

THE Messenger

Lakes, Bay & Region · May 5 2018

FREE WEEKLY also available online

WIN TICKETS
PANIYIKI
RETURNS
BRISBANE'S BEST
FOOD AND CULTURE
FESTIVAL RETURNS IN
MAY AND WE'VE GOT 12
TICKETS TO GIVE AWAY

**DISNEY ON ICE CELEBRATES
100 YEARS OF DISNEY MAGIC**

WIN TICKETS

TWO PRIZE PACKS EACH WITH
FOUR TICKETS TO WIN INSIDE

**NORTH LAKES HOTEL OPENS
AND WE HAD A BIT OF A STICKY BEAK**

LEONIE ON: ANXIOUS CHILD

MAY MADNESS

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TOP VALUE
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Simpson 5.5kg Top Load Washing Machine.
11 wash programmes, Ezi Reach control panel, time remaining display. WELS 3.5 stars, 68L/wash on Regular Wash programme. H94.5 x W57.5 x D65.5cm. SWT5541

SIMPSON



GENTLE ON CLOTHES
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Time adjust and delay end functions give you full control over a cycle's wash time, and also let you save your favourite programme for total convenience. WELS 3 stars, 109L/wash on Regular Wash, Eco Rinse programme. H108 x W67 x D68cm. SWT8043

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QUIET OPERATION
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11 wash programmes, vapour refresh, time manager, Woolmark Apparel Care, LED display, Jetsystem. WELS 4.5 stars, 64L/wash on Energy Saver 40°C programme. H85 x W60 x D58.5cm. EWF12753

Electrolux



PRE-MIXES DETERGENT
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Electrolux

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*1. Suction tested to IEC 62885-2 CL5.8 and CL5.9 at the flexible inlet, against full-size market, loaded to bin full, tested in MAX mode. *2. Compared to Dyson V8 Absolute cord-free stick.

*3. Suction tested to IEC 62885-2 CL5.8 and CL5.9 at the flexible inlet, against cord-free stick market, loaded to bin full, tested in MAX mode.

THE Messenger

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@northlakesmessenger.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@northlakesmessenger.com.au

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

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For the Community Notice Board and Your Say please email: **community@northlakesmessenger.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 present.

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Save Hank the NeoMastiff

Earlier this year we began the story of Hank, a much loved two year old NeoMastiff. The story of his family's heartfelt fight to save his life continues. Hank is still being held, incarcerated by Moreton Bay Regional Council and his owner's are anxiously waiting for a QCAT hearing set for 26 JUNE. By the time the hearing comes around Hank will have spent more than a year locked in a cage without respite. Like all the court held dogs, facing the elements, missing the comforts of a loving home. Hank was an inside & outside family dog, crate trained and loved by family and friends. He was an energetic two year old pup. The harsh reason for issuing a destruction order is extreme and unjustified, as there were no incidents up to the time he was seized, 7 months after an accident in October 2016 which resulted in an investigation by Moreton Bay Regional Council. Rather than destruction, the Animal Management (Cats and Dogs) Act provides for a fine to be issued if a regulated dog fails to have been desexed by the due date...NOT destruction.

Claim: Not Complying

All other compliance conditions were met and confirmed. In fact, less than one week prior to the Seizure of Hank, an inspection had taken place and the owners as always co-operated fully and everything was approved. So if indeed this alleged failure to comply was based on "desexing", the last condition Hank's owners had yet to complete (which Hank's family have stated a representative of the Council had informed them verbally it wasn't due yet), this statement is all the more odd when, even if the allowed time had elapsed, the Act simply provides for the issuing of a non-compliance fine (both s 70 and s 81) – not an automatic death sentence.

Claim: Unacceptable Risk to the Community

How was the conclusion arrived at, that Hank – after no other issues or causes for concern, despite complying with his Dangerous Dog conditions and approved by Council many months prior – was he suddenly considered an unacceptable risk to community safety? This action demonstrates that Moreton Bay Regional Council may be willing and able to commence seizing and destroying any regulated dog in the region (and any future declared animals) without just cause. It is frightening to think one council can be allowed to destroy pets using an Animal Management Act in this way that intends destruction as a last resort in the most serious of cases, and despite owners effectively complying with conditions and safely managing their pet (which is frequently checked and confirmed at regular inspections by council). Even with no further incidents or demonstration of risk all dogs are therefore vulnerable to unjustified actions such as these. On the night of the accident, the dogs had been running around playing, excited. A child came looking for her parent, when she came across Hanks' owner and an excited Hank. No one saw the moment of contact, including the mother, the existence of any provocation cannot be proved either. There was certainly no aggression. The witnesses present on the evening declared they have never been interviewed by Council still to this day or allowed to relay their observed version of events on the night, or events since. It is further alleged that it has not been established and proven conclusively what caused the injury, being a single wound.

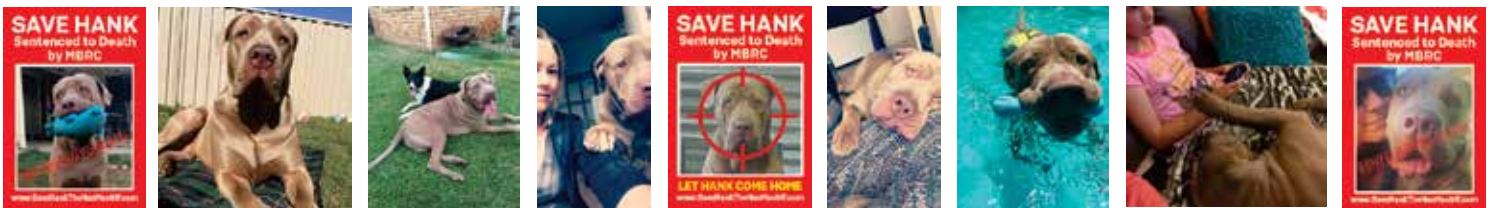
It is of great concern if a local government allows the inappropriate influence of vexatious complaints and Councillors to influence the fair administration of a QLD Act. Impounding Hank and incurring significant expenses to pursue these actions through lengthy court processes is unjust and should not be allowed to persist. Not only has Hank's case shown vastly unfair actions can be attempted by councils but also the animals themselves are then at risk in incarcerated conditions so restrictive and harmful for such an extended period as demanded by lengthy tribunal appeals, that it is akin to be a form of bullying to put pressure, stress and financial burden on dog owners at the expense of an animal's suffering. Actions like these are exhausting personally and financially and is likely to unfairly discourage animal owners from pursuing further external appeals, as is their legal right.

"As long as the photos are sealed [the council] will continue to release statements that the injury was horrific as no one can see the photos including the media. Again I have seen the photos prior to them being sealed. If this was a horrific attack then there would be more injuries to her face, this was not the case."

Quote from witness, present at the time of the incident in October 2016.

"There is no reason Hank should have been seized by Moreton Bay Regional Council. They had approved him to stay with his owners under certain conditions and [the owners] were complying, willingly. This approval continued successfully for 6 months, right throughout multiple Council inspections confirming compliance. There were no further complaints or concern about his behaviour. There was still time left for him to be desexed and he continued to be kept as required in his council-approved enclosure and muzzled in public. There is no justification to suddenly seize and destroy him."

Quote by original Investigating Officer from MBRC to spokesperson for Hank's family, 1 January 2018.



This could happen to any dog owner in Moreton Bay Regional Council Shire.

Please HELP STOP MBRC from KILLING HANK show your support and send a message

- **Sign the Petition** on Change.org.au – we have more than 94, 000 e-signatures and growing
www.change.org/p/save-hank-the-neo-mastiff-from-being-euthanised-by-moreton-bay-regional-council-savehanktheneomastiff
- **LIKE the Facebook Page** to follow updates at **Save Hank the Neo Mastiff**
- **Display a Save Hank the NeoMastiff Sign or Bumper Sticker** available from our Facebook Page Shop
- **Share Hank's story** with other community groups, friends and family who may also wish to join in the support
- **Donate via the GoFundMe page** <https://www.gofundme.com/save-hank>
- **Follow the Instagram page** [#savehanktheneomastiff](https://www.instagram.com/savehanktheneomastiff)

#savehanktheneomastiff #justiceforhank #lethankcomehome #hankslaw

FOR THE FULL STORY VISIT

savehanktheneomastiff.com or  Save Hank the Neo Mastiff

This Advertisement is valuable to the residents of the MBRC

NORTH LAKES HOTEL OPENS

There is no shortage of attraction to North Lakes. Life in one of the fastest growing regions in the country is good. Our award winning master planned community is a huge success. We've got brand spanking new infrastructure and amenities making it prime for residential, commercial and retirement living, bolstered by being the premiere retail, entertainment and recreational hub in Moreton Bay Region, there's not much lacking...

Except short-term accommodation.

Until now.

It will be great news for visiting family and friends from afar, business travellers and even locals wanting a special night out that the North Lakes Hotel is now open.

Sitting on the absolute edge of perhaps our most cherished landmark Lake Eden, the new 46 room hotel has opened its doors after a soft launch last week, to be met with intrigue and excitement from locals and visitors.

The Messenger had a chance to snoop around during the soft launch and what we found was refreshing and super modern. Although accommodation is a greatly needed addition the area, we found more than just a hotel.

The venue offers a new dining and entertainment choice to guests and locals alike and catering options aplenty, with 10 spaces across three floors set to cater for celebrations, corporate event and functions. Some are very private while others offer sweeping views of the lake.

The fully licensed Boardwalk Restaurant, located at, unsurprisingly, boardwalk level offers the perfect vantage of the lake and promises high quality modern cuisine by top rated chefs. The restaurant fills the space of the former Stockland Office, they've retained the original wooden flooring that somehow manages to combine relaxed warmth and be light and modern at the same time. It's quite an impressive space. Featuring a menu of modern fusion the restaurant is open seven days for breakfast, lunch and dinner or even just drinks with a view. With a seating capacity of 150 people, private dining can also be arranged.

