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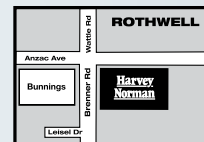
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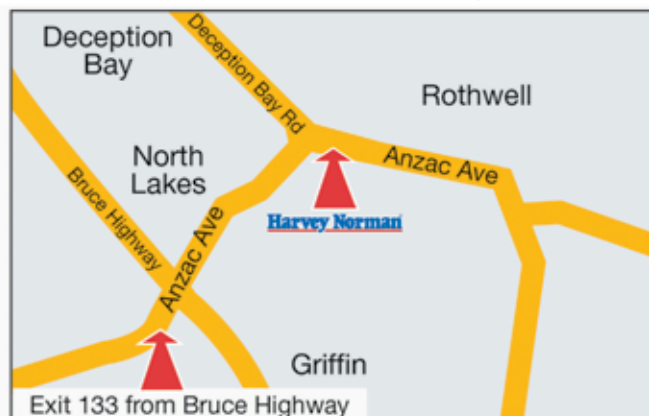
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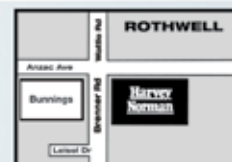
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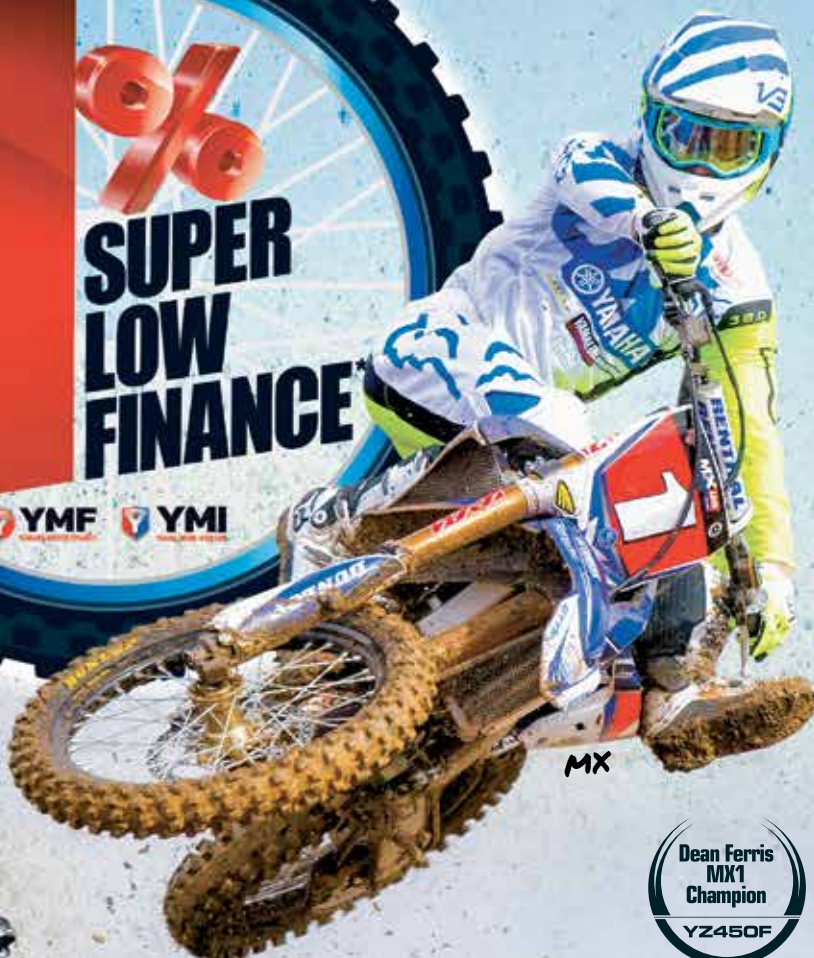
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KEEP UP TO DATE AND FOLLOW US

Congratulations to our Easter Colouring Competition Winners



Leo, 3-5 age group winner



Kiana, 6-9 age group winner



Alex, 10-13 age group winner

Congratulations to our Easter colouring comp 2018 winners Leo, Kiana and Alex. Choosing colouring competition winners might just be the toughest part of our job here at the Messenger but we chose the winners above for their creativity. They've each received \$100 cash!

If you entered but didn't win there's still some good news, Keep your eyes peeled for our upcoming Disney on Ice competition launching next week or if cakes and baking excite you, turn to page 10 right now to win a three day pass to the International Cake Show Australia, the huge celebration of all this sweet, coming to Brisbane in May



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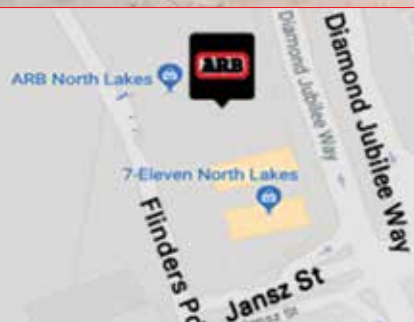


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Midnight Oil have always played by their own rules. Decades on, their rock n' roll fury has remained intact – from when they first started making music together at school in 1972 to the final note played on their recent Great Circle World Tour. Always more than just a rock band Midnight Oil are environmental crusaders, social justice activists and powerful songwriters. In 2001, 100 music industry heavyweights polled by APRA placed *Beds Are Burning* at No #3 on the list of the Top 10 Best Australian songs of all time.

Now APRA AMCOS has awarded Midnight Oil the 2018 Ted Albert Award for Outstanding Services to Australian Music at the 2018 APRA Music Awards. Spawned from the northern beaches of Sydney,

APRA Chair Jenny Morris said, "Midnight Oil's uniquely Australian songs took on societal issues with fiery determination and a musical conviction that continues to connect on a global scale. I don't want to say there will never be another Midnight Oil because the world will always need a band like Midnight Oil – now, more than ever."

On hearing news of the honour the Oils said in statement:

"Midnight Oil is proud to receive the Ted Albert



Award for 2018. It's a great honour for our band. Ted's great skill was his knack for picking talent, his genuine love for original Australian music, and the creation of his legendary production house – which has become a by-word for excellence and success. Midnight Oil's connection to Alberts began in 1978, when the band – in between playing sweaty pub gigs in and around Sydney – recorded our first album at the Boomerang House studio in King St ('Whoah! A band that eats!' said Harry Vanda, when he caught us scoffing burgers). Nine years later we were back at Alberts, this time at Neutral Bay, to record *Diesel and Dust* – an album inspired by the Australian desert

and Top End communities, but which opened doors for us right around the world."

The 2018 APRA Music Awards were held on Tuesday 10 April.

Midnight Oil are:

Rob Hirst – Drums + Vocals
Martin Rotsey – Guitar
Peter Garrett – Lead Vocals
Jim Moginie – Guitar, Keyboards + Vocals
Bones Hillman – Bass + Vocals
Andrew James – Bass (Founding member to 1980)
Peter Gifford – Bass + Vocals (1980 to 1986)
Gary Morris – Manager (1976 to 2013)

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MORAYFIELD SPORTS SCORES \$7.8 MIL UPGRADE

Slam dunk for MSEC

The Morayfield Sport and Events Centre (MSEC) is currently an indoor three court multi-purpose complex but that's all about to change as Moreton Bay Regional Council has just announced a major \$7.8 million upgrade for MSEC as part of a plan to attract major sporting events and trade shows to the popular indoor hub, and boost the region's \$1.78 billion tourism, hospitality and accommodation industry.

Mayor Allan Sutherland said the multimillion-dollar upgrade would see MSEC more than double its existing footprint to 7,000m2 with the construction of two new multipurpose indoor courts and an 1,100m2 modular events space, which can be used for conferences and trade shows.

"Our region is fast-becoming a top destination for major sports events like the recent JLT Cup AFL matches at Burpengary and the Commonwealth Rugby League Championship at Redcliffe, and we want to replicate that success with indoor sports and events," Mayor Sutherland said.

The upgrade will also include retractable seating with capacity for more than 1,000 spectators, new changerooms and amenities, and commercial kitchen space.



"It's part of council's \$75.9 million investment in parks, sport and recreation in 2017/18, and importantly, will generate local job opportunities both during and after construction."

Division 12 Councillor Adrian Raedel said the upgrade would accommodate the growing number of sporting clubs and community groups in the local area.

"Across the region, we expect the number of community and sports groups to increase by more than 50 per cent, which is why it's important to ensure our major facilities like

MSEC are future-proof," Cr Raedel said.

"With Aussies like Ben Simmons and Joe Ingles taking the NBA by storm, basketball and other indoor sports continue to grow in popularity across the country, so I'm pleased that the project will deliver additional sporting facilities for our local clubs."

Construction will commence in coming May 2018, with works expected to be complete by mid-2019, weather permitting.

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CALLING ALL CAKE BOSSES

The world's best cake artists are coming to town when Brisbane hosts the International Cake Show Australia, May 18-20

The International Cake Show Australia is once again coming to Brisbane in May and the second local outing promises all things cake, bake and decorating on a much grander scale in 2018.

Take for example the mammoth 3x3 metre Alice in Wonderland cake installation being created by a five person team of the nation's top cake creators.

Local cake star Zoe Byres (to the left and on our cover) is leading the team made up of sugar craft stars Helen Wilkinson (of Who did the Cake?), Annette Ibrahim (Bella Sofia Cakes), Trina Thomson (Sweet Ruby Cakes), Louisa Massignani (Cakes Alouisa). We had a peak through the looking glass when we spoke Zoe Byres of Cake art by Zoe (Eaton's Hill) about the event. And while we can't give any specific details about creation, that would be a spoiler, we can say they aren't taking the easy route.

There's a lot to draw on from the Alice-verse, Zoe said stylistically the creation will be somewhere in between Disney and manga.

"The theme is down the rabbit hole, we've chosen the scene where Alice is falling and we're going to recreate that in cake" Zoe said of the piece.

The ACADA (Australian Cake Artists & Decorators Association) International Cake Show Australia (ICSA) has its basis in competition. This year the competition categories range from

wedding cake artistry to cupcake bouquet design, sculpted busts, sugar-crafting, celebration cakes, edible art and buttercream cakes. The more adventurous artists and decorators can enter the architectural tribute cake (in 2018 the theme is an iconic Australian structure) category, geometric and abstract categories, gravity defying creations and stylised and edible flower designs.

