

THE Messenger

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Lakes, Bay & Region • June 9 2018

REVIEW

Queensland
Theatre's
The
Longest
Minute



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RECEIVE A 3.5% PAY
RISE IN JULY BUT NOT
EVERYONE IS HAPPY



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Westinghouse 15-Place Setting Freestanding Dishwasher.
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H84.5 x W59.6 x D59.8cm.
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Euromaid 540mm Electric Freestanding Cooker.
H114 x W54 x D68cm.
FRR54W



Euromaid

HOT PRICE
\$588

Westinghouse 600mm 4-Function Oven.
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Hisense 120L Bar Fridge.
H82 x W51.5 x D54.3cm.
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Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

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ADVERTISING

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@northlakessmessenger.com.au**

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakessmessenger.com.au

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For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:

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OTHER CONTACTS

For the Community Notice Board and Your Say please email: **community@northlakessmessenger.com.au** observing the requisites and disclaimers printed on their relevant pages.

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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 emerging.



what's on



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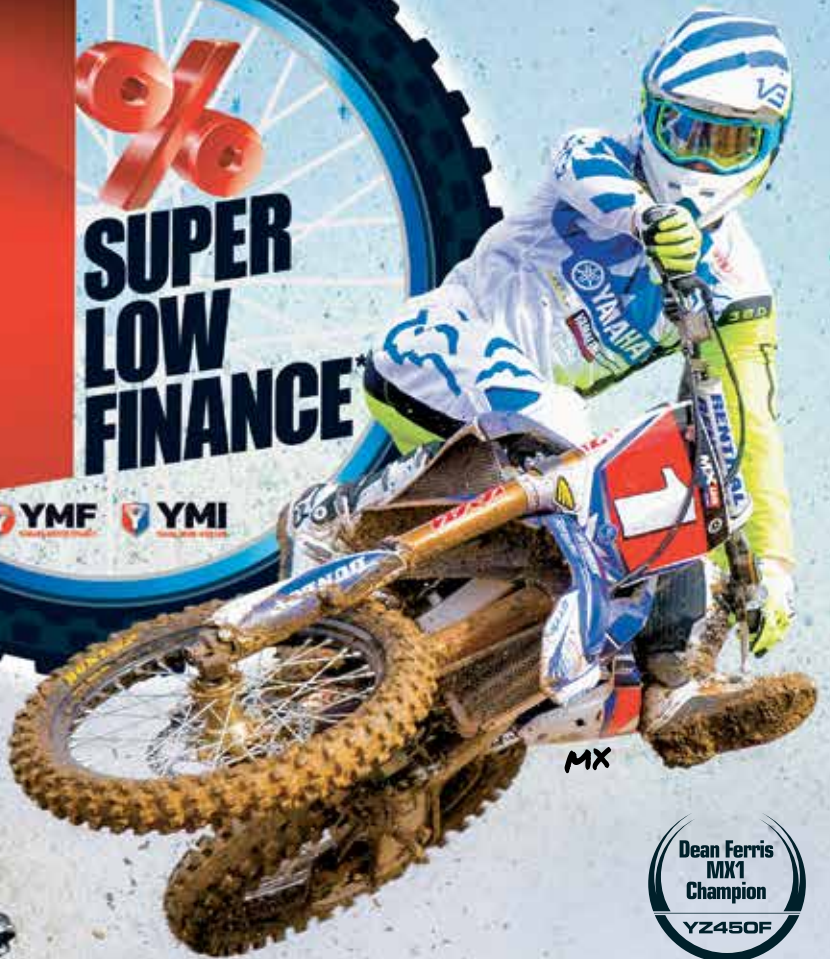
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NEW THEATRE = MORE PERFORMING ARTS FOR QUEENSLANDERS

The Queensland Government's announcement it will provide \$125 million towards the construction of a new theatre at the Queensland Performing Arts Centre (QPAC) is a welcome investment in Queensland's live performance industry.

LPA Chief Executive Evelyn Richardson said the funding would help QPAC attract more productions in future, including tours from interstate and overseas.

'This creates more opportunities for audiences, performing arts companies and industry workers,' Ms Richardson said.

'State of the art theatre space is a vital part of our live performance infrastructure, and this investment will only strengthen Brisbane's appeal as a destination for touring productions as well as providing even more opportunity for homegrown creative talent,' Ms Richardson said.

Ms Richardson said it was encouraging to see governments recognise the economic significance of the live performance industry to local and state economies and be prepared to make the necessary investment to support its growth.

More than 2.5 million tickets for a live performance were issued in Queensland in 2016, and the state generated 13 per cent of nationwide revenue and attendance.

'The development of new theatre infrastructure such as that planned for QPAC will help drive these numbers up in future, ensuring that live

performance continues to make a significant and growing contribution to the Queensland economy,' Ms Richardson said.

FRESH AIR FOR QUEENSLAND UNIS

Marking World No Tobacco Day Griffith University will joined a growing list of Queensland higher education and training providers who have transitioned to 'smoke-free' campuses.

The move will protect the health of more than 400,000 students and staff members from harmful second-hand smoke across Griffiths' Gold Coast, Logan, Mount Gravatt, Nathan and South Bank campuses.

Queensland Health is working with all tertiary education providers to reduce the use of tobacco on campuses and support students and staff to quit smoking which includes providing free resources and signage, and tailored counselling services from Quitline.

University of Southern Queensland also went smoke free on the day, while Central Queensland University, University of Sunshine Coast and Southern Cross University became smoke-free at the start of 2018. They join QUT and Australian Catholic University, who implemented smoke-free policies prior to the initiative commencing, while UQ,

James Cook University and TAFE QLD are set to go smoke-free from 1 July 2018.

If you're looking for confidential, free help to quit smoking call the Quitline on 13 78 48.



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OXFAM BRISBANE TRAILWALKER CHALLENGE 2018

More than 1,000 eager Trailwalkers from across Queensland and further afield are busy preparing physically and mentally for the Oxfam Trailwalker Brisbane, which raises funds to tackle poverty and inequality around the world., on 22-24 June.

About 260 teams of four have signed up for the 100km and 55km events, which kick off on Friday 22 June from Mount Glorious and on Saturday 23 June from Lake Manchester. The teams will be cheered along and assisted by more than 320 volunteers and their own support crews as they take in some of Brisbane's most stunning scenery en route to the Mount Coot-tha finish line.

This year, Brisbane teams hope to raise \$1 million towards Oxfam's vital work in empowering people around the world to lift themselves out of poverty.

Teams or individuals interested in registering or volunteering for the 100km and 55km can visit trailwalker.oxfam.org.au/Brisbane

NL/D'BAY WORKERS TO SPEAK OUT IN THE WAGE THEFT INQUIRY

Been ripped off? Member for Bancroft Chris Whiting MP has called on locals living North Lakes and Deception Bay to tell their story of their wages "rip off".

Queensland Parliament recently voted to hold a Parliamentary Inquiry into unpaid wages that will hear testimony from Queensland workers who have experienced wage theft.

"If it is local workers' money that is being withheld, I want our local voices to be heard," said Chris Whiting.

"That could be underpayment, unpaid super, unpaid penalty rates, unauthorised deductions from pay, unpaid work trials, the misuse of ABNs and sham contracting to deny workers their proper entitlements."

For more information on how to make a submission to the enquiry contact Chris Whiting on 34482100 or bancroft@parliament.qld.gov.au

THE CODE TAKES TO THE ROAD

After a city-wide search and a fierce audition process HIT105's Stav, Abby and Matt have announced the new Black Thunder Pilot is Cody 'The Code' Schaeffer, overwhelmingly voted in by the station listeners.

The 24yo Goondiwindi lad landed in the driver's seat of the hottest job in the region after moving from Gundy to the big smoke. The Code was put through a series of auditions that started with Tough Mudder at Woodford and then interviewing celebrities chosen by Stav, Abby and Matt. Then he was challenged was to collect as much free swag and shocked staff and listeners by delivering a brand spanking new Mercedes Benz to Hit105's studio!

After 25 years off the road, HIT105 have returned the iconic Black Thunders to the streets. To find out where The Code, the Black Thunders, celebs (and those cold cans of Coke) will be next tune in to HIT105 (FM 105.3) or visit www.hit.com.au/brisbane



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ETH0259-A-10/01/03

Each year, magnificent southern humpback whales pass right by us as they make their way through clear blue waters of Moreton Bay, migrating from Antarctica and back.

Intelligent and naturally curious mammals, the whales greet watchers with playful behaviour that will both delight and surprise you. If you're in the right spot you'll be treated to awesome displays as the gentle giants breach, blow and frolic right on our doorstep.

To get you in the right spot, we have a competition to win a day's whale watching for four.

Brisbane Whale Watching's season officially commences Saturday June 2 and departs seven days a week (weather permitting) through until November, leaving from the Redcliffe Jetty. For more information and bookings visit www.brisbanewhalewatching.com.au or try your luck in our whale watching comp...

A pod of the whales in Moreton Bay last year.



Your Privacy: The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.



A WHALE WATCHING EXPERIENCE FOR THE WHOLE FAMILY WITH

In conjunction with Brisbane Whale Watching we have whale watching Family Pass valued at \$460 to give away. The prize entitles two adults and two children (4 to 14 years) to an incredible day with Queensland's most experienced service, aboard the Eye Spy with Captain Kerry Lopez and crew.

The prize includes the full day whale watching cruise and buffet lunch. Whale sightings are guaranteed. The cruise commences boarding at 9.00am for a 10.00am departure from the Redcliffe Jetty.

To enter simply email comp@northlakesmessenger.com.au with "Whale Watching Comp" in the subject line and tell us which months the whales come through Moreton Bay (you won't have to google this one).

Entries close Thursday June 21, 2018.
Good Luck!

Please Note: The prize is for mid-week travel only and must be used before Friday 2nd October 2018.

All regular family pass inclusions and disclaimers apply.

For more information see

www.brisbanewhalewatching.com.au

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NATIONAL AWARD WAGE INCREASE

Australian award workers will receive a pay rise of \$24.30 a week beginning in July but not everyone is happy

Last Friday (June 1, 2018) the Fair Work Commission announced a lift to the national minimum wage and award rates of pay by 3.5 per cent. This increase applies to all employees whose employers get their pay rates from the national minimum wage or any modern award wage and all employees who aren't covered by an award or agreement.

On behalf of Queensland workers Industrial Relations Minister Grace Grace welcomed the news.

"This will provide a much-needed real wage increase for almost half a million low-paid private sector workers in Queensland," she said.

"These are workers who do not enjoy the benefits of bargaining and they rely on this decision for an annual pay increase to help make ends meet."

The unions had argued for a higher increase but acknowledged the 3.5% increase, which equates to \$24.32 per week, was a step in the right direction but will still leave some full-time workers struggling.

The Australian Council of Trade Unions (ACTU) is campaigning for the restoration of a living wage, stating that the minimum wage should not leave people in poverty, that it should provide a comfortable life for low-paid workers and underpin our labour market.

"This increase is a step in the right direction, and takes us closer to our goal of 60% of the median wage," said ACTU Secretary Sally McManus.

"The minimum wage should be pegged at 60% of the median wage. This is the level set by the OECD - that is what's required to ensure that every full-time worker in Australia can survive on their wage."

"All Australian workers need a pay rise, but none more so than the 2.3 million people who are now award reliant. This 3.5% increase that equates to \$26.71 per week for a hospitality worker or \$24.33 for a horticulture worker will be a welcome reprieve for them but we will continue to fight for the restoration of a living wage that underpins a much fairer collective bargaining system."