Venturing upstairs to the hotel itself is gobsmacking. Everything is brand new as you'd expect, but the level of sophistication and technology through the halls and into the rooms is impressive. With a range of options starting with the Deluxe Garden View Rooms (\$152 per night as of writing), the basic rooms are much better

appointed than they rightly should be at this price. They're spacious with a large bathroom. From there, rooms scale right up through Superior Lake View which adds chaise lounge with balcony overlooking the lake, then to the Executive Garden View which offers a generous separate living area balcony and to the jewel in the crown - the Executive Lake View Spa Suite.

The Executive Lake View Spa Suite is the room you'd book for a wedding night after your reception downstairs or for a longer stay. With a view of the lake like - quite literally - nowhere else in town from your private balcony, the luxury 60sqm space adds a large living space, kitchenette and spa in the huge bathroom.

Every room in the hotel has a pillow top king size bed, a big TV with Foxtel, and a workable desk. Guest amenities include lap pool, fast free Wi-Fi, electric car charging, kids play area, and mod cons so modern, there were some we'd never seen before.

We don't need to tell you what a prime location the hotel holds. The pedestrian and cycle tracks are right on doorstep and with most other prominent local amenities just a short walk away, The North Lakes Hotel Conference and Function centre already feels at home on Lake Eden.

More info and bookings via www.northlakeshotel.com.au



The view from the Executive Lake View Spa Suite



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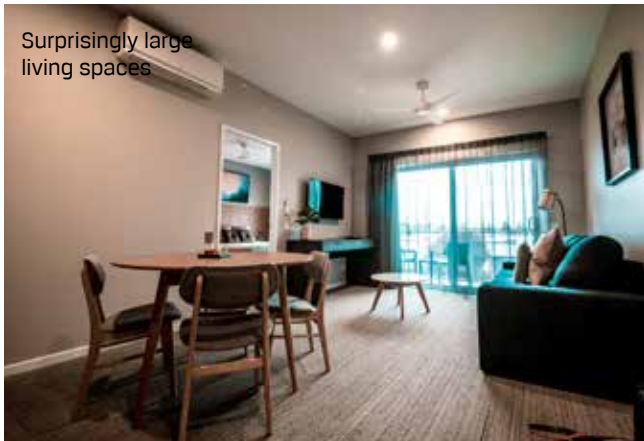
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DISNEY ON ICE CELEBRATES 100 YEARS OF MAGIC

THE MUST-SEE MAGICAL EVENT OF THE YEAR IS COMING TO BRISBANE JUNE 29 TO JULY 2 **AND WE'VE GOT EIGHT TICKETS TO WIN!**

Everyone's favourite characters of the Disney-verse are getting their skates on and heading to Brisbane this June and it's going to be HUGE. Instead of focussing on instant-classic *Frozen* like last year's (amazing) outing, this year *Disney On Ice celebrates 100 Years of Magic* is bringing more than 14 timeless Disney tales to life, on ice.

Mouse-ter of Ceremonies Mickey Mouse, his sweetheart Minnie Mouse, and mates Donald Duck and Goofy will take to the ice with their friends from classic and modern Disney movies alike. From *Pinocchio* to *Frozen*, showgoers will be treated to a once in a lifetime spectacle with *Snow White and the Seven Dwarfs*, *Cinderella*, *Beauty and the Beast*, *Toy Story*, *The Lion King*, *Finding Nemo*, *Frozen* and more. *Disney On Ice celebrates 100 Years of Magic* will dazzle with magical moments and over 30 favourite Disney songs.

Making their *Disney On Ice* debut, Judy Hopps and Nick Wilde from *Zootopia* enlist the crowd to help solve an off-ice caper that must be cracked for the on-ice action to begin. Guests will also enjoy a special appearance by royal sisters Anna and Elsa from the number one animated feature film of all time, Disney's *Frozen*. Enter the kingdom of Arendelle and journey up the North Mountain with hilarious snowman Olaf and rugged mountain-man Kristoff as they help the sisters discover that true love conquers all.

Produced by Feld Entertainment, *Disney On Ice celebrates 100 Years of Magic* will open in Brisbane on June 29 with 9 shows in total at Brisbane Entertainment Centre, finishing on July 2.

Tickets are on sale now at www.Ticketek.com.au/DisneyOnIce

WIN!

We have two prize packs for *Disney On Ice* celebrates 100 Years of Magic to win.

Valued from \$180, each prize has four A-Reserve tickets so if you win, you can enjoy the show with family or friends.

To enter email comp@northlakesmessenger.com.au with "Disney on Ice" in the subject line and simply tell us which is your favourite Disney tale.

Get your entries in before Friday May 25, 5pm and don't forget to include your contact details so we can let you know if you win. Good luck!

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.

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PANIYIRI



BRISBANE'S BEST FOOD AND CULTURAL FESTIVAL RETURNS MAY 19 - MAY 20

There's not really any argument, Paniyiri is **THE** best food and culture festival on the local calendar and it returns highkicking and plate smashing into Musgrave Park and the Brisbane Greek Club Saturday May 19 - Sunday May 20 this year.

A celebration of all things Greek, Paniyiri is the state's largest cultural festival and Australia's longest running Greek festival! Each year it transforms Musgrave Park and The Greek Club into an explosion of eating drinking, dancing, learning, and more.

In the 41 years of Paniyiri, almost two million

festival-goers have devoured well over five million honey puffs, rivers of thick sweet coffees, over four million Souvlaki, 25 tonnes of haloumi and countless calamari and dolmades. Only Zeus knows how many high kicks have been performed! Brisbane's love of its famous Greek Festival knows few bounds!

With something for everyone to enjoy, 2018's Paniyiri looks set to break records again. We're going to tell you more about what to expect at this year's Paniyiri next week (including the free public transport offer) but in the meantime find more info and buy tickets at paniyiri.com, or...

PHOTOS BY BOURDO PHOTOGRAPHY

TICKET GIVEAWAY



WE HAVE 12 PANIYIRI 2018 TICKETS TO WIN

We're going to split them up into three ticket packs, each winner will receive four tickets so you can enjoy the family vibe or party with friends.

To enter email comp@northlakessmessenger.com.au with "Paniyiri" in the subject line and your contact details in the body of the email.

Hurry to win as we're closing entries next Thursday May 10.

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what's on

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SCAM ALERT

Huge rise of scammers impersonating energy and telecommunications companies



The ACCC has received 5000 reports of fake billing scams in the last 12 months, with the scammers impersonating energy and telecommunications providers and demanding payments.

"The scammers typically impersonate well known companies such as Origin, AGL, Telstra and Optus via email, to fool people into assuming the bills are real," ACCC Deputy Chair Delia Rickard said.

"They send bulk emails or letters which include a logo and design features closely copied from the genuine provider. The bill states the account is overdue and if not paid immediately the customer will incur late charges or be disconnected."

"Alternatively, the bill may claim that the customer has overpaid and is owed a refund or it may simply say the bill is due and ready to pay,"

Ms Rickard said.

Queensland residents reported the second highest number of incidents of the fake billing scam, with 1275 Queenslanders falling prey to the sophisticated scam.

"Older Australians should particularly be wary of emails pretending to be from utility companies, with people over 65 reporting the most fake utility billing scam incidents," Ms Rickard said.

"I advise consumers to contact their communications or energy provider directly via the company's official channels to verify that the email or letter is actually from them."

"Customers should never use the contact details provided on the suspicious email or letter but instead use an independent source to locate

contact details such as a past bill or the phone book."

In one case reported to the ACCC, a customer received a fake Telstra bill in the mail. The bill stated the customer's account was overdue and immediate payment was needed. The customer dialled the phone number provided and was asked for his date of birth and driver's licence number to confirm his identity.

"If customers are duped into phoning scammers they will then attempt to steal as much personal information as they can," Ms Rickard said.

Other tips on how consumers can protect themselves:

- If you receive a bill outside of your normal billing cycle, or don't expect to receive an overdue notice, call your provider to check whether it is legitimate.
- If you are not a customer of the company simply delete the email.
- Never click on links or open attachments in an email from an unverified sender – they may contain a malicious virus.
- Never send money or give credit card details, online account details or personal information to anyone you don't know or trust and never by email or over the phone.
- Keep your computer secure – always update your firewall, anti-virus and anti-spyware software, and only buy from a verified source.

The ACCC encourages anyone who thinks they have been scammed to report it to Scamwatch at www.scamwatch.gov.au where you can also stay up to date with current scam warnings.

Mother's Day

For the Mother who has everything!

BUFFET BREAKFAST

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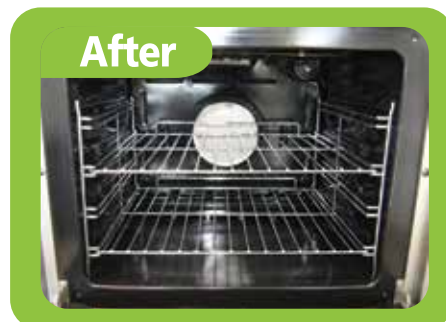
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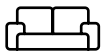


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Hi Leonie,

I've never written in to a magazine before so I'm not too sure where to start. I love you and the Messenger and thought why keep reading how other people's problems get solved and to just go to the lap top and send the Messenger an SOS.

We are an anxious family and my little six-year-old girl is going through a very tough time now. She is okay at school but is a real worrier. She worries about something happening to us or her grandparents or that someone will break into the house. I have taken her to a child psychologist but no one in the family was happy with the how things panned out.

This person took a real dismissive attitude and my child always left in tears and there came a time when my husband and I felt that there was more harm being done than treatment. Our little girl started to get very upset when it was time to go to her appointment, so we just felt that all of this was adding to the problem and not fixing it. She even laughed at our daughter when she spoke about her fear of her Daddy being killed in a car accident. My husband told her off and we never went back.

To be honest it's the extreme worrying part that is causing her and us a lot of distress. My husband and I were both very anxious children but in a different way to our daughter.

Can you suggest some practical ways we can help her without going down the same traumatic path?

Name withheld/North lakes

Hi,

I work a lot with children who have anxiety and there needs to be strong compassion and unconditional positive regard for everyone's feelings and experiences and that includes children. The fear of losing a parent to a car accident or sickness can be a very real intruder in a child's sense of safety and happiness especially if there has been a loss of a loved one in the family to an accident or even natural causes. Not all therapist are the same. As in all professions there are helpers on the spectrum of everything from dreadful practice to outstanding practice. Its your job as a parent to vote with your feet and walk away from bad practitioners and keep looking until you find a good fit for you and your daughter. To stop looking for professional help after a bad experience is not helping anyone. I also feel that it's a good life lesson for your daughter to see you demanding better care because children are always watching and tend to imitate their parents. So, role modelling assertive health care for our kids is very important.

