Point. (PG, R) 1.00 Pointless. (PG, R) 2.00 Hello SA. (PG) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 9News Early. 5.30 Today.</p>	<p>6.00 Morning Programs. 8.30 GCBC. (R) 9.00 Bold. (PGa, R) 9.30 Freshly Picked. (R) 10.00 Farm To Fork. (R) 10.30 Judge Judy. (PG, R) 11.00 Dr Phil. (PGa, R) 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 Gladiators. (R) 3.00 Farm To Fork. 3.30 10 News First Afternoon. 4.00 Neighbours. (PGa) 4.30 Bold. (PGa) 5.00 News.</p> <p>6.00 Deal Or No Deal. (Premiere) Hosted by Grant Denyer. 6.30 The Project. The hosts and guest panellists take a look at the day's news, events and hot topics. 7.30 Australian Survivor. (Return) A group of Australian castaways battles it out on the beaches of Samoa as they vie to become the sole survivor. 9.30 FBI: Most Wanted. (MA15+av, R) A Croatian tennis player is kidnapped. 11.30 The Project. (R) 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. (R) 4.30 CBS Mornings.</p>
<p>ABCTV PLUS (22) 6am Children's Programs. 7.20pm Bluey. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 MythBusters. 9.20 George Clarke's Amazing Spaces Snow And Ice Special. 10.10 Louis Theroux: Drinking To Oblivion. 11.10 Would I Lie To You? 11.40 QI. 12.10am Whose Line Is It Anyway? 12.55 MOVIE: Puberty Blues. (1981, M) 2.20 ABC News Update. 2.25 Close. 5.00 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. 9.30 Small Business Secrets. 10.00 Front Up 1998. 12.05pm Land Of The Giants: Titans Of Tech. 1.45 Wellington Paranormal. 2.15 Planet A. 3.10 Most Expensive. 3.35 WorldWatch. 5.45 Joy Of Painting. 6.15 The Fast History Of. 6.40 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Taskmaster. 9.25 Everyone Else Burns. 10.25 Scrubs. 11.25 Hoarders. 12.15am Late Programs.</p>	<p>7TWO (62) 6am Morning Programs. 9.00 Room For Improvement. 9.30 NBC Today. 10.30 Better Homes And Gardens Summer. Noon Better Homes. 1.00 I Escaped To The Country. 2.00 Weekender. 2.30 Cities Of The Underworld. 3.30 Last Chance Learners. 4.00 Animal Rescue. 4.30 Better Homes. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Doc Martin. 8.30 Endeavour. 10.30 Fortitude. 11.30 Late Programs.</p>	<p>9GEM (82) 6am Morning Programs. 7.30 Skippy. 8.00 TV Shop. 9.30 Newstyle Direct. 10.00 Danoz. 10.30 The Travelling Auctioneers. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 Dr Quinn. 2.50 Antiques Roadshow. 3.20 MOVIE: State Secret. (1950) 5.30 The Travelling Auctioneers. 6.30 Antiques Roadshow. 7.30 Death In Paradise. 8.40 Signora Volpe. 10.40 Late Programs.</p>	<p>BOLD (51) 6am Home Shopping. 8.00 On The Fly. 8.30 All 4 Adventure. 9.30 Reel Action. 10.30 Wildlife Rescue Australia. 11.30 JAG. 1.30pm Star Trek: Voyager. 2.30 Jake And The Fatman. 3.30 Diagnosis Murder. 5.30 JAG. 7.30 Bull. 8.30 NCIS. 10.20 NCIS: Los Angeles. 12.15am Home Shopping. 2.15 Diagnosis Murder. 4.05 JAG.</p>
<p>SKY NEWS (53) 6am Morning Programs. 11.00 NewsDay. Noon News. 12.30 News. 1.00 2024: The Year Ahead. 2.00 Afternoon Agenda. 3.00 Paul Murray Live. 4.00 Afternoon Agenda. 4.30 Business Now With Ross Greenwood. 5.00 The Kenny Report. 6.00 Peta Credlin. 7.00 Bolt Report. 8.00 Sharri. 9.00 Paul Murray Live. 10.00 The Late Debate. 10.30 The Late Debate: The Papers. 11.00 Late Programs.</p>	<p>SBS MOVIES (32) 6am Creation. Continued. (2009, PG) 7.00 Wide Open Sky. (2015) 8.35 Capricorn One. (1977, PG) 10.50 An Education. (2009, M) 12.35pm Antoinette In The Cévennes. (2020, M, French) 2.20 The Producers. (1967, PG) 4.00 The Chaperone. (2018, PG) 6.00 On A Clear Day. (2005, PG) 7.50 The One I Love. (2014, M) 9.30 The Big Hit. (2020, M, French) 11.30 Late Programs.</p>	<p>7MATE (64) 6am Morning Programs. 2pm Armchair Experts: NFL. 3.00 Billy The Exterminator. 3.30 Storage Wars. 4.00 Cricket. Second Test. Aust v West Indies. Afternoon. (Please note: alternative schedule may be shown). 5.00 Test Cricket: Tea Break. 5.40 Cricket. Second Test. Aust v West Indies. Late afternoon. 7.40 Test Cricket: Dinner. 8.00 Cricket. Second Test. Aust v West Indies. Evening. 10.30 Late Programs.</p>	<p>9GO! (83) 6am Children's Programs. Noon Motor Racing. Formula E. Diriyah ePrix. Highlights. 1.00 Winter Youth Olympics: Highlights. 2.00 Bewitched. 2.30 Full House. 3.00 Kenan. 4.00 Family Ties. 4.30 The Addams Family. 5.00 Bewitched. 5.30 I Dream Of Jeannie. 6.00 Raymond. 7.00 The Nanny. 7.30 Seinfeld. 8.30 MOVIE: Sherlock Holmes. (2009, M) 11.05 Seinfeld. 11.35 Late Programs.</p>	<p>NITV (34) 6am Morning Programs. 1.30pm Moko. 2.00 Going Native. 2.30 The Cook Up. 3.00 Jarjums. 4.00 Toi Time. 4.30 Spartakus And The Sun Beneath The Sea. 5.00 Our Stories. 5.30 News. (Return) 6.00 Bamay. 6.30 News. 6.40 Wild Rockies. 7.30 Who Do You Think You Are? 8.30 Karla Grant Presents. 9.00 Australian Ark: North Of Capricorn. 10.05 MOVIE: The Power Of One. (1992, M) 12.15am Late Programs.</p>