But there's a lot more to it, especially for those of on this side of the cake counter. Zoe says ICSA isn't just for people who are baking crazy like her, it's for everybody. Kids love it, naturally, besides an opportunity to hassle parents for sweet treats; the show provides spaces for kids to create, and for hobbyist cakes fans to learn new skills. For home bakers and professional creators the show also provides a space to learn from the pros in hands-on workshops and an opportunity to swap tips with likeminded creatives.

"There is going to be a lot of cake heavyweights there, but it's also about getting mum-bakers - those who make birthday cakes for their kids - to come along and experience it and see what's out there," Zoe said.

"There are so many skills and so many products to take in and the people involved are incredibly generous with their time, knowledge and experience.

Indeed, the opportunities to learn from the pros are enormous as the world's best cake artists head to Brisbane for

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the show. These are such big names in the cake world that a two-day cake-off challenge on the main stage will be televised live. Cake celebrities include six of the world's most famous cake artists including Paul Bradford, Dorothy Klerck, Timbo Sullivan, Verusca Walker, Margie Carter and Paul Delaney.

One of the world's most inspiring cake artists Karen Portaleo will be in attendance as one of the celebrity judging team (seriously, do a google images search on her name).

"I'm very excited to see Karen Portaleo, I have a little cake crush on her, I do get a little fangirl girl around her so hopefully I'll be able to keep myself calm. Also cake legends like Eddie Spence [That's Sir Eddie Spence, Master of Royal Icing] and Paul Bradford and (megastar) Timbo Sullivan, who's workshop I'll be taking," Zoe said.

There's a wealth of Aussie talent in attendance too.

"There are many locals that I'm excited to see. There is so much talent within Australia and this is an opportunity to pull us all together to have all my cake friends from all over the country together in Brisbane is pretty special."

The international event will feature celebrity cake artists, chocolatiers, chefs and bakers appearing throughout the three days, the live international superstar cake-off on the main stage, a Haute Couture Wedding Marquis featuring Australia's most awarded

wedding cake designers, hands-on make create, make and take zones and classes.

There will also be epically grammable world class statement pieces to see and selfie with as well as serious learning opportunities, feature booths where cake artists/chocolatiers will be building live installations and industry pop up shops where everything you need for your home or business baking needs will be available.

International Cake Show Australia CEO, Joan McDermott said the event is set to become a new cultural tourism attraction for Australia, a brilliant cross between food, design, colour and competition.

"The International Cake Show Australia is all about creating magic, defying possibilities and breaking boundaries. For the millions who watch Cake Boss and follow the hundreds of thousands of edible artists on social media, this event is the penultimate experience, and to have it staged here in Brisbane as the national showpiece is certainly a coup for the city," she said.

The three day show runs from Friday 18th to Sunday 20th May at the Brisbane Showgrounds Exhibition Building in Bowen Hills.

Adult One Day Entry costs \$24, there are student and pensioner concessions available (\$15) and a three day pass at \$50.

Full program, more info and tickets are available now from www.acada.com.au

Win Tickets

We have 4x three day passes to the **International Cake Show Australia** that we're going to split into two prizes. So, if you win, you can take along cake-minded friend. It's a sweet prize.

The tickets are valid for entry for the entire three days of the show, for a total prize pool value of \$200.

To enter simply email comp@northlakesmessenger.com.au with "cake comp" in the subject line and your contact details in the body of the email. Easy as cake.

The two winners will be chosen at random and entries close Friday April 4, 2018 at 5pm.

Hurry and good luck!



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A Faye Cahill creation.

Faye is one of the finalists chosen to design and create a haute couture wedding cake in the theme of "Rich, Royal & Regal" at the show.



The winner will be announced on the evening of the Royal Wedding between HRH Prince Harry and Meghan Markle. Each finalist will display their finished masterpiece in the Haute Couture Wedding Cake Designer's Marquee at the International Cake Show Australia Brisbane.

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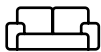
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WHY DO SOME PEOPLE REJECT HELP?

Hi Leonie,

I love reading your column and I always learn something new. You have a really forthright, gutsy Australian way of helping which I and my partner admire a great deal.

My partner and I are both 62 years old. You are a helping person and I have a helping question. I feel that I am a natural counsellor. Even though I don't have a degree I know what I am taking about. I am streetwise and have lots of common and good horse sense and I am very "Switched on".

I feel that I can be a great mentor for young people but my help is always rebuffed. I will try to help young people at work who are obviously in trouble, taking lots of sick days, playing face book and text sending on the job and I know they will get the sack if I don't help them.

One young girl of 23 is doing marijuana and drinking. She often has the Pink Eye look about her, but she just tells me off with very rude language when I try to give her some very good and obviously much needed guidance.

At 62 years of age hubby and I have stacks of life experience between us but his daughters (32 and 35) who have lots of failures tell me that I am an interferer and that I should mind my own business.

Really we just want to help. These girls lost their mother over ten years ago to bowel cancer and I wonder why they don't take advantage of my willingness to mother them.

Why do you think some people will get counselling and others will not have a bar of it? How can I impress on my partners daughters that I can really help and that I want to help?

Happy to help/Mango Hill

Hi,

Well firstly, I think that most people would want to get counselling from a qualified person who is actually a counsellor and not a self-proclaimed counsellor. It is wonderful that you have a caring nature and are willing to help others. However, helping has to be offered appropriately and without training you may be doing more harm than good.

Giving help is much like giving any gift. By this I mean that the person has to be willing to accept it. When people go to a counsellor, they are usually ready to get qualified help, recognise that what they are doing is not working for them and they usually have the willingness to try new options and have a desire to bring about change. Change in themselves and change in their circumstances.

If you offer to help someone and they reject this help, any further pressure from you could well be seen as bullying and interference. Clearly, your partners children do not want you to be involved in their affairs so the respectful and responsible thing to do is to respect their wishes and mind your own business. I understand that when you offer something of yourself to someone and it is rejected, it can be hurtful but you must respect that person's right to not involve you in the management of their life.

I feel that you are being less than "Switched on" to assume that because a mother is deceased that this means that her role is up for grabs. Who are you to declare that these ladies have lots of failures? Everyone has ups and downs in their lives and labelling the experiences of others is not fair or appropriate. These girls are adults whose mother has died and by the sounds of things they have never advertised for a replacement. Many people would feel that you are being hurtful and crossing many boundaries here.

I also wonder why you feel that it is your role to rescue your younger colleagues. If these youths get the sack for behaving irresponsibly then so be it. There is an argument to be made that letting people learn from their mistakes is the best schooling of life there is. In any case if you are not the supervisor or the owner of the company and are not carrying their workload, it is none of your business. If you are left to carry the workload of others, then it would be appropriate to speak to management to resolve this issue.

There can be a number of reasons why people reject help.

- People may feel insulted and perceive you as a "know it all" and that you feel that they are not capable of dealing with their own issues.
- They may feel patronised or spoken down to.
- They may think that it is weakness of character to ask or receive help from others.
- They may have religious or cultural beliefs around where they should go for help and see any offer outside this framework as intrusion or a trespass of privacy.
- They may feel that they may incur some kind obligation to you or that they would be "beholding" and refuse to put themselves in that position
- They may feel that if they accept your help that they will be vulnerable or have to hear all about how you 'helped them out' for a long time.
- They may not like or respect you and feel that you are in no position to help others

If you really want to help others, perhaps you could complete a Cert IV in Youth Work and volunteer to help underprivileged youth. In this way you will be helping in an educated way and appropriate way. In the mean time I would encourage you to start being respectful of others and of how they choose to live their lives.

Till next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.



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MUSCLE RACERS MEET AT PERFORMAX NORTH LAKES

It was horsepower heaven when muscle-car competitors in the Performax Cup TransAm 2 national motor racing series lined up side by side at Permormax last Friday, but the next time they meet it won't be so friendly.

The three spectacular 525 horsepower racers visited North Lakes' headquarters of American vehicle importer Peformax International to celebrate the company's new naming sponsorship of the series and their next event at Queensland Raceway on 21- 22 April.

On display were a Chevrolet Camaro driven Ashley Jarvis, a Ford Mustang driven by Anthony Tenkate and a Dodge Challenger driven by Peter Robinson.

The Performax TransAm 2 Cup will be contested over six rounds this season. Round 2 will be at the Ipswich Festival of Cars meeting at Queensland Raceway on 21- 22 April.

Performax International has been Australia's leading importer and convertor of American sports cars and pick-up trucks for almost 30 years and opened their HQ in North Lakes in February 2016. The company was founded in Gympie in 1989 by Greg Waters and Brian Learoyd, who still operate the company. Their car hobby became a big business.



Performax has around 65 employees at its production line in Gympie and sales/service/parts HQ in North Lakes.

Their bread and butter business is converting new American pick-ups to right-hand drive - complying with our Federal regulations - and sells them throughout Australia via an authorized dealer network. These striking mega-utes sell for between \$100k and \$200k.

There's another special visitor arriving at performax soon - the Performax Black Ops, a giant, upspecced, all black F-250 with military inspiration. We'll let you know when it arrives. You'll definitely want to see it.

More info at www.performaxint.com.au

Pictured: Chevy Camaro driven Ashley Jarvis, a Ford Mustang driven by Anthony Tenkate and a Dodge Challenger driven by Peter Robinson.



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North Lakes



REDCLIFFE RELAY FOR LIFE

Team up for to make a difference

Cancer Council Queensland is calling on the community to lace up and walk towards a cancer free future at Redcliffe Relay For Life.

Registrations are open for the charity's 2018 event, set to be held on October 13-14 at Pelican Park, Clontarf.

Cancer Council Queensland CEO Ms Chris McMillan encouraged locals to make a difference by teaming up for the cause.

"Each year the community bands together to give hope to Queenslanders affected by cancer, and we hope the locals will do the same this year," Ms McMillan said

"We currently have around 50 participants registered for Redcliffe Relay, but we need many more people to get involved and show their support.

"Get your friends, family or colleagues together for a team - together, we can stop cancer in its tracks!"

Redcliffe Relay For Life is an 18 hour event where teams keep a baton moving in a relay style walk or run overnight, in support of Cancer Council Queensland's vital work in cancer research, prevention programs and support services.