"We have to change the rules on the minimum wage. People who have been forced into poverty by the inadequacy of this wage should not have to wait every year to see if they will be saved by the Fair Work Commission. The minimum wage should be set to keep pace with wages."

"It is time to... restore a minimum wage that is 'fair and reasonable' and sufficient to provide a standard of living that is suitable for a contemporary human being living in a civilized community" McManus Said.

Not everyone is happy about the news, with the The Australian Chamber of Commerce and Industry citing the increase as putting jobs in small business at risk.

The Australian Chamber said that this is the ninth year in a row in which minimum wages have risen more than inflation and that small business risks being pushed further out of the economy by the Fair Work Commission's decision.

Australia's National Minimum Wage is now close to, if not, the highest in the world they said in a statement.

"This minimum wage increase will intensify pressure on people running small businesses, many of whom are already struggling," Australian Chamber CEO, James Pearson said.

"Businesses which can't pass on such significant

risers to customers will have to cut hours, cut jobs or both."

"Small business accounts for the lion's share of award wage employment in Australia, including jobs for our young people, first time job seekers and the lower skilled."

"These are the people whose jobs and jobs prospects are most at risk from wage increases in excess of inflation and well beyond what is affordable for small businesses."

"More than half of small business owners earn less than \$50,000 per year, and there will be a point at which they will wonder why they bother if wages are raised by more than prices, and business overheads are too high."

"But it doesn't end there. Today's decision is bad news for Australia's 700,000 unemployed and 1.1 million underemployed." Mr Pearson says.

"The simple reality is that the more expensive it is to employ, the less viable a business becomes. The less viable a business becomes, the less likely they are to employ."

But, significantly, the Fair Work Commission noted that no party was able to identify any economic indicator which demonstrated any discernible detriment arising from last year's decision, which awarded an increase of 3.3 per cent.

The new national minimum wage will be \$719.20 per week or \$18.93 per hour. The increase applies from the first full pay period starting on or after 1 July 2018.

If you're not sure which award applies to you or your employee you can use Fairwork's Find My Award online at www.fairwork.gov.au/awards-and-agreements/awards/find-my-award/

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BOOST YOUR NUTRITION TO WARD OFF WINTER COLD AND FLUS

The cold and flu season has begun and the importance of good nutrition when it comes to your immune system can't be underestimated

No one food will magically fend off the flu, but certain nutrients take the lead in helping protect your body from billions of bacteria, viruses, and other germs.

Living with cancer increases your risk for complications from influenza, so people currently going through treatment, or who have a personal history of cancer, and people who live with or care for cancer patients and survivors, should focus on having a healthy balanced diet now more than ever.

Research suggests that eating a healthy well-balanced diet benefit people during and after cancer treatment, as well as improving your body's immune system and ability to fight infection.

Generally, fresh salads and cooked veggies should make up the biggest proportion of your

plate – aim for five serves of vegetables and two serves of fruit every day.

Going for a variety of fruits and vegetables is key, as they provide us with different nutrients and antioxidants, so aim to eat many different coloured fruits and vegetables at mealtimes.

Foods rich in vitamin C are important for wound repair and immune function and some of the best sources are citrus fruits – mandarins and oranges are in-season - as well as capsicums and broccoli.

While carrots, sweet potato and spinach, which are delicious in winter soups and casseroles, have the benefit of vitamin A, a natural antioxidant.

Try to fill about a quarter of your plate with complex carbohydrates like wholegrain bread, sweet potato or quinoa, and the final quarter of your plate should be a source of protein.

The antibodies that help fight disease are made of protein and many foods high in protein also contain other immune-boosting nutrients – lean cuts of beef, beans and seafood contain zinc, while nuts are a good source of magnesium.

Try adding in herbs and spices to your cooking in lieu of added salt and sugar for both taste and health benefits. For centuries, people have used garlic as a traditional remedy – why not add freshly crushed cloves to your stir-fry or wholemeal pasta dishes? Or add in a touch of cayenne, mustard powder, ginger or nutmeg to enhance meals and reap the sinus-clearing

benefits that come with them.

Also, dehydration is the most common reason bugs tend to stick around. If you are suffering from cold-like symptoms, increase your intake of water and hot tea, while avoiding sugary drinks and alcohol. A large amount of research suggests that drinking alcohol suppresses immune function.

TRY TO FILL ABOUT A QUARTER OF YOUR PLATE WITH COMPLEX CARBOHYDRATES LIKE WHOLEGRAIN BREAD, SWEET POTATO OR QUINOA,



Having a healthy well-balanced diet is vital for your overall health and will help reduce your risk of preventable chronic disease, including some cancers, in the long-term.

More information about Cancer Council Queensland and healthy living is available at cancerqld.org.au. If you or a loved one needs support following a cancer diagnosis, please call 13 11 20.

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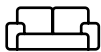
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**HEFFORD
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Hello Miss Schilling,

I am a sixteen year old girl and I am going to a private school. My parents are separated and I live with my father. I want to go to uni and be a physiotherapist but my father thinks that this is a waste of time because I will just marry, have kids and get my security from my future husband.

He sees it as a total waste of money. Dad says that he is counting down the days until he can stop paying school fees and I can get a job.

My mother lives in NSW and has said I can go there if I can't find a job straight away or if I want to go to uni and work part time. Mum and Dad don't get on and I feel that my Dad will hate me if I go to live with Mum.

Mum says that there is no security in marriage because dad had affairs and left her with nothing but debt. I don't want to do uni at night and work all day because I reckon that it will really reduce my chances of passing. What would you tell your kids?

Annie/Margate

Hello Annie,

I would say that in order for you to have future happiness, security and choices in life that you really need to look for security within yourself. If you choose to marry one day, you will have a better chance of being happy and fulfilled if you have your own identity, money and resources. Your parent's marriage was a casualty of infidelity and this is very common in today's society.

However, having your own career, money and means to care for yourself also gives you more options should there be a breakdown in your marriage. By this I mean the freedom to stay and work through the problems and the freedom to go. If a person stays to work on a marriage after a breakdown it stands a much better chance of repair if they don't just stay because there is no option to go.

Often, especially in prior generations, when a girl chooses to marry she will be looking for security, social status and the right environment to bring children into the world. Even professional women tend to make their marriage a priority. Some men expect women to do all the sacrificing so that he can be free to climb to the top of his profession and have a lifestyle to which he feels he is entitled. I say some men because (and lucky for you Annie) although there have always been good faithful men, men today seem to be more domestically focussed. Women and men should ask themselves, *"Do I want to be totally dependent on my partner, or do I want to be self sufficient?"*

Having your own career and interests is more emotionally satisfying and will help you grow in many ways. So what are your choices if you choose to build the future that you want? If your mother has offered to support you while you study you could live with her and get a HECS loan to cover your tuition. If you are too afraid of alienating your dad to do this, you could ask yourself some hard questions;

"Am I more afraid of being stuck in a dead end job and relying on others for security, or am I more afraid of upsetting my Dad?"

You could also weigh up the consequences of each decision in all ways. Some examples might be; what would it be like to live with your mother after all this time? What would be her expectations of you living with her? What would be some good ground rules to put in place such as not bagging your Dad to you? I think that some good long and honest talks with both parents would give you some answers and even if your parents don't want to talk about your future, you will have explored all your options with them. Sometimes when people won't give you answers, they are actually telling you all you need to know about their commitment to you.

So, what would I tell me kids? I would tell them to go and build the best future that they can and if someone comes along and wants to take some of the load off, it's a bonus. Here's a quote that I like

"Being alone and liking it is, for a woman, an act of treachery, an infidelity far more threatening than adultery" (M Haskell)

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

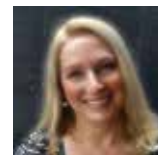
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Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



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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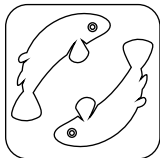
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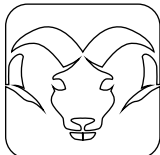
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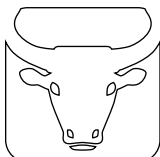
Aquarius Jan 21-Feb 19: The reason no one's saying yes is because your heart isn't in it. The problem isn't your enthusiasm. It's with what you're selling.



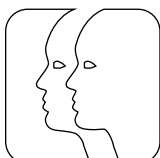
Pisces Feb 20-March 20: Consider all offers – including that farfetched one from out of left field. It could be the answer to your prayers.



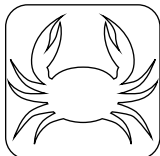
Aries March 21-April 20: You've been restless for months with no idea of what's going on. You'll soon find out the why and what to do about it.



Taurus April 21- May 21: You do better with the striving than the arriving. Success has its own challenges which is something you get to contemplate today. It's a good problem to have.



Gemini May 22-June 21: You can sense that there's been a fundamental shift in your life. Unfortunately, you're not clear about what that means. Cool the engines because there's plenty of time to find out.



Cancer June 22-July 23: Mars in a hidden part of your chart could cause trouble if you continue to wave away problems. Thankfully Mars is here to raise consciousness; not a ruckus.



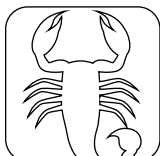
Leo July 24-Aug 23: If the terms aren't right then don't accept them. You may have to leave that offer on the table. It's better than agreeing to something that isn't right.



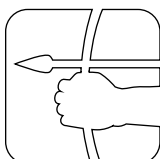
Virgo Aug 24-Sept 23: You've been so focused on yourself that you haven't paid attention to developments in your partner's life. These may wind up taking precedence.



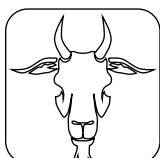
Libra Sept 24-Oct 23: Are you being forced out of your job? Best defend your turf before somebody else horns in on it.



Scorpio Oct 24-Nov 22: Marching to a different drummer was fine when you were going somewhere. Now you look lost. Find your way back to the rest of the band.



Sagittarius Nov 23-Dec 21: Changes in your career could mean time apart because of professional demands. Anything's manageable as long as you and your partner work together.



Capricorn Dec 22-Jan 20: A to-do list isn't the same as a life purpose. Be more mindful of your time and how you spend it.