TUESDAY, January 30

ABCTV (2)	SBS (3)	SEVEN (6)	NBN (8)	TEN (5)
<p>6.00 News. 9.00 News. 10.00 Ask The Doctor. (R) 10.30 One Plus One. (R) 11.00 Antiques Roadshow. (R) 12.00 News. 1.00 Call The Midwife. (PGa, R) 2.00 Julia Zemiro's Home Delivery. (PG, R) 2.30 Back Roads. (PG, R) 3.00 Cook And The Chef. (R) 3.25 Tenable. (R) 4.15 Antiques Roadshow. (R) 5.10 Love Your Garden.</p> <p>6.00 Back Roads. (R) 6.30 Hard Quiz. (PG, R) 7.00 ABC News. 7.30 7.30. 8.00 Back Roads. (PG) 8.35 McCartney 3, 2, 1. (PG) 9.05 Earth. 10.05 You Can't Ask That. (Mal, R) 10.35 ABC Late News. 10.50 The Business. (R) 11.10 Nemesis. (R) 12.40 Love Your Garden. (R) 1.25 Tenable. (R) 2.15 Rage. (MA15+adhlsv) 4.40 The Durrells. (PG, R) 5.30 7.30. (R)</p>	<p>6.00 Morning Programs. 9.20 Make Me A Dealer. (R) 10.10 Prince's Master Crafters Next Generation. 11.05 Inside The Steam Train Museum. (PG) 12.00 WorldWatch. 2.05 Good With Wood. (PGa, R) 3.00 Mastermind Aust. (R) 3.35 The Cook Up. (R) 4.05 Who Do You Think You Are? (PGa, R) 5.05 Jeopardy! (R) 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 Who Do You Think You Are? (PGal, R) 8.35 Ruby Wax: Castaway. (Mal) 10.20 SBS World News Late. 10.50 Das Boot. (MA15+av) 11.45 Cargo. (Mal, R) 3.25 Going Places With Ernie Dingo. (PG, R) 4.25 Bamay. (R) 4.55 Destination Flavour Down Under Bitesize. (R) 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 To Be Advised. 1.30 Border Security: Int. (PG, R) 2.00 Border Patrol. (PGa, R) 2.30 Dog Patrol. (PGal, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven News. 7.00 Home And Away. (PGs) 7.30 Australian Idol. (PGI) Hosted by Ricki-Lee and Scott Tweedie. 9.10 Ramsay's Kitchen Nightmares USA. (Return, MA15+) Chef Gordon Ramsay heads to Queens, New York, where he comes to rescue of Bel Aire Diner. 10.10 First Dates UK. (Return, Mal) 11.15 The Latest: Seven News. 11.45 Autopsy USA. (Ma, R) 12.45 Bates Motel. (Ma, R) 2.00 Home Shopping. 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p>	<p>6.00 Today. 9.00 Today Extra. (PG) 11.30 9News Morning. 12.00 Married At First Sight. (Mls, R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG)</p> <p>6.00 NBN News. 7.00 A Current Affair. 7.30 Married At First Sight. (Mls) 9.15 To Be Advised. 10.15 9News Late. 10.45 Family Law. (Return, Ma) 11.40 Kenan. (PGaln) 12.05 Tipping Point. (PG, R) 1.05 Pointless. (PG, R) 2.00 Australia's Top Ten Of Everything. (PG, R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 9News Early. 5.30 Today.</p>	<p>6.00 Morning Programs. 8.00 Ent. Tonight. (R) 8.30 Neighbours. (PGa, R) 9.00 Bold. (PGa, R) 9.30 GCBC. (R) 10.00 Farm To Fork. (R) 10.30 Judge Judy. (PG, R) 11.00 Dr Phil. (PGadls, R) 12.00 10 News First: Midday. 1.00 To Be Advised. 3.00 Farm To Fork. 3.30 10 News First Afternoon. 4.00 Neighbours. (PGa) 4.30 Bold. (PGa) 5.00 News.</p> <p>6.00 Deal Or No Deal. Hosted by Grant Denyer. 6.30 The Project. A look at the day's news. 7.30 Australian Survivor. Presented by Jonathan LaPaglia. 9.00 NCIS. (Mmv, R) The NCIS team works to solve the murder of a senator's daughter who has a large online following. 10.00 NCIS: Los Angeles. (Mv, R) The founder of an AI company is attacked. 11.00 The Project. (R) A look at the day's news. 12.00 The Late Show With Stephen Colbert. (PG) 1.00 Home Shopping. (R) 4.30 CBS Mornings.</p>