Teams also take part in inspirational ceremonies, fundraising activities and team



challenges, supporting each other and sharing stories of hope.

Ms McMillan said getting involved in Relay For Life made a lasting difference to locals affected by cancer.

"More than 10,100 people are diagnosed with cancer in greater Brisbane region every year," she said.

"Every step taken, and every dollar raised at Redcliffe Relay For Life funds our work, and

in turn, provides vital support and care for all Queenslanders every minute, every hour, every day."

Early bird registrations are \$20 per person. To register a team, volunteer or find out more, visit www.relayforlife.org.au or call 1300 65 65 85.

More information about Cancer Council Queensland is available via www.cancerqld.org.au or 13 11 20.



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DOCTORS HAVE ETHICAL OBLIGATION TO CONSIDER E-CIGARETTE USE FOR PATIENTS

Growing evidence of the effectiveness of e-cigarettes as a quitting aid means doctors should consider recommending them as a less harmful alternative for patients who have repeatedly failed to stop smoking tobacco with approved treatments, a new study concludes.

The review of the latest scientific evidence on e-cigarettes, by UNSW Conjoint Associate Professor Colin Mendelsohn, is published in the Internal Medicine Journal of the Royal Australian College of Physicians.

E-cigarettes are battery-powered devices that heat and vapourise a liquid to deliver nicotine to reduce the urge to smoke. Their use replicates the habits and rituals of smoking without the harmful tar, carbon monoxide and other toxic chemicals from burning tobacco.

Recent studies in populations in the US and UK, where e-cigarettes are legal and widely available, have found that their use, called vaping, is associated with higher success rates of quitting smoking than amongst non-users. The highest success rates occur with newer e-cigarette models and daily use of nicotine e-liquid, rather than intermittent use.

A 2016 report by the Royal College of Physicians in the UK concluded the health risk from long-term vaping was unlikely to exceed 5% of the harm from smoking tobacco.

Another study found that vaping results in a

dramatic reduction in carcinogens and other toxicants measured in the blood and saliva of e-cigarette users, compared to tobacco smokers.

"E-cigarettes are battery-powered devices that heat and vapourise a liquid to deliver nicotine to reduce the urge to smoke. Their use replicates the habits and rituals of smoking without the harmful tar, carbon monoxide and other toxic chemicals from burning tobacco."

Other research cited in Mendelsohn's review found that smokers who switch to vaping have significant health improvements, including improvements in asthma, chronic obstructive pulmonary disease, blood pressure, cardiovascular health, lung function and pneumonia risk.

"Medical practitioners have a duty of care to provide the best possible management at each encounter," says Associate Professor Mendelsohn, of the UNSW School of Public Health and Community Medicine.

"With-holding a legitimate treatment option that could prevent a life-threatening illness is a breach of that obligation.

"For patients who have repeatedly failed to

quit smoking with conventional strategies an e-cigarette is a legitimate, evidence-based option for reducing harm. Their use could lead to substantial improvements in public health in Australia," he says.

Vaping is currently being legalised in Canada and New Zealand, but a federal parliamentary majority (five out of eight) report last week recommended that a ban on the sale of nicotine-containing e-cigarettes in Australia be retained.

However, a minority report concluded their use by smokers who have tried and failed other ways of quitting "could save many thousands of lives" and that they should be available "as a consumer good to Australians".

Doctors can currently prescribe nicotine e-liquids for therapeutic purposes such as quitting smoking, with the patients importing three months' supply of nicotine at a time from overseas, allowing the patient to use the product legally.

"In Australia between 2013 and 2016, the smoking rate has not declined significantly for the first time in decades, despite very high cigarette prices, plain packaging and strict tobacco control laws," says Associate Professor Mendelsohn.

"However, in countries where which support vaping, smoking rates are continuing to fall, faster than ever, in some cases."

After quitting smoking, it is preferable for people to aim to cease vaping, within three to six months if possible, but long-term use of e-cigarettes is safer than relapsing to smoking, he says.

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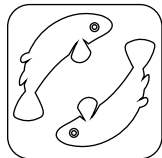
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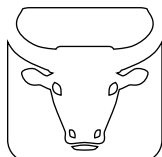
Aquarius Jan 21-Feb 19: You gave your word. But honouring it may cost you an opportunity. Sit down and explain the situation. It may take a few tries.



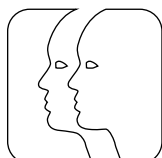
Pisces Feb 20- March 20: A wrench will be thrown into the best laid plans. Work with it as best you can. It could even be an improvement.



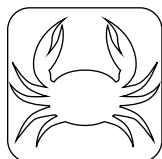
Aries March 21- April 20: Add two weeks to what's already on the go and you will emerge mid April with your sanity intact.



Taurus April 21- May 21: Loose lips do more than sink ships. They torpedo entire armadas. Steer clear of any off the record conversations.



Gemini May 22-June 21: Have contingency plans ready. Anything straightforward will prove to be otherwise.



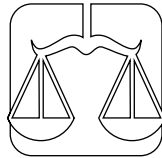
Cancer June 22-July 23: You'll have to prove that this time you're serious about making changes. It's a bit humbling, but it wins you staunch support in the end.



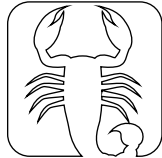
Leo July 24-Aug 23: Adopting the ostrich policy isn't wise because your blind spot is in plain view for everybody else. Best to confront unpleasantness head on.



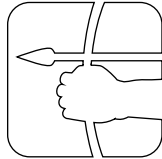
Virgo Aug 24-Sept 23: You hold the key to the house of secrets. Luckily, it's others who should worry about their loose lips. Take notes. They'll come in handy.



Libra Sept 24-Oct 23: Most believe you have to push to get ahead. You prefer a clam, gentle approach; it ensures everyone still likes you when you reach the top.



Scorpio Oct 24-Nov 22: You can't expect to make changes without rearranging priorities first. Go ahead and give it a shot. It's not as painful as it looks.



Sagittarius Nov 23-Dec 21: It's easy to blame the curmudgeon in the room. This person's a downer. But they didn't make things go awry. That would be someone else.



Capricorn Dec 22-Jan 20: Why tolerate a delay when you're close to making a deal? Because you don't want to force a fit. A last minute wrinkle works to your benefit.



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NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Kevin Can Wait. (PG) **12.30** Destination WA. **1.00** Rugby League. Intrust Super Cup. Round 7. Wynnum Manly Seagulls v Burleigh Bears. **3.00** Animal Rescue Thailand. (PG) **3.30** Wild New Zealand. **4.30** Garden Gurus. Final. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** The Voice. (PG) **8.30** The Voice. (PG) **10.00** The Voice. (PG) **11.30** Movie: Behind The Candelabra. (M) (2013) Michael Douglas, Matt Damon, Rob Lowe. A tempestuous relationship develops between world-famous pianist Liberace and a young man. **2.00** TV Shop. **2.30** Westside. (MA15+) **3.30** Westside. (MA15+) **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Power Rangers Super Ninja Steel. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Over The Garden Wall. (PG) **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** WWE Slam City. (PG) **4.35** Looney Tunes Cartoons. **4.45** Steven Universe. (PG) **5.15** Movie: Muppets From Space. (G) (1999) **7.00** Movie: Minions. (PG) (2015) **8.45** Movie: A Knight's Tale. (M) (2001) **11.30** Two And A Half Men. (M) **12.00** Adult Swim. (MA15+) **12.30** Superjail! (MA15+) **1.00** Total Divas. (M) **2.00** Britain's Got Talent Best And Worst. (PG) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Horse Racing. All Aged Stakes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Guardians Of The Galaxy. (PG) (2014) Chris Pratt. **9.30** Movie: 10 Cloverfield Lane. (M) (2016) Mary Elizabeth Winstead, John Goodman, John Gallagher Jr. A woman wakes up in a bunker. **11.45** The Goldbergs. (PG) Erica and Lainey try to find a date for Bill. **12.10** Code Black. (M) Christa has her busiest shift yet. **1.05** Code Black. (M) A performer arrives with a throat infection. **2.00** Shopping. **4.00** Sons And Daughters. (PG) Alison unwittingly saves Craig's cover. **4.30** Sons And Daughters. (PG) **5.00** The Great Outdoors.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** Harry's Practice. **10.00** Escape To The Country. **11.00** Room For Improvement. **11.30** NBC Today. **1.30** SA Weekender. **2.00** Creek To Coast. **2.30** Vasil's Garden. **3.00** Harry's Practice. **3.30** Qld Weekender. **4.00** The Great Day Out. **4.30** Sydney Weekender. **5.00** Building The Dream. **6.00** To Be Advised. **7.00** M*A*S*H. Hawkeye writes to his father. **7.30** Inside King's Cross: The Railway. (M) A look at the inner workings of King's Cross. **8.30** Escape To The Country. Jules Hudson helps a retired couple find the good life in North West Wales. **10.30** Escape To The Continent. **11.45** M*A*S*H. **12.15** Vasil's Garden. **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 The Home Team. **6.30** The Renovation King. **7.00** RPM. **8.00** Family Feud. **8.30** GCBC. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** The Living Room. **1.00** A Taste Of Travel. **1.30** Places We Go. **2.00** Life Inside The Markets. **2.30** Travels With The Bondi Vet. (PG) **3.00** Pooches At Play. **3.30** Cook's Pantry. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** David Attenborough And The Sea Dragon. (PG) **7.30** Ambulance UK. (M) New. **8.45** To Be Advised. **9.45** To Be Advised. **10.45** To Be Advised. **11.45** Motor Racing. Supercars Championship. Round 4. Phillip Island SuperSprint. Race 9. Highlights. **12.45** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** The Doctors. (PG) **12.00** Star Trek: Voyager. (PG) **1.00** Diagnosis Murder. (PG) **3.00** The Offroad Adventure Show. **4.00** MacGyver. (PG) **5.00** Operation Repo. (PG) **5.30** Hogan's Heroes. **6.00** Scorpion. (PG) **8.00** Hawaii Five-0. (M) **10.00** Motor Racing. Supercars Championship. Round 4. Phillip Island SuperSprint. Race 9. Highlights. From Phillip Island Grand Prix Circuit, Victoria. **11.00** Car Crash Britain. (M) **1.00** Highlander. (M) **2.00** RPM. **3.00** Operation Repo. (PG) **3.30** Monster Jam. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. **12.00** ABC News At Noon. **12.30** Slow Train Through Africa With Griff Rhys Jones. **1.25** Inspector George Gently. (M) **3.00** Kakadu. (PG) **4.00** Landline. **4.30** Jillaroo School. (PG) **5.00** Antiques Roadshow. **6.00** Compass. **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Father Brown. (M) **8.15** The Good Karma Hospital. (PG) **9.05** Prime Suspect 1973. (M) **9.50** The Level. (M) **10.40** Wentworth. (MA15+) **11.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** Teacup Travels. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Would I Lie To You? **8.30** Melbourne International Comedy Festival: The Great Debate. (M) **10.10** Comedy Up Late. (M) **10.40** Comedy Next Gen. (MA15+) **11.30** Inside Amy Schumer. (M) **11.55** An Idiot Abroad. (MA15+) **12.40** The Office. (PG) **1.10** The Office. (M) **1.40** News Update. **1.45** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU World Championships. Ice Dance. **4.35** Million Dollar American Princesses. **5.30** Supernet. (PG) **6.30** News. **7.30** Meteor Strike: Fireball From Space. (PG) **8.30** Cleopatra. (M) **9.20** Cleopatra. (M) **10.05** Travel Man. **10.30** Travel Man. (PG) **11.00** Travel Man. (PG) **11.30** Soccer. EPL Chelsea v Huddersfield. **2.15** Adam Looking For Eve. (MA15+) **3.10** Frisky Business. (MA15+) **4.05** Frisky Business. (MA15+) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. (PG) **1.30** Jungletown. (PG) **2.20** Motherboard. (PG) **2.45** VICE. (PG) **3.15** Forever Young. (PG) **3.45** Sloths Save The World. (PG) **4.10** Flight 920. (PG) **5.15** MythBusters. (PG) **6.15** MythBusters. (PG) **7.15** Chinese Dating With The Parents. (PG) **8.30** Movie: Margin Call. (MA15+) (2011) **10.30** Movie: Eureka. (1983) **12.50** The Movie Show. **1.20** The Movie Show. **1.50** Hamilton's Pharmacopeia. (M) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm King Arthur: Legend Of The Sword (2017) Action. Charlie Hunnam, Jude Law. *Premiere*
6.45pm Jackie (2016) Biographical. Natalie Portman. (MA15+) *Masterpiece*
8.30pm Crazy, Stupid, Love. (2011) Comedy. Steve Carell. (M) *Romance*