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NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Cybershock. (PG) **12.30** The Middle. (PG) **1.00** Rugby League. QRL. Intrust Super Cup. Round 14. Burleigh Bears v Northern Pride. **3.00** Movie: Waiting For The Light. (PG) (1990) **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Jurassic Park III. (PG) (2001) Sam Neill, William H. Macy. **8.50** Movie: Ocean's Twelve. (M) (2004) Brad Pitt, George Clooney, Matt Damon. The gang plans a series of robberies in Europe. **11.20** Movie: The Last Boy Scout. (MA15+) (1991) Bruce Willis. **1.30** Mom. (M) **2.00** TV Shop. **2.30** Step Dave. (M) **3.30** Avengers. (PG) **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **9.30** Teen Titans Go! (PG) **10.00** Batman. (PG) **10.30** Be Cool, Scooby-Doo! (PG) **11.00** Nate Is Late. **12.00** Move It. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Yu-Gi-Oh! (PG) **2.30** Turning Mecard. (PG) **3.00** Gumball. **3.30** Ben 10. (PG) **4.00** Teen Titans Go! (PG) **4.30** Steven Universe. (PG) **5.00** Movie: Nim's Island. (PG) (2008) **7.00** Movie: What A Girl Wants. (G) (2003) **9.10** Movie: The DUFF. (M) (2015) **11.10** Mom. (M) **12.10** Adult Swim. (MA15+) **12.40** China, IL. (MA15+) **1.10** Total Divas. (M) **2.00** Best Ink. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Little Charmers. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Business Builders. (PG) **12.30** To Be Advised. **2.00** Horse Racing. Queensland Winter Carnival. Stradbroke Race Day. **4.30** Surf Patrol. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Pirates Of The Caribbean: Dead Man's Chest. (PG) (2006) Johnny Depp, Keira Knightley. A man searches for a pirate. **10.00** Movie: Lone Survivor. (MA15+) (2013) Mark Wahlberg, Taylor Kitsch. Four US Navy SEALs are dropped behind enemy lines. **12.30** Movie: Loss Of Faith. (M) (1998) John Ritter. **2.30** Shopping. Shopping program. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** Harry's Practice. **10.00** NBC Today. **12.00** The Great Australian Doorstep. (PG) **12.30** Vasil's Garden. **1.00** Qld Weekender. **1.30** Creek To Coast. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** The Great Day Out. **4.30** Sydney Weekender. **5.00** Crash Investigation Unit. (PG) **5.30** Air Crash Investigation. (PG) **7.30** Mighty Trains. (PG) **8.30** Escape To The Country. Jules Hudson helps a couple of retirees find a cosy and characterful property in the Dorset countryside. **10.30** Escape To The Continent. **11.45** Vasil's Garden. **12.15** The Great Australian Doorstep. (PG) **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 The Home Team. **6.30** Reel Action. **7.00** RPM. **8.00** Family Feud. **8.30** GCBC. **9.00** Seafood Escape. **9.30** St10. (PG) **12.00** The Living Room. **1.00** Sammy And Bella's Kitchen Rescue. **1.30** Weekend Feast. **2.30** The Home Team. **3.00** Save With Jamie. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** Bondi Rescue. (PG) The lifeguards deal with beach goers. **6.30** David Attenborough's Natural Curiosities. A look at seahorses and hyenas. **7.00** David Attenborough's Natural Curiosities. A look at swallows and butterflies. **7.30** Rugby Union. Test Series. Australia v Ireland. Game 1. **10.15** Movie: Con Air. (MA15+) (1997) Nicolas Cage. **12.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **8.30** MasterChef Australia. (PG) **11.20** MasterChef Australia. **3.05** Camper Trailer Lifestyle. **3.35** Epic Meal Empire. (PG) **4.00** Reel Action. **4.30** Operation Repo. (PG) **5.00** Merv Hughes Fishing. **5.30** Hogan's Heroes. **6.00** All 4 Adventure. (PG) **7.00** Scorpion. (PG) **8.00** MacGyver. (M) **9.00** Hawaii Five-0. (M) **11.00** NCIS. (M) **1.00** RPM. **2.00** Motorcycle Racing. MotoGP. Race 6. Italian Grand Prix. Replay. From Mugello Circuit, Tuscany, Italy. **3.30** Operation Repo. (PG) **4.30** The Doctors. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.10** Grand Designs Australia. (PG) **12.00** ABC News At Noon. **12.30** Line Of Duty. (M) **1.30** Endeavour. (M) **3.00** Redesign My Brain With Todd Sampson. **4.00** Landline. **4.30** Who's Been Sleeping In My House? **5.00** Antiques Roadshow. **6.00** Compass. **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Shakespeare & Hathaway. (M) New. **8.15** Agatha Christie's The Witness For The Prosecution. (M) **9.20** Miniseries: The City And The City. (M) **10.20** Mystery Road. (M) **11.10** Mystery Road. **12.05** Unforgotten. (MA15+) **12.55** Wentworth. (MA15+) **1.40** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** WildWoods. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** Jamillah And Aladdin. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (M) **10.15** Comedy Up Late. (M) **10.45** Penn & Teller: Fool Us. (PG) **11.25** Dead Boss. (M) **11.55** The Librarians. (M) **12.25** The Librarians. (M) **12.50** An Idiot Abroad. (M) **1.35** Live At The Apollo. (M) **2.20** The Office. (M) **3.15** News Update. **3.20** Close. **5.00** The Hive. **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** Small Business Secrets. **2.30** Gymnastics. FIG World Cup. Rhythmic World Cup Series. **4.55** Tennis. French Open. Day 13. Highlights. **5.55** Railway Journeys UK. **6.30** News. **7.35** Origins: The Journey Of Humankind. (M) **8.30** Origins: The Journey Of Humankind. (M) **9.30** Origins: The Journey Of Humankind. (M) Final. **10.25** Travel Man. **11.00** Tennis. French Open. Day 14. Women's Finals. **4.00** 24 Hours In Police Custody. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** Jungletown. (PG) **2.20** Huang's World. (PG) **3.10** Most Expensivet. (PG) **3.35** Abandoned. (PG) **4.25** WorldWatch. **5.25** Larping Saved My Life. (PG) **5.50** Community. (PG) **6.15** Community. (PG) **6.40** The Pizza Show. **7.05** The Pizza Show. (M) **7.30** One Born Every Minute UK. (M) **8.30** The VICE Guide To North Korea. (M) **9.35** Cycling. UCI World Tour. Critérium du Dauphiné. Stage 6. Frontenex to La Rosière Espace San Bernardo. 110km mountain stage. **11.10** Movie: Rocky II. (M) (1979) **1.15** The Movie Show. **1.45** The Movie Show. **2.15** WorldWatch. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.30pm The Huntsman: Winter's War (2016) Action. Chris Hemsworth, Charlize Theron. (M) *Premiere*
10.45pm Dirty Grandpa (2016) Comedy. Robert De Niro, Zac Efron. (MA15+) *Premiere*

GENERAL

5.00pm Orange Is The New Black. (MA15+) *Showcase*
7.30pm Dame Shirley Bassey - A Celebration. *Foxtel Arts*
9.30pm Downton Shabby. (M) *Lifestyle Home*

DOCUMENTARY

8.30pm Autopsy: Is The New Black. (MA15+) *Crime & Investigation*
8.30pm Killer Instinct With Chris Hansen. (M) *Discovery*
9.30pm Through The Wormhole With Morgan Freeman. (PG) *Discovery Science*

SPORT

6.00pm Rugby League. NRL. Round 14. Manly Sea Eagles v Newcastle Knights. *Fox League*
7.50pm Football. AFL. Round 12. Adelaide v St Kilda. *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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Dr Makeran's hours are:
Mon to Thu 9am - 3pm

Dr Makeran has been a GP for over 13 years. She gained her medical degree at the University of University of Adelaide in 2002.

In 2005 she was awarded Fellowship of the Royal New Zealand College of General Practitioners and also completed a Diploma of Paediatrics at Auckland University.

In 2006 Dr Makeran worked as a Medical Superintendent in Cherbourg Hospital, an Australian Indigenous community.

Dr Makeran was awarded her Fellowship of the Royal Australian College of General Practitioners in 2011.

More recently assisted Gynaecologist, Dr Bev Powell, and is experienced in Mirena insertion.

Dr Makeran treats her patients from a holistic perspective whilst going the 'extra mile' and treating each patient as an individual. The "highest patient satisfaction" is her goal.

Some of her special interests include Mirena & implanon insertion/removal, Menopause, General Paediatrics, Women's Health including reproductive health, IBS, antenatal and postnatal care of mother/babu, complicated medical conditions, diabetes, Asthma/COPD, Cardiovascular and general practice. New patients welcome.

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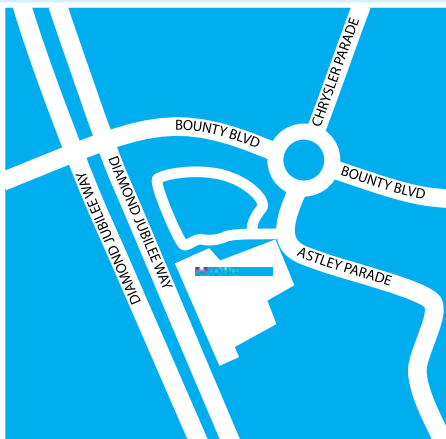
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Our mission is providing the highest standard of patient care whilst incorporating a holistic approach toward diagnosis and management of illness. We are committed to promoting health, wellbeing and disease prevention to the community.

- Skin Checks-Cryotherapy
- Immunisations
- Minor Procedures
- Antenatal Care
- Enhanced Primary Care-Health Assessments
- Spirometry
- ECG (Electrocardiography)
- Worker's Compensation
- Veteran's Affairs
- General Medicine
- Family Health
- Children's Health & Adolescent Health
- Women's Health
- Men's Health
- Travel Health
- Allied Health Services
- Insurance Medicals
- Driver's License Medicals- Commercial & Dangerous and Private
- Pre-Employment Medicals

OPENING HOURS:

Mon -Fri 8.30am - 6pm



It's regarded as arguably the greatest Grand Final ever played and one that proved rugby league is much more than just a game. The match was perfect theatre. It couldn't have been scripted better... until indigenous playwright Nadine McDonald-Dowd and Robert Kronk thought it could be. And they succeed in *The Longest Minute*.

Brought to us by Queensland Theatre, *The Longest Minute*, Directed by Bridget Boyle is a co-production of JUTE Theatre Company and Debase Productions opened last week at QPAC's Cremorne Theatre to a full house and left punters standing and awestruck - exhilarated by euphoric highs and tragic lows - much like the match it's based on.

The Longest Minute is the story of footy-mad female Jess Wright (the brilliant Chenoa Deemal). All Jess wants to do is play and perhaps make her footy legend dad Frank "Black Flash" Wright (Mark Sheppard) proud in the process. Set in Townsville, the play takes us from a pre-Cowboys era through to their historic premiership victory in 2015 and how that affects the lives of the Wright family.

Destined to be a star, Chenoa Deemal shines as both lead and narrator. Although Chenoa's performance is worth the ticket price alone, her role is supported by the vigorous Mark Sheppard as dad Frank Wright, perfectly cast Louise Brehmer as Jess's Mum and a stoic Lafe Charlton with precision punchlines as Uncle Gordon. You'll leave the theatre with a lot of respect for Uncle Gordy. But it's Jess's bother Laurie (Jeremy Ambrum) who seems under-

exercised... until the hammer comes down HARD in a scene that is the most heart-rending I've ever seen in live theatre. We're talking real audience tears. This is Chenoa's show, but you should see it for that scene. Together with indispensable David Terry this ensemble brings the Wright family, and the era, into full view of the audience. The dynamic between them on stage is impeccable.

If you're not at all intrigued by the footy flavoured tagline of the *Longest Minute*, don't be put off. While framed by the Cowboys struggle to the premiership, it's actually an introspective tale of aspiration, belonging, loss and self awareness punctuated with a scene of such incredible emotion that the theatre full of laughter and cheer a moment ago is reduced to complete silence. It's a stunning moment. It's light, it's dark, it's real.

So, no. You don't have to like footy to enjoy this. It's premium modern Aussie theatre in every way. Having said that, it may give footy avoiders something to chat about when the crew starts talking NRL at the next barbecue. There are many things worth seeing this show for, but above all it's Chenoa's Jess and 'that scene'.

The Longest Minute runs nightly with some matinees until June 23 2018 at QPAC's Cremorne Theatre. Tickets cost just \$49 - \$69 with concessions available. Details and tickets via www.queenslandtheatre.com.au

DAN FIDLER

REVIEW: THE LONGEST MINUTE

THE FOOTY-FRAMED TALE OF ASPIRATION, BELONGING, LOSS AND SELF AWARENESS SUCCEEDS WITH EUPHORIC HIGHS AND TRAGIC LOWS



EXPRESSIONS DANCE COMPANY PRESENTS 4SEASONS

Date: 14 - 22 June 2018

Location: Playhouse, QPAC

Cost: From \$25

Queensland's critically acclaimed Expressions Dance Company (EDC) and Hong Kong's City Contemporary Dance Company (CCDC) unite to present the Australian premiere of 4Seasons at QPAC. This compelling triple bill features new contemporary dance works by Natalie Weir (Artistic Director, EDC), Dominic Wong (Assistant Artistic Director, CCDC) and Helpmann Award winning choreographer Kristina Chan and brings together 20 dancers from the EDC and CCDC ensembles for a truly international collaboration.