<p>ABC TV PLUS (22) 6am Children's Programs. 6.55pm Shaun The Sheep. 7.05 Star Wars: Young Jedi Adventures. 7.20 Bluey. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 Bliss. 9.00 Rosehaven. 9.30 Portlandia. 10.15 Back. 10.40 Would I Lie To You? 11.10 MOVIE: Breath. (2017, M) 1am ABC News Update. 1.05 Close. 5.00 Clangers. 5.10 Kiddets. 5.25 The Wonder Gang. 5.35 Late Programs.</p>	<p>VICELAND (31) 6am WorldWatch. 10.00 Front Up 1998. 12.10pm Land Of The Giants: Titans Of Tech. 1.50 Cryptoland. 2.20 One Star Reviews. 2.50 Fringes. 3.20 WorldWatch. 5.15 The Ice Cream Show. 5.45 Joy Of Painting. 6.15 The Fast History Of. 6.40 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 Dark Side Of The 2000s. 9.25 Stone Cold Takes On America. 10.20 Hudson & Rex. Midnight Late Programs.</p>	<p>7TWO (62) 6am Morning Programs. 8.00 Million Dollar Minute. 9.00 Harry's Practice. 9.30 NBC Today. Noon Better Homes. 1.00 Escape To The Country. 2.00 Creek To Coast. 2.30 Cities Of The Underworld. 3.30 Harry's Practice. 4.00 Animal Rescue. 4.30 Better Homes. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Rosemary & Thyme. 8.30 A Touch Of Frost. 10.50 Late Programs.</p>	<p>9GEM (82) 6am Morning Programs. 9.30 Newstyle Direct. 10.00 TV Shop. 10.30 Pointless. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 Explore. 2.00 Dr Quinn. 3.00 Antiques Roadshow. 3.30 MOVIE: Carry On Screaming! (1966, PG) 5.30 The Travelling Auctioneers. 6.30 Antiques Roadshow. 7.30 New Tricks. 8.40 Agatha Christie's Marple. 10.40 Late Programs.</p>	<p>BOLD (51) 6am Home Shopping. 8.00 On The Fly. 8.30 Diagnosis Murder. 10.30 Jake And The Fatman. 11.30 JAG. 1.30pm Star Trek: Voyager. 2.30 Jake And The Fatman. 3.30 Diagnosis Murder. 5.30 JAG. 7.30 Bull. 9.25 FBI: International. 10.20 SEAL Team. 11.15 48 Hours. 12.15am Home Shopping. 2.15 Diagnosis Murder. 4.05 JAG.</p>
<p>SKY NEWS (53) 6am Morning Programs. 10.00 AM Agenda. 11.00 NewsDay. Noon News. 12.30 News. 1.00 Peta Credlin. 2.00 Afternoon Agenda. 3.00 Paul Murray Live. 4.00 Afternoon Agenda. 4.30 Business Now With Ross Greenwood. 5.00 The Kenny Report. 6.00 Peta Credlin. 7.00 Bolt Report. 8.00 Sharri. 9.00 Paul Murray Live. 10.00 The Late Debate. 10.30 The Late Debate: The Papers. 11.00 Late Programs.</p>	<p>SBS MOVIES (32) 6am Capricorn One. Continued. (1977, PG) 7.15 The Producers. (1967, PG) 8.55 On A Clear Day. (2005, PG) 10.45 The Big Hit. (2020, M, French) 12.45pm Wheel Of Fortune And Fantasy. (2021, M, Japanese) 3.00 The Movie Show. 3.30 Creation. (2009, PG) 5.30 Lady L. (1965, PG) 7.30 Certified Copy. (2010, M, French) 9.30 Madeleine Collins. (2021, M, French) 11.30 Late Programs.</p>	<p>7MATE (64) 6am Morning Programs. 11.00 Billy The Exterminator. 11.30 Storage Wars. Noon Aussie Salvage Squad. 2.00 Aussie Lobster Men. 3.00 Billy The Exterminator. 3.30 Desert Collectors. 4.30 Storage Wars. 5.00 American Restoration. 5.30 American Pickers. 6.30 Pawn Stars. 7.00 Cricket. Women's Twenty20 International Series. Australia v South Africa. Game 3. 10.00 Outback Truckers. 11.00 Late Programs.</p>	<p>9GO! (83) 6am Children's Programs. Noon Motor Racing. Formula E. Diriyah ePrix. Highlights. 1.00 Winter Youth Olympics: Highlights. 2.00 Bewitched. 2.30 Full House. 3.00 Seinfeld. 4.00 Family Ties. 4.30 The Addams Family. 5.00 Bewitched. 5.30 I Dream Of Jeannie. 6.00 Raymond. 7.00 The Nanny. 7.30 Seinfeld. 8.30 MOVIE: A Walk Among The Tombstones. (2014, MA15+) 10.45 Seinfeld. 11.45 Late Programs.</p>	<p>NITV (34) 6am Morning Programs. 1.35pm Big Sky Girls. 2.00 Going Native. 2.30 The Cook Up. 3.00 Jarjums. 3.25 The World According To Grandpa. 3.35 The Magic Canoe. 4.00 Toi Time. 4.30 Spartakus And The Sun Beneath The Sea. 5.00 Our Stories. 5.30 Indian Country Today News. 6.00 Bamay. 6.30 News. 6.40 Wild Rockies. 7.30 Chatham Islanders. 8.30 MOVIE: Red Heat. (1988, MA15+) 10.20 Lost Diamonds. 10.55 Late Programs.</p>