GENERAL

7.00pm This Is Not Happening. (MA15+) *Comedy Channel*
7.30pm Casualty. (M) *BBC First*

DOCUMENTARY

6.30pm The Surgery Ship. Based on real events on board the hospital ship Africa Mercy. (M) *National Geographic*
7.30pm FantomWorks. (PG) *Discovery Turbo*
9.30pm Waco: Madman Or Messiah. (M) *Crime & Investigation*

SPORT

1.30pm Football. AFL. Round 5. St Kilda v GWS. *Fox Footy*
3.00pm Rugby League. NRL. Round 7. South Sydney Rabbitohs v Canberra Raiders. *Fox League*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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PARK VIBES

Date: 22 April 2018, 3.00pm - 8.00pm

Location: Pine Rivers Park - 125 Gympie Road, Strathpine

Cost: Free

Serving up an afternoon of live music and mouth-watering food options, the inaugural Park Vibes is sure to be a family favourite. Take your pick from an array of food options and international tastes or enjoy a refreshing craft beer or wine at the pop-up bar.

Bring along a picnic blanket and settle in for a stage program boasting local talent. There will also be free rides and plenty of activities for the kids to enjoy. The free rides located in the USC Kids Zone will provide hours of entertainment for little and big kids alike. Take a trip on the spinning chairs or burn some energy on the jumping castle.

The show will close with a huge fireworks spectacular over Pine Rivers Park from 8pm.

Parking is available onsite for \$5.

More info www.visitmoretonbayregion.com.au

APR 22

WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

Hip Hop, electronic, poetry and new music - Queensland Symphony Orchestra has announced a two-day music festival of collaborations with some of the coolest artists in the country. WAVE Festival 2018 will take place on Friday 20 and Saturday 21 April at the Brisbane Powerhouse, featuring incredible performances with The Kite String Tangle, Horrorshow and more.

The cutting-edge music program will shine the spotlight on contemporary music and Australian composers and music makers. The line-up of stars reads like Music's Most Wanted - Australia's favourite electronic producer and Brisbane local Danny Harley, better known as The Kite String Tangle, highly acclaimed and much loved Hip Hop duo Horrorshow, poet Luka Lesson, composer Heather Shannon (The Jezabels), composer Gordon Hamilton and conductor Sarah-Grace Williams showcase musical collaborations with Queensland Symphony Orchestra. Tickets via www.qso.com.au

APR 20-21

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NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Surfing. World League. Round 1. Quiksilver Pro Gold Coast. Highlights. **2.00** The Embassy. (PG) **3.00** Sunday Football Preview. **4.10** Rugby League. NRL. Round 7. Cronulla Sharks v Penrith Panthers. (PG) **5.00** Nine News. **7.00** The Voice. **8.30** 60 Minutes. **9.30** Born To Kill? Class Of Evil. (M) **10.30** Killer On The Line. (M) **11.30** Major Crimes. (M) **12.30** Cold Case. (PG) **1.30** Surfing. World League. Round 1. Quiksilver Pro Gold Coast. Highlights. From Queensland. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yo-Kai. (PG) **3.00** Gumball. **3.30** Teen Titans. (PG) **4.00** Be Cool, Scooby-Doo! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Big Bang. (PG) **8.30** Movie: Fast & Furious 7. (M) (2015) **11.15** Big Bang. (PG) **12.15** Adult Swim. (M) **12.20** Robot Chicken. (MA15+) **12.30** Squidbilities. (MA15+) **12.45** Superjail! (MA15+) **1.15** Tattoo Fixers. (MA15+) **2.10** Most Terrifying Places In America. (MA15+) **3.00** Yo-Kai. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** Jabba's School Holiday Movie Special. (PG) **2.00** To Be Advised. **3.30** To Be Advised. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) There is fallout from a controversial moment. **8.30** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.30** To Be Advised. **10.30** Criminal Confessions. (M) New. Documents a homicide case. **11.30** Blindspot. (M) **12.30** The Windsors. (M) **1.30** Grandfathered. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Tennis. Fed Cup. World Group Play-Offs. Australia v Netherlands. Day 2. **4.00** Escape To The Country. **5.00** The Hairy Bikers' Northern Exposure. (PG) **6.00** Mighty Ships. (PG) **7.00** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) Officers question an American woman. **9.30** Gold Coast Medical. (PG) **10.30** Border Security: Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** Room For Improvement. **4.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Australia By Design: Innovation. **9.30** St10. (PG) **12.00** Photo Number 6. (PG) **1.00** The Coffee Man. (PG) **2.30** To Be Advised. **3.30** RPM. **4.00** Motor Racing. Supercars Championship. Round 4. Phillip Island SuperSprint. Race 10. Highlights. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** Bachelor In Paradise. Hosted by Osher Günsberg. **9.00** NCIS. (M) As the team searches for a petty officer who is suspected of assault, Torres works with a blind witness who may have heard vital evidence. **10.00** SEAL Team. (M) **11.00** The Sunday Project. **12.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **7.30** Super Rugby. NSW Waratahs v Lions. **9.30** Supercars Championship. Phillip Island SuperSprint. Highlights. **10.30** Escape Fishing. **11.00** Life Inside The Markets. **11.30** Operation Repo. **12.00** Reel Action. **1.00** 4x4 Adventures. **2.00** Cruise Mode. **3.00** The Doctors. **4.00** Pooches At Play. **4.30** What's Up Down Under. **5.00** I Fish. **5.30** Soccer. A-League. Elimination Final. **8.30** Motor Racing. Supercars Championship. Round 4. Phillip Island SuperSprint. Race 10. Highlights. **9.30** CSI: NY. **10.30** Ambulance UK. **11.30** VF Confidential. **12.30** Highlander. **1.30** RPM. **2.00** Operation Repo. **3.00** Highlander. **4.00** Whacked Out Sports. **4.30** Motorcycle Racing. MotoGP. Round 3. Grand Prix of the Americas. Race.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Ask The Doctor. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.25** The New Legends Of Monkey. (PG) **4.50** Griff's Great Britain. Final. **5.15** Father Brown. (PG) **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs. **8.30** Midsomer Murders. (M) **10.00** Miniseries: National Treasure. (MA15+) **10.50** Harrow. (M) **11.45** Silent Witness. (M) **12.45** Miniseries: National Treasure. (MA15+) **1.35** Rage. (MA15+) **3.55** Antiques Roadshow. **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? **8.30** Melbourne Comedy Festival Upfront: The Queens Of Comedy. **10.00** Alan Davies: As Yet Untitled. (MA15+) **10.45** Adam Hills: The Last Leg. (M) **11.30** Upstart Crow. (PG) Final. **12.00** Plebs. (M) **12.25** Idiotstitter. (M) **12.45** Would I Lie To You? **1.15** Dirty Laundry. (M) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. Chelsea v Huddersfield. Replay. **12.00** Speedweek. **2.00** InCycle. **2.30** Arabic News F24. **3.00** Turkish News. **3.30** Motorcycle Racing. Superbike World Championship. Round 3. **4.30** FIFA 2018 World Cup: Road To Russia. **5.00** Small Business Secrets. **5.30** Hitler's People. (PG) **6.30** News. **7.30** The Celts. (M) **8.35** Trump's Takeover. **9.40** Michael Moore: Where To Invade Next. (M) **11.55** Exodus: Our Journey. **1.00** Inside The Desert City. (PG) **2.10** Movie: Key House Mirror. (M) (2015) **3.50** My Amazing Twin. (PG) **4.55** UK Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **8.30** Macedonian News. **9.00** PopAsia TV. (PG) **10.00** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. (PG) **1.30** 10,000 BC. (PG) **2.25** Needles And Pins. (PG) **3.15** Fashionista. (PG) **3.25** States Of Undress. (PG) **4.15** Cyberbaw. (PG) **4.40** North Korean Labour Camps. (PG) **5.30** Donald Trump's First Year. (PG) **6.20** Vs Arashi. **7.20** If You Are The One. (PG) **8.30** 24 Hours In Police Custody. **9.30** Boy Racer. **10.00** Cycling. UCI World Tour. Liege-Bastogne-Liege. **1.30** Epicly Later'd. (MA15+) **2.20** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.32pm RED (2010) Action. Bruce Willis, Mary-Louise Parker. (M) Action
8.30pm The Dark Tower (2017) Action. Matthew McConaughey, Idris Elba. (M) Premiere
8.30pm Cloud Atlas (2012) Drama. Tom Hanks, Halle Berry. (MA15+) Masterpiece

