

THE Messenger

Lakes, Bay & Region • January 20 2018

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New Year, New You... right?

**IN 2018, THIN IS A
FOUR-LETTER WORD**

**WEIGHT LOSS
MYTHS BUSTED**

PSST,
DID YOU HEAR ABOUT...
HOW GOSSIPING ISN'T
ALL BAD

LEONIE ON: MY COUNSELLOR WAS A BULLY + DEALING WITH FEAR

AUSTRALIA DAY: WHAT'S ON

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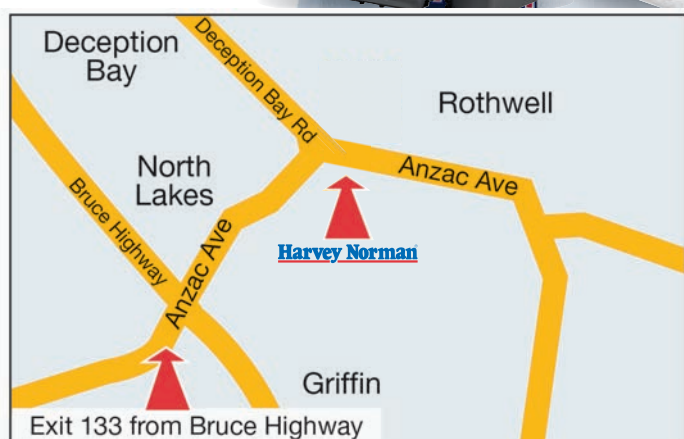
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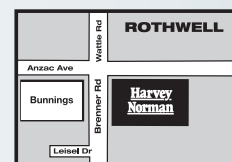
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For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email: **adz@northlakemessenger.com.au**

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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.



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NEW YEAR, WHO DIS?

New experiences for South East Queensland in 2018



Howard Smith Wharves, inset: Dreamworld's i-Ride

Here in Queensland, we're ringing in the festive cheer the best way we know how – introducing a string of new experiences. Shiny new hotels are preparing to cut the ribbon while new dining precincts are set to pop the cork, fresh glamping tents are popping up, and heritage icons are bursting with a new lease of life. Welcome, 2018!

GOLD COAST

The Star Gold Coast's new luxury suite hotel

The Star Gold Coast (formerly Jupiters Hotel & Casino) has revealed the name of their new luxury suite hotel tower adjacent to the existing property, due to be



unveiled ahead of the Gold Coast 2018 Commonwealth Games. The Darling will feature 57 luxury suites from 70 to 328 square metres in size, with butler service and only the finest amenities and finishes, new signature bars and restaurants and world-class gaming amenities. www.star.com.au/goldcoast/

Burleigh Pavilion, Gold Coast

Relaunching in Spring 2018, The iconic Pavilion on Burleigh Heads beach, dubbed by TripAdvisor in 2017 as one of Australia's best beaches, will undergo a \$6 million makeover in 2018, funded by the owners of Sydney's Manly Wharf Hotel and Mrs Sippy in Double Bay and Seminyak in Bali. Apart from an exterior overhaul, a new bistro and

bar will take over the building's top floor adding a more casual space to soak up the sun and waterfront views, before relaunching as The Burleigh Pavilion in 2018

Dreamworld's flying Theatre

Dreamworld will unveil the Southern Hemisphere's first flying theatre in late 2018.

The i-Ride flying theatre will be a 40-seat ride simulator, suspending riders in 10-seat gondolas over a hemispherical screen while they heave, sway, surge and roll as they are taken on an immersive journey of the Australian landscape.

The riders will experience special effects such as wind, sound, light, mist and scents as they are soaring through the air.

BRISBANE

Adina Apartment Hotel Brisbane

One of Brisbane CBD's heritage buildings, the 1922 sandstone-clad Queensland Government Savings Bank building, will transform into the 220-room Adina Apartment hotel in early 2018, introducing spacious apartments complete with a kitchen, laundry and living room, and studio rooms with a kitchenette. The Hotel features a pool and fitness centre, and will introduce a signature food and beverage offering on the ground floor that celebrates the building's Art Deco origins. www.tfehotels.com/adina

Sirromet Winery glamping tents

Opening March 2018, Queensland's largest and most awarded winery is set to introduce a string of glamping tents to their 560-acre property at Mt Cotton. Stage one will see 16 self-contained tents popping up in early 2018, with approval to build

up to 55 tents in total. All tents will be silk-lined and come with internal bathrooms. www.sirromet.com

W Hotel

Long the playground for the rich and famous, W Hotel is finally making its return to Australia, setting up exclusively in Brisbane. Construction on the \$800 million, 305-room six-star hotel is well underway with the hotel expected to open its doors on March 15, 2018. W Brisbane will be home to a fancy indoor swimming pool, three restaurants, and an Extreme Wow Suite – the W brand's interpretation of the traditional Presidential Suite. www.starwoodhotels.com/whotels/

Emporium 2, South Bank

Hip design, the latest in-room technology and personalised service will be the starring elements of the Emporium Hotels Group's new five-star, 360-room Emporium Southpoint, hotel in Brisbane, which is scheduled for completion in mid-2018. The luxury boutique hotel will feature 143 suites, 217 residential apartments, Belle Epoque Patisserie, a retail precinct, restaurant and a Sky Bar overlooking a 23m infinity pool with vistas of the Brisbane CBD. www.lastpieceofsouthbank.com/new-emporium-hotel

Howard Smith Wharves, Fortitude Valley

The Howard Smith Wharves revitalisation project is set to redevelop an underutilised site into a lifestyle, entertainment and events precinct, positioned on 3.4 hectares of riverfront land under the iconic Story Bridge. The site will introduce a five-star, 164-room boutique Art Series Hotel,

alongside urban chic restaurants, cafes, coffee-roasting and a craft brewery. Opening late 2018. www.howardsmithwharves.com

SUNSHINE COAST

Mary Valley Rattler, Gympie Region

The Mary Valley Rattler will be back on track and offering scenic journeys between Gympie and Amamoor from early 2018. Built more than 100 years ago, the restored steam train will chug through the charming Mary Valley, taking passengers on one way or return trips. Take a leaf out of the stoker's book at the fully restored Old Gympie Station, where firing and preparing the engine tutorials are all a part of the Mary Valley Rattler experience. Hop on the afternoon run from Gympie and stop at Dagon Station for a wine and cheese tasting while mingling with the locals at the station markets. The Mary Valley Rattler will hit the tracks in autumn of 2018, operating on Wednesdays, Saturdays and Sundays. www.maryvalleyrattler.com.au

Habitat Noosa

Opening April 1, 2018, the 42-year-old campground is currently undergoing extensive renovations to introduce Habitat Noosa – a world-class eco-tourism facility located in the Great Sandy National Park. Habitat Noosa will offer exclusive and direct access to the Noosa Everglades on their bar-b-canoe and eco cruise experiences, while boats, canoes, kayaks and SUPs are available for guests to hire at leisure. Rates for unpowered sites start from \$15 and powered from \$22 per night, while glamping starts from \$33 per night for a Wilderness Tent and ranges to \$290 per person (\$145 twin share) for a Paperbark Tent. www.habitatnoosa.com.au



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AUSTRALIA DAY

AUSTRALIA DAY CARPARK PARTY COMING TO NORTH LAKES

North Lakes Sports Club has announced grand plans for its inaugural Australia Day pop-up in the great outdoors.

Rolling up for the festivities will be a range of food trucks, live music and a pop up bar for the grown ups. Kids will be catered to in the form of inflatable waterslides, a jumping castle, animal farm, face painting, hydroblaster and a dunk tank!

Access to the carpark party will be available for members and guests from 11am-3pm through the club's Discovery Lounge.

Although there will be a relaxed dress code on the day (think, your finest Australia Day garb, including togs, towel and sunsafe gear) guests will have to meet standard entry requirements (available online) or can sign up on the day for \$5.50.

The carpark party will operate from 11am to 3pm on Friday 26th January. Later, the club will also be hosting a special Ewe Bewt Aussie Show in the Discovery Lounge from 8.30pm with DJ till late.

For more information call the Club on 1300 006 572 or visit www.northlakesports.com.au

2018 SCHOOL DATES

Although many will already be back at school by the time you read this, the full Queensland state school term dates for 2018 are:

Term 1: Monday 22 January - Thursday 29 March.

Term 2: Tuesday 17 April - Friday 29 June.

Term 3: Monday 16 July - Friday 21 September.

Term 4: Monday 8 October - Friday 14 December.

Independent and Catholic schools base their holidays on the state school dates but can vary, so check with your school

For more info visit: www.education.qld.gov.au

QUEEN'S BATON ARRIVES

After travelling for 288 days and engaging with all nations and territories of the Commonwealth, the Gold Coast 2018 Commonwealth Games (GC2018) Queen's Baton arrived in Australian soil on Christmas Eve morning, late last year.

The Queen's Baton Relay started on Commonwealth Day, Monday 13 March 2017, at Buckingham Palace when Her Majesty placed Her message inside of the Baton.

In Australia, the Queen's Baton will traverse 40,000km, travelling through every state and territory for 100 days.

On 25 January 2018, the Queen's Baton Relay will shift gears to a traditional relay starting in Canberra.

The Queen's Baton will return to Queensland on 3 March and spend 33 days in the hands of approximately 1,800 batonbearers in the state.

When it does return, locals will be able to see the relay live in these locations:

Brisbane: 30 Mar 2018 - 31 Mar 2018



BACK TO SCHOOL



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Redcliffe:	30 Mar 2018 - 30 Mar 2018
Brighton:	30 Mar 2018 - 30 Mar 2018
Shorncliffe:	30 Mar 2018 - 30 Mar 2018
Chermside:	30 Mar 2018 - 30 Mar 2018

We'll let you know more details on the local event closer to the date.

RETURN TO OZ FOR VIOLET CRUMBLE

Speaking of returning to Australian soil, iconic childhood treat is back in Australian hands after Swiss-owned Nestlé sold the choccy treat (its brand, IP, plant and equipment) to Adelaide-based family business Robern Menz (Mfg) Pty Ltd for an undisclosed sum.

Although the treat with a funny name has been increasingly hard to come by in recent years, Violet Crumble has been manufactured at the Nestlé factory in Campbellfield, Melbourne since 1983.

There will be no changes to staffing at the Nestlé factory, and no changes to the recipe, Robern Menz CEO, Phil Sims said.

QRU AND QUEENSLAND REDS SIGN HISTORY MAKING DEAL

Triple M has announced the re-signing of a new three-year history-making partnership with Queensland Rugby Union (QRU) that in 2020, will see the station acknowledged as a 30-year sponsor. This is now the longest standing partnership for the QRU and one of the longest in Australian sport.

Announcing the newly-inked three-year deal recently at Ballymore with Queensland Reds Head Coach Brad Thorn, Southern Cross Austereo and Triple M General Manager Damon Rielly said that sport was part of the station's DNA and Rugby an important part of the sporting line-up, both on and off air.

"Rugby has a strong grass roots, community following in Brisbane... and our Triple M audience are the most passionate supporters, so the ongoing partnership creates the perfect go-to place for all rugby information," Rielly said.

The partnership includes a three-year combination of airtime, promotional strategy, activations, co-branded initiatives across the season, talent support and engagement of listeners with players and the leadership team, and again inks Triple M into the DNA of Brisbane as the home of all things rock, sport and comedy.

CHRISTMAS ROAD SAFETY REPORT

Queensland Police Officers issued 11,206 infringement notices for offences during the 12 day Christmas holiday period.

During the period 38,900 drivers were detected speeding by cameras or officers, 199 vehicles were impounded or had the plates removed for registration and hooning offences and notices for 277 for mobile phone use.

Police across Queensland continue to target high-risk road user behaviour including the Fatal Five: speeding, drink and drug driving, distracted driving, fatigue and failing to wear a seatbelt.



VIOLET CRUMBLE, AUSSIE ICON



HISTORIC DEAL FOR QRU



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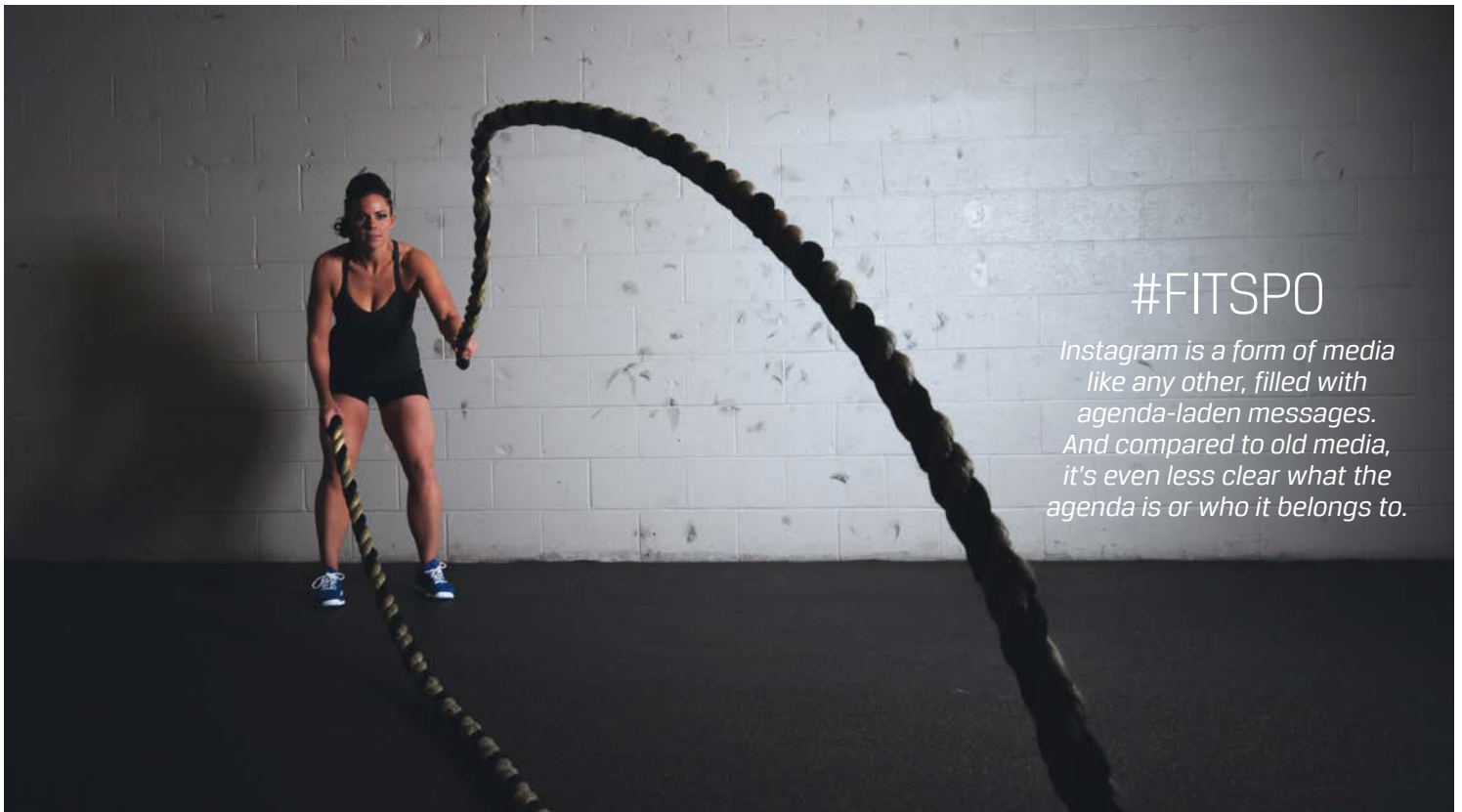
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#FITSPO

Instagram is a form of media like any other, filled with agenda-laden messages. And compared to old media, it's even less clear what the agenda is or who it belongs to.