CONSUMER ADVICE (P) Pre-school (C) Children (PG) Parental Guidance Recommended (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence (R) Repeat

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ACCREDITED SPECIALIST
WILLS & ESTATES LAW

WEDNESDAY, January 31

ABCTV (2)	SBS (3)	SEVEN (6)	NBN (8)	TEN (5)
<p>6.00 News. 9.00 News. 10.00 Nemesis. (R) 11.25 Poleng. (R) 12.00 News. 1.00 Miniseries: Come Home. (Final, Mal, R) 2.10 Julia Zemiro's Home Delivery. (Final, PG, R) 2.40 Joanna Lumley's Britain. (PG, R) 3.25 Tenable. (R) 4.10 Antiques Roadshow. (R) 5.10 Love Your Garden. (PG)</p> <p>6.00 Back Roads. (R) 6.30 Hard Quiz. (PG, R) 7.00 ABC News. 7.30 7.30. 8.00 Hard Quiz. (PG, R) 8.30 Spicks And Specks. (PG, R) 9.35 Planet America. (Return) 10.05 Changing Ends. (Final, PG) 10.30 Miniseries: Best Interests. (Mdl, R) 11.25 ABC Late News. 11.40 The Business. (R) 12.00 Love Your Garden. (PG, R) 12.45 Tenable. (R) 1.35 Rage. (MA15+adhlsv) 4.40 The Durrells. (PG, R) 5.30 7.30. (R)</p> <p>ABCTV PLUS (22) 6am Children's Programs. 7.05pm Star Wars: Young Jedi Adventures. 7.20 Bluey. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 Doc Martin. 9.20 Interview With The Vampire. 10.00 Killing Eve. 10.45 Would I Lie To You? 11.15 Louis Theroux: Extreme Love. 12.15am Whose Line Is It Anyway? 12.40 Miniseries: The Hollow Crown. 2.55 ABC News Update. 3.00 Close. 5.00 Late Programs.</p> <p>SKY NEWS (53) 6am Morning Programs. 10.00 AM Agenda. 11.00 NewsDay. Noon News. 12.30 News. 1.00 Bolt Report. 2.00 Afternoon Agenda. 3.00 Paul Murray Live. 4.00 Afternoon Agenda. 4.30 Business Now With Ross Greenwood. 5.00 The Kenny Report. 6.00 Peta Credlin. 7.00 Bolt Report. 8.00 Sharri. 9.00 Paul Murray Live. 10.00 The Late Debate. 10.30 The Late Debate: The Papers. 11.00 Late Programs.</p>	<p>6.00 Morning Programs. 9.15 Make Me A Dealer. (R) 10.05 Prince's Master Crafters Next Generation. (Final) 11.00 Make Up: A Glamorous History. (PGa) 12.00 WorldWatch. 2.05 Good With Wood. (PG, R) 3.00 Mastermind Aust. (R) 3.35 The Cook Up. (R) 4.05 Who Do You Think You Are? (PG, R) 5.05 Jeopardy! (R) 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 Dinosaur With Stephen Fry. (PGa, R) 8.25 The Deadly Bermuda Triangle. (PGa) 9.15 Kin. (Return, MA15+lv) 10.10 SBS World News Late. 10.40 All Those Things We Never Said. (PGalv) 11.55 Vienna Blood. (Mav, R) 1.45 Germinal. (Masv, R) 3.45 Going Places. (R) 4.15 Bamay. (R) 4.45 Destination Flavour. (R) 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.</p> <p>VICELAND (31) 6am WorldWatch. 10.00 Front Up 1998. 12.15pm Land Of The Giants: Titans Of Tech. 1.55 Deportees Of Tonga. 2.25 States Of Undress. 3.15 WorldWatch. 5.15 The Ice Cream Show. 5.45 Joy Of Painting. 6.15 The Fast History Of. 6.40 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 MOVIE: In The Line Of Fire. (1993, MA15+) 10.50 MOVIE: Selena. (1997, M) 1.10am The Bad Kids. 3.25 Late Programs.</p> <p>SBS MOVIES (32) 6am The Chaperone. Continued. (2018, PG) 7.25 Binti. (2019, PG, Dutch) 9.05 Modern Times. (1936, PG, No dialogue) 10.40 Keep Going. (2018, M, French) 12.15pm The One I Love. (2014, M) 1.55 On A Clear Day. (2005, PG) 3.45 Little Nicolas. (2009, PG, French) 5.25 From Here To Eternity. (1953, PG) 7.35 The Current War. (2017, M) 9.30 Delicious. (2021, M, French) 11.35 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 To Be Advised. 1.30 Border Security: Int. (PG, R) 2.00 Border Patrol. (PGa, R) 2.30 Dog Patrol. (PGa, R) 3.00 The Chase. 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven News. 7.00 Home And Away. (PGs) Levi tells Mackenzie a shocking truth. 7.30 Australian Idol. (PG) Hosted by Ricki-Lee and Scott Tweedie. 9.00 MOVIE: Uncharted. (2022, Mv, R) A street-smart young man is recruited by a seasoned treasure hunter to recover a famous lost fortune. Tom Holland, Mark Wahlberg. 