GENERAL

6.30pm Jane The Virgin. (PG) FOX8
7.30pm Tonight At The London Palladium. UKTV
8.30pm Arthur Miller: Writer. (M) Showcase

DOCUMENTARY

7.30pm Crimes That Shook Australia. (M) Crime & Investigation
7.30pm Rocky Mountain Railroad. (PG) Discovery
8.30pm Food Unwrapped: Best Of Specials. (PG) Lifestyle Food

SPORT

2.05pm Rugby League. NRL. Round 7. Parramatta Eels v Manly Sea Eagles. Fox League
4.30pm Soccer. A-League Finals. Elimination Final. Fox Sports 501

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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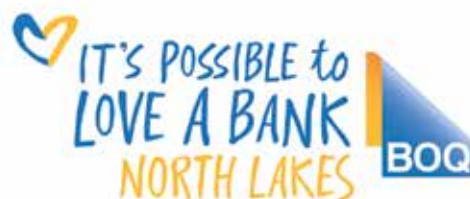
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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.00** Lip Sync Battle. (M) **9.30** Lip Sync Battle. (M) **10.00** 100% Footy. (M) **11.00** Two And A Half Men. (M) **11.30** Two And A Half Men. (PG) **12.00** The Bible. (M) **1.00** Postcards. **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Car SOS. (PG) **12.00** Storage Hunters UK. (PG) **1.00** Dawson's Creek. (PG) **2.00** Power Rangers Super Ninja Steel. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon. **3.30** Ninjago. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Knocked Up. (M) (2007) **11.00** Big Bang. (PG) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: A Sister's Nightmare. (M) (2013) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Ash hears the truth about Robbo's past. **7.30** My Kitchen Rules. (PG) Gold Coast couple Alex and Emily take to the kitchen, hoping to impress their fellow contestants and the judges. **9.00** The Mentor. (M) New. Australian entrepreneur Mark Bouris travels around the country to help struggling small business owners. **10.00** The Resident. (M) Conrad cares for his old medical professor. **11.00** The Blacklist. (M) **12.00** Talking Footy. **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** Mighty Ships. (PG) **11.30** Room For Improvement. **12.00** NBC Today. **1.00** NBC Press. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) **10.30** Blue Murder. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Passion Of Spain. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCB. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. **7.30** Bachelor In Paradise. (PG) Two female singles scramble for a coveted rose. Hosted by Osher Günsberg. **8.30** Movie: Pretty Woman. (M) (1990) Richard Gere, Julia Roberts, Hector Elizondo, Jason Alexander. A businessman, in need of an escort for the evening, gives a prostitute a first-hand look at the lives of the mega-rich. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **8.30** Operation Repo. (PG) **9.00** iFish. **9.30** A Taste Of Travel. **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (PG) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** David Attenborough's Hotel Armadillo. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Motorcycle Racing. MotoGP. Round 3. Grand Prix of the Americas. Race. Replay. From Circuit of the Americas, Austin, Texas. **3.30** Hogan's Heroes. **4.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Grand Designs. **12.00** ABC News At Noon. **1.00** Landline. **2.00** ANZAC Girls. (M) **3.00** The War That Changed Us. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Golf. PGA Tour. Valero Texas Open. Highlights. From AT&T Oaks Course, San Antonio, Texas. **12.20** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Librarians (M) **8.30** The Librarians (M) **9.00** Tonight With Tom Ballard. (M) **9.30** Free Agents. (MA15+) **10.00** Inside Amy Schumer. (MA15+) **10.20** Other People's Problems. (M) **10.25** Red Dwarf: Back To Earth. **10.50** The Office. (M) **11.15** 30 Rock. (M) **11.35** Parks And Recreation. (PG) **12.00** Tonight With Tom Ballard. (M) **12.25** Red Dwarf: Back To Earth. **12.50** The Office. (M) **1.15** 30 Rock. (M) **1.35** Parks And Recreation. (PG) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Celtic Woman: Songs From The Heart. **2.55** Cancer: The Emperor Of All Maladies. (PG) **4.00** Australia With Simon Reeve. (PG) **5.00** I Heart My People. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Elizabeth. **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. **10.30** SBS News. **11.00** The World Game. **11.30** Agatha Christie's Criminal Games. (M) **1.20** Mammon. (M) **2.25** Mammon. (M) **3.25** Mammon. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Asterix: The Mansions Of The Gods. (PG) (2014) **1.30** Huang's World. (PG) **2.20** Huang's World. (PG) **3.10** Vs Arashi. **4.05** The Mindy Project. (PG) **4.30** Magic The Gathering. (PG) **4.55** If You Are The One. (PG) **6.10** Brooklyn Nine-Nine. (PG) **6.35** MythBusters. (PG) **7.35** The Feed. **8.05** Travel Man. **8.35** Movie: Burn After Reading. (MA15+) (2008) **10.25** Movie: Safety Net Guaranteed. (M) (2012) **12.00** From Dusk Till Dawn. (MA15+) **12.50** From Dusk Till Dawn. (MA15+) **1.40** Climbing Lebanon. (M) **2.05** The Feed. **2.35** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Hidden Figures (2017) Drama. Octavia Spencer, Taraji P. Henson. (PG) *Premiere*
8.30pm Rabbit-Proof Fence (2002) Drama. Everlyn Sampi, Tianna Sansbury. (PG) *Masterpiece*
10.10pm Lion (2016) Biographical. Dev Patel, Nicole Kidman. (PG) *Masterpiece*

GENERAL

1.30pm Fear The Walking Dead. (MA15+) *Showcase*
4.00pm The Mindy Project. (M) *Universal Channel*
8.30pm Tin Star. (MA15+) *BBC First*

DOCUMENTARY

7.30pm Wicked Tuna. (M) *National Geographic*
8.30pm Buying And Selling. (PG) *Lifestyle Home*
8.30pm Jamie & Jimmy's Food Fight Club. (PG) *Lifestyle Food*

SPORT

6.00am Soccer. Major League. Minnesota United FC v Seattle Sounders FC. *ESPN2*
10.00am Baseball. Major League. Dodgers v Nationals. *ESPN*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Voice. (PG) **2.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.00** Date Night. (M) **9.30** Date Night. (M) **10.00** Movie: Magic Mike. (MA15+) (2012) Channing Tatum, Alex Pettyfer, Matthew McConaughey, Olivia Munn. A young man is taken under the wing of an experienced performer, as he starts his career as a stripper. **1.05** The Closer. (M) **2.00** Extra. **2.30** Global Shop. **3.00** Good Morning America. **4.20** Anzac Dawn Service. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Storage Hunters UK. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Steven Universe. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Science Of Stupid: Sports. (M) **8.30** Movie: G.I. Joe: Retaliation. (M) (2013) **10.45** Big Bang. (PG) **11.15** 2 Broke Girls. (M) **12.15** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: A Memory Of Lies. (M) (2009) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) **9.00** Interview. (M) Andrew Denton interviews a range of fascinating people in an effort to find out what makes them tick. **10.00** Grey's Anatomy. (M) Jackson turns his concentration to the groundbreaking vaginoplasty surgery he has scheduled with Catherine and Richard. **11.00** Grey's Anatomy. (M) **12.00** Cosmetic Coffee. (M) **12.30** The Windsors. (M) **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** The Great Outdoors. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (M) Margaret stumbles upon Ben's murderer. **8.30** Inspector Morse. (M) A psychiatric patient escapes from hospital. **9.30** Suspects. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Passion Of Spain. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bachelor In Paradise. (PG) **8.30** Hughesy, We Have A Problem. Host Dave Hughes is joined by guests to discuss solutions to problems experienced in modern Australian life. **9.30** NCIS: LA. Callan and Sam learn a notorious international weapons dealer has returned to the US. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Get Smart. (PG) **10.00** Healthy Homes Australia. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** David Attenborough's Hotel Armadillo. (PG) **1.00** The Doctors. (PG) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** David Attenborough's Desert Lions. **7.30** Walker, Texas Ranger. (M) **8.30** 48 Hours. (M) **9.30** VF Confidential. (M) **10.30** CSI: Miami. (MA15+) **11.30** 48 Hours. (M) **12.30** Home Shopping. **2.00** Cheers. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** The Doctors. (PG) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** ANZAC Girls. (M) **3.00** The War That Changed Us. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** The Checkout: Factory Seconds. **8.30** General Monash And Me. (PG) **9.30** Guilty. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.20** Rage. (MA15+) **1.55** Murder, She Wrote. (PG) **2.40** Pointless. **3.25** Jennifer Byrne Presents Great War Stories. **4.00** A Landline Special: The Last Charge. **4.25** Anzac Dawn Service From Sydney. **5.30** Anzac Dawn Service From Canberra.