IN 2018, THIN IS A FOUR-LETTER WORD

WRITES MICHELE CONNOLLY

Barely a day goes by when there isn't some new concern about rising obesity rates. It's an expensive, intractable, and simply heartbreaking problem.

Yet talking about the desire to lose weight has become daggy, old school, perhaps even politically incorrect.

Having just written a weight-loss book, I've been puzzled by this apparent disconnect, and set out to make sense of the new body landscape.

Is Strong The New Does-My-Butt-Look-Big-In-This?

On Instagram I found that girls want to be healthy. They eat clean and work out to be strong. It's all about #fitspo.

So does this symbolise a rejection of impossible standards, a more realistic attitude, a new selflove?

Instagram is a form of media like any other, filled with agenda-laden messages. And compared to old media, it's even less clear what the agenda is or who it belongs to. As one of my friends said when I raised some of these issues on Facebook, 'strong is better than thin; however, like everything it becomes an Instagram marketing tool for shakes'.

Social media remains an aspirational place, which is not to say that's a bad thing. It's wise though not to mistake it for reality.

I'm not sure healthy, strong and fit, as portrayed by bikini-clad, sun-drenched, oil-soaked babes, is any more achievable or self-loving than old school weight loss. Perhaps less so.

Ultimately, people have always wanted to look and feel good - whatever 'good' is for each individual's tastes and genetics. But over time the fashion and the terminology change.

Is Your Motivation Pure?

Regardless of whether fit and strong are more real, is it wrong to want to be thin/slim/slender? When I asked this of my Facebook friends the consensus was that wanting to lose weight for health reasons was a good thing.

Does that mean it's not okay to lose weight for non-health reasons?

I carried around unwanted extra kilos for years,

talking about the desire to lose weight has become daggy, old school, perhaps even politically incorrect.

but health never motivated me to ditch them. Maybe it should have, but it didn't. Only when I saw an unflattering picture of myself did sheer vanity galvanise me to find a solution and flick the extra fat. I've now kept it off for nearly a decade, no doubt for the good of my health. But health motivation alone failed to get me there.

Of course the issue of motivation is far more troublesome for people with disordered eating or mental health concerns. It demands great care, as even supposed health motives can be tricky.

But for the average person, shouldn't it be fine to want to lose weight for any reason, however vain or superficial? Anyone who's ever tried to lose weight knows there are already enough obstacles to successful weight loss - let's not add to the barriers with a motivation guilt trip.

Thinly Veiled

In the case of my book, one word in the title

caused early readers more concern that anything else. And this is a book where I recommend losing weight while eating chocolate! That word is thin.

How do you talk about weight loss when there's no acceptable language?

Many consider fat just plain rude. Overweight implies a 'correct' weight. Obese sounds extreme and raises questions about the BMI system. Plus-size is off-putting to many.

In terms of goals, fit and strong and healthy are all great aspirations, but they're not the same as weight loss, getting rid of extra body fat. And if you think people have a right to embrace their curves, or to choose to be strong and fit, or to love themselves as they are, then presumably people also have a right to want to lose weight and have a body shape that looks and feels good to them.

Slim sounds like it should come with lycra and a 90s workout video. Slender has a lovely elegance, but what if you want to lose weight while maintaining your inner bogan? Skinny is gangly.

Thin has negative associations for some people, I get that. I wish I could have found a word that everybody liked, one that was universally positive and empowering.

What I like about the word is that it's short and simple and direct.

But even I have to admit, thin is a four-letter word.

MICHELE CONNOLLY HAS A BACHELOR OF PSYCHOLOGY AND HAS WRITTEN A THESIS ON PERSONALITY AND HAPPINESS. HOW TO BE THIN IN A WORLD OF CHOCOLATE IS AVAILABLE IN PAPERBACK, AUDIOBOOK AND EBOOK. FOR MORE INFORMATION SEE WWW.MICHELECONNOLLY.COM



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COUNTDOWN TO CODEINE CHANGES

Changes to codeine scheduling come into effect on February 1

BY DR ANITA, BRISBANE NORTH PHN

Medicines that contain codeine will no longer be available over-the-counter from pharmacies without prescription, from February 1 this year.

Codeine is a commonly used medicine to help manage mild to moderate pain, but many people don't realise that it that is an opioid drug closely related to morphine.

Like morphine, codeine can cause opioid tolerance, dependence, addiction, poisoning and in high doses, death.

Tolerance occurs when codeine becomes less effective and so the body needs higher and higher doses to feel the same relief from the symptoms.

Regular use of medicines containing codeine, for example for chronic pain, has led to some consumers becoming addicted to codeine without realising it.

According to Federal Health Minister Greg Hunt, over-the-counter codeine products have been estimated to be a factor in nearly 100 deaths each year.

This is consistent with the findings of a 2015 study into codeine deaths, published in the Medical Journal of Australia.

The researchers found codeine-related deaths increased from 3.5 per million in 2000 to 8.7 per million in 2009, with a total 1,437 deaths recorded over the period.

Yet over-the-counter medicines containing codeine for pain relief offer very little additional

benefit when compared with medicines without codeine.

For example, a 2017 study published in the Journal of the American Medical Association found non-opioid analgesics were just as effective as opioids in adult patients who attended hospital emergency departments suffering from acute extremity pain (i.e. pain in the arms, legs, wrists, ankles, shoulders, or neck).

For these reasons, the Therapeutic Goods Administration (TGA) government regulator has ruled the risks associated with codeine use are too high without proper oversight from a doctor.

OVER-THE-COUNTER CODEINE PRODUCTS HAVE BEEN ESTIMATED TO BE A FACTOR IN NEARLY 100 DEATHS EACH YEAR.

Australian Medical Association president Dr Michael Gannon has backed the TGA, saying there was compelling evidence to support the decision to make codeine prescription only.

"Deaths and illness from codeine use have increased in Australia. This is despite a rescheduling decision in 2010 shifting many over-the-counter codeine medicines to Schedule 3, which is 'pharmacist only,'" Dr Gannon said.

"There is no evidence that low-dose codeine provides any benefit beyond placebo," he added.

Codeine's rescheduling is an important opportunity for all Australians to start a conversation about how to best manage and treat pain.

It's an issue close to the heart for PainAustralia CEO Carol Bennett, who says national action on pain can't come soon enough.

"Pain affects every demographic in our society and the impact of mismanaged or poorly managed pain is devastating for individuals, families and the community," Ms Bennett said.

"Many people are still unable to access quality care for chronic pain and are not aware of alternative treatments, which can lead to dependence on less effective options, such as codeine and other opioids," she said.

People with ongoing (chronic) pain who are concerned about the codeine changes are advised to talk to their doctor or healthcare provider to obtain a prescription or to identify alternative treatment options.

These alternatives may include other over-the-counter or non-codeine prescription medicines, and non-medicine therapies from an allied health professional such as a physiotherapist.

Self-management tools such as exercise or relaxation, or referral to a pain specialist or pain management clinic are other options.

Doctors can also provide advice about Medicare-funded care plans, which allow their patients access to a rebate for treatment from an allied health professional.

Alternatively, pharmacists can help consumers to choose from a range of effective products that do not require a prescription.

For more information, go to <http://www.scriptwise.org.au/codeine>.

ABOUT DR ANITA

Dr Anita Green is the Board Chair of Brisbane North PHN and has over 30 years' experience as a general practitioner. She has a long-term commitment to the education of medical and allied health professionals and is involved in teaching and research for the University of Queensland. Dr Anita has also been appointed as the Chief Medical Officer for the 2018 Commonwealth Games on the Gold Coast.





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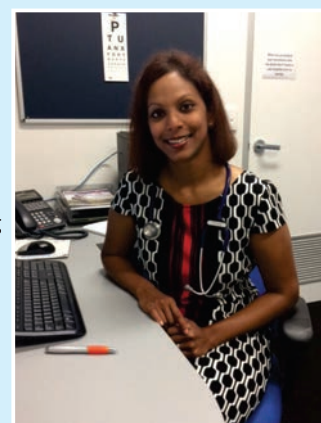
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Dr Yinn Aung**

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Dr Sonali Goonewardene is a Fellow of The Royal Australian College of General Practitioners. She completed her training in Albury NSW. Her special interest include women's health, kids health check, skin cancer and chronic disease management. She has a warm & friendly personality with great patient feedback!



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Seqwater rangers and compliance officers had been working with Queensland Police and other agencies to enforce responsible behaviour on and off the water.

"During the festive holiday period, we have more than 100,000 visitors to our recreational lakes and parks across south east Queensland," Acting Natural Resources, Mines and Energy Minister Mark Ryan said.

"With these large crowds, it's important that all members of the public take care and are considerate of fellow visitors.

"Even though the stillness of lakes can create a tranquil and safe feeling, still water can still be dangerous and accidents can happen if visitors get complacent."

Overall, Mr Ryan said, visitors had been well-behaved with no major incidents reported.

"During the holiday period, we carried out more than 250 random breath tests and only one person recorded a blood alcohol concentration level over 0.05%.

"There were also a lot of people wearing lifejackets while aboard vessels, which was great to see."

But Mr Ryan said there had been a disappointing rise in the number of people caught operating high powered water craft like jet skis without a licence.

"Some of those found riding jet skis without a licence were as young as 11 years old. Jet skis are powerful water crafts - some capable of reaching speeds up to 100kmh.

KEEP IT SAFE ON OUR LAKES

During the Christmas and New Year period, more than 200 vessels were intercepted and more than 70 marine notices were issued on south east Queensland lakes. With large crowds set to return for the Australia Day long weekend, lake-goers are urged to act responsibly



"If a jet ski is being operated by a young, inexperienced rider, there is a good chance it can result in a serious accident, especially in a crowded lake."

"Boaties are required to have a lifejacket for every person aboard their vessel and they should be appropriate to adult or child wearing them," Ms Blake said.

"Unfortunately we are still finding a lot of people stash their lifejackets away on their boat and forget about them.

"The problem is if an emergency happens, the jackets may be hard to access or have deteriorated to the point they are no longer

safe.

"A lifejacket could be the one safety item that saves your life, so it's important to plan ahead and have them readily accessible on board."

"Even if you have visited our lakes before, conditions may have changed. Take a minute before you leave home to check out the latest recreation and safety notices and the Bureau of Meteorology weather forecast," Mr Ryan said.

For information about Seqwater lakes and recreation visit www.seqwater.com.au or download the new Seqwater app.

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MY COUNSELLOR WAS A BULLY + DEALING WITH FEAR

Hello Ms Leonie,

I have read one of your articles with interest where you recommend finding a therapist that you feel comfortable with like we do with our family doctors. I have seen a counsellor through work back in 75 and I absolutely despised him. He was condescending and quite frankly a bully telling me that my nerves were quote "all in my head" and that I was a drama queen. Being a man, doubly offensive!

My point is that I still have anxiety and take your point about people not prioritising their health. But I must say that my issues are different. It's not that I won't spend money on my health it's just that I can't take the trauma of what this guy put me through back in the day. My ex-wife told me that I was afraid of everything and worried all the time. She said that she could not take it anymore and that her therapist told her that just because I have a condition does not mean that she has to suffer with it as well.

Fair enough, but where does that leave me with my fear? Surprisingly I was not all that broken hearted when she left. More relieved I think because she made me feel so bad about my anxiety and fear and was not supportive.

So, you can see that I have had some very bad experiences with counsellors but would like to understand myself better. I am only writing because I want you and other good counsellors to know that there is more to it than just fellows not prioritising their health.

I would love to do some workshops to help me manage my fear or at least understand it. In a group setting would be more comfortable for me. Anyway, love your work and your column and would love to hear what you have to say about fear and anxiety.

Manilla/Redcliffe

Hi Manilla,

Thank you for bringing up this very important conversation. I am sorry that you have had such a bad experience with counsellors. However, I would like to mention that sometimes what people say counsellors have told them is far from the truth. Every now and then we see people who are in so much pain, are dysfunctional or have such a faulty way of operating that they claim things were said or happened in the therapeutic relationship which never occurred, and this is why we have such extensive consent forms to protect us against this kind of person. Sometimes, to manipulate, add strength to an argument or to do something they secretly want to do, people will tell their partners that the counsellor advised this or that or said something or other when in fact, it never actually happened at all.

I am not saying that this is the case with your wife's counsellor - we don't know because we weren't there, but perhaps it is something that you should at least consider. The other thing is that you saw your own counsellor back in the 70s and he may not have even been qualified by today's standards. And let's face it; there are cowboys in every profession so it's up to you to find a therapist that you trust and that you click with.

As for the fear, my understanding is that when we unpack everything regarding fear, there are only basically five kinds of fear. And our reaction to fear is, all-in-all much the same whether we are afraid of a bear attack, a plane crash, nasty work environments or going out on a date with someone we really want to impress. Fear of any kind evokes the same set of biological manifestations. I believe that understanding fear is our first step to managing it.

Here are the five fear drivers.

Extinction - fear of dying, of being killed and so on. Fear of heights is a good example.

Mutilation - fear of losing a limb or any part of our anatomy

Loss of Autonomy - fear of being trapped, imprisoned, paralysed, restricted, and overwhelmed, by people or circumstances.

Separation - fear of becoming isolated, rejected, abandonment or a loss of feeling connected. Not fitting in, being ostracised and so on.

Ego death - fear of failure or of not being respected and fear of being played for a fool.

Sometimes when we feel fearful it can be helpful to stop and ask ourselves which of these five fear drivers is at the root of the fear we are experiencing in this moment. Once we have done this we can dispute the fear with logic. E.g. if you are watching a movie about cliff hanging and your heart races and your palms sweat and you go into full blown Extinction fear, you can take a moment to tell yourself "I am safe at home sitting on a couch and I am in no danger of falling" after doing this you should notice your biological reactions abate.