I do have a few suggestions and the biggest one is for you to start to control the information your daughter is exposed to. She doesn't need to have the news playing in the background when she is home and hearing about murders, wars, arson, home invasions, school shootings, rival gang wars or accidents where people lose their lives. In fact, even when I treat adults I always ask them to disengage with traumatic news and even traumatic movies until they are doing better.

With children, I also find that a very practical approach often works to allay fears. For example, your little girl (like many children I have worked with) is afraid that someone will break into her home, so I would work with her to show her what you are doing about family safety. For instance, you could create a little work sheet for her to read with you, decorate with fun things like animals, love hearts and so on and colouring in opportunities. The more detail the better. The idea is to get a child thinking about what is right instead of focussing on what could go wrong. All homes are different but a worksheet for you might look something like the chart below.

After creating your worksheets, you may actually find some weak spots in your home security or health care and I encourage you to deal with these immediately. Above all, I would like you to consider getting your daughter appropriate professional help. There are so many strategies that we can teach anxious children that really relieve anxiety and worrying, and these are tools the child will have for life.

Til next week, Leonie

How we keep our family safe

Safe things about our house

- We have fences (let's check the gate locks now)
- We have a dog and he protects the yard and us
- We have alarms (lets test them now)
- We have Crimsafe on all doors and windows
- We have cameras (lets look at last night's film)
- We have motion detectors (lets try them out now)
- We have fire alarms (lets check the batteries now)
- We have a fire plan (lets have a fire drill this weekend)
- There are no climbable objects near our fence

Safe things about my room

- Mummy and Daddy's room is right next door to mine
- Dog sleeps in the house and he will hear anything and wake Daddy

Things that keep us well and safe

- Mummy and Daddy are good drivers and have taken classes on defensive driving
- Mummy and Daddy have health check-ups every year
- We live a healthy life and eat healthy food

Safe things about me

- I don't talk to strangers
- I follow road rules
- I am never left alone
- I have adults looking after me

Mum and Dad take care of safety, so I don't have to worry. They've got it covered



E-mail: leonieschilling@bigpond.com

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

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

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



ABOUT LEONIE

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





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SIX THINGS YOU THINK ARE HEALTHY THAT ACTUALLY AREN'T

And what you can use instead

Modern shopping aisles are a minefield of low this, high that and diet something-or-others. You almost need a degree to work out what is healthy and what isn't.

With current affairs programs spruiking the latest diet guaranteed to get results and magazines in the GP waiting rooms full of stories about some celebrity who just can't get enough of some miracle food, Diabetes Queensland has put some of the most common foods and fads to the test to bust some popular misconceptions about food.

Diets

Let's start with the big one - diets. It doesn't matter whether it is Paleo or Atkins or the 'Nothing but Carrots' diet, just about any whizz bang diet is a bad idea. While you may lose weight to begin with, more than two-thirds of people who go on a diet pile the kilos back on once the diet is over. Why? Because diets can be restrictive and difficult to maintain. They don't always fit easily with real life so when the program is over and you're left to your own devices, it can be easy to return to your old habits and then the weight creeps back on. Drastic changes in diet can even do you more harm than good and increase your risk of heart attack and stroke.

The key is not to diet at all but commit to eating a healthy and well balanced range of foods every day and burning kilojoules through regular exercise. Restricting yourself

when you're on a diet is often something that makes you want to reach for junk foods. If you're looking for some kitchen inspiration, check out some of the recipes on our website.

Coconut water

This one has definitely been in the news. Madonna, Demi Moore and Lara Bingle all swear by it. Apparently this miracle drink will do everything from beautify your skin, to help you lose weight and boost your immune system. While it is true that coconut water is moderately rich in potassium and contains small amounts of minerals such as magnesium, calcium and phosphorous, so do the banana and the potato - and you don't see celebrities endorsing potatoes! As a refreshing drink now and again, coconut water is fine but should not replace the water you drink every day because it can be packed with sugar. Check the label and be mindful of how much you're drinking.

instead, drink water or soda water with a squeeze of lime.

Going gluten-free

Unless you've been diagnosed with coeliac disease or a wheat allergy by your doctor (not Doctor Google), then going gluten-free isn't a healthier option. Gluten-free products can often be high in fat and sugar content to improve the taste and texture. Going gluten-free can also put you at risk of missing out on important nutrients like fibre.

If you're experiencing bloating or other symptoms associated with gluten intolerance, it's important to see your doctor. You may have coeliac disease, but you may also have a number of other conditions that can cause bloating.

Light salad dressing

A light salad dressing might sound better for

you than a full fat creamy ranch or mayonnaise dressing, but that may not be the case. The words Lite/light might refer to a reduced fat content, but it could still contain high amounts of fat. The term lite/light can actually be used to describe taste, texture or colour.

To make your own healthy dressings, try a combination of olive oil, lemon juice, herbs, garlic, mustard seeds or vinegar to give your salad a kick without the extra sodium.

Museli Bars

Muesli was invented by a Swiss doctor for his hospital patients. So it goes that muesli bars must also be healthy. Right? However, they're the wolf in sheep's clothing of the snack world. Muesli bars can easily contain 800kJ or more, which is equivalent to three apples or two cups of reduced fat milk. With all the energy, fat and added sugar they contain, they really should be a 'sometimes food'.

If you do reach for a cereal-based bar, try to compare nutrition information panels and choose the one with the lowest fat content. If you are reaching for a dried fruit bar or fruit strap, why not think about having a piece of fresh fruit instead? If you need help with reading nutrition labels head to our "Healthy Shopping" website. It'll help set you straight.

Vegetable chips

They've got vegetables in the name right? They must be better than a normal packet of chips. Well, not really. There are about 2070kJ and 514mg of sodium in a 100g packet of potato chips. What about veggie chips? Around 2160kJ and 478mg of sodium. On top of this the way veggie chips are sliced and diced means that most of the original nutrients are sliced and diced away as well.

Instead, slice up some raw veggies for delicious carrot, capsicum and celery sticks.

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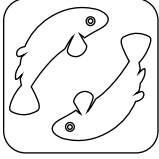
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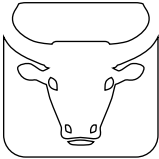
Aquarius Jan 21-Feb 19: Your intent was to get things back on track, but maybe you should be more ambitious. Work with events in motion. They may take you further than you think.



Pisces Feb 20-March 20: You always knew that you marched to the beat of a different drummer but today it feels more off track than ever. It's never let you down before and now is no exception.



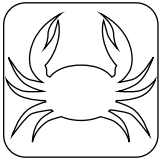
Aries March 22-April 20: Everyone's dancing around the point. Go ahead and say what others are avoiding. They'll thank you for it.



Taurus April 21- May 21: Don't push for things to happen before your ready or you'll regret it. Put your faith in the timing of the universe. It's a better judge of matters than you are.



Gemini May 22- June 21: Your situation isn't impossible, in fact there's plenty of help if you need it. All you have to do is ask the person you swore you'd never speak to again.



Cancer June 22-July 23: Practice living in the here and now. It's less exhausting than all dreaming up all those worse case scenarios.



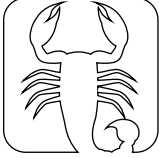
Leo July 24-Aug 23: Keep playing with all those pieces today because you may yet find a way to turn a no into a yes.



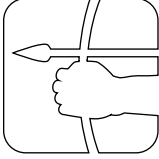
Virgo Aug 24-Sept 23: The person you turn to for advice is stumped. This is good because it forces you to trust your own judgement.



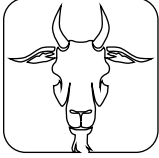
Libra Sept 24-Oct 23: If you're waiting for the right time then you could be waiting for a long time. Today is a good as any day to take the plunge.



Scorpio Oct 24-Nov 22: This is the time to circulate your resume, but don't just send it to one or two places. Cast a wide net and you'll bring in more fish.



Sagittarius Nov 23-Dec 21: Not all cries need to be managed. Sometimes you should just let them fly past. Like today's for instance.



Capricorn Dec 22-Jan 20: You've been playing with the idea of going back to school. Today you get the encouragement you've been looking for.