ABC COM

6.00 Children's Programs. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Office. (M) **8.30** The Office. (PG) **9.00** Tonightly With Tom Ballard. (M) **9.30** Plebs. (M) Return. **10.00** IdiotSitter. (M) **10.25** Virgin Bush. (M) **10.30** Red Dwarf: Back To Earth. (PG) **10.55** The Office. (PG) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (M) **12.05** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf: Back To Earth. (PG) **1.00** The Office. (PG) **1.20** 30 Rock. (PG) **1.45** Parks And Recreation. (M) **2.05** News Update. **2.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Creative Minds. (PG) **2.50** Michael Mosley: Wonderful World Of Blood. (PG) **3.50** Gallipoli: When Murdoch Went To War. (PG) **4.55** Peter FitzSimons' WWI. **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** Kim Jong-Un: The Man Who Rules From North Korea. **10.30** SBS News. **11.00** Spiral. (MA15+) **12.05** Spiral. (MA15+) **1.10** Diana And The Paparazzi. (PG) **2.35** The Tribe. (M) **3.30** Grand Tours. **4.00** Grand Tours. **4.30** Soccer. UEFA Champions League. Semi-final. First leg.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Spirited Away. (PG) (2001) **2.20** PopAsia TV. (PG) **3.15** Tattoo Age. (PG) **3.40** Nathan For You. **4.05** The Mindy Project. (PG) **4.30** News. **4.55** If You Are The One. (PG) **6.05** Brooklyn Nine-Nine. (PG) **6.30** MythBusters. (PG) **7.30** The Feed. **8.00** Going Deep With David Rees. (M) **8.30** 24 Hours In Police Custody. **9.25** Hate Thy Neighbour. (M) **10.15** I'm A Stripper. (M) **11.10** Shoenice22. **11.35** My Homie Sells Homies. **12.00** News. **12.25** Desus And Mero. (M) **12.50** Kingdom Of The Little People. (M) **1.40** Nirvana. (M) **2.05** The Feed. **2.35** WorldWatch. **3.00** Thai News. **3.30** WorldWatch. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



MOVIES

6.20pm Alien: Covenant (2017) Sci-fi. Michael Fassbender, Katherine Waterston. (MA15+) *Premiere*
6.40pm The Young Victoria (2009) Biographical. Emily Blunt, Miranda Richardson. (PG) *Masterpiece*
7.30pm Despicable Me 3 (2017) Animated. Steve Carell, Kristen Wiig. (PG) *Family*

GENERAL

8.30pm Frankie Drake Mysteries. (M) *13th Street*
8.30pm Chicago P.D. (MA15+) *Universal Channel*
8.30pm Supergirl. (M) *FOX8*

DOCUMENTARY

7.30pm Undercover High. (M) *Crime & Investigation*
7.30pm Genius. (M) *National Geographic*
8.30pm Celebrity British Bake Off. *Lifestyle Food*

SPORT

9.00am Baseball. Major League. New York Yankees v Minnesota Twins. *ESPN*
7.25pm Football. AFL. Round 5. Melbourne v Richmond. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **10.00** Today Extra. (PG) **11.30** Morning News. **12.30** Gallipoli Dawn Service. **1.40** Villers-Bretonneux Dawn Service. **2.35** News Now. **3.00** Anzac Day NRL Preview. **4.10** Rugby League. NRL. Round 8. St George Illawarra Dragons v Sydney Roosters. From Allianz Stadium, Sydney. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.00** To Be Advised. **11.00** Embarrassing Bodies Down Under. (MA15+) **12.00** House Husbands. (PG) **1.00** Murder In The First. (M) **2.00** Extra. **2.30** Global Show. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Storage Hunters UK. (PG) **1.00** Dawson's Creek. (PG) **2.00** Regular Show. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Young Sheldon. (PG) **10.30** Big Bang. (PG) **11.00** Lip Sync Battle. (M) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** To Be Advised. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Dean pushes Ash to the brink. **7.30** My Kitchen Rules. (PG) Olga and Valeria host their ultimate instant restaurant, hoping to blow away the rival teams. **9.00** Back With The Ex. (PG) The couples go on another date and delve into a box containing good and bad memories from their past. **10.10** Hell's Kitchen USA. (MA15+) Hosted by Gordon Ramsay. **11.10** Hell's Kitchen USA. (MA15+) **12.10** Heroes Reborn. (M) **1.05** Heroes Reborn. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** The Great Outdoors. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** A Touch Of Frost. (M) A murder is committed and the ritualistic killing echoes a previous case. **10.30** Autopsy USA. (MA15+) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bondi Rescue. (PG) **8.00** Bondi Rescue. (PG) It is Christmas Day on Bondi Beach. **8.30** The Graham Norton Show. Irish comedian Graham Norton chats with Benedict Cumberbatch, Matt LeBlanc, Maxine Peake, Calvin Harris and Dua Lipa. **9.30** This Is Us. Kevin helps Randall and Beth with a project. **10.30** Hawaii Five-O. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** David Attenborough's Desert Lions. **1.00** The Doctors. (PG) **2.00** Monster Jam. **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** David Attenborough's Mountain Lions. **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **10.30** CSI: NY. (M) **11.30** NCIS. (M) **12.30** Home Shopping. **2.00** Cheers. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast On Anzac Day. **9.00** Anzac Day: Australia Remembers. **10.00** Anzac Day March Brisbane. **12.30** Anzac Day: Gallipoli Dawn Service. **1.30** Anzac Day: Villers-Bretonneux Centenary Commemoration. **3.00** The War That Changed Us. (PG) **4.00** Children's Programs. **5.00** ABC News At Five. **5.10** Drum. **5.55** Think Tank. **6.55** Governor-General's Anzac Day Address. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. Final. **8.30** MAD AS HELL. (M) Final. **9.00** Sando. (M) Final. **9.30** You Can't Ask That. (M) **10.00** Tonightly With Tom Ballard. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Four Corners. **12.05** Media Watch. (PG) **12.20** Guilty. (M) **1.20** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Black Books. (PG) **8.25** Black Books. (PG) **8.50** Virgin Bush. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** An Idiot Abroad. (M) **10.15** Red Dwarf: Back To Earth. (PG) **10.40** The Office. (PG) **11.00** 30 Rock. (M) **11.20** Parks And Recreation. (PG) **11.45** Tonightly With Tom Ballard. (M) **12.15** Red Dwarf: Back To Earth. (PG) **12.40** The Office. (PG) **1.05** 30 Rock. (M) **1.25** Parks And Recreation. (PG) **1.50** News Update. **1.55** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 Soccer. UEFA Champions League. Semi-final. First leg. Continued. **7.00** WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **2.55** Dateline. **3.25** Insight. **4.25** I Bought My Own Rainforest. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Michael Portillo's Abandoned Britain. **8.30** The Ganges With Sue Perkins. **9.30** The Good Fight. **10.30** Chance. (MA15+) Return. **11.25** SBS News. **11.55** Movie: Renoir. (M) (2012) **2.00** Movie: Platoon. (MA15+) (1986) **4.10** Food Lover's Guide. **4.45** France Bitesize. **4.50** France Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Moomins On The Riviera. (PG) (2014) **1.25** Abandoned. (PG) **2.15** VICE World Of Sports. (PG) **2.40** Over The Black Dot. **3.40** Nathan For You. (PG) **4.05** The Mindy Project. (PG) **4.30** News. **4.55** If You Are The One. (PG) **6.10** Brooklyn Nine-Nine. (PG) **6.35** MythBusters. (PG) **7.35** The Feed. **8.05** Brooklyn Nine-Nine. (M) **8.30** The Crystal Maze. (PG) **9.30** Movie: The World According To Garp. (M) (1982) **12.00** Movie: Her. (MA15+) (2013) **2.10** News. **2.35** Desus And Mero. (M) **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.35pm My Cousin Rachel (2017) Drama. Rachel Weisz, Sam Claflin. (M) Masterpiece
10.15pm Churchill (2016) Drama. Brian Cox, Miranda Richardson. (M) Masterpiece
10.15pm That Thing You Do! (1996) Comedy. Tom Hanks, Tom Everett Scott. (G) Comedy

GENERAL

1.35pm The Real Housewives Of Beverly Hills. Arena
8.30pm Shetland. (M) BBC First
8.30pm The Americans. (MA15+) Showcase

DOCUMENTARY

7.30pm One Strange Rock. (PG) National Geographic
7.30pm Afghanistan: Inside Australia's War. Part 3 of 3. (MA15+) History
8.30pm Selling Houses Australia. (PG) Lifestyle

SPORT

3.20pm Football. AFL. Round 5. Collingwood v Essendon. Fox Footy
7.00pm Rugby League. NRL. Round 8. Melbourne Storm v NZ Warriors. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Thursday Night Football Preview. **7.50** Rugby League. NRL. Round 8. South Sydney Rabbitohs v Brisbane Broncos. From ANZ Stadium, Sydney. **9.45** The NRL Footy Show. (M) **11.00** The AFL Footy Show. (M) **12.30** Al McGlashan's Fish'n With Mates. (PG) **1.00** My Surf TV. **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skipper The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Storage Hunters UK. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: Species. (MA15+) (1995) **11.45** WWE Raw. (M) **12.45** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Murder In A Small Town. (M) (2013) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Dean searches for answers. **7.30** My Kitchen Rules. (PG) The finals are underway, with the teams' culinary skills being put to the test. Hosted by Manu Feildel and Pete Evans. **9.00** First Dates UK. (M) Singles experience the thrills of dating, including a woman who loves a challenge and is hoping to tame a DJ. **10.00** Movie: Sex Tape. (MA15+) (2014) Jason Segel, Cameron Diaz. **12.00** Code Black. (M) **1.00** Code Black. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** Escape To The Country. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) The mayor dies during a speech. **8.30** Murdoch Mysteries. (M) Murdoch goes undercover to solve a murder, and Crabtree samples his first banana split. **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Show Me The Movie! **8.30** Law & Order: S.V.U. (M) Benson crosses paths with Alexandra Cabot while searching for an abducted woman and her daughter. **9.30** Law & Order: S.V.U. (M) Benson discloses some close held secrets as she tries to help a woman remember the details of her assault. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** David Attenborough's Mountain Lions. **1.00** The Doctors. (PG) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** David Attenborough's Five Big Cats And A Camera. **7.30** Walker, Texas Ranger. (M) **8.30** Cops: Adults Only. (M) **9.00** Movie: Unbreakable. (M) (2000) Bruce Willis, Samuel L Jackson, and Robin Wright Penn. **11.10** SEAL Team. (M) **12.05** Highlander. (M) **1.05** Home Shopping. **2.05** The Doctors. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Highlander. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** The Crater. (M) **1.55** ANZAC Girls. (M) **2.55** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Miniseries: Kiri. (M) **8.50** Wentworth. (MA15+) **9.35** Qi. (M) **10.10** ABC Late News. **10.40** The Business. **10.55** The Honourable Woman. (MA15+) **11.55** Doctor Who. (PG) **1.15** Rage. (MA15+) **2.30** Golf. PGA Tour. Valero Texas Open. Highlights. From AT&T Oaks Course, San Antonio, Texas. **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.40** Play School. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Frontline. (M) **8.30** Frontline. (PG) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Sando. (M) **Final. 10.00** Comedy Up Late. (M) **10.30** Red Dwarf Special: The Making Of "Back To Earth". **10.55** The Office. (PG) **11.15** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf Special: The Making Of "Back To Earth". **12.55** The Office. (PG) **1.20** 30 Rock. (M) **1.40** Parks And Recreation. (PG) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Marngrook Footy Show. **3.30** Skies Above Britain. (PG) **4.35** The Ascent Of Civilization. (PG) **5.35** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Luke Nguyen's Food Trail. (PG) **8.35** The Handmaid's Tale. Return. **9.40** The Handmaid's Tale. **10.40** The Night Manager. **11.50** SBS News. **12.20** Movie: Bald Mountain. (MA15+) (2013) **2.20** The Island: Women's Island. (M) **3.20** The Island: Women's Island. (M) **4.15** Food Lover's Guide. **4.50** France Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** States Of Undress. (PG) **12.50** States Of Undress. (PG) **1.40** States Of Undress. (PG) **2.30** It's Suppertime! (M) **2.55** It's Suppertime! (PG) **3.20** Fashionista. (PG) **3.30** Nathan For You. (PG) **3.55** The Mindy Project. (PG) **4.20** News. **4.50** If You Are The One. (PG) **6.00** Brooklyn Nine-Nine. (PG) **6.30** MythBusters. (PG) **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Movie: Daria: Is It College Yet? (2002) **10.30** The Trixie & Katya Show. (MA15+) **11.00** The Trixie & Katya Show. **11.25** UEFA Champions League Highlights. **12.25** News. **12.55** Desus And Mero. (M) **1.20** Nirvana. (M) **1.45** The Feed. **2.15** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