Knowledge is power and once you get a good handle on what is driving your fear on any one occasion, you are better placed to deal effectively with the biological reactions and the troubling thoughts that accompany the fear.

I would encourage you to give counselling another try because there are lots of strategies which may be of great help to you. Just take your time and shop around for a counsellor that you can work with. In my view, word of mouth is always a good place to start.

Hope this helps.

Til 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

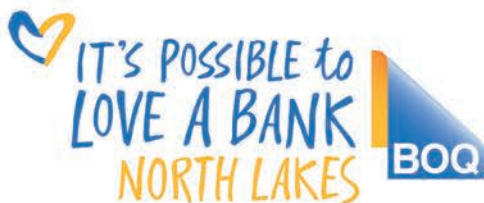
Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.



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TOP 10 LISTS

Want to head into 2018 like you know what you're talking about? In 2017, were you behind the times or on trend? With the rise and rise of tech enabling simplified data collection, it's easy to pinpoint trends and popularity. Various open online sources collate and publish this data. Likewise, closed systems and social media publish their findings as well, so what was popular last year?

MUSIC

Metacritic is a website that aggregates reviews of media products from various media products, by browsing metacritic, one can get a much broader feel for how things are rating across the opinion-scape, rather than just one reviewer's thoughts.

For this list, Metacritic collected the individual year-end top ten lists published by a variety of music sources, including critics, music magazines, music shops, etc, ranking the best albums of 2017 as critics all over the world saw it:

1. DAMN by Kendrick Lamar
2. Melodrama by Lorde
3. CTRL by SZA
4. Masseduction by St. Vincent
5. American Dream by LCD Soundsystem
6. A Deeper Understanding by The War on Drugs
7. Big Fish Theory by Vince Staples
8. 4:44 by Jay-Z
9. Sleep Well Beast by The National
10. Process by Sampha

MOVIES

IMDb (Internet Movie Database) is an online database of information related to films, television programs and video games, including cast, production crew, fictional characters, biographies, plot summaries, trivia and reviews.

Although they do produce their own editorial features, perhaps IMDb's most important function is to publish user written movie and TV reviews you can browse real reviews from people just like you.

Rather than base its annual rankings on small statistical samplings or reviews from professional critics, IMDb determines its list of most popular movies by the actual page views of the more than 250 million monthly unique visitors to IMDb, ranking the top 2017 Movies as:

1. It
2. Wonder Woman
3. Beauty and the Beast
4. Logan
5. Guardians of the Galaxy Vol. 2
6. Justice League
7. Split
8. Alien: Covenant
9. Thor: Ragnarok
10. Blade Runner 2049

TV SHOWS

Like movies, we looked to IMDb for TV show top lists, being the world's most popular and authoritative source for movie, TV and celebrity content.

The IMDb consumer site (www.imdb.com) offers a searchable database of more than 250 million data items including more than 4 million movies, TV and entertainment programs and more than 8 million cast and crew members.

These top 10 TV shows in production during 2017 that consistently ranked highest on IMDbPro's proprietary weekly TV rankings throughout the year. IMDbPro's rankings are based on the actual page views of IMDb's more than 250 million monthly unique visitors worldwide:

1. Game of Thrones (no surprises there)
2. 13 Reasons Why
3. The Walking Dead
4. Rick and Morty
5. Stranger Things
6. Vikings
7. American Gods
8. American Horror Story
9. The Defenders
10. Taboo

WORST PASSWORDS

In the age of tech passwords are both neccessity and universal annoyance. Password management application provider SplashData released a list of the Worst Passwords of 2017.

SplashData's list of frequently used passwords shows that many people continue to put themselves at risk by using weak, easily guessable passwords. Needless to say, if your password is on this list, change it immediately

1. 123456
2. password
3. 12345678
4. qwerty
5. 12345
6. 123456789
7. letmein
8. 1234567
9. football
10. iloveyou

HASHTAGS

Instagram is a global community of 800 million people who use the app based social media to collectively share experiences, events, milestones and trends.

Each year Instagram releases top lists. In 2017 they collated lists for hashtags, most-liked posts and videos, most viewed stories, most-Instagrammed cities and locations (based on geotags), the most-followed celebrities, the most used filters, and more. You can find the others online, but the most popular hashtags used in 2017 were:

1. #love
2. #fashion
3. #photooftheday
4. #photography
5. #art
6. #beautiful
7. #travel
8. #happy
9. #nature
10. #picoftheday

QLD BABY NAMES

Not much has changed in the world of popular Queensland baby names since 2015, according to names lodged through the Queensland Registry of Births, Deaths and Marriages.

Charlotte and Oliver have remained Queensland's most popular baby names, while names such as Harper, Ivy, Hudson and Henry are becoming more popular.

Girls:

1. Charlotte
2. Olivia
3. Ava
4. Amelia
5. Mia
6. Isla
7. Harper
8. Grace
9. Ivy
10. Evelyn

Boys:

1. Oliver
2. William
3. Noah
4. Jack
5. Harrison
6. Thomas
7. Hudson
8. Hunter
9. James
10. Henry

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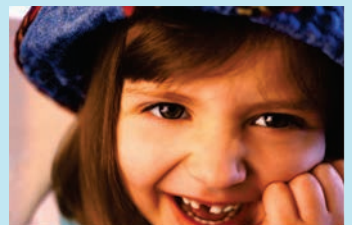
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HOW TO CHOOSE THE RIGHT CHILDCARE

Choosing childcare that ticks all the boxes and is right for your children can be a real dilemma for new parents. Finding the best childcare provider in a sea of offerings can be daunting

So, how do you choose?



Late last year, a study conducted by Urban Economics and commissioned by Australian Childcare Alliance Queensland (ACA Qld) found that the projected demand for childcare services for the next 20 years will be fulfilled sooner if the current number of proposed/approved/under construction childcare services across Queensland goes ahead in addition to the existing over supply.

At the time there were 156 proposed, approved and under construction childcare services in Queensland, with an ultimate capacity of approximately 16,600 additional places. Population growth projections for the 0 to 4 age group in Queensland suggest that an additional 33,000 places or more than 420 childcare services would be required between 2016 and 2036.

There are currently 117,000 licensed places in Queensland with an average occupancy of 76.3% that equates to 27,729 available places. The combination of existing available places in addition to the proposed capacity means that Queensland will already be exceeding the 20-year projection by 34%.

Early results from the 2016 ABS Census indicate that the population of children aged 0 to 4 in Queensland has, in fact, declined since the 2011, suggesting demand may not be as high as estimated.

Within the industry there are high levels of fixed costs (predominantly wages), and the cost of childcare does not fluctuate with market supply and competition; dispelling the theory that increased supply will simply increase affordability for families.

"There is a minimum rate of occupancy that must be met to ensure the ongoing operation and sustainability of childcare services within a community," said ACA Qld General Manager, Brent Stokes.

Data released by larger operators through annual reports and the Productivity Commission in its 2015 Review explained that increased costs may now place the break even, viability figure closer to 80%. A 2016 report by Colliers International estimated that average occupancy rates across Australia were 70%.

Less than 10 per cent of respondents (who are childcare centre owners) reported having a waiting list across all age groups at the time of the survey and less than a third reported having a waiting list for any particular age group.

Over 20 per cent of respondents indicated that they were concerned about the number of new childcare services opening within their area.

The study recommends local and state government level for the planning of childcare services to consider the social, economic, community and planning need for new facilities and the potential impacts that additional development may have on the continuity of services in any given locality and the need to accompany any Development Application with an Economic Impact Assessment report.

So with substantial cost to families adding another layer of complexity to the decision process, how should a family choose childcare?

"Many parents simply aren't educated on or aware of what to look for when choosing an effective childcare centre and this can lead to heartache for both the children and the parents", says Caroline Surtees, owner and director of the Olive Grove Centre of Early Learning.

"Busy parents who are under very real pressure to find childcare for their child, and fast, and we can have rushed decisions being made. These decisions can be big mistakes and can have damaging effects on the children and the parents. It doesn't have to be this way", Mrs. Surtees goes on to say.

"Parents really need to be aware of what early learning education and care should look like and the standards that children and families should be receiving."

Mrs. Surtees says that parents have choices but they also need to know what to look for in a potential childcare centre to ensure that their child will receive the best possible love, care, nurturing and safety.

"What suits one child, may not suit another and parents really need to be placing children where their needs are being met. Word of mouth is one thing but please go into the centre and have a look. Take some time. Childcare centre's should be places of love, nurturing, exploration and fun. It's up to the parents to do some research and spend some time with new prospective providers and centre's."

"Importantly, listen to what your gut instinct tells you. Ask yourself, is this somewhere I am willing to leave my child for hours each week?" says Mrs. Surtees.

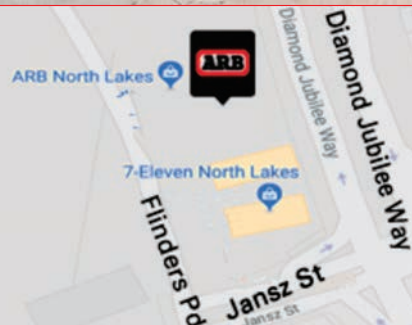
TOP TIPS FOR CHOOSING A PROVIDER:

1. Spend some time at the centre.- Look at the children who are there; how do they react and how are they emotionally? What does their body language say? Are they happy to be there?
2. Look at how the childcare workers interact with the children - Are the children happy? Is there a sense of belonging? Are the workers themselves happy, calm and displaying interest in the children?
3. Check that the centre meets the current standardized regulations and check that they're not on the "name and shame" Federal Government register that has recently been released.
4. Where possible, talk to some of the other parents and ask for feedback on the centre.
5. Check for flexibility in terms of routine and sleeping - For example, are the children's sleep times tailored to their needs and not just set to a time where everyone has to try and sleep at the same time?
6. Check the cleanliness of the toilets. - Ask to see where the nappy changing room is - What else is the room used, for, if anything? How clean is it? Remember your child has to be in this room when having their nappy changed.

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PSST, DID YOU HEAR ABOUT...

How gossiping isn't all bad

Gossiping helps a person develop a better understanding of their society's expected behaviours, researchers from The University of Queensland have found.

Dr Kim Peters and Professor Jolanda Jetten of the UQ School of Psychology have studied gossiping about deviant actions and found that it provides people with a clearer sense of what is typical and appropriate behaviour.

In their study, unacquainted participants were paired and shown videos of either positive or negative deviance, specifically, a person either dropping or picking up rubbish.

"People who witnessed the littering were very likely to spontaneously gossip about it with one another," Dr Peters said.

"The more they gossiped about it, the more they reported a better understanding of social norms.

"They also expressed a greater desire to gossip about the behaviour.

"This suggests that our everyday gossip helps us build social bonds and develop a better understanding of the social groups and societies to which we belong."

Professor Jetten said gossip has a wider range of social consequences, as can be seen



in the current sexual harassment allegations in the American entertainment industry and the resulting #metoo stories on social media.

"Gossiping allows us to monitor the reputations of other people, and by learning about their behaviours we are in a better position to decide whether we should, or should not, trust them in the future," Professor Jetten said.

"The gossip about Harvey Weinstein has undoubtedly had negative consequences for him, such as the loss of his job and expulsion from a number of prestigious film societies,

but it may also have had consequences for all of us who participated in it.

"Among other things, there seems to be an emerging consensus that sexual harassment at work is more common than many of us may have supposed and that it should definitely not be tolerated.

"When investigating the consequences of deviance for social change, it is important to consider the essential role that our daily gossip may play."

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Here's a startling fact - around 2.3 million Queensland adults headed into the new year overweight or obese.

Every year, a lot of us make resolutions to increase our health while decreasing our waistlines (and other problem areas). But with so much, sometimes conflicting, information out there, how do we sort fact from fiction?

Thankfully Cancer Council Queensland is on the case with CEO Ms Chris McMillan helping us wade through the weight loss myths and misconceptions that could hinder people from losing weight effectively.

"You don't need a revolutionary New Year's resolution or dramatic change to your diet to lose weight, or to prevent yourself from gaining more weight," Ms McMillan said.

"Eating more fruits, vegetables and wholegrains, exercising regularly and staying clear of common myths and misconceptions can make a big difference.

"We have debunked four myths to help get you started.

Myth 1 is that you need to detox after the festive season. The good news is - there is no need for a crash diet in early January because our bodies detox naturally. Our lungs, kidneys, liver, gastrointestinal, and immune system remove toxic substances within hours after we consume them. Instead, focus on limiting unhealthy options and exercising to lose weight.

Myth 2 is that you can eat what you like, as long as you're exercising. While exercising will assist with weight loss, it's not the only answer. It's best to complement regular physical activity with a healthy diet for improved results.

Myth 3 is that you can't eat carbs at night. Many fad diets push the idea that carbohydrate foods should be cut out to lose weight, especially at night. This is far from the truth. In fact, they're actually good for controlling our weight. There is strong evidence that eating wholegrains is linked with lower body weight, a slimmer waist, and reduced risk of weight gain.

Myth 4 is that fat makes you fat. Although there are unhealthy fats like saturated and trans fats, not all fat is bad for you. Unsaturated fats are healthy fats and are an important part of a healthy diet. These fats help reduce the risk of heart disease and lower cholesterol levels and can be found in foods like nuts, avocado, fish and olive oil.

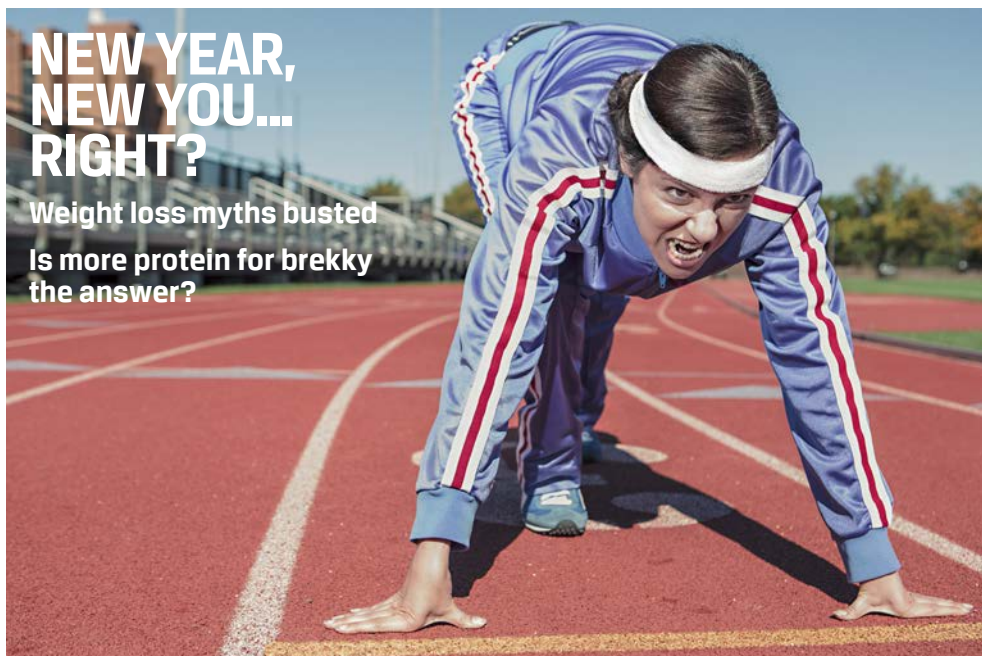
Queenslanders should opt for foods that are low in sugar, saturated fat and salt and be sure to include plenty of fresh fruits, vegetables, grains, low fat dairy options, and lean proteins.