Featuring moments from celebrated minimalist composer Max Richter (Woolf Works, The Royal Ballet) melded with Vivaldi's the Four Seasons, this uplifting triple bill brings sublime choreography, dance, music and lighting to the stage. For more info and bookings visit www.qpac.com.au

JUNE
14 - 22

THE LONGEST MINUTE

Date: 26 May - 23 June 2018

Location: Cremorne Theatre, QPAC

Where were you the night of the 2015 NRL Grand Final? The night when long-time underdogs the North Queensland Cowboys won in an all-QLD nail-biter that changed the game, and the state, forever. For one family of Cowboys diehards, their whole lives have led up to this moment.

Jess was born on the night of the North Queensland Cowboys' first game in Townsville. Daughter of Foley Shield legend Frank 'Black Flash' Wright, she grew up as a footy fanatic with big dreams, silky skills and boundless ambition to play. But as a girl in a male-dominated sport, she faces more than her fair share of knockbacks, just like the luckless Cowboys. Despite their relentless string of losses, Jess still dares to believe in her team, and herself.

For more info and tickets visit: www.queenslandtheatre.com.au

26 MAY -
23 JUNE

TO ADD YOUR EVENT TO THIS PAGE FOR FREE VISIT WWW.NORTHLAKESMESSENGER.COM.AU

NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Motor Racing. Targa Tasmania. Modern. Highlights. **1.30** Who Do You Think You Are? (PG) **2.30** Sunday Football Preview. **3.40** Rugby League. NRL. Round 14. Melbourne Storm v Brisbane Broncos. **5.30** Destination WA. **6.00** Nine News. **7.00** The Voice. (PG) **9.00** 60 Minutes. **10.00** Delta Goodrem: Wings Of The Wild Tour. **11.20** The Innocence Network. (PG) **12.20** Major Crimes. (M) **1.30** Getaway. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Lego City. **11.30** Star Wars: Droid Tales. (PG) **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** Yo-Kai. (PG) **2.30** Tom And Jerry. **3.00** Gumball. **3.30** Teen Titans Go! (PG) **4.00** Be Cool, Scooby-Doo! (PG) **5.00** Batman. (PG) **6.00** Big Bang. (PG) **8.30** Love Island Australia. (MA15+) **9.30** Movie: What Happens In Vegas. (PG) (2008) **11.30** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **12.30** China, IL. (MA15+) **1.00** Tattoo Fixers. (M) **2.00** Best Ink. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Little Charmers. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Better Homes. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Football. AFL. Round 12. Brisbane Lions v Essendon. **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** House Rules. (PG) **8.30** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.30** Crimes That Shook The World. (MA15+) The story of "chessboard killer" Alexander Pichushkin, who aimed to kill 64 people – one for each square on the board of the game. **10.30** Criminal Confessions. (M) **11.30** Blindspot. (M) **12.30** Bates Motel. (MA15+) **1.30** Grandfathered. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** The Great Outdoors. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Qld Weekender. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** Australia's Best Backyards. **11.30** NBC Today. **12.30** The Real Seachange. **1.00** Rugby Union. World Series Rugby. Western Force v Melbourne Rebels. Replay. **3.00** Escape To The Country. **5.00** Mighty Trains. (PG) **6.00** Mighty Ships. (PG) **7.00** Dog Patrol. (PG) **7.30** Motorway Patrol. (M) **8.00** Highway Cops. (PG) **8.30** Border Security. (PG) **10.00** Brit Cops. (M) **11.00** Dog Patrol. (PG) **11.30** Motorway Patrol. (M) **12.00** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Pooches At Play. **8.30** The Living Room. **9.30** St10. (PG) **12.00** To Be Advised. **1.20** To Be Advised. **2.40** To Be Advised. **4.00** RPM. **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Sunday Project. **7.30** MasterChef Aust. The contestants head to South Australia where they will be cooking with local ingredients. **9.00** NCIS. (M) The team investigates the kidnapping of a sailor, which sends Torres and Bishop out to sea to track evidence. **10.00** NCIS. (M) Reeves' friend is kidnapped. **11.00** The Sunday Project. Panelists take a look at the day's news, events and hot topics. **12.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **7.00** Rugby Union. Test Series. Australia v Ireland. Game 1. Replay. **9.45** Whacked Out Sports. (PG) **10.00** Esports. Gfinity Elite Series Australia. Rocket League. **1.00** Pat Callinan's 4x4 Adventures. **2.00** Escape Fishing With ET. **2.30** Fishing Aust. **3.00** Reel Action. **3.30** Air Racing. Red Bull Series. Highlights. From Chiba, Japan. **4.30** Operation Repo. (PG) **5.00** What's Up Down Under. **5.30** iFish. **6.00** Hogan's Heroes. **6.30** Scorpion. (PG) **7.30** NCIS: Los Angeles. (M) **9.30** CSI: NY. (MA15+) **11.30** Homicide: Hours To Kill. (M) **12.30** RPM. **1.30** Operation Repo. (PG) **2.30** Red Bull Air Race. Highlights. From Chiba, Japan. **3.30** The Doctors. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Ask The Doctor. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.40** Shakespeare & Hathaway. (PG) **5.25** Julia Zemiro's Home Delivery. **6.00** Back In Time For Dinner. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs New Zealand. (PG) Return. **8.30** Mystery Road. (M) **9.20** Whiteley. (M) **10.50** Inspector George Gently. (M) **12.20** Doc Martin. (PG) **1.10** Rage. (MA15+) **3.40** Mary And Mohammad. (PG) **4.10** Grand Designs. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** The Highway Rat. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Penn & Teller: Fool Us. (PG) **8.40** Josh Widdicombe: What Do I Do Now? (M) **9.30** Gruen XL. (M) **10.20** Alan Davies: As Yet Untitled. (M) **11.05** Adam Hills: The Last Leg. (M) **11.50** W1A. (M) **12.20** Plebs. (M) **12.45** Zapped. (M) **1.15** The Thick Of It. (M) **1.45** The Keith Lemon Sketch Show. (M) **2.10** The Keith Lemon Sketch Show. (M) **2.30** Dirty Laundry. (M) **3.20** News Update. **3.25** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Speedweek. **3.00** The Bowls Show. **4.00** FIFA 2018 World Cup: Road To Russia. **4.30** FIFA 2018 World Cup: Road To Russia. **4.55** Tennis. French Open. Day 14. Highlights. **5.55** Railways Of The Great War. (PG) **6.30** News. **7.30** The Great Pyramid: New Evidence. **8.25** John McCain: Maverick. **9.25** Fourth Estate: The NY Times And Trump. **11.00** Tennis. French Open. Day 15. Men's Finals. **4.00** The Seventies. (MA15+) **4.50** SBS Flashback. (PG) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** 10,000 BC. (PG) **2.25** The War On Kids. (PG) **2.55** Abandoned. (PG) **3.45** VICE World Of Sports. (PG) **4.10** Huang's World. (PG) **5.00** Woman With Gloria Steinem. (PG) **5.25** Vs Arashi. **6.20** Vs Arashi. (PG) **7.10** If You Are The One. **8.20** Are You Ready To Be 30. **8.25** The Island: Men's Island. (M) **9.20** Date The World. (M) **9.35** Cycling. UCI World Tour. Critérium du Dauphiné. Stage 7. Moutiers to Saint-Gervais Mont-Blanc. 129km mountain stage. **11.05** Vs Arashi. **12.00** Sex Box USA. (M) **12.55** Shot By Kern. (MA15+) **1.20** Terror. (M) **2.10** Weediquette. (M) **2.35** France 24. **3.30** Thai News. **3.30** WorldWatch.



MOVIES

6.30pm The Pursuit Of Happyness (2006) Drama. Will Smith, Jaden Smith. (M) **Masterpiece** **7.30pm The Secret Life Of Pets** (2016) Animation. Kevin Hart, Louis C.K. (G) **Family** **8.30pm The Hateful Eight** (2015) Thriller. Samuel L. Jackson, Kurt Russell. (MA15+) **Masterpiece**

GENERAL

5.00pm Switched At Birth. (M) **FOX8** **5.40pm Saving Hope.** (M) **Arena** **7.30pm South Beach Classics.** (PG) **A&E**

DOCUMENTARY

8.30pm Room To Improve. *Lifestyle Home* **10.30pm All Girls Garage.** (PG) *Discovery Turbo* **11.30pm River Monsters.** (PG) *Animal Planet*

SPORT

7.20pm Football. AFL. Round 12. Essendon v Port Adelaide. **Fox Footy** **7.30pm Rugby League.** NRL. Round 14. Parramatta Eels v North Queensland Cowboys. *Fox League*

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

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6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** Extra.
12.30 The Voice. (PG) **3.00** News
 Now. **4.00** Afternoon News. **5.00**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair. **7.30**
 Talkin' 'Bout Your Generation.
 (PG) **8.45** The Big Bang Theory.
 (PG) **9.15** The Big Bang Theory.
 (PG) **9.45** 100% Footy. (M) **10.45**
 Two And A Half Men. (PG) **11.15**
 Two And A Half Men. (PG) **11.40**
 Rizzoli & Isles. (M) **12.30** Extra.
1.00 Postcards. (PG) **1.30** TV Shop:
 Home Shopping. **2.00** TV Shop:
 Home Shopping. **2.30** Global
 Shop. **3.00** Skippy The Bush
 Kangaroo. **3.30** Good Morning
 America. **5.00** News Early Edition.
5.30 Today.

GO!