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NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Kevin Can Wait. (PG) **12.30** Destination WA. **1.00** Rugby League. Intrust Super Cup. Round 9. Norths Devils v Mackay Cutters. **3.00** Netball. Super Netball. Round 2. Thunderbirds v Giants. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Oddball. (G) (2015) Shane Jacobson, Sarah Snook, Alan Tudyk. A dog is trained to protect a penguin sanctuary. **9.00** The Voice. (PG) **10.30** The Voice. (PG) **12.00** Movie: The Incredible Burt Wonderstone. (M) (2013) Steve Carell, Steve Buscemi. **2.00** TV Shop. **2.30** Step Dave. (M) **3.30** Getaway. (PG) **4.00** Destination WA. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Power Rangers Super Ninja Steel. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Scooby-Doo! And The Spooky Scarecrow. **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** WWE Slam City. (PG) **5.10** Movie: The Pink Panther 2. (PG) (2009) **7.00** Movie: The Mummy Returns. (PG) (2001) **9.40** Movie: The Scorpion King. (M) (2002) **11.30** 2 Broke Girls. (M) **12.00** Adult Swim. (MA15+) **12.30** China, IL. (MA15+) **1.00** Total Divas. (M) **2.00** Best Ink. (M) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **1.30** Football. AFL. Round 7. Western Bulldogs v Gold Coast Suns. **4.30** Border Security. (PG) **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Iron Man. (PG) (2008) Robert Downey Jr, Gwyneth Paltrow. **9.30** Movie: 13 Hours: Secret Soldiers Of Benghazi. (MA15+) (2016) John Krasinski, James Badge Dale, Pablo Schreiber. Six ex-military operatives engage in a fierce battle with Islamist extremists in Libya. **12.30** The Great Outdoors. **1.30** Harry's Practice. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG) Hosted by Ed Phillips and Zoe Marshall.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** Harry's Practice. **10.00** The Great Outdoors. **11.00** Room For Improvement. **11.30** NBC Today. **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** SA Weekender. **5.00** Building The Dream. **6.00** To Be Advised. **7.00** M*A*S*H. **7.30** Inside King's Cross: The Railway. (PG) **8.30** Escape To The Country. Nicki Chapman helps a couple to kick off their retirement. **10.30** Escape To The Continent. **11.45** M*A*S*H. **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** The Renovation King. **7.00** RPM. **8.00** Family Feud. **8.30** GCBC. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** The Living Room. **1.00** A Taste Of Travel. (PG) **1.30** Places We Go. **2.00** Life Inside The Markets. (PG) **2.30** Travels With The Bondi Vet. (PG) **3.00** Pooches At Play. **3.30** 15-Min Meals. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** David Attenborough's Hotel Armadillo. (PG) **7.30** Ambulance. (M) **8.45** To Be Advised. **9.15** To Be Advised. **10.30** To Be Advised. **11.30** Motor Racing. Supercars Championship. Round 5. Perth SuperSprint. Race 11. Highlights. **12.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** The Doctors. (PG) **11.00** Star Trek: Voyager. (PG) **12.00** Diagnosis Murder. (PG) **2.00** Operation Repo. (PG) **3.00** The Offroad Adventure Show. **4.00** MacGyver. (PG) **5.00** Merv Hughes Fishing. Return. **5.30** Bondi Rescue. (PG) **6.00** Scorpion. (PG) **8.00** Hawaii Five-0. (M) **10.00** Motor Racing. Supercars Championship. Round 5. Perth SuperSprint. Race 11. Highlights. From Barbagallo Raceway, Perth. **11.00** NCIS. (M) **12.00** Highlander. (M) **1.00** RPM. **2.00** Operation Repo. (PG) **2.30** Monster Jam. **4.30** Highlander. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Two Men In China. (PG) **1.30** Inspector George Gently. (M) **3.00** Kakadu. **4.00** Landline. **4.30** Jillaroo School. (PG) **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Father Brown. (PG) **8.15** The Good Karma Hospital. (M) Final. **9.05** Inspector George Gently. (M) **10.35** The Level. (M) **11.25** Wentworth. (M) **12.10** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.40** Noddy Toyland Detective. **5.55** Jamillah And Aladdin. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Play School. **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? (PG) **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (M) **10.10** Comedy Up Late. (M) **10.45** Penn & Teller: Fool Us. (PG) **11.25** Dead Boss. (M) **11.55** The Librarians. (PG) **12.25** The Librarians. (M) **1.00** Inside Amy Schumer. (MA15+) **1.25** An Idiot Abroad. (M) **2.10** Live At The Apollo. (M) **2.45** The Office. (M) **3.15** The Office. (PG) **3.45** News Update. **3.50** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** BBC News. **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. Individual all-around competition. **4.35** Million Dollar American Princesses. (PG) **5.30** Supertv. (PG) **6.30** News. **7.30** Eurovision Top 40 Songs. (M) **9.30** The Eighties. (PG) **10.25** The Eighties. (PG) **11.20** SBS Flashback. (PG) **11.30** Soccer. EPL. **2.20** Travel Man. (PG) **2.50** Movie: A Separation. (M) (2011) Peyman Moaadi. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **8.00** Romanian News. **8.30** Macedonian News. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Jungletown. (PG) **1.50** Long Shot. (PG) **2.15** Tattoo Age. (PG) **2.40** Huang's World. (PG) **3.30** Flight 920. (PG) **4.30** Mukbang. **5.20** MythBusters. (PG) **7.05** Chinese Dating With The Parents. (PG) **8.35** Movie: Scarface. (MA15+) (1983) **11.45** Movie: 600 Miles. (MA15+) (2015) **1.15** The Movie Show. **1.45** The Movie Show. **2.15** News. **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Man From U.N.C.L.E. (2015) Action. Henry Cavill, Armie Hammer. (M) **Action 8.30pm Amélie** (2001) Comedy. Audrey Tautou, Loretta Cravotta. (M) **Masterpiece 10.30pm Vacation** (2015) Comedy. Ed Helms, Christina Applegate. (MA15+) **Comedy**

GENERAL

8.30pm Elementary. (M) **Showcase 9.35pm Million Dollar Matchmaker.** (M) **Arena**

DOCUMENTARY

7.30pm Celtic Thunder: It's Entertainment. (NC) **Foxtel Arts 9.30pm American Monster.** (M) **Discovery**

SPORT

7.50pm Football. AFL. Round 7. St Kilda v GWS. **Fox Footy 8.00pm Cricket.** One-day International Series. England v Ireland. Game 1. **Fox Sports 503 9.30pm Cycling.** UCI World Tour. Giro d'Italia. Stage 1. Alghero to Olbia. **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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PANIYIRI GREEK FESTIVAL

Date: Saturday May 19 - Sunday May 20

Location: Musgrave Park & The Greek Club, Edmondstone Street, South Brisbane

Cost: Adults \$12, Kids under 13 are free

Brisbane's famous Paniyiri Greek Festival will take over the city in a haze of haloumi-flavoured smoke and Zorba-inspired high kicks, organisers have promised a two-day celebration of authentic flavours, faces and culture with free public transport to and from the event! So, calling all fans of food, fun, dance, music and flavour-driven festival vibes: diarise May 19 and 20 for the most authentic celebration of the year.

This year all Paniyiri ticket holders travel free on network-wide Brisbane City Council buses and Queensland Rail City Network trains thanks to a partnership between Paniyiri and TransLink (must present valid ticket when boarding, see website for details).

Tickets are available now online at www.paniyiri.com

**MAY 19-
MAY 20**

INTERNATIONAL CAKE SHOW

Date: Friday 18th May to Sunday 20th May, 2018

Location: Brisbane Showgrounds Exhibition Building, Upper Level Gregory Terrace, Bowen Hills

Cost: Early Bird Online Booking \$24 per day

The world's best cake artists are coming to town when Brisbane hosts the International Cake Show Australia in May. The International Cake Show Australia (ICSA) will be held at Brisbane Showgrounds Exhibition Building in Bowen Hills from Friday 18th May to Sunday 20th May in 2018. Thousands of edible artists, cake decorators, cake bosses, professional pastry chefs, bakers, chocolatiers, home hobbyist decorators and food personalities from across the globe will converge on Brisbane to battle it out in 22 categories across the three days, with the general public invited to view and take part in a full program of masterclasses, activations, entertainment and more.

In addition to the spectacular competition and general public programs, there is an exhibition and pop up shops where associated food and product manufacturers, distributors, wholesalers, food and product service agents and retailers will display the very latest in decorating and all that is sweet. International Cake Show Australia is hosted by the Australian Cake Artists and Decorators Association. For more info and tickets visit www.acada.com.au

**MAY
18-20**

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NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Netball. Super Netball. Round 2. Queensland Firebirds v Sunshine Coast Lightning. **3.00** Sunday Football Preview. **4.10** Rugby League. NRL. Round 9. Sydney Roosters v Manly Sea Eagles. From Allianz Stadium, Sydney. **6.00** Nine News. **7.00** The Voice. **8.50** 60 Minutes. **9.50** Murdered By My Daughter. (M) **10.50** The Innocence Network. (M) New. **11.50** Major Crimes. (M) **12.40** Cold Case. (M) **1.30** South Aussie With Cosi. **2.00** It's All Greek To Me. (PG) **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** Ninjago. (PG) **12.00** Turning Mecard. (PG) **12.30** My Little Pony: Friendship Is Magic. **1.30** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yo-Kai. (PG) **3.00** Gumball. (PG) **3.30** Teen Titans. (PG) **4.00** Be Cool, Scooby-Doo! (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Big Bang. (PG) **8.00** Young Sheldon. (PG) **8.30** Movie: Jack Reacher. (M) (2012) **11.00** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **12.30** China, IL. (MA15+) **1.00** Tattoo Fixers. (MA15+) **2.00** Most Terrifying Places In America. (MA15+) **3.00** Yo-Kai. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** Jabba's Movie Special. (PG) **2.00** To Be Advised. **3.30** To Be Advised. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) Final. The two remaining teams compete for the My Kitchen Rules title and the \$250,000 grand prize. **9.10** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.45** An Hour To Catch A Killer. (M) Follows a homicide unit and their multiagency team. **10.45** Criminal Confessions. (M) **11.45** Blindspot. (M) **12.45** The Windsors. (M) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** To Be Advised. **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Amazing Facts. (PG) **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** Room For Improvement. **1.30** Escape To The Continent. **3.00** Escape To The Country. **5.00** The Hairy Bikers' Northern Exposure. (PG) **6.00** Mighty Ships. **7.00** Motorway Patrol. (PG) **7.30** Border Security. Int. (PG) **8.30** Border Security. (PG) **9.30** Gold Coast Medical. (PG) **10.30** Border Security. Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** Australia's Best Backyards. **4.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** My Market Kitchen. **9.00** Australia By Design: Innovation. **9.30** St10. (PG) **12.00** Photo Number 6. **1.00** The Coffee Man. (PG) **3.00** Everyday Gourmet. **3.30** Cook's Pantry. **4.00** RPM. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** All-Star Family Feud. **8.30** NCIS. Sara Carter begs Gibbs to reinvestigate her mother's murder as she believes the wrong man was convicted. **9.30** SEAL Team. The team tries to avenge the loss of Echo team. **10.30** SEAL Team. **11.30** Motor Racing. Supercars Championship. Round 5. Perth SuperSprint. Race 12. Highlights. **12.30** The Sunday Project. **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Morning Programs. **9.30** Motor Racing. Supercars Championship. Round 5. Perth SuperSprint. Race 11. Highlights. **10.30** Escape Fishing. **11.00** Life Inside The Markets. **11.30** Operation Repo. **12.00** Air Racing. Red Bull Series. Highlights. **1.00** 4x4 Adventures. **2.00** Monster Jam. **3.00** The Doctors. **4.00** Places We Go. **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** I Fish. **6.00** Bondi Rescue. **6.30** Scorpion. **7.30** NCIS: LA. **8.30** Motor Racing. Supercars Championship. Round 5. Perth SuperSprint. Race 12. Highlights. **9.30** Motorcycle Racing. MotoGP. Race 4. Spanish Grand Prix. **11.00** Red Bull Wings For Life. World Run. **4.00** Air Racing. Red Bull Series. Highlights. **4.30** Operation Repo. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Aust. **2.30** Ask The Doctor. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.25** Children's Programs. **4.50** Micro Monsters. Final. **5.15** Father Brown. **6.00** The Checkout. (PG) **6.30** Julia Zemiro. (PG) **7.00** ABC News Sunday. **7.40** Joanna And Jennifer: Absolutely Champs. (PG) **8.45** Midsomer Murders. (M) Final. **10.15** Miniseries: National Treasure. (MA15+) **11.05** Harrow. (M) **12.00** Silent Witness. (M) **1.00** Miniseries: National Treasure. (MA15+) **1.50** Doctor Who. (PG) **2.40** Rage. (MA15+) **4.00** Antiques Roadshow. **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.10** WildWoods. **5.25** Kazoops! **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** Penn & Teller: Fool Us. (PG) **8.40** Kitty Flanagan: Charming And Alarming. (M) **9.45** Alan Davies: As Yet Untitled. (MA15+) **10.30** Adam Hills: The Last Leg. (M) **11.15** W1A. (M) **11.45** Plebs. (M) **12.10** Idiotsitter. (M) Final. **12.30** Free Agents. (MA15+) **12.55** The Thick Of It. (M) **1.25** Dirty Laundry. (M) **2.10** News Update. **2.15** 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** Soccer. EPL Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** Football's Greatest Stage. **3.30** Football's Greatest Stage. **4.00** FIFA 2018 World Cup: Road To Russia. **4.30** FIFA 2018 World Cup: Road To Russia. **5.00** Small Business Secrets. **5.35** After Hitler. (PG) **6.30** News. **7.30** The Celts. (PG) **8.40** Movie: Red Obsession. (PG) (2013) **10.05** Exodus: Our Journey. (MA15+) **11.15** Is Australia Racist? (MA15+) **12.15** Movie: Incendies. (MA15+) (2010) **2.40** Hunters Of The South Seas. (M) **4.45** SBS Flashback. **4.55** Destination Flavour Bitesize. **5.00** CGTN English News. **5.15** WorldWatch.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. (PG) **1.30** 10,000 BC. (PG) **2.25** Rise. (PG) **3.15** Cyberwar. (PG) **3.45** Most Expensivist. (PG) **4.10** Most Expensivist. (PG) **4.40** Huang's World. (PG) **5.30** Killing Cancer. (PG) **6.20** Vs Arashi. (PG) **7.15** If You Are The One. **8.30** The Island: Men's Island. (MA15+) **9.30** Mutiny. (M) **10.25** Adam Looking For Eve. (MA15+) **11.20** Adam Looking For Eve. (MA15+) **12.10** Sex Box USA. (M) **1.05** The Escobar Effect. (M) **1.50** Shot By Kern. (MA15+) **2.20** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm Non-Stop (2014) Thriller. Liam Neeson, Julianne Moore. (M) **Action** **8.30pm Imperium** (2016) Thriller. Daniel Radcliffe, Toni Collette. (MA15+) **Premiere**