"The benefits to losing weight are an increased sense of wellbeing, greater health and reduced risk of a range of chronic diseases, including some cancers," Ms McMillan said.

"Make a commitment to small changes for your health in 2018 - helping you to lose weight, and keep it off in the long term."

IS BREAKFAST PROTEIN THE SECRET TO WEIGHT LOSS?

Another well-regarded official body, CSIRO has been looking at proteins for breakfast. Could eating more be the key to achieving healthy



NEW YEAR, NEW YOU... RIGHT?

Weight loss myths busted
Is more protein for brekky
the answer?

weight loss? The new Total Wellbeing Diet Protein Balance program focuses on shifting more protein consumption to breakfast.

The report, Protein Balance: New concepts for protein in Weight Management, affirms the benefits of the CSIRO Total Wellbeing Diet for weight control and reveals that the latest scientific evidence supports eating at least 25 grams of protein at each main meal to control hunger and enhance muscle metabolism.

"The average Australian eats much lower amounts of protein at breakfast, so increasing breakfast protein may help to control eating later in the day," Senior Principal Research Scientist for CSIRO and co-author of the CSIRO Total Wellbeing Diet, Professor Manny Noakes, said.

"If you find it difficult to control what you eat, a redistribution of protein toward breakfast may be the answer to reducing your waistline without leaving you ravenously hungry and craving unhealthy foods."

The CSIRO report showed that for most Australians, protein intake was skewed towards the evening meal, with only small amounts eaten at breakfast. On average women consumed 11g of protein at breakfast, compared to the male average of 15g.

The report also found that older Australians consumed the least amount of protein at breakfast but needed more protein to prevent muscle loss.

"The scientific evidence supports a higher protein diet, combined with regular exercise, for greater fat loss. Eating at least 25g of protein at main meals can assist with hunger control," Professor Noakes said.

According to the report, Australians get over one third of their dietary protein from low-quality sources such as processed foods, instead of whole protein sources including lean meats, fish, eggs, legumes and dairy.

Adopting a higher protein, moderate carbohydrate, low GI diet is a nutritious way to lose weight and has been scientifically validated for some time, underpinning successful programs such as the CSIRO Total Wellbeing Diet.

Since launching in 2005, the CSIRO Total Wellbeing Diet has helped more than half a million Australians lose weight.

"Two in three Australian adults are either overweight or obese, which increases their risk factors for many chronic health conditions," Professor Noakes said.

"With a variety of genetic, lifestyle and personality factors at play, there is no such thing as a one-size-fits-all approach to weight loss, but there is a range of healthy ways to lose weight.

"If we're serious about addressing this issue we need to continue developing a wider range of scientifically validated ways for people to lose weight, which is something CSIRO has done successfully over the years.

"Introducing the new Protein Balance program for the Total Wellbeing Diet is another example of that."

The innovation to the Total Wellbeing Diet online program will provide a new approach to the timing of eating protein, which may make a substantive difference for people who want to kick-start a healthier new year.

The Total Wellbeing Diet Protein Balance program includes new recipes that provide 25g of protein into every meal and make weight loss a more nourishing and enjoyable experience.

Cancer Council Queensland's CEO Ms Chris McMillan put it very simply.

"Even if you make just one resolution this year - pledge to lead a healthier lifestyle."

The Chief Health Officer's report shows overweight and obese Queensland adults need to collectively lose 35.5 million kilos, an average of 15kg per person, to reach the healthy weight range.

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

To learn more about the new Total Wellbeing Diet Protein Balance program and find out how much protein you need each day to achieve your New Year weight loss resolutions, visit www.totalwellbeingdiet.com

SUMMER'S NOT OVER YET

Top 10 experiences in national parks this summer

It's the perfect time to get out and enjoy Queensland's national parks. Pic: Joshua Wilson

This time of year sees all hearts, minds, and bodies on the beach, but our local great outdoors offers so much more. Your holidays may have ended but with the sun still shining, a long weekend coming up (or perhaps a creative chat with the boss) it's still the perfect time to get out and enjoy Queensland's national parks.

So why not mix it up? Some of Australia's most magnificent outdoor spaces are on our doorstep, in our national parks.

Here are the top 10 experiences on our parks and forests over summer:

1. See nesting turtles at Mon Repos near Bundaberg

The largest concentration of nesting marine turtles on the eastern Australian mainland happens at Mon Repos Conservation Park, about half an hour's drive from Bundaberg. The park is home to the Mon Repos Turtle Centre, a hub for visitors and marine turtle conservation.

This summer, researchers and rangers are celebrating 50 years of the research program. From November to March, visitors can book a tour to see nesting and hatching turtles on the beach at night. Details: npsr.qld.gov.au/parks/mon-repos

And while you're down that way, remember to take a look at the ex-HMAS Tobruk at Bundaberg Port, where she is being prepared for scuttling as a world-class dive wreck around mid-2018. Check out the information panels and interactive video displays presenting her history.

2. Pitch a tent or pop up your trailer

Camping is a great way to experience the Australian bush and see native wildlife. Take your pick from around 470 camping areas in Queensland's parks and forests. You may find yourself enjoying sea views, listening to the sounds of the rainforest, or gazing at the stars. Details: qld.gov.au/camping

3. Explore the Whitsundays

The Whitsunday Ngaro Sea Trail is one of Queensland's Great Walks and adds another dimension to the Whitsunday experience. This area was the traditional home of the Ngaro Aboriginal people, who inhabited the islands for the past 9000 years, and the walks showcase the islands' scenery, history and ecosystems. You will visit iconic destinations and experience the extensive walking tracks across Whitsunday, South Molle and Hook Islands. To get from one track to the next, island-hoppers can expect a short boat ride or spend a few hours kayaking. Details: npsr.qld.gov.au/parks/whitsunday-ngaro-sea-trail

4. Go birdwatching

Take the binoculars and experience the serenity of birdwatching in the bush. In the lush rainforests of Lamington National Park you'll be captivated by the birdlife, from brightly coloured parrots and bowerbirds to the fascinating Albert's lyrebird

Continues over page>>

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with its ability to mimic other birds. For more places to go birdwatching, visit npsr.qld.gov.au/experiences/wildlife-encounters

5. Take a cave tour

Enter the eerie depths of echoing caves with shadowy corners and looming stalagmites. Spectacular caverns, limestone formations and ancient marine fossils are just some of the wonders you'll discover at Chillagoe-Mungana Caves National Park west of Cairns. Choose from ranger-led tours or self-guided cave walks. Further south-west, Undara Volcanic National Park is home to one of the longest lava tube cave systems in the world. Join a guide for an underground tour of the lava tubes, or get a bird's-eye view of the volcanic landscape from a chartered scenic flight. Near Rockhampton, experience the rush of thousands of tiny bats flashing past you on an evening Bat Cleft cave tour at Mount Etna Caves National Park. Details: npsr.qld.gov.au/experiences/adventure-recreation

6. Get on your bike or saddle up

Ride through world heritage-listed rainforests, tackle trails that challenge world champions, follow valleys and ridges cloaked in sun-dappled forests, or take a leisurely pedal alongside clear creeks and sandy beaches. Whether you are advanced competitors, a family group or beginners, you'll find trails to match, with purpose-built mountain bike parks and forest trails offering an ever-growing range of riding experiences. Details: npsr.qld.gov.au/experiences/mountain-biking

Horse riding is also a great way to enjoy physical activity in a beautiful environment. Horse trails on Queensland Parks and Wildlife Service estate



Camping is a great way to experience the Australian bush
Pic: Robert Sedlak

provide a range of challenges, from gentle, well-graded trails to rough and difficult terrain for experienced riders. Horses are not permitted in all parks, forests and reserves in Queensland. Check first where you can ride at npsr.qld.gov.au/experiences/horse-riding-and-cycling

7. Fishing

Recreational fishing is permitted in some national parks and marine park zones, but can be restricted to specific areas within a park. For zoning maps and information, see npsr.qld.gov.au/experiences/fishing

8. Canoeing and kayaking

Test your paddling prowess on scenic waterways. Along the Upper Noosa River, you'll find camp sites accessible by canoe and a variety of bushwalks in Cooloolo Recreation Area, Great Sandy National Park. Or check out Walkabout Creek Discovery Centre in Brisbane's backyard where you can paddle in Enoggera Reservoir after enjoying a wildlife show. For other popular locations visit npsr.qld.gov.au/experiences/adventure-recreation

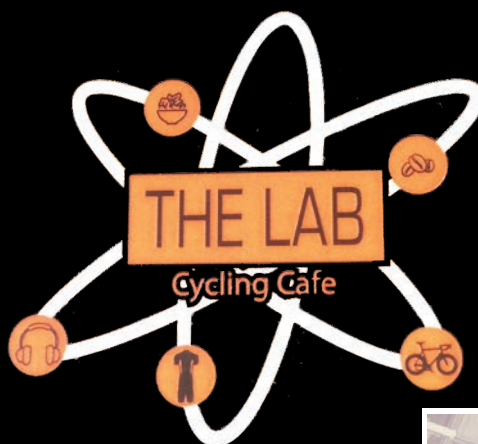
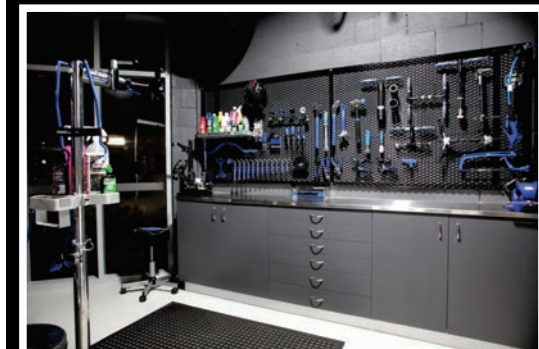
9. Rock climbing and abseiling

Set your heart racing and see the world from a unique perspective. Abseil down the rhyolite bluffs of Point Glorious in Mapleton Forest Reserve, or climb the vertical cliff-face of Mount Tinbeerwah in Tewantin National Park until you reach the 360 degree panoramic views at the top. Discover more places to rock-climb or abseil at Moogerah Peaks National Park, Brooyar State Forest, and Glass House Mountains National Park. Details at npsr.qld.gov.au/experiences/adventure-recreation

10. Visit Wally the platypus and friends at David Fleay Wildlife Park on the Gold Coast

David Fleay Wildlife Park at West Burleigh is home to crocodiles, koalas, emus, brolgas, dingoes, dunnarts, bilbies, kangaroos, platypus and many more creatures. Take in a Creatures of the Night or Fleay's In Flight show. Details: npsr.qld.gov.au/parks/david-fleay

Need more top ideas for summer fun in the outdoors? Visit qld.gov.au/nationalparks



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So far it seems pretty normal. But what a tangled web is weaved when the other characters enter the story! Add in a large dollop of comedy, blend in music and song, add just a pinch of participation and Voila!

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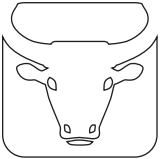
Aquarius Jan 21-Feb 19: Anyone who insists that you'll owe them a favour one day isn't giving anything freely. It's something to keep in mind before saying yes.



Pisces Feb 20- March 20: You're angry that someone could be so petty, but honour the agreement. This person must need the money or the compensation pretty badly to have to insist on this.



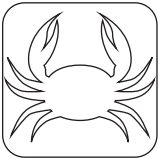
Aries March 21- April 20: You could get philosophical about the problem or just take the easy way out. Take the path of the least resistance.



Taurus April 21-May 21: This would be a good time to confer with someone who's travelled the same road. You'll get some good advice along with some much appreciated camaraderie.



Gemini May 22-June 21: A no turns to a maybe, and that's something to hope for. Ease up on the campaign and let that person get back to you.



Cancer June 22-July 23: You finally get to the bottom of a health matter this week. The news will allay worries but what ails will still require some management.



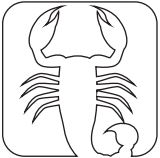
Leo July 24-Aug 23: The creative process isn't always enjoyable, but it is fulfilling as you see for yourself today.



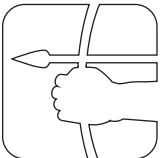
Virgo Aug 24-Sept 23: There's every reason for the ceasefire to stick this time. You may even be looking at a lasting truce.



Libra Sept 24-Oct 23: One person's bane is another person's boon. Since you'll be the one coming out ahead this time you might want to keep that news to yourself.



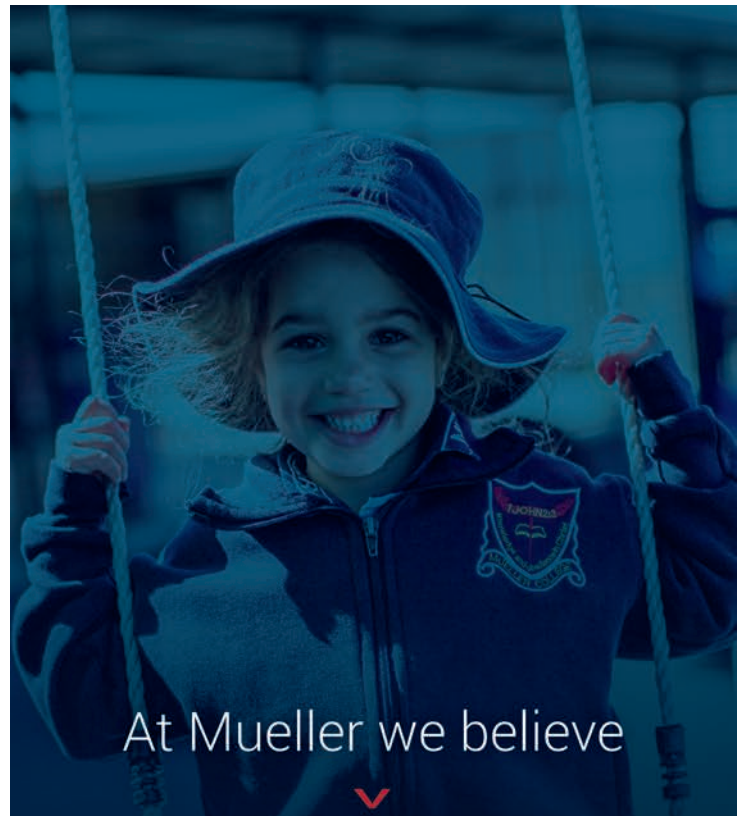
Scorpio Oct 24-Nov 22: Remember that person who offered to help you out in a pinch? Well take them up on it now before that pinch becomes a squeeze.