6.00 Children's Programs. **11.00** Car SOS. (PG) **12.00** Deals, Wheels And Steals. (PG) **1.00** Dawson's Creek. (PG) **2.00** Uncle Grandpa. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon. **3.30** LEGO Friends. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Adult Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Love Island Australia. (MA15+) **9.30** Movie: Bad Teacher. (M) (2011) **11.30** Big Bang. (PG) **12.00** Mom. (M) **12.30** Friends. (PG) **1.30** Regular Show. (PG) **2.00** Adult Time. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Teen Titans. (PG) **4.30** Yu-Gi-Oh! (PG) **5.00** Power Rangers Dino Super. (PG) **5.10** Regular Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: *Beaches*. (PG) (2017) **2.00** *Better Homes*. **3.00** *The Chase*. **4.00** News. **5.00** *The Chase* Aust. **6.00** News. **7.00** *Home And Away*. (PG) Willow falls further into debt. **7.30** *House Rules*. (PG) Leigh and Kristie return to their renovated California Cool home to score the zones. Hosted by Johanna Griggs. **8.45** *The Mentor*. (PG) Final. Mark Bouris helps Connie, who only has six customers at her startup company which feeds primary school students. **9.55** *Gordon Behind Bars*. (M) Gordon finds his patience tested. **11.00** *Air Crash Investigation*. (PG) **12.00** *Blindspot*. (M) **1.00** *Talking Footy*. **2.30** *Shopping*. (4.00) NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Get Clever. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** House Calls To The Rescue. **10.30** Mighty Ships. (PG) **11.30** The Real Seachange. **12.00** NBC Today. **1.00** NBC Press. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) **8.30** Foyle's War. (M) **10.30** Blue Murder. (M) **11.30** Bargain Hunt. **12.30** Harry's Practice. **1.00** House Calls To The Rescue. **2.00** The World Around Us. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Bold. (PG) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** MasterChef Aust. The contestants head to the d'Arenberg Cube restaurant in the heart of McLaren Vale wine country. **8.30** Have You Been Paying Attention? (M) Regulars Ed Kavalee and Sam Pang are joined by Jane Kennedy, Wil Anderson and Anne Edmonds. **9.30** To Be Advised. **10.30** Man With A Plan. (PG) **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **9.00** Irish. **9.30** A Taste Of Travel. (PG) **10.00** Operation Repo. (PG) **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Scorpion. (PG) **1.00** The Doctors. (PG) **2.00** Bondi Rescue. (PG) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Attenborough's Ark. **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **10.30** Motor Racing. Formula 1. Race 7. Canadian Grand Prix. Highlights. From the Circuit Gilles Villeneuve, Montreal, Canada. **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M) **3.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs New Zealand. (PG) **11.00** Catalyst. (PG) **12.00** ABC News At Noon. **1.00** Landline. **2.00** The Beautiful Life. (M) **3.00** Doc Martin. (PG) **3.45** Gardening Australia. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. Return. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Golf. PGA Tour. St Jude Classic. Highlights. From TPC Southwind, Memphis, Tennessee. **12.20** Doc Martin. (PG) **1.10** Rage. (MA15+) **2.25** Grand Designs. (PG) **3.10** The Honourable Woman. (M) **4.10** Antiques Roadshow. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.40** PJ
 Masks. **5.55** Teacup Travels. **6.10**
 Octanauts. **6.20** Peter Rabbit.
6.35 Floogals. **6.45** Dinosaur
 Train. **6.55** Andy's Baby Animals.
7.05 Ben And Holly. **7.20** Shaun
 The Sheep. **7.30** Spicks And
 Specks. (PG) **8.00** The Librarians
 (M) **8.30** The Librarians (PG)
9.00 Buzzcocks. (M) **9.30** Josh
 Widdicombe: What Do I Do Now?
 (M) **10.20** The Mighty Boosh.
 (M) **10.50** The Office. **11.15** 30
 Rock. (M) **11.35** Archer. (M) **12.00**
 Parks And Recreation. (PG) **12.20**
 Buzzcocks. (M) **12.55** The Mighty
 Boosh. (M) **1.20** The Office. (PG)
1.45 30 Rock. (M) **2.05** Archer.
 (M) **2.30** Little Britain. (M) **3.00**
 News Update. **3.05** Close. **5.00**
 The Hive. **5.05** Arthur. **5.30**
 Curious George.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: And The Waltz Goes On. **3.00** Genius. (PG) **3.50** Australia With Simon Reeve. (PG) **4.55** Tennis. French Open. Day 15. Highlights. **6.00** River Cottage Australia. **6.30** News. **7.30** The Queen's Favourite Animals. **8.35** 24 Hours Inside Your Body. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** Movie: The Reluctant Fundamentalist. (M) (2012) **1.25** Ride Upon The Storm. (M) **2.35** Inquisition. (MA15+) **3.25** Inquisition. (MA15+) **4.20** Food Lover's Guide. **4.55** Spice Journey Turkey Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Bill & Ted's Bogus Journey. (PG) (1991) **1.40** It's Supertime! (PG) **2.10** Dead Set On Life. (PG) **2.35** Long Shot. (PG) **3.00** VICE (PG) **3.35** PopAsia TV. (PG) **4.40** WorldWatch. **5.40** If You Are The One. **6.35** Batman. (PG) **7.00** Batman. (PG) **7.30** The Feed. **8.00** Travel Man. (PG) **8.30** Movie: Brotherhood of Blades. (MA15+) (2014) **10.35** Movie: The Admiral: Roaring Currents. (2014) **12.35** Untitled Action Bronson Show. **1.00** Untitled Action Bronson Show. **1.25** Untitled Action Bronson Show. **1.50** Untitled Action Bronson Show. **2.15** The Feed. **2.45** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.

MOVIES

6.30pm Something Borrowed (2011)
Comedy. Ginnifer Goodwin. (M)
Romance

8.30pm Mulholland Drive (2001) Thriller.
Naomi Watts, Justin Theroux. (MA15+)
Masterpiece

10.30pm How To Be Single (2016)
Comedy. Dakota Johnson, Rebel Wilson. (M) *Comedy*

GENERAL

6.30pm The Amazing Race. (PG) FOX8
7.30pm Million Dollar Listing NY. (M) Arena
9.30pm Hawaii Five-0. (M) FOX8

DOCUMENTARY

7.30pm Anthony Bourdain: Parts Unknown. (M)
Discovery
8.30pm Inside West Coast Customs. (PG)
Discovery Turbo
11.30pm River Monsters. (PG)
Animal Planet

SPORT

7.30pm Golf. European PGA Tour. Lyonnese Open. Final round. *Fox Sports 503*

8.00pm Tennis. French Open. Final day. *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** The Ellen DeGeneres Show. (PG) **1.00** Movie: Undercover Blues. (PG) (1993) Dennis Quaid, Kathleen Turner, Stanley Tucci, Tom Arnold. Two ex-spies, who are husband and wife, agree to recover a stolen arms shipment and stop an international terrorist ring. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Buying Blind. **9.00** Four Days That Shook Britain. **10.30** Beauty And The Beach. (M) **11.40** Mom. (M) **12.10** 20/20. **1.00** The Closer. (M) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Extra. **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** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Uncle Grandpa. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Love Island Australia. (MA15+) **9.30** Movie: Forgetting Sarah Marshall. (MA15+) (2008) **12.00** Best Ink. (M) **1.00** Friends. (PG) **1.30** Regular Show. (PG) **2.00** Adv Time. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Teen Titans. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Labyrinth. (M) (2012) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Jasmine and Willow clash over her gambling. **7.30** House Rules. (PG) Chiara and David hand over their keys and set some over-the-top rules for the teams to follow. **8.45** Interview. (M) Andrew Denton interviews a range of fascinating people in an effort to find out what makes them tick. **9.45** Swipe Right For Murder. (M) A look at the case of Ashley Pegram. **10.45** Autopsy USA. (M) **11.45** Grimm. (MA15+) **12.45** Hannibal. (MA15+) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Get Clever. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. (PG) **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Vicar Of Dibley. (PG) Alice fears she is losing her figure. **8.30** Inspector Morse. (M) **10.30** Suspects. (M) **11.30** Bargain Hunt. **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Sea Snakes Of Marion Reef. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. (PG) **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. **3.30** My Market Kitchen. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. The contestants tackle an immunity challenge. **8.30** Shark Tank. Business people are pitched inventions and innovations that they then have the opportunity to invest in. **9.30** NCIS: LA. Final. The team travels to Mexico to locate and rescue Mosley's son who was kidnapped five years earlier. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Operation Repo. (PG) **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Attenborough's Ark. **1.00** The Doctors. (M) **2.00** Nash Bridges. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Attenborough's The Life Of Mammals. **7.30** Walker, Texas Ranger. (PG) **8.30** 48 Hours. (M) **9.30** Homicide: Hours To Kill. (M) **10.30** To Be Advised. **11.30** CSI: Miami. (MA15+) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Nash Bridges. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Catalyst. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** The Beautiful Lie. (M) **3.00** Doc Martin. (PG) **3.45** Surfing The Menu: The Next Generation. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Making Child Prodigies. (PG) **8.30** Back In Time For Dinner. (PG) **9.30** Miriam's Big American Adventure. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Doc Martin. (M) **1.10** Rage. (MA15+) **2.25** Grand Designs. **3.10** The Honourable Woman. (M) **4.10** Antiques Roadshow. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.10** Go Jetties. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Dinosaur Train. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Mock The Week. (M) **8.30** The IT Crowd. (PG) **8.55** Buzzcocks. (M) **9.25** Plebs. (M) Final. **9.50** Zapped. (M) **10.20** The Mighty Boosh. (M) **10.50** The Office. **11.15** 30 Rock. (M) **11.35** Archer. (M) **12.00** Parks And Recreation. (PG) **12.20** Buzzcocks. (M) **12.50** The Mighty Boosh. (M) **1.20** The Office. **1.45** 30 Rock. (M) **2.05** Archer. (M) **2.30** Little Britain. (M) **3.00** News Update. **3.05** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Shakespeare's Tomb. (PG) **2.55** Nigella Bites. **3.25** Nigella Bites. **3.55** Nigella Bites. **4.25** Joanna Lumley In The Land Of The Northern Lights. **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** The Feed. **10.30** SBS News. **11.00** Movie: The Constant Gardener. (M) (2005) **1.20** Movie: The Girl Who Kicked The Hornet's Nest. (MA15+) (2009) **3.55** STUDIO At The MEMO With Tim Rogers. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi News. **12.00** Movie: Helpless. (M) (2012) **2.10** The Last Shot. (M) **3.00** Fashionista. **3.10** Vs Arashi. (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.30** Batman. (PG) **7.00** Batman. (PG) **7.30** The Feed. **8.00** Gadget Man. **8.30** Housos. (MA15+) **9.00** Housos. (MA15+) **9.30** Slutever. (MA15+) **10.00** Slutever. (MA15+) **10.25** The Good Doctor: Korea. New. **11.40** The Good Doctor: Korea. **12.55** News. **1.20** Desus And Mero. (MA15+) **1.45** Bobby And Harriet Get Married. (M) **2.10** The Feed. **2.40** 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** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm X-Men: Apocalypse (2016) Action. Jennifer Lawrence. (M) *Premiere*
10.30pm We're The Millers (2013) Comedy. Jennifer Aniston, Emma Roberts. (MA15+) *Comedy*
11.00pm London Has Fallen (2016) Action. Gerard Butler. (MA15+) *Premiere*

GENERAL

7.30pm Family Guy. (MA15+) *FOX8*
8.30pm The Mysteries Of Laura. (M) *Universal Channel*
9.30pm Beauty And The Beast. (M) *FOX8*

DOCUMENTARY

6.00pm Neill Anthony Private Chef. (PG) *Lifestyle Food*
7.30pm Inside Windsor Castle. (PG) *History*
9.30pm James Martin's French Adventure. (PG) *Lifestyle Food*

SPORT

7.00pm Boxing. 1960 Middleweight Title Bout. Sugar Ray Robinson v Gene Fullmer III. *ESPN2*
9.30pm Monday Night With Matty Johns. *Fox League*