10.15pm There's Something About Mary (1998) Comedy. Cameron Diaz, Ben Stiller. (MA15+) **Comedy**

GENERAL

6.00pm Parks And Recreation. (M) **Comedy Channel** **8.30pm Comedy Jam**. (MA15+) **Comedy Channel** **11.00pm Comic Book Men**. (PG) **A&E**

DOCUMENTARY

6.30pm Freddie Down Under. (PG) **Lifestyle**

9.30pm Ghosts Of Shepherdstown. (M) **TLC** **10.30pm How It's Made**. (PG) **Discovery Science**

SPORT

7.20pm Football. AFL. Round 7. Western Bulldogs v Richmond. **Fox Footy** **9.30pm Tennis**. ATP World Tour 250. Istanbul Open. Semifinals. **Fox Sports 506** **9.30pm Cycling**. UCI World Tour. Giro d'Italia. Stage 2. Olbia to Tortoli. **Eurosport**

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.10** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.15** Stan Walker: Fight Of His Life. **10.45** 100% Footy. (M) **11.45** Two And A Half Men. (PG) **12.10** The Bible. (M) **1.00** Postcards. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Car SOS. (PG) **12.00** Deals, Wheels And Steals. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Collateral. (M) (2004) **11.00** Big Bang. (PG) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: A Perfect Day. (PG) (2006) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase. **6.00** News. **7.00** Home And Away. (PG) Raffy is unimpressed by Marilyn and John's foster child. **7.30** House Rules. (PG) Return. Seven new Aussie teams deal with a game-changer that will raise the stakes of the competition. Hosted by Johanna Griggs. **9.00** The Mentor. (M) Mark Bouris comes to the aid of Cobram Motorcycles And Mowers in rural Victoria. **10.00** The Resident. (M) **11.00** The Blacklist. (M) **12.00** Talking Footy. **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** Mighty Ships. **11.30** Room For Improvement. **12.00** NBC Today. **1.00** NBC Press. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) **10.30** Blue Murder. (M) **11.30** Bargain Hunt. **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Secrets Of A Coral Cay. **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. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Return. **9.00** Roseanne. Roseanne and Dan are concerned about Darlene's son Mark's welfare on his first day at a new school. **9.30** 2017 Montreal Comedy Festival. (M) Tommy Little presents stand-up from Amy Schumer, Arj Barker, Danny Bhoj, Carl Barron, Wil Anderson and Ronny Chieng. **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** iFish. **9.30** A Taste Of Travel. **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (PG) **2.00** Happy Days. **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. (PG) **6.30** David Attenborough And The Giant Egg. **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Motorcycle Racing. MotoGP. Race 4. Spanish Grand Prix. Replay. From Circuito de Jerez, Andalusia, Spain. **3.30** Cheers. (PG) **4.00** Matlock. (M) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Joanna And Jennifer: Absolutely Changers. (PG) **12.00** ABC News At Noon. **1.00** Landline. **2.00** Seven Types Of Ambiguity. (M) **3.00** Gardening Aust. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Golf. USPGA Tour. Wells Fargo Championship. Highlights. From Quail Hollow Club, Charlotte, North Carolina. **12.20** Doctor Who. (PG) **1.10** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **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** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** The Librarians. (M) **8.30** The Librarians. (M) **8.55** Buzzcocks. (M) **9.30** Free Agents. (MA15+) **9.55** Kitty Flanagan: Charming And Alarming. (M) **11.00** The Office. (PG) **11.20** 30 Rock. (M) **11.45** Parks And Recreation. (PG) **12.05** Inside Amy Schumer. (M) **12.25** Buzzcocks. (M) **1.00** The Office. (PG) **1.20** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.05** News Update. **2.10** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Celtic Woman: Believe. **2.55** Cancer: The Emperor Of All Maladies. **4.00** Giffra: Africa's High Doctor. **5.00** I Heart My People. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.35** Elizabeth. (M) **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Agatha Christie's Criminal Games. (M) Final. **1.20** Ride Upon The Storm. (M) **2.30** Ride Upon The Storm. (M) **3.40** Ride Upon The Storm. (MA15+) **4.50** Destination Flavour. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Boy And The Beast. (PG) (2015) **2.10** Cyberwar. (PG) **2.35** Cyberwar. (PG) **3.00** Vs Arashi. (PG) **3.55** Fashionista. (PG) **4.05** The Mindy Project. (PG) **4.30** Tattoo Age. (PG) **4.55** Young Brides For Sale. (PG) **5.20** If You Are The One. **6.35** Batman. (PG) **7.05** Batman. (PG) **7.30** The Feed. **8.00** Travel Man. **8.30** Movie: Raising Arizona. (1987) **10.20** Movie: Fast Times At Ridgemont High. (M) (1982) **11.55** Holland's Hope. (M) **12.55** Holland's Hope. (MA15+) **1.50** FEMEN: Sexism In Canada. (M) **2.15** The Feed. **2.45** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** WorldWatch.



MOVIES

6.20pm Joy (2015) Drama. Jennifer Lawrence, Bradley Cooper. (M) *Romance*

8.30pm Independence Day: Resurgence (2016) Sci-fi. Liam Hemsworth, Jeff Goldblum. (M) *Action*

11.55pm Made In America (1993) Comedy. Whoopi Goldberg, Ted Danson. (M) *Comedy*

GENERAL

6.30pm The Amazing Race. (PG) *FOX8*

7.30pm Michael McIntyre's Big Show. (PG) *UKTV*

8.30pm 55-GB. (M) *BBC First*

DOCUMENTARY

7.30pm Anthony Bourdain: Parts Unknown. (M) *Discovery*

9.30pm Me And My Eating Disorder. *Lifestyle You*

9.30pm 24 Hours In Emergency. (M) *Lifestyle*

SPORT

3.00pm Football. AFL. Round 7. Melbourne v Hawthorn. *Fox Sports 503*

4.00pm Soccer. A-League. Grand Final. *Fox Sports 505*

8.00pm Cricket. One-day International Series. England v Ireland. Game 1. *Fox Sports 501*

0705

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.

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

An early start this week as a record number of ladies - 81 in all - descended upon the new North Lakes Hotel for a sneak peek. The very efficient Barbara and Trudy took us in groups through the hotel to view for ourselves this marvellous new addition to North Lakes. The views of the Lake are just beautiful, the rooms look very inviting and we look forward to enjoying many dining events there when the restaurant opens in a few weeks. We were treated to a sample of the Chef's creations with a complimentary morning tea. We were so impressed that we have booked our May lunch there, as well as one of our highlight events for the year, our Birthday Lunch in October. A huge thank you to everyone involved for making this a very special morning.

After all this excitement we then made our way up to North Lakes Sports Club for lunch where, due to the large number of us, we were set up out on the covered deck outside the restaurant itself. The staff, the food and the ambience was fantastic. All in all it was a most enjoyable and successful day.

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

Tuesday 15th May - 9.45am Gerry and his friends from the Happy Wanderers Dance Club will be joining us to teach those not-so-sure footed of our Group a few dance routines. Visitors welcome.