8.30pm Guardians Of The Galaxy Vol. 2 (2017) Action. Chris Pratt, Zoe Saldana. (M) *Premiere*
8.30pm Walk The Line (2005) Biographical. Joaquin Phoenix, Reese Witherspoon. (M) *Masterpiece*
10.10pm Keeping Up With The Joneses (2016) Action. Zach Galifianakis, Isla Fisher. (M) *Comedy*

GENERAL

7.30pm Sell It Like Serhant. (M) *Arena*
7.30pm Krypton. (M) *Syfy*
8.30pm Legion. (MA15+) *Showcase*

DOCUMENTARY

7.30pm Food Factory USA. (PG) *Discovery Science*
7.30pm Love Your Home And Garden. (PG) *Lifestyle*
8.30pm Food Safari Fire. (PG) *Lifestyle Food*

SPORT

10.00am Ice Hockey. NHL Playoffs. *Fox Sports 503*
7.50pm Rugby League. NRL. Round 8. South Sydney Rabbitohs v Brisbane Broncos. *Fox League*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** The Voice. **3.00** News
 Now. **4.00** Afternoon News. **5.00**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair. **7.30**
 Friday Night Football Preview.
7.59 Rugby League. NRL. Round
 8. Penrith Panthers v Canterbury
 Bulldogs. From Panthers Stadium,
 NSW. **10.45** Movie: Brick
 Mansions. (M) (2014) Paul Walker,
 David Belle, RZA. In a dystopian
 Detroit, an undercover cop tries to
 take down a ruthless crime lord by
 infiltrating his gang. **12.35** Mom.
 (M) **1.00** Extra. **1.30** TV Shop:
 Home Shopping. **2.00** Filthy Rich.
 (M) **3.00** The Avengers. (PG) **4.00**
 Global Shop. **4.30** The Baron. (PG)
5.30 Good Morning America.

GO!

6.00 Children's Programs. **11.00**
 Friends. (PG) **12.00** Storage
 Hunters UK. (PG) **1.00** Dawson's
 Creek. (PG) **2.00** Children's
 Programs. **4.00** Kids' WB. (PG)
4.05 Teen Titans. (PG) **4.30** Ben
 10. (PG) **5.00** Clarence. (PG) **5.30**
 Movie: Agent Cody Banks. (PG)
 (2003) **7.30** Movie: Hugo. (PG)
 (2011) **10.00** Movie: The Brothers
 Grimsby. (MA15+) (2016) **11.45**
 WWE Smackdown. (M) **12.45**
 Total Divas. (M) **1.45** Aqua Teen
 Hunger Force. (M) **2.00** Yu-Gi-
 Oh! (PG) **2.30** Pokemon The
 Series: Sun & Moon. **3.00** Ben
 10. (PG) **3.30** Beyblade Burst
 Evolution. **4.00** Teen Titans.
 (PG) **4.30** Turning Mecard. (PG)
4.50 Power Rangers Dino Super.
 (PG) **5.10** Regal Academy. **5.30**
 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: The Devil's Teardrop. (M)
 (2010) **2.00** Daily Edition. **3.00**
 The Chase. **4.00** News. **5.00**
 The Chase Aust. **6.00** News.
7.00 Better Homes. Adam and
 Jason transport a daggy garden
 and garage into the modern
 era. Karen makes a chicken and
 prawn noodle salad. **8.30** Movie:
 Avengers: Age Of Ultron. (M)
 (2015) Robert Downey Jr, Chris
 Evans, Mark Ruffalo. The Avengers
 are forced to reassemble after
 Tony Stark's latest project gets out
 of hand and threatens the Earth.
11.15 To Be Advised. **12.15** Movie:
 Swerve. (M) (2011) Jason Clarke,
 Emma Booth. **2.00** Shopping.
4.00 The Great Outdoors. **5.00**
 NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Get Arty. **7.30** Kitty
 Is Not A Cat. **8.00** Jay's Jungle.
8.30 Million Dollar Minute. **9.30**
 Auction Squad. **10.30** House Of
 Wellness. (PG) **11.30** NBC Today.
2.00 Million Dollar Minute. **3.00**
 Harry's Practice. **3.30** Auction
 Squad. **4.30** Animal Rescue. **5.00**
 Medical Emergency. (PG) **5.30**
 Escape To The Country. **6.30**
 Bargain Hunt. (PG) **7.30** Border
 Security: Int. (PG) A traveller has
 suitcases full of surprises. **8.30**
 Islands Of Britain. Part 2 of 3.
9.30 Building The Dream. **10.30**
 The House That 100K Built. **11.30**
 Bargain Hunt. (PG) **12.30** Harry's
 Practice. **1.00** Psychic TV. (M)
4.00 Million Dollar Minute. **5.00**
 Animal Rescue. **5.30** Medical
 Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent.
 Tonight. **7.30** Bold. (PG) **8.00**
 Family Feud. **8.30** Studio 10. (PG)
12.00 Dr Phil. (PG) **1.00** The Living
 Room. **2.00** Ent. Tonight. **2.30**
 Neighbours. **3.00** Judge Judy.
 (PG) **3.30** My Market Kitchen.
4.00 GBC. **4.30** Bold. (PG)
5.00 News. **6.00** Family Feud.
6.30 The Project. **7.30** The Living
 Room. Chris heads to Hobart
 to meet with a marine biologist
 to search for a new species of
 jellyfish. **8.30** To Be Advised. **9.30**
 The Graham Norton Show. Irish
 comedian Graham Norton chats
 with Benedict Cumberbatch, Matt
 LeBlanc, Maxine Peake, Calvin
 Harris and Dua Lipa. **10.30** Show
 Me The Movie! **11.30** The Project.
12.30 Stephen Colbert. (PG) **1.30**
 Shopping.

ONE

6.00 Home Shopping. **8.00**
 Motorcycle Racing. MotoGP.
 Round 3. Grand Prix of the
 Americas. Race. Replay. From
 Circuit of the Americas, Austin,
 Texas. **9.30** Cheers. (PG) **10.00**
 Healthy Homes Australia. **10.30**
 Hogan's Heroes. **11.00** Cheers.
 (PG) **12.00** David Attenborough's
 Five Big Cats And A Camera. **1.00**
 The Doctors. (PG) **2.00** Matlock.
 (M) **3.00** Diagnosis Murder. (PG)
5.00 Star Trek: Voyager. (PG)
6.00 MacGyver. (PG) **7.00** Soccer.
 A-League. First semi-final. **10.00**
 Walker, Texas Ranger. (M) **11.00**
 Diagnosis Murder. (M) **12.00**
 Home Shopping. **2.00** Diagnosis
 Murder. (PG) **3.00** Walker, Texas
 Ranger. (M)