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

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Buying Blind. **3.00**
 News Now. **4.00** Afternoon News.
5.00 Millionaire Hot Seat. **6.00**
 Nine News. **7.00** A Current Affair.
7.30 Young Sheldon. (PG) **8.00**
 Young Sheldon. (PG) **8.30** Britain's
 Got Talent. (PG) **9.50** Talkin' Bout
 Your Generation. (PG) **11.00**
 The AFL Footy Show. (M) **12.30**
 Murder In The First. (MA15+) **1.30**
 My Surf TV. **2.00** TV Shop: Home
 Shopping. **2.30** Global Shop.
3.00 Extra. **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** Total Divas.
 (M) **1.00** Dawson's Creek. (PG)
2.00 Children's Programs. **3.00**
 Pokémon. **3.30** Nexō Knights.
 (PG) **4.00** Kids' WB. (PG) **4.05** The
 Powerpuff Girls. (PG) **4.30** Ben
 10. (PG) **5.00** Adv Time. (PG) **5.30**
 Regular Show. (PG) **6.00** Friends.
 (PG) **7.00** Big Bang. (PG) **8.30**
 Love Island Australia. (MA15+)
9.30 Movie: Magic Mike. (MA15+)
 (2012) **11.45** Big Bang. (PG) **12.15**
 Friends. (PG) **1.15** Aqua Teen
 Hunger Force. (M) **1.30** Regular
 Show. (PG) **2.00** Adv Time. (PG)
2.30 Pokémon. **3.00** Ben 10. (PG)
3.30 Beyblade Burst. **4.00** The
 Powerpuff Girls. (PG) **4.30** Yu-Gi-
 Oh! (PG) **4.50** Power Rangers Dino
 Super. (PG) **5.10** Regal Academy.
5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: Girl Missing. (M) (2015)
2.00 Daily Edition. **3.00** The
 Chase. **4.00** News. **5.00** The
 Chase Aust. **6.00** News. **7.00**
 Home And Away. (PG) **7.30** House
 Rules. (PG) **8.45** Modern Family.
 (PG) Gloria has to rush Phil to
 the hospital for an emergency
 surgery after he experiences some
 intense stomach pains. **9.15**
 Modern Family. (PG) Jay and Phil
 try to bond over a model plane.
9.45 Splitting Up Together. (M)
 New. **10.15** Splitting Up Together.
 (M) **10.45** Hooked On The Look.
 (M) **11.15** Hell's Kitchen USA.
 (M) **12.15** Battle Creek. (M) **1.15**
 Travel Oz. (PG) **2.00** Shopping.
4.00 NBC Today. **5.00** News.
5.30 Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Get Art. **7.30**
 Get Clever. **8.00** Larry The
 Lawnmower. **8.30** Million Dollar
 Minute. **9.30** Auction Squad.
10.30 To Be Advised. **11.30**
 NBC Today. **2.00** Million Dollar
 Minute. **3.00** Harry's Practice. **3.30**
 Auction Squad. **4.30** Strangest
 Weather On Earth. (PG) **5.00**
 Medical Emergency. (PG) **5.30**
 Escape To The Country. **6.30**
 Bargain Hunt. **7.30** Pie In The
 Sky. (PG) Henry attempts to solve
 a series of thefts. **8.30** Jonathan
 Creek. (M) **10.30** Cities Of The
 Underworld. (PG) **11.30** Bargain
 Hunt. **12.30** Harry's Practice. **1.00**
 Auction Squad. **2.00** Shopping.
4.00 Million Dollar Minute. **5.00**
 Strangest Weather On Earth. (PG)
5.30 Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent.
 Tonight. **7.30** Bold. (PG) **8.00**
 Family Feud. **8.30** Studio 10.
 (PG) **12.00** Dr Phil. **1.00** To Be
 Advised. **2.00** Ent. Tonight. **2.30**
 Neighbours. (PG) **3.00** Judge Judy.
3.30 My Market Kitchen. **4.00**
 Everyday Gourmet. **4.30** Bold.
 (PG) **5.00** News. **6.00** Family Feud.
6.30 The Project. **7.30** MasterChef
 Aust. **8.30** Instinct. (M) Dylan
 and Lizzie investigate the murder
 of a Jane Doe, who appears to
 have been killed by mistake. **9.30**
 Madam Secretary. (M) Return.
 The president of Sri Lanka decides
 to not move forward with a
 trade agreement on his psychic's
 advice. **10.30** Hawaii Five-O. (M)
11.30 The Project. **12.30** Stephen
 Colbert. (PG) **1.30** Shopping. **4.30**
 CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 Cheers. (PG) **9.00** Star Trek:
 Voyager. (PG) **10.00** Operation
 Repo. (PG) **10.30** Hogan's
 Heroes. **11.00** Cheers. (PG)
12.00 Attenborough's The Life
 Of Mammals. **1.00** The Doctors.
 (M) **2.00** Nash Bridges. (M) **3.00**
 Diagnosis Murder. (PG) **5.00** Star
 Trek: Voyager. (PG) **6.00** Hogan's
 Heroes. **6.30** Attenborough's The
 Life Of Mammals. **7.30** Walker,
 Texas Ranger. (M) **8.30** CSI: Miami.
 (MA15+) **9.30** To Be Advised.
11.30 CSI: NY. (MA15+) **12.30**
 Home Shopping. **2.00** Star Trek:
 Voyager. (PG) **3.00** Nash Bridges.
 (M) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News
 Mornings. **10.00** Antiques
 Roadshow. **11.00** Catalyst. (PG)
12.00 ABC News At Noon. **12.30**
 Press Club. **1.30** Back Roads. **2.00**
 The Beautiful Lie. (M) Final. **3.00**
 Doc Martin. (PG) **3.45** The Cook
 And The Chef. **4.15** Pointless. **5.00**
 ABC News At Five. **5.10** Drum.
6.00 Think Tank. (PG) **7.00** ABC
 News. **7.30** 7.30. **8.00** Julia Zemiro's
 Home Delivery. (PG) **8.30** Gruen. (M)
9.05 The Weekly. (M) **9.35** Corey
 White's Roadmap To Paradise. (M)
9.55 Adam Hills: The Last Leg. (M)
 New. **10.35** ABC Late News. **11.05**
 The Business. **11.20** Four Corners.
12.10 Media Watch. (PG) **12.25**
 Doc Martin. **1.15** Humans. (M) **2.00**
 Seasons. **2.10** Louis Theroux's LA
 Stories. (M) **3.10** The Honourable
 Woman. (M) **4.10** Late Programs.

ABC COM

6.00 Children's Programs. **5.10** Go
 Jetties. **5.25** Kazoops! **5.30** Peppa
 Pig. **5.40** PJ Masks. **5.55** Teacup
 Travels. **6.10** Octonauts. **6.20**
 Peter Rabbit. **6.35** Floogals. **6.45**
 Dinosaur Train. **6.55** Andy's Baby
 Animals. **7.05** Ben And Holly. **7.20**
 Shaun The Sheep. **7.30** Spicks And
 Specks. **8.00** Absolutely Fabulous.
 (PG) **8.30** Absolutely Fabulous. (M)
9.00 Buzzcocks. (M) **9.30** An Idiot
 Abroad. (M) **10.15** The Mighty
 Boosh. (M) **10.45** The Office.
 (MA15+) **30** Rock. (M) **11.30** Archer.
 (M) **11.50** Parks And Recreation.
 (PG) **12.15** Buzzcocks. (M) **12.45**
 The Mighty Boosh. (M) **1.15** The
 Office. **1.40** 30 Rock. (M) **2.00**
 Archer. (M) **2.25** Little Britain. (M)
2.55 News Update. **3.00** Close.
5.00 The Hive. **5.05** Arthur. **5.30**
 Curious George.

SBS

6.00 WorldWatch. **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** Who Do You Think
 You Are? (PG) **3.00** Dateline. **3.30**
 Insight. **4.30** Eclipse Over America.
5.30 Letters And Numbers. **6.00**
 River Cottage Australia. **6.30**
 News. **7.30** The Truth About Slim
 People. **8.30** Behind The Blue Line:
 Untold Australia. **9.30** A Modern
 Mutiny: Untold Australia. (PG)
10.35 Chance. (MA15+) **11.35**
 SBS News. **12.05** Movie: Maya
 Dardel. (MA15+) **2.00**
 Miniseries: The Hollow Crown.
 (MA15+) **4.05** One Born Every
 Minute. (M) **5.00** CGTN English
 News. **5.15** NHK World English
 News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.00** Dutch
 News. **10.30** African News. **11.00**
 NHK Japanese News. **11.35** Hindi
 News. **12.00** Movie: The Moon
 Child. (M) (2011) **2.00** The Last
 Shot. (M) **2.45** Dead Set On Life.
 (PG) **3.10** Over The Black Dot.
4.10 News. **4.35** PBS News. **5.35**
 If You Are The One. **6.30** Batman.
 (PG) **7.00** Batman. (PG) **7.30** The
 Feed. **8.00** South Park. (M) **8.30**
 Stories From Norway: The Musical!
 (MA15+) **9.00** Movie: Dope.
 (MA15+) (2015) **10.55** Movie:
 Stargate. (M) (1994) **1.05** News.
1.30 Desus And Mero. (MA15+)
1.55 Black Market. (MA15+)
2.25 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

8.30pm Jason
Bourne (2016)
 Action. Matt Damon.
 (M) *Premiere*
8.30pm Evan
Almighty (2007)
 Comedy. Steve Carell,
 Morgan Freeman. (G)
Comedy
10.40pm The
Legend Of Tarzan
 (2016) Adventure.
 Alexander Skarsgård,
 Margot Robbie. (M)
Premiere

GENERAL

7.00pm American
Dad!. (M) FOX8
8.30pm Person Of
Interest. (M) FX
9.25pm Into The
Badlands. (MA15+)
Showcase

DOCUMENTARY

7.30pm Behind
Bars: World's
Toughest Prisons.
 (M) *Crime &
 Investigation*
8.30pm Top Ten
Warfare. (PG) *History*
9.30pm River
Monsters. (PG)
Animal Planet

SPORT

7.00pm Soccer.
 International Friendly.
 Australia v Brazil. Fox
 Sports 506
7.00pm Rugby
Union. Under 20
 Championship. 10th
 Seed v 11th Seed.
 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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 Monday - Thursday 8.45am-5.00pm Friday 8.45am-12.30pm