11.30 The Latest: Seven News. 12.00 Parenthood. (Mds, R) 2.00 Home Shopping. 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p> <p>7TWO (62) 6am Shopping. 6.30 Escape To The Country. 7.30 Room For Improvement. 8.00 Million Dollar Minute. 9.00 Harry's Practice. 9.30 NBC Today. Noon Better Homes. 1.00 Escape To The Country. 2.00 To Be Advised. 2.30 Cities Of The Underworld. 3.30 Harry's Practice. 4.00 Animal Rescue. 4.30 Better Homes. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Heartbeat. 8.45 Lewis. 10.45 Late Programs.</p> <p>7MATE (64) 6am Morning Programs. 9.00 America's Game. 10.00 American Pickers. 11.00 Pawn Stars. Noon Outback Truckers. 2.00 Aussie Lobster Men. 3.00 Billy The Exterminator. 3.30 Desert Collectors. 4.30 Storage Wars. 5.00 American Restoration. 5.30 American Pickers. 6.30 Pawn Stars. 7.00 Australia Cricket Awards. 8.30 The Force: Behind The Line. 9.30 Beach Cops. 10.30 Police: Hour Of Duty. 11.30 Late Programs.</p>	<p>6.00 Today. 9.00 Today Extra. (PG) 11.30 9News Morning. 12.00 Married At First Sight. (Mls, R) 1.45 Explore. (R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG)</p> <p>6.00 NBN News. 7.00 A Current Affair. 7.30 Married At First Sight. (Mls) The social experiment continues. 9.15 Clarkson's Farm: Fluffing. (MI) Presented by Jeremy Clarkson. 11.15 9News Late. 11.45 La Brea. (Mv, R) 12.35 Tipping Point. (PG, R) 1.30 Pointless. (PG, R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 9News Early. 5.30 Today.</p> <p>9GEM (82) 6am Danger Man. 7.00 Creflo. 7.30 Skippy. 8.00 TV Shop. 10.30 Pointless. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 Explore. 2.00 Dr Quinn. 3.00 Antiques Roadshow. 3.30 MOVIE: Maytime In Mayfair. (1949) 5.30 The Travelling Auctioneers. 6.30 Antiques Roadshow. 7.30 As Time Goes By. 8.40 Midsomer Murders. 10.50 Late Programs.</p> <p>9GO! (83) 6am Children's Programs. 11.30 MOVIE: Pokémon The Movie: Hoopa And The Clash Of Ages. (2015) 1pm Winter Youth Olympics: Highlights. 2.00 Bewitched. 2.30 Full House. 3.00 Seinfeld. 4.00 Family Ties. 4.30 The Addams Family. 5.00 Bewitched. 5.30 I Dream Of Jeannie. 6.00 Raymond. 7.00 The Nanny. 7.30 Seinfeld. 8.30 MOVIE: Limitless. (2011, M) 10.35 Seinfeld. 11.35 Late Programs.</p>	<p>6.00 Morning Programs. 8.30 Neighbours. (PGa, R) 9.00 Bold. (PGa, R) 9.30 GCBC. (R) 10.00 Farm To Fork. (R) 10.30 Judge Judy. (PG, R) 11.00 Dr Phil. (PGal, R) 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 To Be Advised. 3.00 Farm To Fork. 3.30 10 News First Afternoon. 4.00 Neighbours. (PGa) 4.30 Bold. (PGa) 5.00 News.</p> <p>6.00 Deal Or No Deal. Hosted by Grant Denyer. 6.30 The Project. 7.30 Australian Survivor. Presented by Jonathan LaPaglia. 9.00 FBI: International. (Mv) A former US Marine is detained in Istanbul on a charge of smuggling antiquities. 11.00 Blue Bloods. (Ma, R) A chess hustler is murdered. 12.00 The Project. (R) A look at the day's news. 1.00 The Late Show With Stephen Colbert. (PG) 2.00 Home Shopping. (R) 4.30 CBS Mornings.</p> <p>BOLD (51) 6am Home Shopping. 8.00 On The Fly. 8.30 Diagnosis Murder. 10.30 Jake And The Fatman. 11.30 JAG. 1.30pm Star Trek: Voyager. 2.30 Jake And The Fatman. 3.30 Diagnosis Murder. 5.30 JAG. 7.30 Bull. 8.30 NCIS. 9.25 Hawaii Five-O. 10.20 FBI: International. 11.15 Diagnosis Murder. 12.15am Home Shopping. 2.15 Diagnosis Murder. 4.05 JAG.</p> <p>NITV (34) 6am Morning Programs. 1.40pm Songlines On Screen. 2.00 Going Native. 2.30 The Cook Up. 3.00 Jarjums. 4.00 Toi Time. 4.30 Spartakus And The Sun Beneath The Sea. 5.00 Our Stories. 5.30 Te Ao With Moana. (Return) 6.00 Bamay. 6.40 News. 6.50 Wild Rockies. 7.40 High Arctic Haulers. 8.30 Serena Vs The Umpire. 9.30 Bruce Lee: Martial Arts Master. 10.30 Karla Grant Presents. 11.00 Late Programs.</p>