Tuesday 22nd May - 12pm Lunch at the North Lakes Hotel. We visited there before it opened and now we have the chance to dine there. 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.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.10**
 The Voice. **3.00** News Now. **4.00**
 Afternoon News. **5.00** Millionaire
 Hot Seat. **6.00** Nine News. **7.00**
 A Current Affair. **7.30** The Voice.
9.15 Meghan & Harry: In Their
 Own Words. (PG) **10.15** Nine
 News Special: Budget 2018. **10.50**
 Beauty And The Beach. (M) **11.50**
 Mom. (M) **12.15** 20/20. **1.05** The
 Closer. (M) **2.00** Extra. **2.30** Global
 Shop. **3.00** Skippy The Bush
 Kangaroo. **3.30** Good Morning
 America. **5.00** News Early Edition.
5.30 Today.

GO!

6.00 Children's Programs. **11.00**
 Friends. (PG) **12.00** Total Divas.
 (M) **1.00** Dawson's Creek. (PG)
2.00 Children's Programs. **3.30**
 Ninjago. (PG) **4.00** Kids' WB. (PG)
4.05 Teen Titans. (PG) **4.30** Ben
 10. (PG) **5.00** Clarence. (PG) **5.30**
 Adv Time. (PG) **6.00** Friends. (PG)
7.00 Big Bang. (PG) **7.30** Real,
 Fake Or Unknown. **8.30** Movie:
 The Sum Of All Fears. (M) (2002)
11.00 Big Bang. (PG) **11.30** 2
 Broke Girls. (M) **12.30** Friends.
 (PG) **1.30** Clarence. (PG) **2.00**
 Yu-Gi-Oh! (PG) **2.30** Pokémon
 The Series: Sun & Moon. **3.00**
 Ben 10. (PG) **3.30** Beyblade Burst
 Evolution. **4.00** Teen Titans.
 (PG) **4.30** Adv Time. (PG) **4.50**
 Power Rangers Dino Super.
 (PG) **5.10** Regal Academy. **5.30**
 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: My Sweet Audrina. (M)
 (2016) **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) The judges score the
 first ever auction home before it
 goes under the hammer. Hosted
 by Johanna Griggs. **9.00** Interview.
 (M) Andrew Denton interviews
 a range of fascinating people in
 an effort to find out what makes
 them tick. **10.00** Grey's Anatomy.
 (M) Bailey and Meredith are
 unable to complete a surgery.
11.00 Grey's Anatomy. (M) **12.00**
 Cosmetic Coffee. (M) **12.30** The
 Windsors. (M) **1.30** Travel Oz. (PG)
2.00 Shopping. **4.00** NBC Today.
5.00 News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Get Arty. **7.30** Kitty
 Is Not A Cat. **8.00** Jay's Jungle.
8.30 Million Dollar Minute.
9.30 Auction Squad. **10.30** 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. **5.00**
 Medical Emergency. (PG) **5.30**
 Escape To The Country. **6.30**
 Bargain Hunt. **7.30** Pie In The Sky.
 (PG) **8.30** Inspector Morse. (PG)
 Inspector Morse investigates after
 the doctor of a brain-damaged
 woman is found murdered. **10.30**
 Suspects. (M) **11.30** Bargain Hunt.
1.00 Auction Squad. **2.00** The
 World Around Us. **3.00** Escape To
 The Country. **4.00** Million Dollar
 Minute. **5.00** Animal Rescue. **5.30**
 Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Bold.
 (PG) **7.30** Bold. (PG) **8.00** Family
 Feud. **8.30** Studio 10. (PG) **12.00**
 Dr Phil. (M) **1.00** To Be Advised.
2.30 Neighbours. (PG) **3.00**
 Judge Judy. (PG) **3.30** My Market
 Kitchen. **4.00** Bold. (PG) **4.30**
 Bold. (PG) **5.00** News. **6.00** Family
 Feud. **6.30** The Project. **7.30**
 MasterChef Aust. After handing
 out 18 aprons on the first day,
 the judges are looking for just six
 more contestants to join the top
 24. **9.00** Hughesy, We Have A
 Problem. Dave Hughes is joined by
 Rove McManus, Peter Rowsthorn,
 Meshel Laurie and Rose Matafeo.
10.00 NCIS: LA. (M) A tech
 entrepreneur is murdered. **11.00**
 The Project. **12.00** Stephen
 Colbert. (PG) **1.00** Shopping. **4.30**
 CBS Morning.

ONE

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

ABC

6.00 News. **9.00** ABC News
 Mornings. **10.00** Antiques
 Roadshow. **11.00** Think Tank.
12.00 ABC News At Noon. **1.00**
 Four Corners. **1.45** Media Watch.
 (PG) **2.00** Parliament. **3.05** Surfing
 The Menu: TNG. **3.30** Doctor
 Who. (PG) **4.15** Pointless. **5.00**
 ABC News At Five. **5.10** Drum.
6.00 Think Tank. **7.00** ABC News.
7.30 Budget 2018: The Treasurer's
 Speech. **8.00** Budget 2018: An
 ABC News Special. **9.00** The Real
 Camilla: Duchess Of Cornwall.
10.00 ABC Late News. **10.30**
 Budget 2018: An ABC News
 Special. **11.15** The Business:
 Budget Special. **11.30** Q&A. **12.40**
 Parliament. **1.40** Doctor Who.
 (PG) **2.30** Rage. (MA15+) **3.25**
 Antiques Roadshow. **4.25** Murder,
 She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.10**
 Go Jettlers. **5.25** Kazoos! **5.30**
 Peppa Pig. **5.40** PJ Masks. **5.55**
 Teacup Travels. **6.10** Octonauts.
6.20 Peter Rabbit. **6.35** Floogals.
6.45 The Justine Clarke Show!
6.55 Andy's Baby Animals. **7.05**
 Ben And Holly. **7.20** Shaun The
 Sheep. **7.30** Spicks And Specks.
 (PG) **8.00** The Office. (M) **8.30**
 The Office. (M) **9.00** Buzzcocks.
 (M) **9.30** Plebs. (M) **9.55** Zapped.
 (M) New. **10.30** Red Dwarf. (PG)
11.00 The Office. (PG) **11.25**
 30 Rock. (PG) **11.45** Parks And
 Recreation. (PG) **12.05** Buzzcocks.
 (M) **12.40** Red Dwarf. (PG) **1.05**
 The Office. (PG) **1.30** 30 Rock.
 (PG) **1.50** Parks And Recreation.
 (PG) **2.15** News Update. **2.20**
 Close. **5.00** The Hive. **5.05** Arthur.
5.30 Curious George.

SBS

6.00 WorldWatch. **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** Creative
 Minds. (PG) **2.50** Food Safari Fire:
 Bitesize. **3.00** Nigella Bites. **3.30**
 In Defence Of Food. (PG) **4.30**
 Hitler's Secret Drug Habit. (PG)
5.25 Letters And Numbers. **6.00**
 River Cottage Australia. (PG) **6.30**
 News. **7.00** Who Do You Think
 You Are? (M) **8.30** Insight. **9.30**
 Dateline. **10.00** SBS News. **10.30**
 Bad Banks. (M) New. **11.30** Bad
 Banks. (MA15+) **12.35** Movie: I
 Wish. (PG) (2011) **3.00** STUDIO
 At The MEMO With Tim Rogers.
 (M) **4.00** Food Lover's Guide. **4.30**
 Food Lover's Guide. **5.00**
 Eurovision Song Contest 2018.

SBS VLND

6.00 WorldWatch. **12.00**
 Miniseries: Vargas: Neptune's
 Thunder. (M) **1.35** Beerland. (PG)
2.00 365. (PG) **2.05** The Island.
 (M) **3.00** PopAsia TV. (PG) **4.05**
 The Mindy Project. (PG) **4.30** Dead
 Set On Life. (PG) **5.00** News. **5.30**
 If You Are The One. **6.30** Batman.
 (PG) **7.00** Batman. (PG) **7.30** The
 Feed. **8.00** Going Deep With
 David Rees. (PG) **8.30** Housos.
 (MA15+) **9.00** Housos. (MA15+)
9.30 Hate Thy Neighbour. (M)
10.20 Rupert Everett: 50 Shades
 Of Gay. (MA15+) **11.15** Matthew
 Lesko's Life Lessons. **12.00** News.
12.30 Desus And Mero. (M) **12.55**
 VICE. (MA15+) **1.25** F*ck That's
 Delicious. (M) **1.50** The Feed. **2.20**
 RT News In English From Moscow.
3.00 Thai News. **3.30** Bangla
 News. **4.00** WorldWatch.



MOVIES

7.00pm The Dictator (2012)
 Comedy. Sacha Baron
 Cohen, Anna Faris.
 (MA15+) Comedy
10.05pm Little Fockers (2010)
 Comedy. Ben Stiller,
 Robert De Niro. (M)
 Comedy
10.15pm The Intern
 (2015) Comedy.
 Robert De Niro,
 Anne Hathaway. (M)
 Premiere

GENERAL

8.30pm The Mysteries Of Laura.
 (M) Universal Channel
9.25pm Hap And Leonard. (MA15+)
 Showcase
10.10pm Animals.
 (MA15+) Comedy
 Channel

DOCUMENTARY

7.30pm Art Detectives. (PG)
 Foxtel Arts
8.30pm Alex Polizzi's Secret Spain. Lifestyle
9.30pm James Martin's French Adventure. Lifestyle
 Food

SPORT

7.00pm AFL Tonight. Fox Footy
8.00pm Tennis.
 ATP World Tour
 and WTA Tour.
 Mutua Madrid
 Open. First round.
 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.

0805

How do you want your
 friends to remember you?