Sagittarius Nov 23-Dec 21: You lost and the other person won so walk over and congratulate them. Good sportsmanship is a rarity nowadays and it will be rewarded.



Capricorn Dec 22-Jan 20: yes, you are going to have to go back the way you came but you'll soon discover how this gets you back on track to making the progress you've wanted to make.



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Cycling. Santos Tour Down Under. Stage 5. McLaren Vale to Willunga Hill. 151.5 km. **3.00** In Their Footsteps. (PG) **4.00** Airport 24/7: Miami. (PG) **4.30** The Gurus Explore Canada. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Movie: Big Daddy. (PG) (1999) Adam Sandler. **9.00** Movie: Happy Gilmore. (M) (1996) Adam Sandler, Christopher McDonald. An ice hockey player discovers a talent for golf. **11.00** Movie: Open Season. (M) (1995) **1.00** Plonk. (M) **1.30** Netball. International Quad Series. South African Proteas v Australian Diamonds. **3.30** My Surf TV. **4.00** The Gurus Explore Canada. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **11.30** Pirate Express. **12.00** Move It. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Young Justice. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Turning Mecard. (PG) **3.00** Gumball. (PG) **3.30** Scooby-Doo! (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: Teenage Mutant Ninja Turtles. (PG) (1990) **7.00** Movie: Are We Done Yet? (PG) (2007) **9.00** Movie: Straight Outta Compton. (MA15+) (2015) **12.00** Adult Swim. (MA15+) **12.30** Titan Maximum. (MA15+) **1.00** Science Of Stupid. (M) **2.00** Top Gear. (PG) **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **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** Tennis. Australian Open. Day 6. **6.00** News. **7.00** Tennis. Australian Open. Night 6. **11.30** The Goldbergs. (PG) Adam tries to get out of gym class. **12.00** Betrayal. (M) Sara and Jack's families are left reeling by the revelation they were having an affair. **1.00** Cougar Town. (PG) After the site of the local high school prom is flooded, Jules volunteers Gray's Pub as the new venue. **1.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) Wayne almost destroys David. **5.00** The Great Outdoors.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.00** Tennis. Australian Open. Day 6. **10.00** Harry's Practice. **10.30** NBC Today. **1.00** Out Of The Blue. **1.30** SA Weekender. **2.00** The Great Day Out. **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** Creek To Coast. **4.00** The Great Outdoors. **5.00** To Build Or Not To Build. **6.00** Tennis. Australian Open. Night 6. **7.00** Dog Patrol. (PG) **7.30** The Yorkshire Vet In Autumn. (PG) Various animals get ready for winter hibernation. **8.30** Escape To The Country. Prospective buyers find their dream home. **10.30** Escape To The Continent. **11.45** Qld Weekender. **12.15** Creek To Coast. **1.00** Psychic TV. (M) **4.00** SA Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 Fishing Edge. **6.30** Everyday Gourmet. **7.00** RPM: Summer Series. **7.30** GCBC. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** Travels With The Bondi Vet. (PG) **12.30** Cricket. Women's Big Bash League. Melbourne Stars v Melbourne Renegades. **4.00** News. **5.00** Cricket. Big Bash League. Melbourne Stars v Sydney Thunder. **8.15** Cricket. Big Bash League. Perth Scorchers v Hobart Hurricanes. From #TheFurnace, Perth. **12.00** 48 Hours. (M) Takes a look at the death of Will Carter Jr. in 2013 at the hands of his girlfriend Victoria Rickman. **1.00** 48 Hours. (M) A look at the murder of Marjorie Nugent. **2.00** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Get Smart. (PG) **10.00** Star Trek: Voyager. (PG) **11.00** Diagnosis Murder. (PG) **12.00** Ali 4 Adventure. (PG) **1.00** Hogan's Heroes. **1.30** Escape Fishing. **2.00** Monster Jam. **3.00** MacGyver. (PG) **4.00** 4x4 Adventures. **5.00** Operation Repo. (PG) **5.30** iFish Summer. **6.00** Football: Just For Kicks. **6.40** Soccer. A-League. Round 17. Sydney FC v Central Coast Mariners. **9.00** Attenborough's Smart Sharks. (PG) **10.00** Car Crash Global: Caught On Camera. (PG) **11.00** 48 Hours. (M) **12.00** Operation Repo. (PG) **1.00** RPM: Summer Series. **1.30** Cricket. Big Bash League. Sydney Sixers v Brisbane Heat. Replay. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage: Retro Month. (PG) **11.00** Classic Countdown. (PG) **12.00** ABC News At Noon. **12.30** Grantchester. (MA15+) **1.20** Vera. (PG) **3.00** Redesign My Brain With Todd Sampson. (PG) **4.00** Midsomer Murders. (PG) Final. **5.30** Antiques Roadshow. **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Grantchester. (M) **8.20** Father Brown. (PG) **9.05** Broadchurch. (M) **9.55** Silent Witness. (MA15+) **10.55** Miss Fisher's Murder Mysteries. (M) **11.50** Rage: Retro Month. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** DinoTrux. **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specs. (PG) **8.00** Would I Lie To You? (PG) **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (MA15+) **10.15** The Best Of Fresh Blood 2017. (M) **10.45** Ill Behaviour. (M) **11.15** Inside Amy Schumer. (MA15+) **11.35** Asian Provocateur. (M) **12.05** The Trip. (MA15+) **12.35** Episodes. (M) **1.05** Episodes. (M) **1.40** Live At The Apollo. (M) **2.25** News Update. **2.30** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **1.55** Small Business Secrets Summer Encore. **2.25** Figure Skating. ISU European Championships. Pairs and ladies competition. **3.55** Destination Flavour Down Under. **4.25** Greece With Simon Reeve. (PG) **5.30** Motor Racing. Dakar Rally. Stage 13. San Juan to Córdoba. Highlights. **6.00** Railway Journeys UK. **6.30** News. **7.30** Mars. **8.30** Mars. **9.30** Gadget Man. **10.00** Soccer. EPL. Brighton v Chelsea. **12.50** Michael Mosley: Eat, Fast, And Live Longer. **1.50** Movie: Detective Dee And The Mystery Of The Phantom Flame. (M) (2010) **4.10** Food Lover's Guide. **4.45** SBS Flashback. **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** Hoarders. **1.00** Maternity Leave. (PG) **1.50** Camel Beauty Pageant. (PG) **2.20** Cyberwar. (PG) **2.50** 365. **2.55** Tattoo Age. (PG) **3.30** Jungletown. (PG) **4.30** Basketball. NBL. Round 15. Brisbane Bullets v Melbourne United. **6.30** Aussie Jokers. (PG) **7.00** Beerland. (PG) **7.30** Huang's World. (M) Final. **8.25** SBS On-Demand Staff Picks. (M) **8.30** Movie: Kill Your Darlings. (2013) **10.25** Movie: Javbreaker. (M) (1999) **12.00** News. **12.30** Hollywood's Quicksand Fetish. (M) **1.00** Balls Deep. (M) **1.50** Suicide Forest. (M) **2.15** 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

6.45pm Jackie (2016) Biographical. Natalie Portman, Peter Sarsgaard. (MA15+) **Masterpiece** **8.30pm Table 19** (2017) Comedy. Anna Kendrick, Lisa Kudrow. (M) **Premiere** **8.30pm La La Land** (2016) Musical. Ryan Gosling, Emma Stone. (M) **Masterpiece**

GENERAL

7.30pm Saturday Night Live. (M) **Comedy Channel** **8.30pm Scandal**. (MA15+) **Showcase**

DOCUMENTARY

7.30pm Fatal Attraction. (M) **Crime & Investigation** **7.30pm Kokoda...** **The Spirit Lives**. (M) **National Geographic** **9.45pm Hell's Kitchen**. (MA15+) **Lifestyle Food**

SPORT

1.00pm Freestyle Skiing. FIS World Cup. Aerials. **Eurosport** **5.30pm Soccer**. A-League. Round 17. Newcastle Jets v Wellington Phoenix. **Fox Sports 501** **5.30pm Basketball**. NBL. Round 15. Brisbane Bullets v Melbourne United. **Fox Sports 503**

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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AUSTRALIA DAY - CARPARK PARTY NORTH LAKES

Date: Friday January 26 2018

Time: 11am – 3pm

Location: North Lakes Sports Club, 36-42 Flinders Parade North Lakes

Cost: Free

North Lakes Sports Club is hosting its first Australia Day pop-up in the carpark with a range of food trucks, live music, pop up bar, inflatable waterslides, a jumping castle, animal farm, face painting, hydroblaster and a dunk tank!

Access to the carpark party will be available for members and guests from 11am-3pm through the club's Discovery Lounge.

The carpark party will operate from 11am to 3pm on Friday 26th January. Later, the club will also be hosting a special Ewe Bewt Aussie Show in the Discovery Lounge from 8.30pm with DJ till late.

For more information call the Club on 1300 006 572 or visit www.northlakessports.com.au

AUSTRALIA DAY - BRIBIE

Date: Friday January 26 2018

Time: 12.noon - 7.30pm

Location: Brennan Park, Bribie Island

Cost: Free

For those that don't mind a short drive on the day you can rock out at the Aussie Beach Party this Australia Day featuring local artisits. There will be plenty of family fun, beach activities, a lamington eating comp and fireworks finale at 7.30pm

AUSTRALIA DAY - REDCLIFFE

Date: Friday January 26 2018

Time: 12.noon - 7.30pm

Location: Suttons Beach Redcliffe

Cost: Free

Sutton's Beach at Redcliffe will once again play host to Australia Day revellers so head down to the sand. Families can relax to live bands or explore the beach activities and competitions. To finish the night with a bang, there will be an impressive fireworks display launching from 7.30pm.

Please note that there is very limited parking available at Suttons Beach. Free parking is available in surrounding streets.

ROBIN THE HOOD (MEN IN TIGHTS) PRESENTED BY GUYS N' DOLLS REVUE

Date: Season starts January 28th, 2018

Location: Kallangur Community Centre, 1480 Anzac Avenue, Kallangur

Cost: Adults \$20, Seniors \$15, Children >12 Yrs - Free

Oyez, oyez, oyez! Welcome back to the middle ages! A romantic time of fair maidens and knights in shining armour! Well, that's how history wants us to remember it! But what really happened back then? Come with us on an action packed, mad-capped romp through the unknown pages of England!

Our hero is Robin the Hood! Our baddie is the Evil King John! (So far it seems pretty normal) But what a tangled web is weaved when the other characters enter the story! First there's the strange Sheriff of Snottingham, who would be more at home in a spaghetti Western, and then there's the beautiful, if somewhat silly, maid Marian. As for the Merry men, well, they belong in an asylum rather than a forest!!!

So, mix all ...these characters in with a large dollop of comedy, blend in music and song, add just a pinch of participation and Voila! You have "Robin the Hood".

Show dates and times are: January 28th Sunday 2pm – February 3rd Saturday 7pm – February 11th Sunday 2pm – February 17th Saturday 7pm – February 18th Sunday 2pm

www.guysndolls.net.au for more info and tickets. TICKETS also available at the door.

BRISBANE COMEDY FESTIVAL

Date: Friday 23 February - Sunday 25 March 2018

Location: Various

Cost: Varies, see website.

Brisbane will be plunged into hysterics when the city's largest ever lineup of the best Aussie and international acts lay comical siege to three venues – Brisbane Powerhouse, Brisbane City Hall and new venue SunPAC – as part of Brisbane Comedy Festival 2018.

The ninth instalment of Australia's fastest growing comedy festival will bring more than 70 stellar comedians to Brisbane. Leading the pack of international laughter masters are Jim Gaffigan, Irishmen Jimeoin and Des Bishop, Canadian DeAnne Smith, Englishmen Stephen K Amos and Jeff Green, who will be celebrating 30 years on the comedy circuit with a special show. Also on the bill is beloved Kiwis Cal Wilson and Urzila Carlson, Scottish star Daniel Sloss and American Rich Hall, making his long-awaited return.

Tickets are on sale now via brisbanecomedyfestival.com

THE MANGANIYAR SEDUCTION

Date: March 1 & 2, 2018

Location: QPAC Concert Hall

Cost: 99 - \$124

One of the most original and mesmerising live performances on earth is headed for Brisbane. The Manganiyar Seduction is a visually and musically stunning masterpiece, where 40 musicians from three generations of Manganiyars perform in a 36-windowed 'jewel box', with the songs slowly building to giddy heights. Celebrating the music of the

Manganiyars, a caste of desert musicians from the heart of the Thar Desert in Rajasthan, The Manganiyar Seduction will be performed twice at the Queensland Performing Arts Centre on March 1 and 2, 2018.

The Manganiyars are a caste of Muslim musicians who are predominantly settled in the districts of Jaisalmer, Barmer and Jodhpur, in the heart of the Thar Desert. They traditionally performed for Kings, however over the years their patrons have shifted from Kings to people who could give them a meal.

More info and tickets: www.qpac.com.au

NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Surfing. World League. Men's Championship Tour. Billabong Pipe Masters. Highlights. **11.30** Border Rico. (PG) **12.00** Al McGlashan's Fish'n With Mates. (PG) **12.30** Cricket. One-Day International Series. Australia v England. Game 3. Afternoon session. **5.00** Customs. (PG) **5.30** Cricket. One-Day International Series. Australia v England. Game 3. Evening session. **9.30** 60 Minutes. **10.30** World's Best Commercials. (PG) **11.30** House. (M) **12.30** The Mysteries Of Laura. (M) **1.30** Bad Robots. (M) **2.00** Al McGlashan's Fish'n With Mates. (PG) **2.30** Late Programs.

GO!

6.00 Children's Programs. **11.30** LEGO Friends. **12.00** Turning Mecard. (PG) **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Young Justice. (PG) **3.00** Gumball. (PG) **3.30** Scooby-Doo! (PG) **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Legend Of The Boneknapper Dragon. **5.20** Movie: The Swan Princess. (G) (1994) **7.00** Movie: Legally Blonde. (PG) (2001) **9.00** Movie: Clueless. (M) (1995) **11.00** Movie: The Bling Ring. (MA15+) (2013) **12.50** Adult Swim. (MA15+) **1.50** Titan Maximum. (MA15+) **1.50** Top Gear. (PG) **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** Tennis. Australian Open. Day 7. **6.00** News. **7.00** Tennis. Australian Open. Night 7. **11.30** The Goldbergs. (PG) Lainey asks Erica for help teaching Barry to be more secure in their relationship. **12.00** Betrayal. (M) TJ becomes reckless after a traumatic event leaves him unable to cope. **1.00** Cougar Town. (PG) An unexpected discovery prompts an overly inquisitive Jules to try and learn all of Grayson's "secrets". **1.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **2.00** Shopping. **3.30** Harry's Practice. Information about pet care. **4.00** NBC Press. Hosted by Chuck Todd. **5.00** News. **5.30** Sunrise. News, sport and weather.