THURSDAY, February 1

ABCTV (2)	SBS (3)	SEVEN (6)	NBN (8)	TEN (5)
<p>6.00 News. 9.00 News. 10.00 Muster Dogs. (PG, R) 10.55 Antiques Roadshow. (R) 12.00 News. 1.00 Earth. (R) 2.00 Brush With Fame. (PG, R) 2.30 Back Roads. (PG, R) 3.00 The Cook And The Chef. (R) 3.30 Tenable. (R) 4.15 Antiques Roadshow. (R) 5.15 Love Your Garden.</p> <p>6.00 Back Roads. (R) 6.30 Hard Quiz. (PG, R) 7.00 ABC News. 7.30 7.30. 8.00 Grand Designs Transformations. (PG) 9.00 Martin Clunes: Islands Of America. (PG, R) 9.50 Fake Or Fortune? (R) 10.50 ABC Late News. 11.05 The Business. (R) 11.20 Finding Alice. (Mls, R) 12.10 Keeping Faith. (Mal, R) 1.10 Love Your Garden. (R) 2.00 Tenable. (R) 2.45 Rage. (MA15+adhlsv) 4.40 The Durrells. (PG, R) 5.30 7.30. (R)</p> <p>ABCTV PLUS (22) 6am Children's Programs. 7.05pm Star Wars: Young Jedi Adventures. 7.20 Bluey. 7.30 Spicks And Specks. 8.00 Would I Lie To You? 8.30 Hard Quiz. 9.00 Gruen. 9.40 Penn & Teller: Fool Us. 10.20 Whose Line Is It Anyway? 10.40 Bliss. 11.10 Would I Lie To You? 11.40 Black Mirror. 12.40am Louis Theroux: Drinking To Oblivion. 1.40 ABC News Update. 1.45 Close. 5.00 Clangers. 5.10 Late Programs.</p> <p>SKY NEWS (53) 6am Morning Programs. 10.00 AM Agenda. 11.00 NewsDay. Noon News. 12.30 News. 1.00 Sharri. 2.00 Afternoon Agenda. 3.00 Paul Murray Live. 4.00 Afternoon Agenda. 4.30 Business Now With Ross Greenwood. 5.00 The Kenny Report. 6.00 Peta Credlin. 7.00 Bolt Report. 8.00 Sharri. 9.00 Paul Murray Live. 10.00 The Late Debate. 10.30 The Late Debate: The Papers. 11.00 Late Programs.</p>	<p>6.00 Morning Programs. 11.00 Make Up: A Glamorous History. (PGa) 12.00 WorldWatch. 2.05 Good With Wood. (PGa, R) 3.00 Mastermind Aust. (R) 3.30 Destination Flavour China Bitesize. (PGa, R) 3.35 The Cook Up. (R) 4.05 Who Do You Think You Are? (PG, R) 5.05 Jeopardy! (R) 5.30 Letters And Numbers. (R)</p> <p>6.00 Mastermind Australia. (R) 6.30 SBS World News. 7.30 DNA Family Secrets. (Return, PG) 8.35 The Real Crown: Inside The House Of Windsor. (PG, R) 9.30 Culprits. (MA15+v) 10.30 SBS World News Late. 11.00 A Class Apart. (Mal) 11.50 My Brilliant Friend. (Mv, R) 4.00 Going Places With Ernie Dingo. (R) 4.25 Bamay. (R) 5.00 NHK World English News Morning. 5.30 ANC Philippines The World Tonight.</p> <p>VICELAND (31) 6am WorldWatch. 10.00 Front Up. Noon Land Of The Giants: Titans Of Tech. 1.35 Battleground Texas. 2.30 Munchies Guide To Berlin. 3.20 WorldWatch. 5.15 The Ice Cream Show. 5.45 Joy Of Painting. 6.15 The Fast History Of. 6.40 Jeopardy! 7.35 8 Out Of 10 Cats Does Countdown. 8.30 The Curse Of Oak Island. 10.10 Loot: Blood Treasure. Midnight Late Programs.</p> <p>SBS MOVIES (32) 6am The Movie Show. 6.20 From Here To Eternity. (1953, PG) 8.30 Little Nicolas. (2009, PG, French) 10.10 Madeleine Collins. (2021, M, French) 12.10pm Certified Copy. (2010, M, French) 2.10 Binti. (2019, PG, Dutch) 3.50 Fried Green Tomatoes. (1991, PG) 6.15 Sometimes Always Never. (2018, PG) 7.55 Blow Dry. (2001, M) 9.30 Farewell, Mr. Hoffman. (2021, M, French) 11.40 Late Programs.