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Not only will prepaying and preplanning your funeral protect your
 loved ones financially and emotionally, it also ensures that it'll be
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NINE

6.00 Today. **10.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.10** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.00** The Big Bang Theory. (PG) **8.30** Britain's Got Talent. **9.50** Young Sheldon. (PG) **10.20** The Big Bang Theory. (PG) **10.50** Embarrassing Bodies Down Under. (MA15+) **11.50** House Husbands. (M) **1.20** Murder In The First. (M) **2.15** Nine Presents. **2.30** 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. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Top Gear. (PG) **9.00** Movie: The Taking Of Pelham 123. (MA15+) (2009) **11.10** Big Bang. (PG) **11.40** Street Outlaws. (M) **12.35** Friends. (PG) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: I Killed My BFF. (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. (M) Phil and Claire realise Alex may be more self-sufficient at university than they first thought. **9.15** Modern Family. (M) Phil is convinced he is going to have bad luck after failing to successfully complete his daily superstition. **9.45** Back With The Ex. (PG) The couples are separated for girls' and boys' nights. **10.55** Hell's Kitchen USA. (M) **12.00** Heroes Reborn. (M) **1.00** Heroes Reborn. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** 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. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) **8.30** A Touch Of Frost. (M) Frost investigates a case involving three male bodies found in a bizarre manner. **10.30** Autopsy USA. (M) **11.30** Bargain Hunt. **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Bold. (PG) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. The top 24 contestants enter the kitchen and are challenged to cook a dish that represents them. **8.30** Hughesy, We Have A Problem. Final. Host Dave Hughes is joined by Sarah Harris, Peter Helliar, Luke McGregor and Susie Youssef. **9.30** This Is Us. Randall hosts an NFL Super Bowl party. **10.30** Hawaii Five-O. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** David Attenborough's Planet Earth. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. (PG) **6.30** David Attenborough's Planet Earth. (PG) **7.30** Walker, Texas Ranger. **8.30** CSI: Miami. (M) **9.30** CSI: Miami. (MA15+) **10.30** NCIS. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Parliament. **3.00** The Cook And The Chef. **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Home Delivery. **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) **10.35** ABC Late News. **11.05** The Business. **11.25** Four Corners. **12.10** Media Watch. (PG) **12.25** Parliament. **1.25** Doctor Who. (PG) **2.35** Press Club. **3.25** Law And Disorder In Johannesburg. (MA15+) **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

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** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** Absolutely Fabulous. (PG) **9.00** Buzzcocks. (M) **9.30** An Idiot Abroad. (M) **10.15** Red Dwarf. (PG) **10.45** The Office. (PG) **11.10** 30 Rock. (PG) **11.30** Parks And Recreation. (PG) **11.50** Buzzcocks. (M) **12.20** Red Dwarf. (PG) **12.50** The Office. (PG) **1.15** 30 Rock. (PG) **1.35** Parks And Recreation. (M) **2.00** News Update. **2.05** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 Eurovision Song Contest 2018. **7.00** BBC News. **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. **1.55** Who Do You Think You Are? (PG) **3.05** Dateline. **3.30** Insight. **4.30** Uranium: Twisting The Dragon's Tail. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Eurovision Song Contest 2018. **10.00** The Good Fight. (M) **11.00** Chance. (MA15+) **11.55** SBS News. **12.30** Movie: Four More Years. (M) (2010) **2.15** Miniseries: The Hollow Crown. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Miniseries: Vargas: Neptune's Thunder. (M) **1.35** Beerland. (PG) **2.00** 365. (PG) **2.05** The Island. (M) **3.00** Over The Black Dot. **4.00** The Mindy Project. (PG) **4.30** It's Suppertime! (PG) **5.00** News. **5.30** If You Are The One. **6.30** Batman. (PG) **7.00** Batman. (PG) **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (M) **8.30** The Crystal Maze. (PG) **9.30** Movie: Purple Rain. (M) (1984) **11.35** Movie: Waiting For Guffman. (M) (1996) **1.05** News. **1.30** Desus And Mero. (M) **2.00** The Feed. **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm The Legend Of Tarzan (2016) Adventure. Alexander Skarsgård, Margot Robbie. (M) **Premiere** **8.30pm Zoolander 2** (2016) Comedy. Ben Stiller, Owen Wilson. (M) **Comedy** **10.25pm Bastille Day** (2016) Action. Idris Elba, Richard Madden. (M) **Premiere**

GENERAL

7.30pm Supergirl. (M) FOX8 **8.30pm Southern Charm.** (M) Arena **9.30pm Into The Badlands.** (MA15+) Showcase

DOCUMENTARY

7.30pm Naked And Afraid. (M) Discovery **8.30pm Treasure Quest: Snake Island.** (PG) Discovery

9.35pm Ross Kemp's Heartland. (M) BBC Knowledge

SPORT

7.30pm Soccer. AFC Champions League. Adelaide United v Jiangsu Suning. Fox Sports 505 **8.00pm Surfing.** World League. Round 4. Rio Pro. Day 1. Fox Sports 506 **8.00pm Tennis.** ATP World Tour and WTA Tour. Mutua Madrid Open. First and Second round. ESPN2

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.

0905

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.10** Extra. **1.40** Britain's Got Talent. **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 10. Wests Tigers v North Queensland Cowboys. From Leichhardt Oval, Sydney. **9.45** The NRL Footy Show. (M) **11.00** The AFL Footy Show. (M) **12.30** Al McGlashan's Fish'n With Mates. (PG) **1.00** My Surf TV. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: The Family. (MA15+) (2013) **11.45** WWE Raw. (MA15+) **12.45** Friends. (PG) **1.15** Aqua Teen Hunger Force. (M) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Tenth Circle. (M) (2008) **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) Robbo tries to take back his old life. **7.30** House Rules. (PG) The pressure is mounting on the contestants as they continue to tackle another house. **8.45** First Dates UK. (M) Singles experience the thrills of dating, including two cheeky lads who have vowed to support each other. **9.45** Movie: Get Hard. (MA15+) (2015) Will Ferrell, Kevin Hart. A millionaire prepares to go to jail. **12.00** Code Black. (M) **1.00** Code Black. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **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. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Father Brown. (M) A parishioner claims to be haunted. **8.30** Murdoch Mysteries. (M) Murdoch investigates the death of a politician, rumoured to have been killed by a vengeful ghost. **11.30** Bargain Hunt. **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Bold. (PG) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** MasterChef Aust. Guests include Damian Walshe-Howling, Tegan Higginbotham and Charlie Pickering. **9.30** Law & Order: S.V.U. Rollins races to rescue a girl being held captive by her father. **10.30** Blue Bloods. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** David Attenborough's Planet Earth. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. **6.30** David Attenborough's Planet Earth. (PG) **7.30** Walker, Texas Ranger. **8.30** Cops: Adults Only. (M) **9.00** Movie: Cop Land. (MA15+) (1997) Sylvester Stallone, Robert De Niro, Ray Liotta, Harvey Keitel. **11.05** SEAL Team. **12.00** Highlander. (M) **1.00** Home Shopping. **2.00** The Doctors. (M) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG) **5.00** Highlander. (M)

ABC

6.00 News. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** News. **1.00** Making Australia Great: Inside Our Longest Boom. (PG) **2.00** Parliament. **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **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** Budget 2018: Opposition Reply. **8.00** 7.30. **8.30** Diana: Designing A Princess. **9.00** Wentworth. (MA15+) **9.45** QI. (M) **10.15** News. **10.45** The Business. **11.05** Behind Bars. (M) **12.05** Parliament. **1.05** Doctor Who. (PG) **1.55** Rage. (MA15+) **2.30** Golf. USPGA Tour. Wells Fargo Championship. Highlights. **3.25** African Hunting Holiday. (M) **4.25** Murder, She Wrote. (PG) **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** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Frontline. (M) **8.25** Frontline. (PG) **9.00** Buzzcocks. (M) **9.30** Dead Boss. **10.00** Comedy Up Late. (M) **10.30** Red Dwarf. (M) **11.00** The Office. (PG) **11.25** 30 Rock. (PG) **11.45** Parks And Recreation. (M) **12.05** Buzzcocks. (M) **12.35** Red Dwarf. (M) **1.05** The Office. (PG) **1.30** 30 Rock. (PG) **1.50** Parks And Recreation. (M) **2.15** News Update. **2.20** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** BBC News. **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** The Marngrook Footy Show. **3.25** Skies Above Britain. **4.30** Building The Ancient City. **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Destination Flavour Eurovision. **8.35** The Handmaid's Tale. **9.35** Next Of Kin. **10.25** The Night Manager. **11.35** SBS News. **12.05** Movie: Bleak Street. (MA15+) (2015) Nora Velázquez. **1.55** The Island. (M) **2.50** Super Woman In Kabul. (M) **4.30** Food Lover's Guide. **5.00** Eurovision Song Contest 2018.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Vargas: Seeking Whom He May Devour. (M) (2009) **1.35** Stoned Moms. (M) **2.00** The Island. (M) **2.55** States Of Undress. (PG) **3.45** Dateline. **4.15** The Therapist. (PG) **4.40** VICE World Of Sports. (PG) **5.05** 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** Eurovision Song Contest 2018. **11.25** Miniseries: Tut. (MA15+) **1.00** News. **1.30** Desus And Mero. (M) **1.55** Black Market. (M) **2.20** 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

6.30pm Imperium (2016) Thriller. Daniel Radcliffe, Toni Collette. (MA15+) **Premiere**
8.30pm Taken 2 (2012) Action. Liam Neeson, Maggie Grace. (M) **Action**
11.00pm Eye In The Sky (2015) Thriller. Helen Mirren, Aaron Paul. (M) **Premiere**

GENERAL

7.30pm Better Call Saul. (M) **FX**
8.30pm The Doctor Blake Mysteries. (M) **13th Street**
9.30pm American Horror Story: Roanoke. (MA15+) **FX**

DOCUMENTARY
7.30pm Gogglebox UK. (MA15+) **Lifestyle**

7.35pm Tonight At The London Palladium. (PG) **Foxtel Arts**
9.30pm Big Dreams Small Spaces. **Lifestyle**

SPORT
7.00pm Soccer. AFC Champions League. Brisbane Roar v Ulsan Hyundai. **Fox Sports 505**
8.00pm Surfing. World League. Round 4. Rio Pro. Day 2. **Fox Sports**
8.00pm Tennis. ATP World Tour and WTA Tour. Mutua Madrid Open. Second round. **ESPN2**