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** To Be Advised. **9.00** Shopping. **9.30** Travel Oz. (PG) **11.00** NBC Today. **12.00** The Great Outdoors. **1.00** The Real Seachange. **2.30** Room For Improvement. **3.15** Escape To The Continent. **4.30** Escape To The Country. **6.30** Dog Patrol. (PG) **7.00** Motorway Patrol. (PG) **7.30** Border Security. (PG) **8.00** Border Security: Int. (PG) **9.00** Brit Cops. (M) Follows British police officers. **10.00** Cities Of The Underworld. (PG) **11.00** Border Security: Int. (PG) **12.00** The Real Seachange. **12.30** Psychic TV. (M) **3.30** The Real Seachange. **4.30** Travel Oz. (PG)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Places We Go. **9.30** St10. (PG) **12.00** The Offroad Adventure Show. (PG) **1.00** All 4 Adventure. **2.00** Weekend Feast. **3.00** Ben's Menu. **3.30** 30-Min Meals. **4.00** A Taste Of Travel. **4.30** RPM: Summer Series. **5.00** News. **6.00** Family Feud: Sunday. Hosted by Grant Denyer. **6.30** David Attenborough's Africa. **7.30** Bull. **8.30** Wisdom Of The Crowd. Carlos Ochoa provides Tanner and Cavanaugh with new details on their unknown suspect. **9.30** Wisdom Of The Crowd. Final. **10.30** Elementary. (M) **11.30** 48 Hours. (M) **12.30** 48 Hours. (M) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Women's Big Bash League. Melbourne Stars v Melbourne Renegades. Replay. **11.30** Cricket. Big Bash League. Melbourne Stars v Sydney Thunder. Replay. **3.30** Whacked Out Sports. (PG) **4.00** Operation Repo. (PG) **4.30** A Taste Of Travel. **5.00** Places We Go. **5.30** iFish Summer. **6.00** Hogan's Heroes. **6.30** Scorpion. (PG) **7.30** The Life Of Mammals. **8.30** Movie: The Numbers Station. (M) (2013) John Cusack, Malin Akerman. **10.30** Car Crash Global: Caught On Camera. (PG) **11.30** Bondi Lifeguard Hawaiian Adventure. (PG) **1.30** RPM: Summer Series. **2.00** Operation Repo. (PG) **3.00** Monster Jam. **5.00** Hogan's Heroes. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **10.00** Offenders: Summer Edition. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** ABC News At Noon. **12.30** A Taste Of Landline. **1.00** Back Roads. **1.30** Family Confidential. (PG) **2.00** Grantchester. (M) **2.45** Father Brown. (PG) **3.30** Antiques Roadshow. **4.30** Jennifer Byrne Presents Andy Griffiths. **5.00** QI. (PG) **5.30** Whitlam: The Power And The Passion. (PG) **6.30** The House. **7.00** ABC News Sunday. **7.40** David Attenborough's Great Barrier Reef. **8.40** Midsomer. (M) **10.10** The Super-Rich And Us. **11.05** Our Girl. **12.30** Doctor Who. (PG) **1.50** Our Girl. (M) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **4.40** Tinga Tinga Tales. **5.00** Thomas. **5.10** DinoTrux. **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Michael McIntyre's Comedy Roadshow. (M) **8.45** Arj Barker: Go Time! (M) **10.05** Alan Davies: As Yet Untitled. (M) **10.55** Adam Hills: The Last Leg. (M) **11.35** Red Dwarf. (PG) **12.10** The League Of Gentlemen. (M) **12.40** Michael McIntyre's Comedy Roadshow. (M) **1.25** Dirty Laundry. (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. **7.00** Small Business Secrets Summer Encore. **7.30** WorldWatch. **9.30** Soccer. EPL. Brighton v Chelsea. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 15. Sydney Kings v Perth Wildcats. **4.00** WorldWatch. **5.00** Small Business Secrets Summer Encore. **5.30** Motor Racing. Dakar Rally. Final stage. Córdoba to Córdoba. Highlights. **6.00** Railway Journeys UK. **6.30** News. **7.30** Secrets Of Tutankhamun's Treasures. **8.30** Putin's Revenge. **9.35** Putin's Revenge. **10.35** American Patriot. **11.35** Full Frontal. (M) **12.05** Movie: Purple Rain. (M) (1984) **2.05** Movie: The Last Circus. (MA15+) (2010) **4.00** Mummies Alive. (M) **5.00** CGTN English News. **5.15** WorldWatch.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia. **10.00** WorldWatch. **12.00** First On The Scene. **1.00** The Business Of Life. (PG) **1.30** Unity: The Latin Tribute To Michael Jackson. **2.00** MythBusters. (PG) **3.00** Soccer. W-League. Round 12. Melbourne City v Brisbane Roar. **5.30** The Pizza Show. **6.00** Aussie Jokers. (PG) **6.30** Vs Arashi. (PG) **7.25** If You Are The One. (PG) **8.35** 24 Hours In Police Custody. (M) **9.30** RuPaul's Drag Race. Return. **10.40** RuPaul's Drag Race. **11.30** Shot By Kern. (MA15+) **12.00** The Yes Men Are Revolting. (M) **1.40** Road To Mosul. (M) **2.30** 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

6.30pm Doctor Strange (2016) Sci-Fi. Benedict Cumberbatch, Rachel McAdams. (M) **Premiere**
8.30pm The A-Team (2010) Action. Liam Neeson, Jessica Biel. (M) **Action**
10.55pm Manchester By The Sea (2016) Drama. Casey Affleck, Michelle Williams. (MA15+) **Masterpiece**

GENERAL

7.30pm Fresh Off The Boat. FOX8
8.00pm The Mick. (M) FOX8

DOCUMENTARY

7.30pm A Place In The Sun: Summer Sun. Lifestyle Home
8.30pm The Eighties. (PG) History
11.30pm StarTalk. (M) National Geographic

SPORT

3.00pm Basketball. NBL. Sydney Kings v Perth Wildcats. Fox Sports 503
7.00pm Soccer. A-League. Melbourne City v Adelaide United. Fox Sports 501
7.30pm Snowboarding. FIS World Cup. Team Snowboard Cross. Eurosport

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** Ellen DeGeneres. (PG) **1.00** Movie: Goddess. (PG) (2013) Laura Michelle Kelly, Ronan Keating. A singing housewife finds internet success. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Jack Reacher. (M) (2012) Tom Cruise, Rosamund Pike, Jai Courtney. A former US Army military police officer investigates the shooting of five innocent civilians by a sniper. **11.05** CSI: Crime Scene Investigation. (M) **12.05** Law & Order. (M) **1.00** Postcards Summer. (PG) **1.30** TV Shop. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** World's Funniest Videos Top 10 Countdown. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Batman. (PG) **4.30** Green Lantern. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. Return. **9.30** Movie: The Expendables. (MA15+) (2010) **11.30** Best Ink. (M) **12.30** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Green Lantern. (PG) **3.30** Beyblade Burst. **4.00** Scooby-Doo! (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** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 8. **6.00** News. **7.00** Tennis. Australian Open. Night 8. **11.30** Autopsy. (M) Explores the events that led to the untimely death of Manchester United soccer star George Best. **12.30** Betrayal. (M) Unable to cope with Brandy's death, TJ's reckless behaviour turns dangerous. **1.30** Cougar Town. (PG) Jules tries to set her father up with Grayson, as a best friend. Andy tries to make friends with a group of snooty parents. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. David Koch and Samantha Armytage present the news, sport and weather, with business and finance updates.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Australian Open: Highlights. **9.00** Larry The Lawnmower. **9.30** NBC Today. **10.30** NBC Press. **11.30** The Real Seachange. **1.00** Cities Of The Underworld. **2.00** Million Dollar Minute. **3.00** Medical Emergency. (PG) **3.30** Medical Rookies. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Inspector Morse. (M) **10.30** Escape To The Country. **11.30** Bargain Hunt. (PG) **12.30** Medical Emergency. (PG) **1.00** Medical Rookies. (PG) **1.30** Seven Year Switch. (M) **4.30** Million Dollar Minute. **5.30** Late Programs.

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. (PG) **8.30** Foreign Corre. **9.00** David Stratton's Stories Of Australian Cinema. (M) **10.00** Stephen Fry In Central America. (PG) **10.50** Golf. PGA Tour. CareerBuilder Challenge. Highlights. **11.45** Doctor Who. (PG) **12.35** Rage. (MA15+) **2.30** Stephen Fry In Central America. (PG) **3.20** Antiques. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Perth Scorchers v Hobart Hurricanes. Replay. From #TheFurnace, Perth. **12.00** RPM: Summer Series. **12.30** Hogan's Heroes. **1.00** Get Smart. (PG) **2.00** Star Trek. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Cricket. Big Bash League. Melbourne Renegades v Adelaide Strikers. From Etihad Stadium, Melbourne. **7.30** Hawaii Five-0. (M) **8.30** NCIS. (M) **10.30** Elementary. (M) **12.30** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: Voyager. (PG) **5.00** Get Smart. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** David Attenborough's Great Barrier Reef. **12.00** ABC News At Noon. **1.00** Midsomer Murders. (M) **2.30** The Super-Rich And Us. **3.20** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.30** Summer Drum. **6.00** Classic Countdown. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. (PG) **8.30** Foreign Corre. **9.00** David Stratton's Stories Of Australian Cinema. (M) **10.00** Stephen Fry In Central America. (PG) **10.50** Golf. PGA Tour. CareerBuilder Challenge. Highlights. **11.45** Doctor Who. (PG) **12.35** Rage. (MA15+) **2.30** Stephen Fry In Central America. (PG) **3.20** Antiques. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Floogals. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetties. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.30** Upper Middle Bogan. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Ill Behaviour. (M) **10.00** Inside Amy Schumer. (M) **10.20** Buzzcocks. (M) **10.55** The Office. (PG) **11.15** 30 Rock. (M) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Buzzcocks. (M) **1.00** The Office. (PG) **1.20** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.05** News Update. **2.10** 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** Al Jazeera. **2.00** André Rieu: Love Songs. **3.00** Predict My Future: The Science Of Us. (PG) **3.55** India: Nature's Wonderland. **5.00** Living Black. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** River Cottage Australia. **8.30** Michael Mosley: Trust Me, I'm A Doctor. (PG) **9.35** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Movie: Crouching Tiger, Hidden Dragon. (M) (2000) **1.40** Atlanta. (M) **2.10** Atlanta. (M) **2.45** Masters Of Sex. (PG) (MA15+) **3.50** Masters Of Sex. (M) **4.55** Poh & Co. Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Long Way North. (PG) (2015) **1.30** Dead Set On Life. (PG) **2.00** Dead Set On Life. (PG) **2.30** Dara Ó Briain: School Of Hard Sums. (PG) **3.05** Vs Arashi. (PG) **4.00** The Mindy Project. **4.35** Rivals. (PG) **5.05** News. **5.35** If You Are The One. (PG) **6.35** MythBusters. (PG) **7.35** Brooklyn Nine-Nine. (PG) **8.00** Brooklyn Nine-Nine. (PG) **8.30** Movie: The Blue Lagoon. (M) (1980) **10.25** Movie: Altered States. (MA15+) (1980) **12.20** Untitled Action Bronson Show. New. **12.50** Untitled Action Bronson Show. **1.20** Untitled Action Bronson Show. **1.50** Untitled Action Bronson Show. **2.15** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** WorldWatch.



MOVIES

6.25pm Julie & Julia (2009) Drama. Amy Adams, Meryl Streep. (PG) **Masterpiece** **8.30pm xXx: Return Of Xander Cage** (2017) Action. Vin Diesel, Ruby Rose. (M) **Premiere** **11.55pm Sausage Party** (2016) Animated. Kristen Wiig, Jonah Hill. (MA15+) **Comedy**

GENERAL

8.00pm Storage Hunters UK (PG) **A&E**

8.30pm Father Brown. (M) **UKTV** **10.30pm The Tonight Show Starring Jimmy Fallon**. (M) **E!**

DOCUMENTARY

7.30pm Coast New Zealand. (PG) **History** **8.30pm Joanna Lumley's Nile**. **History** **10.30pm Misfit Garage**. (PG) **Discovery**

SPORT

7.00am NFL. AFC Championship Game. **ESPN** **10.30am NFL**. NFC C'ship Game. **ESPN** **11.00pm History Month: 1990's**. 1996 Grand Final. North Melbourne v Sydney. **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. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Rebound. (PG) (2009) Catherine Zeta-Jones, Justin Bartha. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Big Bang Theory. (PG) **8.00** The Big Bang Theory. (PG) **8.30** Movie: We're The Millers. (M) (2013) Jennifer Aniston, Jason Sudeikis, Emma Roberts. A small-time drug dealer, in trouble with his supplier, creates a fake family as part of a smuggling plan. **10.30** The Big Bang Theory. (PG) **11.00** The Big Bang Theory. (PG) **11.30** Cold Case. (M) **12.30** 20/20. **1.20** Patriot Games. (PG) **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** BattleBots. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Batman. (PG) **4.30** Green Lantern. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. **9.30** Movie: The Expendables 2. (MA15+) (2012) **11.30** Jail: Big Texas. (M) **12.00** The Crew. (PG) **12.30** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Green Lantern. (PG) **3.30** Beyblade Burst. **4.00** Scooby-Doo! (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 9. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 9. Quarter-finals. **11.30** Autopsy. (M) Dr Richard Shepherd takes a look at the death of entertainer Liberace. **12.30** Betrayal. (M) Elaine and Aidan get to know each other better. Jack takes a big step in his relationship with Sara. **1.30** Cougar Town. (PG) Jules invites Chick and his new girlfriend to a dinner party. However, her guests are not exactly who she expected. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. David Koch and Samantha Armytage present the news, sport and weather, with business and finance updates.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Mr Selfridge. (PG) **2.00** Million Dollar Minute. **3.00** Medical Emergency. (PG) **3.30** Medical Rookies. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) Crabbe recognises a robber who supposedly died. **8.30** Inspector Morse. (M) A young woman is murdered. **10.30** Escape To The Country. **11.30** Bargain Hunt. (PG) **12.30** Medical Emergency. (PG) **1.00** Medical Rookies. (PG) **1.30** Seven Year Switch. (M) **4.30** Million Dollar Minute.