</p>	<p>6.00 Sunrise. 9.00 The Morning Show. (PG) 11.30 News. 12.00 MOVIE: The Other Mother. (2017, Mav, R) 2.00 Your Money & Your Life. (Return, PG) 2.30 Border Security: Int. (PG, R) 3.00 The Chase. (R) 4.00 Seven News At 4. 5.00 The Chase Australia.</p> <p>6.00 Seven News. 7.00 Home And Away. (PGs) 8.30 Mrs Brown's Boys. (Return, MI) Agnes is feeling down in the dumps and granddad's bowel movements aren't helping matters. 10.00 The Latest: Seven News. 10.30 Australia: Now And Then. (Mal, R) 11.30 What Really Happened To Richard Simmons. (PGal) 12.30 Black-ish. (PGa, R) 2.00 Home Shopping. 4.00 NBC Today. 5.00 Seven Early News. 5.30 Sunrise.</p> <p>7TWO (62) 6am Morning Programs. 9.00 Harry's Practice. 9.30 NBC Today. Noon Better Homes. 1.00 Escape To The Country. 2.00 South Aussie With Cosi. 2.30 My Greek Odyssey. 3.30 Harry's Practice. 4.00 Animal Rescue. 4.30 Better Homes. 5.30 Escape To The Country. 6.30 Bargain Hunt. 7.30 Father Brown. 8.30 The Coroner. 10.30 Murdoch Mysteries. 11.30 Late Programs.</p> <p>7MATE (64) 6am Morning Programs. 9.00 America's Game. 10.00 American Pickers. 11.00 Pawn Stars. Noon Highway Patrol. 1.00 The Force: BTL. 2.00 Aussie Lobster Men. 3.00 Billy The Exterminator. 3.30 Desert Collectors. 4.30 Storage Wars. 5.00 American Restoration. 5.30 American Pickers. 6.30 Pawn Stars. 7.30 Counting Cars. 8.30 MOVIE: Robin Hood: Prince Of Thieves. (1991, PG) 11.35 Late Programs.</p>	<p>6.00 Today. 9.00 Today Extra. (PG) 11.30 9News Morning. 12.00 Married At First Sight. (Mls, R) 1.45 Explore. (R) 2.00 Pointless. (PG) 3.00 Tipping Point. (PG) 4.00 9News Afternoon. 5.00 Tipping Point Australia. (PG)</p> <p>6.00 NBN News. 7.00 A Current Affair. 7.30 Married At First Sight. (Mls) 9.00 Emergency. (Return, Malm) 10.00 9News Late. 10.30 Chicago Med. (MA15+am) 11.20 Emergency Call. (Ma, R) 12.10 Tipping Point. (PG, R) 1.05 Pointless. (PG, R) 2.00 The Garden Gurus. (R) 2.30 Global Shop. (R) 3.00 TV Shop: Home Shopping. (R) 4.00 Believer's Voice Of Victory. (PGa) 4.30 A Current Affair. (R) 5.00 9News Early. 5.30 Today.</p> <p>9GEM (82) 6am Morning Programs. 11.30 My Favorite Martian. Noon Days Of Our Lives. 12.55 The Young And The Restless. 1.50 Explore. 2.00 Dr Quinn. 3.00 Antiques Roadshow. 3.30 MOVIE: Are You Being Served? (1977, PG) 5.30 The Travelling Auctioneers. 6.30 Antiques Roadshow. 7.30 Keeping Up Appearances. 8.45 Poirot. 9.55 Gangwon 2024 Winter Youth Olympic Games: Closing Ceremony. 10.50 Late Programs.</p> <p>9GO! (83) 6am Children's Programs. 11.00 MOVIE: Pokémon The Movie: Volcanion And The Mechanical Marvel. (2016) 1pm Winter Youth Olympics: Highlights. 2.00 Bewitched. 2.30 Full House. 3.00 Seinfeld. 4.00 Family Ties. 4.30 The Addams Family. 5.00 Bewitched. 