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Britain's Got Talent. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Thursday Night Football Preview. **7.50** Rugby League. NRL. Round 15. Parramatta Eels v South Sydney Rabbitohs. From ANZ Stadium, Sydney. **9.45** The NRL Footy Show. (M) **11.00** Embarrassing Bodies. (M) **12.00** House of Husbands. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **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** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon. **3.30** Nexō Knights. (PG) **4.00** Kids' WB. (PG) **4.05** The Powerpuff Girls. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Love Island Australia. (MA15+) **9.30** Broomans. (MA15+) **10.30** Just Tattoo of Us. (MA15+) **11.30** WWE Raw. (MA15+) **12.30** Friends. (PG) **1.30** Regular Show. (PG) **2.00** Adv Time. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** The Powerpuff Girls. (PG) **4.30** Yu-Gi-Oh! **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Taken: The Search For Sophie Parker. (M) (2013) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Funniest Ever Crazy Cats. (PG) **8.30** Modern Family. (PG) When Luke goes missing after a night out, Manny, Phil and Gloria try to track him down. **9.00** Modern Family. (PG) Claire's mother makes a surprise visit. **9.30** Ramsay's Kitchen Nightmares. (M) Hosted by Gordon Ramsay. **10.30** Gordon Ramsay On Cocaine. (M) **11.30** Autopsy. (MA15+) **12.30** Marry Me. (M) **1.00** Marry Me. (M) **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Get Clever. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Strangest Weather On Earth. (PG) **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Father Brown. (M) Father Brown investigates a double murder. **8.30** Murdoch Mysteries. (M) Murdoch investigates a woman's death. **11.30** Bargain Hunt. **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Strangest Weather On Earth. (PG) **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. **3.30** My Market Kitchen. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** MasterChef Aust. The losing team from the last challenge heads to Maggie Beer's Eatery in the Barossa Valley. **9.30** James Corden's Carpool Karaoke. (M) James Corden takes a look back at some of his favourite moments from the past year of Carpool Karaoke. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Operation Repo. (PG) **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Attenborough's The Life Of Mammals. **1.00** The Doctors. (M) **2.00** Nash Bridges. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Attenborough's The Life Of Mammals. **7.30** Walker, Texas Ranger. (PG) **8.30** Cops: Adults Only. (M) **9.00** Movie: Cyborg. (MA15+) (1989) Jean-Claude Van Damme, Deborah Richter, Vincent Klyn. **10.45** To Be Advised. **11.40** Cops: Adults Only. (M) **12.10** Home Shopping. **2.10** Nash Bridges. (M) **3.05** Diagnosis Murder. (PG) **5.05** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Catalyst. (PG) Final. **12.00** ABC News At Noon. **1.00** Inside The Commons. **2.00** Humans. (M) **2.55** Doc Martin. **3.45** The Cook And The Chef. **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Grand Designs Aust. **8.50** QI. (M) **9.25** Wentworth. (MA15+) Final. **10.10** ABC Late News. **10.40** The Business. **10.55** Louis Theroux's LA Stories. (M) **12.00** Doc Martin. (PG) **12.45** Humans. (M) **1.35** Adam Hills: The Last Leg. (M) **2.20** Louis Theroux's LA Stories. (M) Final. **3.20** The Honourable Woman. (M) **4.20** Golf. PGA Tour. St Jude Classic. Highlights. **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Dinosaur Train. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (M) **8.25** Frontline. (M) **8.50** Sammy J. **8.55** Ronny Chieng: Int Student. (M) **9.25** Buzzcocks. (PG) **9.55** Comedy Up Late. (M) **10.25** The Mighty Boosh. (M) **10.55** The Office. **11.20** Archer. (M) **11.40** 30 Rock. (M) **12.05** Parks And Recreation. (M) **12.30** Buzzcocks. (M) **1.00** The Mighty Boosh. (M) **1.30** The Office. **1.55** 30 Rock. (M) **2.15** Archer. (M) **2.40** Little Britain. (M) **3.05** News Update. **3.10** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Marngrook Footy Show. **3.35** Messages Home: Lost Films Of The British Army. (PG) **4.30** Cleopatra's Lost Tomb. (PG) **5.25** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.25** Railway Journeys UK. **8.00** Luke Nguyen's Food Trail. (PG) Final. **8.30** The Handmaid's Tale. **9.35** The Eighties. **10.30** FIFA World Cup 2018: Preview Show. **12.00** Soccer. FIFA World Cup. Opening Ceremony. Group A. Russia v Saudi Arabia. **3.30** The Island. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi News. **12.00** Movie: Innocence. (M) (2011) **1.50** Dark Net. (M) **2.40** Most Expensive. (PG) **3.05** The Pizza Show. (M) **3.30** Dateline. **4.00** 365. (PG) **4.05** News. **4.30** PBS News. **5.30** If You Are The One. **6.30** Batman. (PG) **7.00** Batman. (PG) **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Fourth Estate: The NY Times And Trump. **10.30** VICE. (MA15+) **11.00** VICE. (MA15+) **11.35** Vs Arashi. (PG) **12.30** News. **12.55** Desus And Mero. (MA15+) **1.20** States Of Undress. (M) **2.10** The Feed. **2.40** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Spotlight (2015) Drama. Michael Keaton, Rachel McAdams. (M) **Masterpiece** **8.30pm Bad Neighbours 2** (2016) Comedy. Seth Rogen, Zac Efron. (MA15+) **Premiere** **10.05pm The Men Who Stare At Goats** (2009) Comedy. George Clooney, Ewan McGregor. (M) **Comedy**

GENERAL

8.00pm The Simpsons. (PG) **FOX8** **9.30pm American Horror Story: Roanoke**. (MA15+) **FX** **9.30pm Second Wives Club**. (M) **E!**

DOCUMENTARY

8.30pm Homestead Rescue Hacks Revealed. (PG) **Discovery** **10.30pm Holmes Makes It Right**. (PG) **Lifestyle Home**

SPORT

7.00pm Motor Racing. Best of Le Mans 24 Hours In France. **Eurosport** **8.00pm ESPN FC**. **ESPN** **10.00pm Ice Hockey**. NHL Playoffs. **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** Ellen DeGeneres. (PG) **1.00** Movie: The Out-Of-Towners. (M) (1999) Steve Martin. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Friday Night Football Preview. **7.55** Rugby League. NRL. Round 15. Sydney Roosters v Penrith Panthers. From Allianz Stadium, Sydney. **10.45** Movie: Snakes On A Plane. (M) (2006) Samuel L. Jackson, Julianna Margulies, Nathan Phillips. An FBI agent takes on a plane full of deadly and poisonous snakes, deliberately released to kill. **1.00** Extra. **1.30** TV Shop. **2.30** Westside. (MA15+) **3.30** It's All Greek To Me. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** GMA.

GO!

6.00 Children's Programs. **9.00** Transformers. **9.30** Teddies. **10.00** Ben 10. (PG) **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Uncle Grandpa. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** The Powerpuff Girls. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.30** Movie: Angry Birds. (PG) (2016) **8.30** Movie: Jurassic Park. (PG) (1993) **11.00** WWE Smackdown. (MA15+) **12.00** Total Divas. (M) **2.00** Adv Time. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** The Powerpuff Girls. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Seeds Of Yesterday. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh visits a woman who is converting an old truck into an apartment on wheels. **8.30** Movie: Whiskey Tango Foxtrot. (M) (2016) Tina Fey, Margot Robbie, Martin Freeman. A war correspondent grapples with culture shock and the ethics of breaking the next big story. **11.00** To Be Advised. **12.00** Movie: Ice. (M) (1998) Grant Show, Eva La Rue. **2.00** Shopping. Shopping program. **4.00** The Great Outdoors. Take a luxury train trip across Africa. **5.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Get Clever. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** House Of Wellness. (PG) **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Strangest Weather On Earth. (PG) **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Border Security: Int. (PG) Officers confront a US soldier running scared. **8.30** Movie: Last Vegas. (M) (2013) Robert De Niro. **10.45** Britain's Busiest Airport: Heathrow. (PG) **11.45** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Strangest Weather On Earth. (PG) **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. **3.30** My Market Kitchen. **4.00** Everyday Gourmet. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. Dr Chris takes a walk on the wild side on the island of Kauai. Miguel makes a traditional Hawaiian fish salad. **8.30** The Graham Norton Show. Celebrity guests include Usain Bolt, Channing Tatum, Jennifer Saunders, Beattie Edmondson and Rob Brydon. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 7. Canadian Grand Prix. Highlights. From the Circuit Gilles Villeneuve, Montreal, Canada. **9.00** Star Trek: Voyager. (PG) **10.00** Operation Repo. (PG) **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Attenborough's The Life Of Mammals. **1.00** The Doctors. (M) **2.00** Nash Bridges. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** Walker, Texas Ranger. (PG) **8.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Nash Bridges. (M) **3.00** Walker, Texas Ranger. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Restoration Australia. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Making Child Prodigies. (PG) **2.00** Humans. (M) **2.55** Doc Martin. (PG) **3.40** Simply Nigella. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** Gardening Australia. **8.30** Endeavour. (M) **10.00** The Tunnel: Vengeance. (M) **10.50** ABC Late News. **11.20** The Business. **11.35** The Weekly With Charlie Pickering. (M) **12.05** Planet America. **12.50** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** Go Jetters. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Dinosaur Train. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Weekly. (M) **8.30** Gruen XL. **9.15** Buzzcocks. (M) **9.45** W1A. (M) **10.15** The Thick Of It. (MA15+) **10.45** The Mighty Boosh. (M) **11.15** The Office. **11.40** Archer. (M) **12.00** 30 Rock. (M) **12.20** Parks And Recreation. (PG) **12.45** Buzzcocks. (PG) **1.15** The Mighty Boosh. (M) **1.45** The Office. **2.10** Archer. (M) **2.30** Little Britain. (M) **3.00** News Update. **3.05** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **6.30** Soccer. FIFA World Cup. Opening Ceremony. Group A. Russia v Saudi Arabia. Replay. **10.00** WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.25** Poh's On The Road. **3.55** Poh's On The Road. **4.30** Motorcycle Racing. Superbike World Championship. Highlights. **5.30** FIFA World Cup 2018: World Cup Today. New. **6.30** News. **7.00** Where Are You Really From? **8.00** Railway Journeys UK. (PG) **8.30** Movie: Becoming Bond. (MA15+) (2017) **10.20** The Seven Ages Of Elvis. (M) **12.00** Spring Tide. (M) **12.55** Fair Game. (M) **2.00** Travel Man. **2.30** The Crystal Maze. (PG) **3.30** Soccer. FIFA World Cup. Group B. Portugal v Spain.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Stockholm East. (M) (2011) **1.45** Kingdom Of The Little People. (M) **2.35** Fashionista. **2.45** Cyberwar. (PG) **3.15** Cyberwar. (PG) **3.40** Dateline. **4.10** News. **4.40** PBS News. **5.40** If You Are The One. **6.35** Rise Of The Machines. **7.30** Batman. **8.00** Batman. **8.30** Adam Looking For Eve. (MA15+) **9.25** The Handmaid's Tale. **10.30** Queer As Folk. (MA15+) **11.25** Queer As Folk. (MA15+) **12.15** News. **12.40** Desus And Mero. (MA15+) **1.05** Bobby And Harriet Get Married. (M) **1.30** PopAsia TV. (PG) **2.30** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Man From U.N.C.L.E. (2015) Action. Henry Cavill, Armie Hammer. (M) Action **8.30pm** Mike And Dave Need Wedding Dates (2016) Comedy. Zac Efron, Adam DeVine. (MA15+) Premiere **10.10pm** Taxi (2004) Comedy. Queen Latifah, Gisele Bündchen. (M) Comedy

GENERAL

8.30pm Queen Of The South. (MA15+) Showcase **9.30pm** What Happens At The Abbey. (M) E!

DOCUMENTARY

6.00pm Neill Anthony Private Chef. Lifestyle Food **8.30pm** Breakthrough. (PG) National Geographic **10.00pm** Gold Rush Special. (PG) Discovery

SPORT

7.30pm UFC Fight Week. Fox Sports 501 **8.10pm** Football. AFL. Round 13. West Coast v Geelong. Fox Footy **10.30pm** Cycling. UCI Europe Tour. Route du Sud. Stage 1. 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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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

With today being the fifth Tuesday of the month it was time for a special outing. This time it was a bus trip to Bribie Island. First off there was a 3 hour morning tea/lunch cruise around Pumicestone Passage.

Then we visited to the Sandstone Point Hotel for coffee, cake or wine before heading home. A great time was had by all.

Tuesday 12th June – Guest speaker – Sharon Jones from Angels in Aprons. Visitors welcome.

Tuesday 19th June – Guest Speaker – Louise Macgregor from Emmaus Health and Wellness. Visitors welcome.

Tuesday 26th June – Monthly lunch. Sea, salt and Vine. Members only.

Tuesday 5th July – General Meeting. Members only.

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

RODENT PROBLEM?

A scratching in your ceiling or walls is often indicative that you have some unwelcome guests living in your home. Rodents become more of a problem during the colder winter months as they move inside seeking warmth and shelter. They are carriers of germs and disease, and ridding them from your home should be a top priority.

A professional pest technician from Sandgate Pest Control can visit your home, identify the entry points and nesting areas and then apply the treatment to ensure that the entire population is removed. As a part of this treatment a free service period will be provided, along with advice on how you can rodent proof your home.

Rodent proofing doesn't have to be difficult, and the advice given by Sandgate Pest Control technicians can be easily completed by homeowners after the treatment. Once implemented, rodent proofing reduces the risk of future infestations. But what must be remembered is that rodent proofing won't remove rodents currently living in your home; it will only help prevent them from returning in future.

So if you are hearing a scratching in your walls or ceilings, or seeing the little droppings they leave behind, the best course of action is to have a treatment completed by Sandgate Pest Control and then follow the advice given by the qualified technician to rodent proof your home.

For more information about rodents or the services Sandgate Pest Control provide, please visit their website www.sandgatepest.com.au or contact their friendly office staff on **3269 6198**.