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** Cricket. Big Bash League. Sydney Sixers v Melbourne Stars. **10.10** Bull. (M) Bull makes a deal with a top criminal lawyer to defend Benny when he is put on trial. **11.00** The Project. **12.00** Stephen Colbert. (PG) Hosted by Stephen Colbert. **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Melbourne Renegades v Adelaide Strikers. Replay. From Etihad Stadium, Melbourne. **12.00** Happy Days. (PG) **1.00** Get Smart. (PG) **2.00** Star Trek. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Cricket. Big Bash League. Sydney Sixers v Melbourne Stars. From the SCG. **7.30** 48 Hours. (M) **8.30** Homicide: Hours To Kill. (M) **9.30** 48 Hours. (M) **10.30** Highlander. (M) **11.30** Hogan's Heroes. **12.00** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: Voyager. (PG) **5.00** Highlander. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Classic Countdown. **12.00** ABC News At Noon. **1.00** Foreign Corre. **1.30** Women's Work. **2.00** Pulse. (M) **2.55** Ask The Doctor. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.30** Summer Drum. **6.00** Classic Countdown. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** How To Stay Young. (PG) **9.00** Fake Or Fortune? **10.00** Michael Mosley's Secrets Of Your Food. (PG) **11.00** Between A Rock And A Hard Place. (M) **12.00** Doctor Who. (PG) **12.50** How To Stay Young. (PG) **1.50** APT7: Our Century, Our Art. **2.20** Michael Mosley's Secrets Of Your Food. (PG) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Black Comedy. (M) **8.30** Black Comedy. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Red Dwarf. (PG) **10.00** The League Of Gentlemen. (M) **10.30** Buzzcocks. (M) **11.00** The Office. (PG) **11.25** 30 Rock. (M) **11.45** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Buzzcocks. (M) **1.10** The Office. (PG) **1.30** 30 Rock. (M) **1.55** Parks And Recreation. (PG) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **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** ABBA In Concert. **3.00** Kylie Kwong: Heart And Soul. **3.30** Invisible Universe Revealed. **4.30** Flying To The Ends Of The Earth. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** Who Do You Think You Are? **8.40** Marry Me, Marry My Family. **9.40** One Born Every Minute UK. **10.00** SBS News. **11.10** Spin. (M) **12.10** Spin. (M) **1.10** Movie: Melancholia. (M) (2011) **3.35** Night Will Fall. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Asterix And Obelix: Mission Cleopatra. (PG) (2002) **1.50** Cyberwar. (PG) **2.20** Cyberwar. (PG) **2.45** Dara Ó Briain: School Of Hard Sums. (PG) **3.20** Rivals. (PG) **4.10** The Mindy Project. **4.35** Balls Deep. (PG) **5.05** News. **5.30** If You Are The One. (PG) **6.40** MythBusters. (PG) **7.40** Brooklyn Nine-Nine. (PG) **8.05** Brooklyn Nine-Nine. (PG) **8.30** Hamilton's Pharmacopeia. **9.20** Epicly Later'd. **10.15** Vikings. (MA15+) **11.05** Plastic Paradise. (PG) **12.15** News. **12.45** Desus And Mero. **1.10** Noisy. (M) **2.00** Shot By Kern. (MA15+) **2.30** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



MOVIES

8.30pm Assassin's Creed (2016) Action. Michael Fassbender, Marion Cotillard. (M) *Premiere*
10.30pm The Accountant (2016) Action. Ben Affleck, Anna Kendrick. (MA15+) *Premiere*
10.35pm Me Before You (2016) Romance. Emilia Clarke, Sam Claflin. (PG) *Romance*

GENERAL

8.00pm Meet The Hockers. (PG) A&E
9.35pm Better Things. (MA15+) *Showcase*
10.05pm Divorce. (MA15+) *Showcase*

DOCUMENTARY

7.30pm Master Of Photography. (PG) *Foxtel Arts*
8.30pm When Kids Kill. (M) *Crime & Investigation*
9.30pm Shark Tank. (PG) *Discovery Science*

SPORT

7.00pm Soccer. AFC Champions League. Brisbane Roar v Playoff Winner. Fox Sports 501
7.45pm Alpine Skiing. World Cup. Women's Giant Slalom. First leg. Eurosport

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** Ellen DeGeneres. (PG) **1.00** Movie: Forces Of Nature. (PG) (1999) Ben Affleck, Sandra Bullock. A man embarks on a road trip. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Truth About Fertility. (PG) **8.40** Movie: Four Weddings And A Funeral. (M) (1994) Hugh Grant, Andie MacDowell, Kristin Scott Thomas. A bachelor who is often called on to be the best man at friends' weddings meets his ideal partner at a reception. **11.05** Mom. (M) **11.30** Movie Juice. **12.00** CSI: NY. (M) **1.00** CSI: NY. (M) **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** BattleBots. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Batman. (PG) **4.30** Green Lantern. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** American Ninja Warrior. **9.30** Movie: The Expendables 3. (M) (2014) **12.00** The Crew. (PG) **12.30** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Green Lantern. (PG) **3.30** Beyblade Burst. **4.00** Scooby-Doo! (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 10. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 10. Quarter-finals. **11.30** The Goldbergs. (PG) After Adam chooses to spend Halloween night with Dana rather than Beverly, she decides to teach him a lesson. **12.00** Betrayal. (M) Jack's confession sends shockwaves through the McAllister and Karsten families. **1.00** Cougar Town. (PG) The gang takes on new personal challenges. Jules tries to read a book for the first time. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Travel Bug. (PG) **2.00** Million Dollar Minute. **3.00** Medical Emergency. (PG) **3.30** Medical Rookies. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) A partner in a small airline is murdered. **8.30** A Touch Of Frost. (M) Detective Sergeant Wallace investigates a suicide. **10.30** Brit Cops. (M) **11.30** Bargain Hunt. (PG) **12.30** Medical Emergency. (PG) **1.00** Medical Rookies. (PG) **1.30** Seven Year Switch. (M) **4.30** Million Dollar Minute. **5.30** Harry's Practice.

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Sydney Thunder v Melbourne Renegades. **10.10** Todd Sampson's Body Hack. (PG) Todd Sampson learns the traditional methods of free-dive fishing from the Bajau people of Malaysia. **11.00** The Project. A look at the day's news. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Sydney Sixers v Melbourne Stars. Replay. **12.00** Happy Days. (PG) **1.00** Get Smart. (PG) **2.00** Star Trek. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Cricket. Big Bash League. Sydney Thunder v Melbourne Renegades. From Manuka Oval, Canberra. **7.30** Attenborough's Animal House. **8.30** Movie: Once Upon A Time In The West. (1968) Henry Fonda, Claudia Cardinale, Jason Robards, Charles Bronson. **11.50** Whacked Out Sports. (PG) **12.00** Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: Voyager. (PG) **5.00** Happy Days. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Classic Countdown. (PG) **12.00** ABC News At Noon. **1.00** Fake Or Fortune? **2.00** Pulse. (M) **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.30** Summer Drum. **6.00** Classic Countdown. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** QL. (PG) **8.30** War On Waste: Turning The Tide. **9.35** Movie: Endeavour: The Young Morse. (M) (2012) Shaun Evans, Roger Allam. A young schoolgirl goes missing. **11.05** Running Wild: Australia's Camels. (PG) **12.05** Foreign Correspondent. **12.35** Doctor Who. (PG) **1.20** Rage. (MA15+) **2.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Agony Of Modern Manners. (M) **8.30** The Agony Of Modern Manners. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Asian Provocateur. (M) **10.00** The Trip. (M) **10.30** Buzzcocks. (PG) **11.00** The Office. (PG) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Buzzcocks. (PG) **1.05** The Office. (PG) **1.25** 30 Rock. (PG) **1.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **1.00** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **3.00** Nigella Bites. **3.30** Secrets Of The Castle. **4.30** Secrets Of The Castle. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** World's Greatest Bridges. **8.30** Simon Reeve's Turkey. **9.40** Vikings. **10.35** Berlin Station. (MA15+) **11.35** SBS News. **12.05** Movie: Long Story Short. (M) (2015) **1.55** Movie: Journey To The West. (M) (2013) **3.50** Neil Oliver: Scotland's Rail Disaster. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Phantom Tollbooth. (G) (1970) **1.35** The Business Of Life. **2.00** VICE World Of Sports. (PG) **2.30** Dara Ó Briain: School Of Hard Sums. **3.05** States Of Undress. (PG) **3.55** SBS On-Demand Staff Picks. (PG) **4.00** The Mindy Project. **4.30** Rivals. (PG) **5.00** News. **5.30** If You Are The One. (PG) **6.40** MythBusters. (PG) **7.40** Brooklyn Nine-Nine. (PG) **8.05** Brooklyn Nine-Nine. (PG) **8.30** Movie: Bram Stoker's Dracula. (1992) **10.55** Movie: Night Of The Creeps. (MA15+) (1986) **12.35** News. **1.00** Desus And Mero. **1.30** Gaycation. (M) **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

6.15pm La La Land (2016) Musical. Ryan Gosling, Emma Stone. (M) **Masterpiece** **8.30pm Amélie** (2001) Comedy. Audrey Tautou, Mathieu Kassovitz. (M) **Masterpiece** **10.45pm Criminal** (2016) Action. Kevin Costner, Ryan Reynolds. (MA15+) Action

GENERAL

8.30pm The Real Housewives Of Melbourne. (M) Arena **9.30pm Covert Affairs**. (M) Universal Channel **11.05pm Entertainment Tonight**. (PG) Arena

DOCUMENTARY

8.30pm Robson Green's Grand Slam Fishing. (PG) BBC Knowledge **9.30pm River Monsters**. (PG) Discovery

SPORT

12.00pm Basketball. NBA. San Antonio Spurs v Cleveland Cavaliers. ESPN **7.00pm Cricket**. Third Test. South Africa v India. Day 1. Fox Sports 505

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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LEONIE SCHILLING

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Pretty In Pink. (PG) (1986) Molly Ringwald, Jon Cryer, Andrew McCarthy. A teenager must choose between the affections of her childhood sweetheart and a popular playboy. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Great Getaways. (PG) **8.30** 20 To One. (PG) **9.30** Better Late Than Never. (PG) **10.30** Flash Families. (PG) **11.30** A.D. Kingdom And Empire. (M) **12.30** The Closer. (M) **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** Friends. (PG) **12.00** BattleBots. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Batman. (PG) **4.30** Green Lantern. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Robot Wars. (PG) **8.30** Movie: Jupiter Ascending. (M) (2015) **11.00** WWE Raw. (MA15+) **12.00** Total Divas. (M) **1.00** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Green Lantern. (PG) **3.30** Beyblade Burst. **4.00** Scooby-Doo! (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 11. Quads doubles final and women's singles semi-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 11. Men's singles semi-final and Magic Moments exhibition match. **11.30** The Goldbergs. (PG) After Barry begs Murray to get a dog, he is disappointed when the pup takes an immediate liking to Murray. **12.00** Betrayal. (M) Jack and Drew decide to put their differences aside and work together in the case against Karsten. **1.00** Cougar Town. (PG) Tom reveals he has a crush on a woman. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Lovejoy. (PG) **2.00** Million Dollar Minute. **3.00** Medical Emergency. (PG) **3.30** Medical Rookies. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Border Security: Int. (PG) Officers look for a message in a bottle. **8.30** Murdoch Mysteries. (M) Murdoch investigates the claims of a man who says he time travels. **10.30** Houdini & Doyle. (M) **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** Seven Year Switch. (M) **4.30** Million Dollar Minute. **5.30** Harry's Practice.

TEN

6.00 GCBC. **6.30** Alive And Cooking. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Two families try to win big prizes by guessing the most popular responses to a survey of the public. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Perth Scorchers v Adelaide Strikers. **10.10** Blue Bloods. (M) Emily becomes the prime suspect when her abusive ex-boyfriend is murdered. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Sydney Thunder v Melbourne Renegades. Replay. **12.00** Happy Days. (PG) **1.00** Get Smart. (PG) **2.00** Star Trek. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Cricket. Big Bash League. Perth Scorchers v Adelaide Strikers. **7.30** Car Crash Global: Caught On Camera. (M) **8.30** Gold Coast Cops. (PG) **9.00** Movie: 6 Bullets. (MA15+) (2012) Jean-Claude Van Damme, Joe Flanigan, Anna-Louise Plowman. **11.20** Diagnosis Murder. (PG) **12.20** Shopping. **2.20** Whacked Out Sports. (PG) **2.30** Jake And The Fatman. (PG) **3.30** Star Trek: Voyager. (PG) **4.30** Get Smart. (PG) **5.00** Happy Days. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Classic Countdown. (PG) **12.00** ABC News At Noon. **1.00** QI. (PG) **1.30** Hannah Gadsby's OZ. (PG) **2.00** Pulse. (M) **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.30** Summer Drum. **6.00** Classic Countdown. (PG) **7.00** ABC News. **7.30** Australian Of The Year 2018. **8.45** New Year's Eve: Countdown Live. (PG) **11.10** The Halcyon. (PG) **11.55** Doctor Who. (PG) **12.45** The Halcyon. (PG) **1.30** Rage. (MA15+) **3.25** Golf. PGA Tour. CareerBuilder Challenge. Highlights. From Stadium Course, La Quinta, California. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Moodys. (M) **8.30** The Moodys. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** The Best Of Fresh Blood 2017. (M) **10.00** Murder In Successville. (M) **10.30** Buzzcocks. (M) **10.55** The Office. (PG) **11.15** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Buzzcocks. (M) **1.00** The Office. (PG) **1.20** 30 Rock. (PG) **1.40** Parks And Recreation. (PG) **2.05** News Update. **2.10** Close. (M) **2.50** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Nigella Express. **2.25** Nigella Express. **2.55** Living Black. **3.25** Rome's Catacomb Mystery. (PG) **4.25** Lost Kingdoms Of Central America. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Recipe For Life. **8.35** The Truth About Your Health. **9.30** Chance. (MA15+) Final. **10.25** Ride Upon The Storm. **11.30** SBS News. **12.00** Movie: The Lunchbox. (PG) (2013) **1.55** One Born Every Minute UK. (M) **2.55** One Born Every Minute UK. (M) **3.50** One Born Every Minute UK. (M) **4.50** SBS Flashback. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Secret Of Kells. (PG) (2009) **1.20** 365. (PG) **1.25** Huang's World. **2.15** SBS On-Demand Staff Picks. (PG) **2.20** Dara Ó Briain: School Of Hard Sums. (PG) **3.15** Rivals. (PG) **4.05** The Mindy Project. (PG) **4.30** Balls Deep. (PG) **5.00** News. **5.30** If You Are The One. **6.40** MythBusters. (PG) **7.40** Brooklyn Nine-Nine. (PG) **8.05** Brooklyn Nine-Nine. (PG) **8.30** Full Frontal. (M) **9.00** The Trixie & Katya Show. (MA15+) **9.25** The Girlfriend Experience. **10.00** The Girlfriend Experience. **10.30** The Good Fight. (M) **11.30** The Good Fight. (M) **12.30** News. **12.55** Desus And Mero. **1.20** Cocaine And Crude: Mexican Drug Cartels. (M) **1.50** VICE. (M) **2.25** WorldWatch.