5.30 I Dream Of Jeannie. 6.00 Raymond. 7.00 The Nanny. 7.30 Seinfeld. 8.30 MOVIE: Riddick. (2013, MA15+) 11.00 Seinfeld. 11.30 Late Programs.</p>	<p>6.00 Morning Programs. 8.30 Neighbours. (PGa, R) 9.00 Bold. (PGa, R) 9.30 GCBC. (R) 10.00 Farm To Fork. (R) 10.30 Judge Judy. (PG, R) 11.00 Dr Phil. (PGI, R) 12.00 10 News First: Midday. 1.00 Ent. Tonight. 1.30 To Be Advised. 3.00 Farm To Fork. 3.30 10 News First Afternoon. 4.00 Neighbours. (PGa) 4.30 Bold. (PGa) 5.00 News.</p> <p>6.00 Deal Or No Deal. 6.30 The Project. 7.30 The Dog House Australia. (Return) Narrated by Mark Coles Smith. 8.30 The Dog Hospital With Graeme Hall. (PGm) Part 1 of 4. Graeme Hall goes behind the scenes at Willows, a veterinary hospital in Solihull, England. 9.30 Law & Order: SVU. (MA15+as, R) Muncy struggles with Velasco's absence. 10.30 Blue Bloods. (Ma, R) 11.30 The Project. (R) 12.30 The Late Show With Stephen Colbert. (PG) 1.30 Home Shopping. (R) 4.30 CBS Mornings.</p> <p>BOLD (51) 6am Home Shopping. 8.00 Soccer. A-League Men. Round 14. Central Coast Mariners v Brisbane Roar. Highlights. 8.30 Diagnosis Murder. 9.30 Jake And The Fatman. 10.30 JAG. 12.30pm NCIS. 1.30 FBI. 2.30 Jake And The Fatman. 3.30 Diagnosis Murder. 5.30 JAG. 7.30 Bull. 8.30 NCIS. 9.25 NCIS: New Orleans. 10.20 Evil. 11.15 48 Hours. 12.15am Home Shopping. 2.15 Diagnosis Murder. 4.05 JAG.</p> <p>NITV (34) 6am Morning Programs. 2pm Going Native. 2.30 The Cook Up. 3.00 Jarjums. 3.35 The Magic Canoe. 4.00 Toi Time. 4.30 Spartakus And The Sun Beneath The Sea. 5.00 Our Stories. 5.30 The 77 Percent. 6.00 Bamay. 6.30 News. 6.40 Wild Rockies. 7.30 Going Places With Ernie Dingo. 8.30 Dreaming Whilst Black. 9.00 MOVIE: The Fighter. (2010, MA15+) 11.00 Late Programs.</p>

CONSUMER ADVICE (P) Pre-school (C) Children (PG) Parental Guidance Recommended (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence (R) Repeat

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Names, locations and associated images have been changed to protect the identity of Zack and his family.



Sails up at Urunga

THE Urunga Sail Training Club (USTC) now has five new Assistant Instructors after running instructor training with Australia Sailing in late 2023.

Club member Alice Schreenan also completed her Senior Instructor Accreditation.

This was possible through a grant with the NSW Office of Sport's Women on Water program.

Starting on February 10 the Club will offer five weeks (Saturdays) of on the water fun and hands-on learning, with participants completing the Australian Sailing National Small Boat Start 1 and 2 courses on the beautiful waters of the Bellinger and Kalang Rivers.

"Our last course had fourteen girls complete the



☐ The Urunga Sail Training Club offers a range of sailing opportunities on the Bellinger and Kalang Rivers.

CONTINUED Page 24



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