ABC

6.00 News Breakfast. **9.00** ABC
 News Mornings. **10.00** Antiques
 Roadshow. **11.00** Think Tank.
12.00 ABC News At Noon. **1.00**
 One Plus One. **1.30** Meet The
 Mavericks. (M) **2.00** Miniseries:
 Kiri. (M) **2.55** Hatch, Match And
 Dispatch. (PG) **3.25** Doctor Who.
 (PG) **4.15** Pointless. **5.00** ABC
 News At Five. **5.10** The Drum.
6.00 Think Tank. **7.00** ABC News.
7.30 Gardening Australia. **8.30**
 Harrow. (M) **9.25** Silent Witness.
 (MA15+) **10.25** ABC Late News.
10.55 The Business. **11.10** Shaun
 Micallef's MAD AS HELL. (M) Final.
11.40 Planet America. **12.25**
 Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.55**
 The Hive. **6.00** Octonauts. **6.15**
 Peter Rabbit. **6.25** Floglogs. **6.40**
 Play School. **6.45** The Justine
 Clarke Show! **6.55** Andy's Baby
 Animals. **7.05** Ben And Holly. **7.20**
 Shaun The Sheep. **7.30** Spicks
 And Specks. (PG) **8.00** Hard Quiz.
 (PG) **8.30** Shaun Micallef's MAD
 AS HELL. (M) **9.00** Tonightly With
 Tom Ballard. (M) **9.30** W1A. (M)
 New. **10.00** The Thick Of It. (M)
10.30 Red Dwarf. (PG) **11.05** The
 Office. (M) **11.25** 30 Rock. (M)
11.50 Parks And Recreation. (PG)
12.10 Tonightly With Tom Ballard.
 (M) **12.40** Red Dwarf. (PG) **1.10**
 The Office. (M) **1.35** 30 Rock. (M)
1.55 Parks And Recreation. (PG)
2.20 News Update. **2.25** Closure.
5.00 Lily's Driftwood Bay. **5.05**
 Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German
 News. **11.00** Spanish News. **12.00**
 Arabic News F24. **12.30** Turkish
 News. **1.00** PBS News. **2.00** The
 Point. **3.00** NITV News Week In
 Review. **3.30** Poh's Kitchen. **4.00**
 Poh's Kitchen. **4.35** Jonathan
 Phang's Gourmet Express. **5.30**
 Letters And Numbers. **6.00** River
 Cottage Australia. (PG) **6.30**
 News. **7.30** Railway Journeys UK.
 (PG) **8.00** Railway Journeys UK.
 (PG) **8.30** Movie: Beneath Hill 60.
 (2010) **10.45** Homeland. (MA15+)
11.45 SBS News. **12.15** Movie:
 The Whistleblower. (MA15+)
 (2010) **2.20** Riviera. (MA15+) **3.15**
 Riviera. (M) **4.10** Food Lover's
 Guide. **4.40** France Bitesize. **4.50**
 France Bitesize. **5.00** CGTN English
 News. **5.15** NHK World English
 News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** States
 Of Undress. (PG) **12.50** States
 Of Undress. (PG) **1.40** States
 Of Undress. (PG) **2.30** Most
 Expensivest. (PG) **2.55** Most
 Expensivest. (PG) **3.20** Young
 Brides For Sale. (PG) **3.45** Nathan
 For You. (PG) **4.10** The Mindy
 Project. (PG) **4.35** News. **5.00**
 If You Are The One. (PG) **6.10**
 Brooklyn Nine-Nine. (PG) **6.35**
 The Classic Car Show. (PG) **7.30**
 Batman. (PG) **8.00** Batman. (PG)
8.30 Adam Looking For Eve VIP.
 New. **9.25** The Handmaid's Tale. **11.15**
 Atlanta. (M) **11.45** Queer As Folk.
 (MA15+) **12.40** News. **1.05** Desus
 And Mero. (M) **1.30** PopAsia TV.
 (PG) **2.30** NHK World English
 News. **3.00** Thai News. **3.30**
 Bangla News. **4.00** WorldWatch.



MOVIES

**6.30pm Assassin's
 Creed** (2016) Action.
 Michael Fassbender,
 Marion Cotillard. (M)
Premiere
6.45pm Bad Moms
 (2016) Comedy. Mila
 Kunis, Kathryn Hahn.
 (MA15+) *Comedy*
8.30pm Jackie
 (2016) Biographical.
 Natalie Portman,
 Peter Sarsgaard.
 (MA15+) *Masterpiece*

GENERAL

7.25pm Holby City.
BBC First
8.30pm Merciless.
 (MA15+) *Showcase*
8.30pm Arrow. (M)
FOX8

DOCUMENTARY

**7.30pm Wings Of
 War.** (PG) *History*
**8.00pm Food
 Factory USA.** (PG)
Discovery Science
9.30pm Cake Boss.
 (PG) *Lifestyle Food*

SPORT

**6.00pm Rugby
 League.** NRL.
 Round 8. Manly Sea
 Eagles v Newcastle
 Knights. *Fox
 League*
7.00pm Soccer.
 A-League Finals.
 Semi-final.
Fox Sports
 501
7.50pm Football.
 AFL. Round 6.
 Western Bulldogs v
 Carlton. *Fox
 Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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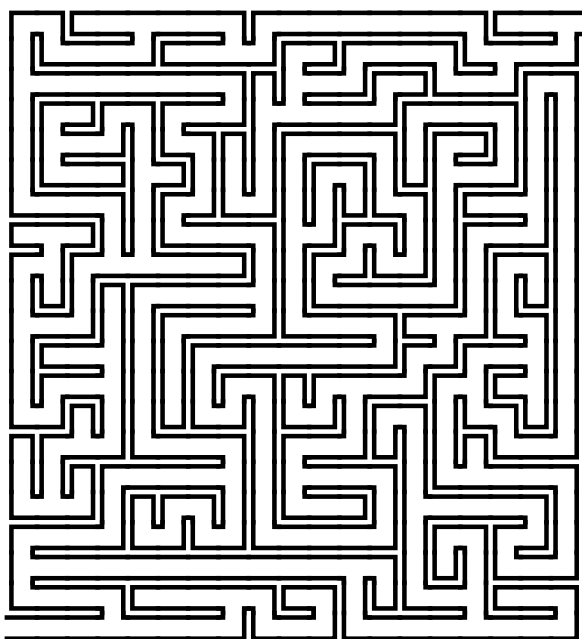
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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 6512

Global media megastar Laurie Stibbe creates these

ACROSS

- 1 Rider's foot rest
- 5 Walked with springy steps
- 9 Endures
- 10 Ten combined events
- 11 Male photographer
- 12 Lariat
- 13 Contaminate
- 15 Producing great deal of profit
- 18 Purple-flowering tree
- 19 Eject
- 21 Epoxy gum
- 23 Replying
- 25 Small Mexican dog
- 26 Serving plates
- 27 Nonchalant in manner
- 28 Showing intense conviction

DOWN

- 1 Accost with offer
- 2 One who can't sleep
- 3 Upright stair section
- 4 Small wallaby
- 5 Nut similar to a walnut
- 6 Dispute noisily & publicly
- 7 Eyelashes
- 8 Having a serrated edge
- 14 European wolf spider
- 16 School friend
- 17 Involve in a crime
- 18 Palestine village
- 20 Plastic construction set
- 22 Firm; rigid
- 23 Felt physical pain
- 24 Organic compound

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

April's Guest Speaker was Rachael Speechley, Volunteer Support Officer from Meals on Wheels. It was such an eye-opener to learn that Meals on Wheels is so much more than just the delivery of hearty meals to those in need. They also cater for events at a reasonable price as well as sell frozen meals that can be purchased by anyone in the local community. Many ladies in our Group were very interested in all of these services and will be taking advantage of them.

Following morning tea we enjoyed a "Getting to Know You" Bingo game. It's so lovely to find out more about our terrific group of ladies - so many hidden talents and stories to tell.

Tuesday 24th April - A 9am start for us today as we are very privileged to have been invited to attend a sneak preview of the new North Lakes Hotel. After our tour we will head to the North Lakes Sports Club for lunch. Members only.

Tuesday 1st May - 9.45am May General Meeting. We will also be joined by a Guest Speaker from the Lions Club of North Lakes who will speak to us about how they are supporting the Australian Lions Children's Mobility Foundation by holding their inaugural "Walk for an Aussie Kid" event at Lake Eden. Visitors welcome.

Tuesday 8th May - 9.45am Guest Speaker, Rochelle Courtenay, from Share the Dignity. We will also be having a special Mothers Day morning tea and drawing our Mothers Day Raffle. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill-Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.



LIFE EXPECTANCY VARIES BY WHERE YOU LIVE

"The greatest improvements were seen in Brisbane North, Brisbane South, Darling Downs and West Moreton, and Western Queensland"

How long you can expect to live and your likelihood of dying from a preventable cause varies by where you live, according to a report from the Australian Institute of Health and Welfare (AIHW).

The report, Life expectancy and potentially avoidable deaths, 2013–2015, reveals that while life expectancy is rising in Australia generally, this is not the case for all local communities.

'Overall, Australians born in 2013–2015 can expect to live 82.4 years, up from 82.1 years for those born in 2011–2013. Life expectancy has also risen across most local communities, but substantial variation remains across Primary Health Network (PHN) areas,' said AIHW spokesperson Claire Sparke.

Those living in Northern Sydney can expect to live the longest, at 85.5 years, while the Northern Territory had the shortest life expectancy, at 77.7 years.

The greatest improvements were seen in four Queensland PHN areas (Brisbane North, Brisbane South, Darling Downs and West Moreton, and Western Queensland), with life expectancy rising by 0.6 years between 2011–2013 and 2013–2015, while Gippsland (Vic) recorded the largest fall, down by 0.5 years.

Overall, communities located in metropolitan areas had higher life expectancies than those



in regional areas.

A similar pattern was also seen when looking at potentially avoidable deaths. These are deaths that occur prematurely—before the age of 75—from causes that might have been preventable or treatable. There were almost 80,000 potentially avoidable deaths in Australia in 2013–2015, accounting for 17% of all deaths over this period.

'Nationally, the rate of potentially avoidable deaths improved, from 117 deaths per 100,000 people in 2009–2011, to 108 in 2013–2015. But again, when looking at regional and metropolitan areas—and across local communities—discrepancies were found,' Ms Sparke said.

The rate of potentially avoidable deaths was higher in regional areas than in metropolitan areas, with particularly notable results seen again in Northern Sydney and the Northern Territory.

Northern Sydney had the lowest rate of

potentially avoidable deaths of 62 deaths per 100,000 people, while the rate was highest in the Northern Territory at 226.

The rate of potentially avoidable deaths declined in most local areas between 2009–2011 and 2013–2015, with the most notable improvement seen in Western Queensland, falling from 213 to 194 deaths per 100,000 people.

'However, the rate of potentially avoidable deaths increased in some PHN areas, with the greatest increase recorded in the Northern Territory, from 219 to 226 deaths per 100,000 people,' Ms Sparke said.

'Publishing local results can help local health service providers and policymakers better understand what's happening in their community, and where improvements can be made,' Ms Sparke said.

For the full results and to see how your community fares, visit www.myhealthycommunities.gov.au



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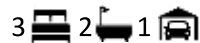
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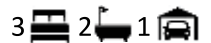
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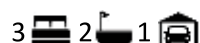
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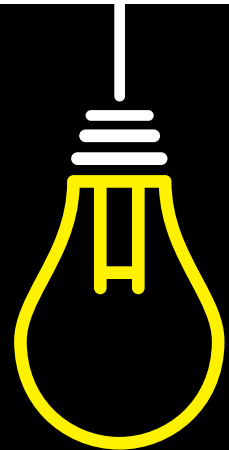


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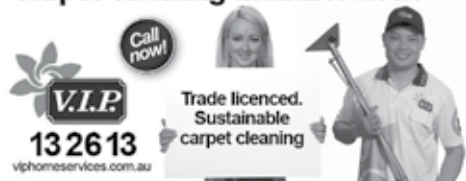
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