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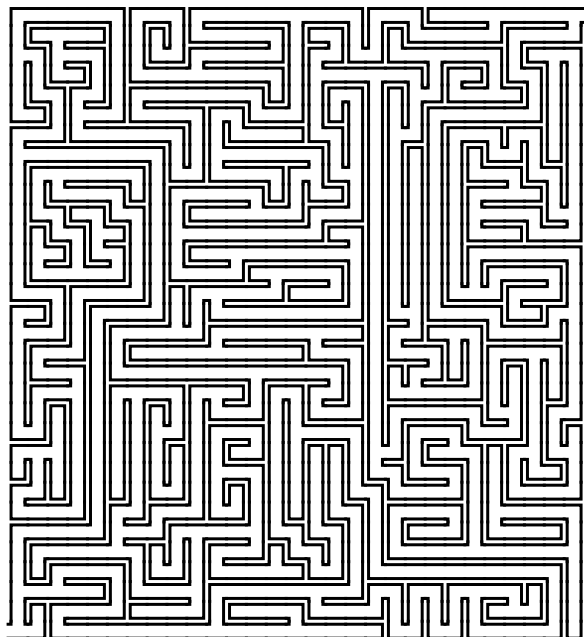
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For more information please visit our website at www.sandgatepest.com.au

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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 6519

Global media megastar Laurie Stibbe creates these

ACROSS

- 1 Sharpness of vision
- 4 Sacred Egyptian beetles
- 9 Vortex; whirlpool
- 10 Info going into a computer
- 11 World's most populous country
- 12 Fascinate
- 13 Above others in quality
- 15 Mysterious
- 17 Not in physical motion
- 19 Cargo
- 22 Think
- 24 Introductory passage to music
- 26 Criminal
- 27 Group of people for a meeting
- 28 Asserted
- 29 City thoroughfare

DOWN

- 1 Weapons cabinet
- 2 Overturn
- 3 Strong evidence
- 4 Part-time athlete
- 5 Elsewhere plea
- 6 Seeming to be
- 7 Sofa
- 8 Knitted fabric
- 14 Come between
- 16 Chief executive of a republic
- 18 Altered
- 19 Elaborate outdoor party
- 20 Imagined
- 21 Australian wattle tree
- 23 One who makes bread
- 25 Commonplace

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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.

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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

LOCAL BUILDER RECEIVES TOP HONOUR

North Lakes' Bold Living recognised on international stage with Housing Industry Australia award



Bold Living's Brett Boulton
- doing things differently

Bold Living has cemented its position as a national building industry leader, with the company announced as a winner at the recent 2018 Housing Industry Association (HIA) Australian Housing Awards, held in Singapore.

With its HQ on Flinders Parade, the company was awarded the HIA Australian Professional Medium Builder Award, knocking out six other residential builders from around the country for the win.

Bold Living owner and director, Brett Boulton, said while the company had been recognised as the top Queensland Professional Medium builder three years running, this award was a significant milestone for the company.

"We are so unbelievably thrilled to be acknowledged and recognised on a national stage for the work we do here in Queensland," he said.

"At Bold Living, we have always prided ourselves on doing things differently and this is clearly resonating with homebuyers.

"We are passionate about continuing to offer innovative designs, quality construction and the flexibility to work with our clients to deliver their dream home."

The national award follows a stellar 2017 and an even better 2018 for Bold Living, with the company on track to complete over \$65 million worth of new homes – equating to over 300 homes this financial year, a 30 per cent increase on last year.

Mr Boulton said Bold Living was continuing to expand its presence across South-East Queensland and had set its sights on the growing Lockyer Valley and Gold Coast markets in particular.

"We are also about to launch new display homes at Upper Coomera, which will help to drive our expansion into the Gold Coast market, and in particular its rapidly growing northern corridor."

Complementing its established successful design ranges, Mr Boulton said Bold's recently released Saba Living collection had proven extremely popular with homebuyers looking for a touch of luxury.

"This collection is suited to those wanting a premium design and inclusions, and is already striking a chord with those undertaking rebuilds in inner city areas and building canal fronting homes. We have a brand new Saba Living display home under construction and due to open late this year at Newport on the canal that will really showcase how these designs capture that waterfront lifestyle," he said.

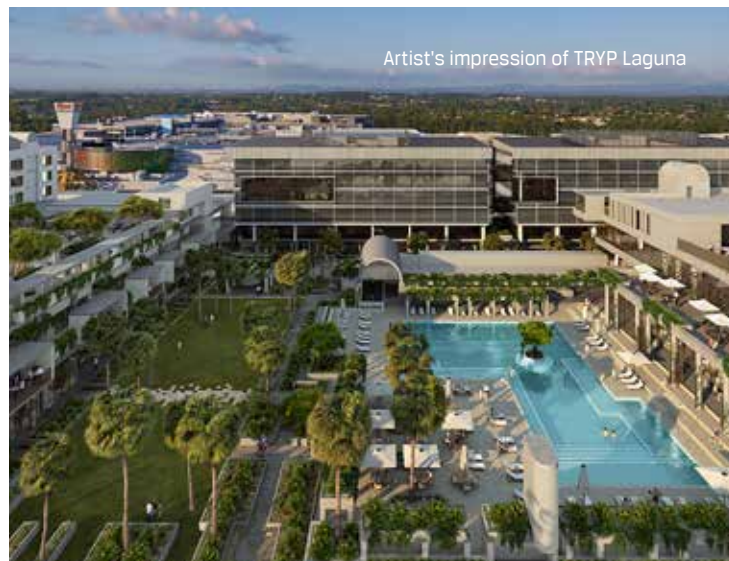
Bold Living has also launched a Smart Living range, which is designed for first homebuyers and offers an affordable range of designs and inclusions.

Over the coming months, Bold will continue to expand its footprint across South-East Queensland, with new display homes including two at Stockland North Lakes Estate, two at North Harbour Estate in Burpengary East, and more further afield, for a total of 12 display homes across the South-East.

For further information visit www.boldliving.com.au

TRYP HOTEL NORTH LAKES ANNOUNCED

The funky property set to join the area as part of the Laguna North Lakes development



Artist's impression of TRYP Laguna

If you've ever had a staycation at TRYP's Fortitude Valley Hotel in Brisbane, you'll know the brand is no ordinary experience and now there's one coming to North Lakes.

The 138-room TRYP North Lakes will be part of the AU\$250 million, 1.7 hectare Laguna North Lakes development. Laguna North Lakes is set to become an iconic destination thanks to the combined expertise of The George Group, the team behind the highly successful James Street lifestyle precinct in Fortitude Valley, and local company Pointcorp, developers of a series of visionary premium apartment projects in inner-city Brisbane.

Matt Taplin, Senior Vice President Hotel and Resort Operations & Property Development, Wyndham Hotel Group South East Asia and Pacific Rim said North Lakes was an ideal new location for TRYP to expand into destinations travellers want to discover.

"TRYP Fortitude Valley, with its iconic street art murals and unique personality, has quickly become one of the most iconic places to stay in Brisbane. Likewise, TRYP North Lakes will have its own distinctive character and a vibrant, stylish allure that will attract guests from near and far to experience its contemporary take on hospitality," he added, "Mr Taplin said.

Hotel guests will be able to utilise the unique amenities the Laguna development will offer, including a huge resort-style swimming pool, bar, restaurant, gym and health facility, and 5,000 square metres of curated fashion and retail stores and eateries. The hotel will also cater to business travellers using the largest function and events centre in northern Brisbane or

working within the 10,500 square metres of commercial office space within Laguna North Lakes.

Site works on the hotel are expected to begin in the fourth quarter of this year and it is slated to open by mid to late 2021. It will be managed by Resort Management by Wyndham, which currently operates multiple properties in Australia, including TRYP Fortitude Valley Hotel, Brisbane.

"Our vision is for Laguna to be a must-visit destination for conferencing, events and leisure, which makes the TRYP by Wyndham brand a perfect fit," said Patrick George, Director of The George Group.

"We are determined to activate the best facilities, opportunities and operators in the community through this development and it is a privilege to partner with Wyndham Hotel Group on TRYP North Lakes, which will be one of the most important aspects of Laguna," he added.

"Our extensive experience delivering quality residential projects around South East Queensland has put us in excellent stead to create a unique and iconic vision for Australia's second TRYP hotel," said Chris Vitale, Director of Pointcorp.

The new hotel will be the fourth property under the TRYP by Wyndham brand in the South East Asia and South Pacific region, joining TRYP Fortitude Valley, TRYP Yangon Hotel in Myanmar and TRYP by Wyndham Mall of Asia – Manila in the Philippines.

To find out more about the Wyndham brand, visit www.wyndham.com



3 Eaton Close, NORTH LAKES

4 2 2

Impressive upon entry, you'll find stunning modern street appeal gives way to a dramatic entry hall that serves to accentuate airy high ceilings and the elegance within. This is truly a beautiful family home with a great sense of flow and thoughtful functionality on offer throughout and the multiple living areas will certainly work well, whatever your situation.

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ELITE
PERFORMER 2017



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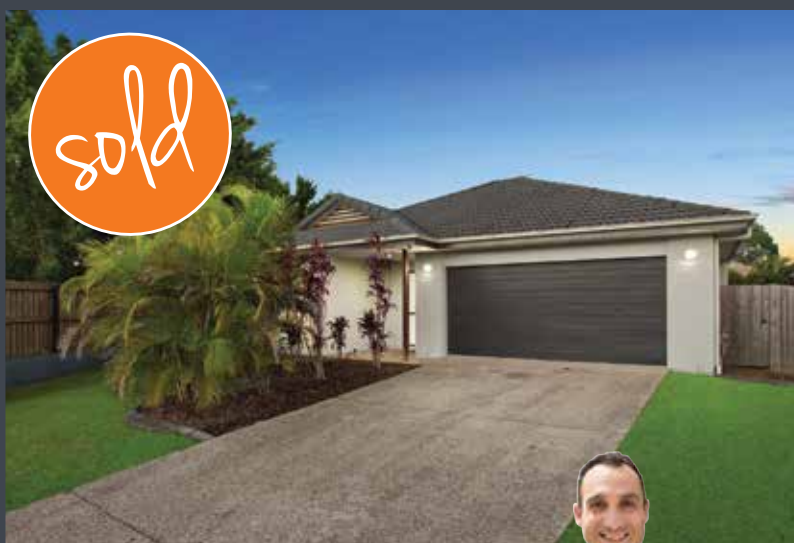
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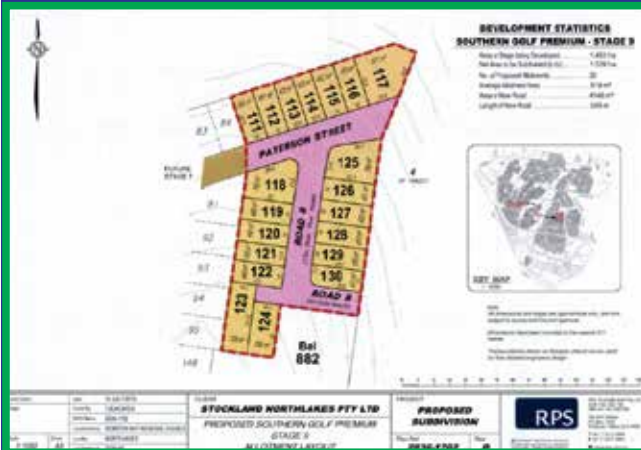
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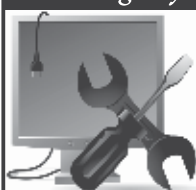
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