MOVIES

6.30pm The Girl On The Train (2016) Crime. Emily Blunt, Justin Theroux. (MA15+) **Premiere**
8.30pm What Women Want (2000) Comedy. Mel Gibson, Helen Hunt. (PG) **Romance**
10.40pm You, Me And Dupree (2006) Comedy. Owen Wilson, Kate Hudson. (M) **Romance**

GENERAL

8.00pm Ozzy And Jack's World Detour. (PG) A&E
8.30pm Blindspot. (MA15+) **Universal Channel**
9.40pm Ireland With Ardal O'Hanlon. **UKTV**

DOCUMENTARY

7.30pm Africa's Deadliest. **National Geographic Wild**
8.30pm The Great Australian Bake Off. (PG) **Lifestyle**
9.35pm Dragons' Den. (PG) **BBC Knowledge**

SPORT

7.45pm Soccer. A-League. Melbourne City v Newcastle Jets. **Fox Sports 501**
9.30pm Cricket. Third Test. South Africa v India. Day 2. **Fox Sports 505**

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** Extra. **12.30** Cricket. One-Day International Series. Australia v England. Game 4. Afternoon session. **5.00** Hot Seat. **5.30** Cricket. One-Day International Series. Australia v England. Game 4. Evening session. **6.00** Nine News. **6.30** Cricket. One-Day International Series. Australia v England. Game 4. Evening session. **9.30** Movie: Fun With Dick And Jane. (M) (2005) Jim Carrey, Téa Leoni, Alec Baldwin. A corporate high-flyer loses his job after a scandal. **11.30** What Would You Do? (M) **12.30** My Surf TV. **1.00** Extra. **1.30** TV Shop. **2.00** Rizzoli & Isles. (M) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** BattleBots. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexa Knights. (PG) **4.00** Batman. (PG) **4.30** Green Lantern. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Looney Tunes Cartoons. **5.35** First Flight. **5.45** Movie: Aliens In The Attic. (PG) (2009) **7.30** Movie: 17 Again. (PG) (2009) **9.30** Movie: Easy A. (M) (2010) **11.30** WWE Smackdown. (MA15+) **12.30** Total Divas. (M) **1.30** Uncle Grandpa. (PG) **2.00** Regular Show. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Green Lantern. (PG) **3.30** Beyblade Burst. **4.00** Scooby-Doo! (PG) **4.50** Power Rangers Dino Charge. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** Better Homes And Gardens Summer. **11.30** News. **12.00** Movie: Volcano: Fire On The Mountain. (PG) (1997) **2.00** Tennis. Australian Open. Day 12. Women's doubles final. **5.00** The Chase Aust. **6.00** News. **7.00** Tennis. Australian Open. Night 12. Men's singles semi-final. **9.30** Movie: The Boy Next Door. (MA15+) (2015) Jennifer Lopez, Ryan Guzman, Kristin Chenoweth. A teacher begins a relationship with a student. **11.20** The Goldbergs. (PG) Beverly insists the entire family gather for the Thanksgiving holiday. **12.00** Betrayal. (M) The families confront their decisions. **1.00** Cougar Town. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** It's Academic. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Better Homes. **1.00** Catch Phrase. **2.00** Million Dollar Minute. **3.00** Medical Emergency. (PG) **3.30** Medical Rookies. (PG) **4.00** Room For Improvement. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Great Gardens Of The World. Hosted by Graham Ross. **8.30** Selling Houses Aust. The team heads to Brisbane. **10.30** To Build Or Not To Build. **11.30** Bargain Hunt. (PG) **12.30** Medical Emergency. (PG) **1.00** Psychic TV. (M) **4.00** The Great Outdoors. **5.00** Million Dollar Minute. **5.30** Harry's Practice.

TEN

6.00 GCBC. **6.30** Alive And Cooking. **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: Summer Edition. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** Australia Day Concert. Christine Anu, Anthony Callea and Marcia Hines perform live from the Sydney Opera House. **9.30** The Graham Norton Show. (M) Guests include Jane Fonda, Nicole Kidman, Colin Farrell, Bryan Cranston, Matt Lucas and Niall Horan. **10.30** Cram! (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Perth Scorchers v Adelaide Strikers. Replay. From #TheFurnace, Perth. **12.00** Happy Days. (PG) **1.00** Get Smart. (PG) **2.00** Star Trek. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **10.30** Movie: Once Upon A Time In Brooklyn. (MA15+) (2013) William DeMeo, Ice T, Armand Assante. **1.00** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Walker, Texas Ranger. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** Australia Day: Flag Raising And Citizenship Ceremony. **10.15** ABC News Mornings. **11.00** Classic Countdown. (PG) **12.00** ABC News At Noon. **1.00** Australian Of The Year 2018. **2.15** One Plus One. **2.45** To Be Advised. **2.55** Dream Gardens. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.30** Summer Drum. Final. **5.55** Classic Countdown. (PG) **6.55** Governor-General's Australia Day Address. **7.00** ABC News. **7.30** Gardening Australia. Return. **8.30** The Best Of Back Roads. (PG) **9.30** The Wake Of The May Queen. **10.35** Paul Kelly Live At Sydney Opera House. (M) **12.35** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.55** Hey Duggee. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** The Justine Clarke Show! **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Gruen XL. (M) Final. **9.15** Tonightly With Tom Ballard. (M) **9.45** Episodes. (M) **10.15** Episodes. (M) Final. **10.45** Buzzcocks. (M) **11.20** The Office. (PG) **11.40** 30 Rock. (M) **12.00** Parks And Recreation. (PG) **12.20** Tonightly With Tom Ballard. (M) **12.50** Buzzcocks. (M) **1.20** The Office. (PG) **1.40** 30 Rock. (M) **2.00** Parks And Recreation. (PG) **2.25** News Update. **2.30** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **6.30** Sunrise Ceremony. **7.30** Wugulora Morning Ceremony. **8.35** Ningla A-Na. (PG) **10.00** Anthem Sessions. (PG) **10.30** Songlines. (PG) **10.45** Songlines. **11.00** Songlines. **11.15** Songlines. (PG) **11.25** Anthem Sessions. **12.00** Sunrise Ceremony. **1.00** Songlines. (PG) **1.30** Songlines. (PG) **1.45** Songlines. **2.00** Anthem Sessions. **2.35** Lousy Little Sixpence. (PG) **3.30** Vote Yes For Aborigines. **4.35** Ngarrj. **4.55** Made In Italy. **5.25** Letters And Numbers. **6.00** Food Safari. **6.30** News. **7.30** Human Planet. **8.30** Movie: Hunt For The Wilderpeople. (PG) (2016) **10.25** Six. (MA15+) Final. **11.15** SBS News. **11.50** Movie: Only Lovers Left Alive. (M) (2013) **2.00** Vikings. (MA15+) **2.55** Vikings. (MA15+) **3.50** Vikings. (MA15+) **4.50** Late Programs.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Anne Of Green Gables. (PG) (2016) **1.35** Does America. (PG) **2.00** 365. **2.05** Dara O Briain: School Of Hard Sums. **3.00** SBS On-Demand Staff Picks. (PG) **3.05** Full Frontal. (PG) **3.30** Full Frontal. (PG) **4.00** Soccer. W-League. Round 13. Melbourne Victory v Sydney FC. **6.20** The Mindy Project. (PG) **6.50** News. **7.20** Batman. (PG) **7.50** Batman. (PG) **8.20** Fashionista. **8.30** Adam Looking For Eve: Finland. (MA15+) **9.20** Harlots. (MA15+) New. **10.20** Harlots. (MA15+) **11.15** The Therapist. (MA15+) **11.45** The Therapist. (MA15+) **12.10** Cucumber. (MA15+) **1.05** Banana. (M) **1.35** News. **2.05** Desus And Mero. **2.30** NHK World English News. **3.00** WorldWatch.



MOVIES

8.30pm Passengers (2016) Sci-Fi. Jennifer Lawrence, Chris Pratt. (M) *Premiere*
8.30pm A Good Day To Die Hard (2013) Action. Bruce Willis, Jai Courtney. (M) *Action*
10.10pm The A-Team (2010) Action. Liam Neeson, Jessica Biel. (M) *Action*

GENERAL

8.30pm It's Always Sunny In Philadelphia. Comedy Channel
8.30pm Arrow. (M) FOX8
11.30pm Comic Book Men. (PG) A&E

DOCUMENTARY

7.30pm Scandal Made Me Famous. (M) *Crime & Investigation*
8.30pm Cake Boss. (PG) *Lifestyle Food*
9.30pm The Island With Bear Grylls. (PG) *Discovery Science*

SPORT

2.30pm Basketball. NBA. Golden State Warriors v Minnesota Timberwolves. ESPN
6.30pm Golf. European PGA Tour. Dubai Desert Classic. Second round. Fox Sports 503

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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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

We hope you had a wonderful Christmas and a happy start to the new year.

Tuesday 16th January 2018 - North Lakes Women's Group Inc. welcome the start of another fabulous year together. Our members are always excited to meet up, talk about their Christmas and plan our events coming up.

Tuesday 23rd January 2018 - Lunch at North Lakes Resort Golf Club. Members Only.

Tuesday 30th January 2018 - Bus trip to Maleny Dairy. Members Only.

Our meetings are open to all women in North Lakes/Mango Hill - Moreton Bay District. Please refer to our listing under the Community Notice Board. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

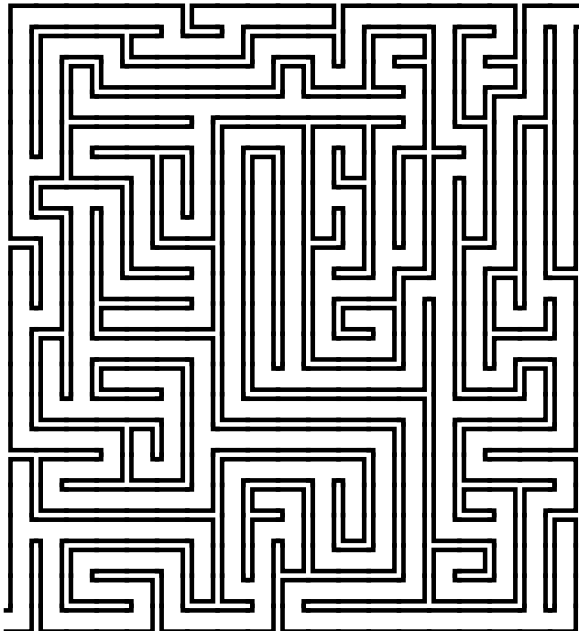
To post email: **community@northlakesmessenger.com.au**

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

SUDOKU

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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

Oops! Sorry, we didn't provide the solution for our December 16, 2017 crossword, here it is. To the right is the quadword solution

I	N	D	U	C	E			A	P	R	I	C	O	T	
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Crossword 6500

This is Laurie Stibbe's 500th Crossword printed in the Messenger!

ACROSS

- 1 Without advance preparation
- 6 Diminished or moderated
- 9 Inopportune
- 10 Games console (1-3)
- 11 Distinction
- 14 Translate, understand
- 15 Unable to resist motion
- 16 Dialect
- 18 One who gives to beggar
- 20 Associates
- 21 Elaborate song for solo voice
- 25 Lacking worth or importance
- 26 Tale of achievements
- 27 Involving or causing risk or harm

DOWN

- 1 Alphabetical listing of names
- 2 Faint (4,3)
- 3 Betting ratio
- 4 Design
- 5 Final peremptory demands
- 6 Origins
- 7 Beat thoroughly in conflict
- 8 Objector, protestor
- 12 Relative importance
- 13 Lactate
- 14 Simulating
- 17 Forces fluid into by piercing
- 19 Dizziness
- 22 Book of maps, or telamon
- 23 Rotate
- 24 One time only

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HOLIDAY ACCOMMODATION

Don't relax when it comes to child safety

The Office of Fair Trading is urging parents to not relax when it comes to holiday accommodation safety this summer.

Fair Trading Executive Director Brian Bauer said it was easy for otherwise vigilant parents who have 'child-proofed' their homes to get caught up in the more exciting or relaxing aspects of a family holiday and forget to check their holiday accommodation is safe for their children.

*PARENTS GET CAUGHT UP
IN THE MORE EXCITING OR
RELAXING ASPECTS OF A
FAMILY HOLIDAY AND FORGET
TO CHECK THEIR HOLIDAY
ACCOMMODATION*



"Things that aren't immediately obvious such as unsecured furniture and televisions that can topple onto children or blind cords that hang down low enough for little ones to put their heads through which could turn a dream holiday into a nightmare," Mr Bauer said.

"Whether you're going to stay with family, renting a holiday apartment, or renting someone's home, it is important to check for hazards as soon as you arrive so you can have a safe and relaxing holiday.

"Make sure furniture is stable and preferably anchored to a wall.

"Don't let your children climb on furniture or put tempting items such as feeding bottles, favourite toys or remote controls on tables or shelves.

"If you have small children and you have something to fence off any furniture of concern, take it with you.

"Ensure all blind and curtain cords are out of reach of young children.

"Check that beds, cots and other furniture is not close enough for your child to reach blind or curtain cords.

"When it comes to bunk beds, make sure the top bunk has guardrails and there are no gaps that could trap your child's head. Also check that the ladder is secure and that bunk beds are not placed near overhead fans.

"If using a portable cot, ensure the sides and ends are locked into place and the mesh is not torn or broken.

"Resist the temptation to add anything extra into the cot with your child such as toys, quilts, pillows, doonas or cot bumpers, or anything else your child could sit on, lie in or climb on. They can be used as footholds to assist the child to climb out of the cot or can tragically cause suffocation."

Mr Bauer said there are laws in place that require anyone who provides short-term accommodation in Queensland to provide safe, compliant bunk beds.

"Whether you're a commercial provider or you're listing your property on a sharing economy platform, you are required to comply with the law," Mr Bauer said.

For more information on safe holiday accommodation, visit www.qld.gov.au/fairtrading.

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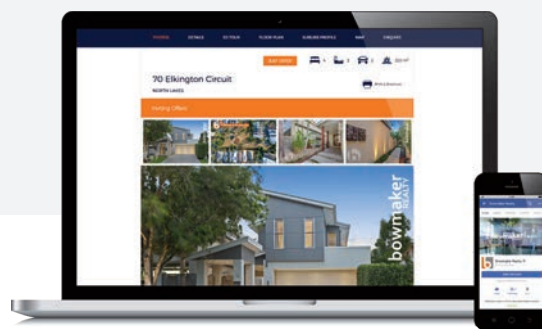
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