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

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LEONIE SCHILLING

NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Leap Year. (PG) (2010) Amy Adams, Matthew Goode. A woman follows her boyfriend to Ireland.
3.00 News. **4.00** Afternoon News.
5.00 Hot Seat. **6.00** Nine News.
7.00 A Current Affair. **7.30** Friday Night Football Preview. **7.55** Rugby League. NRL. Round 10. Canterbury Bulldogs v Parramatta Eels. From ANZ Stadium, Sydney.
10.45 Movie: Flags Of Our Fathers. (MA15+) (2006) Ryan Phillippe, Barry Pepper, Joseph Cross. A group of US Marines fight the Japanese on the island of Iwo Jima. **1.30** TV Shop. **2.00** Filthy Rich. (M) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** GMA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Regular Show. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.30** Movie: Paddington. (G) (2014) **8.30** Movie: The Hobbit: The Desolation Of Smaug. (M) (2013) **12.10** WWE Smackdown. (MA15+) **1.10** Total Divas. (M) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Turning Mecard. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) The latest news and views. **11.30** News. **12.00** Movie: Flowers In The Attic. (M) (2014) Heather Graham. **2.00** Daily Edition. The hottest issues from the day's news. **3.00** The Chase. Contestants race to answer quiz questions correctly to avoid being caught by The Chaser. **4.00** News. **5.00** The Chase Aust. Hosted by Andrew O'Keefe. **6.00** News. **7.00** Better Homes And Gardens. Joh and Pete visit a home with sustainable features. Karen bakes a date and honey ricotta tart. **8.30** To Be Advised. **2.00** Shopping. **4.00** The Great Outdoors. Jennifer Hawkins takes a look at some romantic hotspots, including New York City. **5.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** House Of Wellness. (PG) **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. The teams are at the East of England Showground. **7.30** Border Security: Int. (PG) **8.30** To Be Advised. **9.30** Building The Dream. Charlie helps a glass-blower. **10.30** The House That 100K Built. **11.30** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Bold. (PG) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** The Living Room. George Calombaris hosts Amanda at his restaurant, The Press Club, for a chat and snack. **8.30** The Graham Norton Show. Irish comedian Graham Norton chats with Amy Schumer, Stephen Mangan and Jess Glynne. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 4. Spanish Grand Prix. Replay. From Circuito de Jerez, Andalucia, Spain. **9.30** Cheers. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. **11.00** Cheers. (PG) **12.00** David Attenborough's Planet Earth. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. **6.30** MacGyver. (PG) **7.30** Walker, Texas Ranger. **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Matlock. (M) **3.00** Walker, Texas Ranger.

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **12.55** One Plus One. **1.25** Meet The Mavericks. (M) Final. **1.50** Seven Types Of Ambiguity. (M) Final. **2.50** Hatch, Match And Dispatch. (PG) **3.20** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Harrow. (M) Final. **9.25** Silent Witness. (M) Final. **10.25** ABC Late News. **10.55** The Business. **11.15** The Weekly With Charlie Pickering. (M) **11.45** Planet America. **12.30** 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** P1 Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Weekly. (M) **8.30** Gruen XL. **9.15** Buzzcocks. (M) **9.45** W1A. (M) **10.15** The Thick Of It. (M) **10.45** Red Dwarf. (PG) **11.15** The Office. (PG) **11.40** 30 Rock. (PG) **12.00** Parks And Recreation. (PG) **12.20** Buzzcocks. (M) **12.50** Red Dwarf. (PG) **1.20** The Office. (PG) **1.45** 30 Rock. (PG) **2.05** Parks And Recreation. (PG) **2.30** News Update. **2.35** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 Eurovision Song Contest 2018. **7.00** WorldWatch. **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** The Point. **3.00** NITV News Week In Review. **3.30** Poh's Kitchen. **4.00** Poh's Kitchen. **4.30** Jonathan Phang's Gourmet Express. **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Eurovision Song Contest 2018. **10.00** Movie: Dreamgirls. (2006) **12.30** Movie: Concussion. (MA15+) (2013) **2.20** Riviera. (MA15+) **3.10** Riviera. (MA15+) **4.05** Riviera. (MA15+) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Vargas: The Chalk Circle Man. (M) (2009) **1.40** Dead Set On Life. (PG) **2.05** The Island. (M) **3.00** Abandoned. (PG) **3.50** Dateline. **4.20** The Therapist. (PG) **4.45** Needles And Pins. (PG) **5.10** News. **5.35** If You Are The One. **6.35** The Classic Car Show. **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve VIP. **9.30** Atlanta. (M) Final. **10.05** The Handmaid's Tale. **11.05** Queer As Folk. (MA15+) **12.00** News. **12.30** Desus And Mero. (M) **12.55** Noissey. (M) **1.40** PopAsia TV. (PG) **2.40** 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

6.45pm Fantastic Four (2015) Action. (M) Action
8.30pm The Last Witch Hunter (2015) Action. Vin Diesel. (M) Action
10.15pm Trainwreck (2015) Comedy. Amy Schumer, Bill Hader. (MA15+) Comedy
GENERAL
6.00pm Hot Bench. (PG) Arena
8.30pm Criminal Minds. (MA15+) FX
9.35pm The Americans. (MA15+) Showcase
DOCUMENTARY
7.30pm Railroad Australia. (PG) Discovery
8.30pm Gold Rush. (PG) Discovery
10.30pm Live From Abbey Road Classics. Foxtel Arts
SPORT
7.00pm NRL Thursday Night League. Fox League
7.50pm Rugby League. NRL. Round 10. Canterbury Bulldogs v North Queensland Cowboys. Fox League
8.00pm Tennis. ATP World Tour and WTA Tour. Mutua Madrid Open. Third round. ESPN2
9.30pm Cycling. UCI World Tour. Giro d'Italia. Stage 6. Reggio Calabria to Terme Igliane. 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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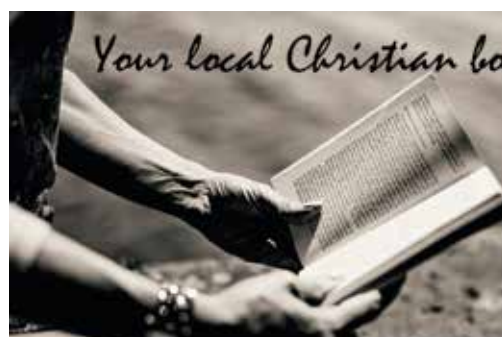
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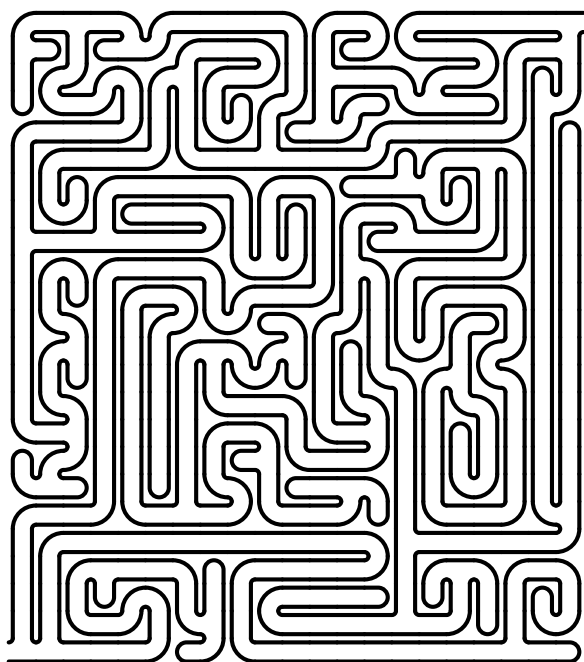


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SUDOKU

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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 6514

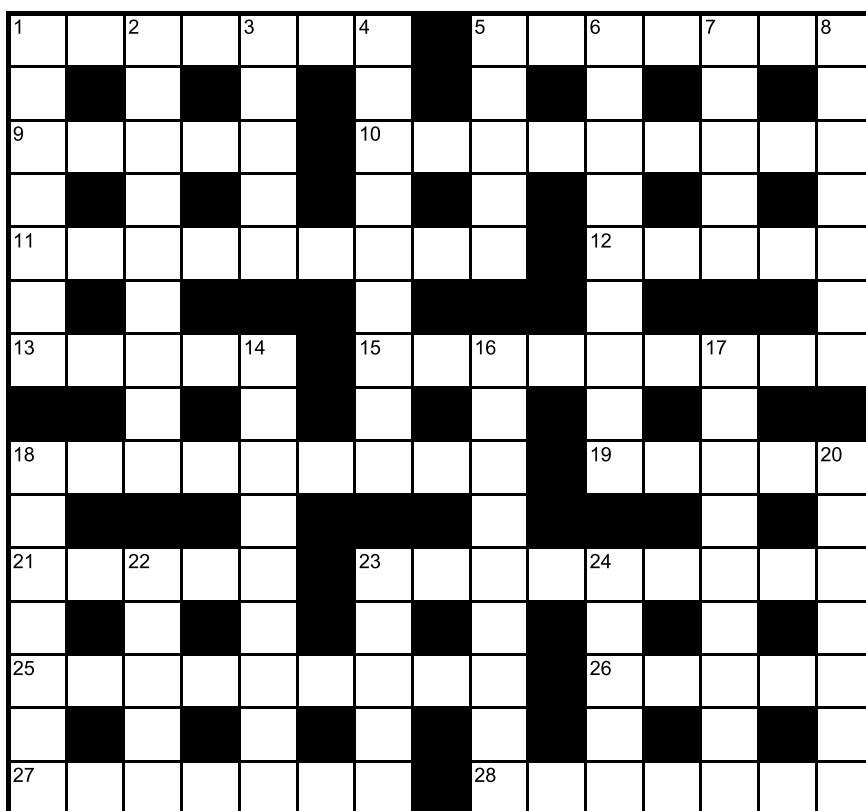
Global media megastar Laurie Stibbe creates these

ACROSS

- 1 Largest anthropoid ape
- 5 Was a source of pain
- 9 Provide in small portions
- 10 Happened simultaneously
- 11 Increase by natural growth
- 12 A piece of poetry
- 13 Large African antelope
- 15 Accumulation of knowledge
- 18 Rendered active
- 19 Unenlightened
- 21 Lariat
- 23 Unsure
- 25 Selected for a job
- 26 Ego, self
- 27 Continuing forever
- 28 Urgent requests

DOWN

- 1 Pass from one degree
- 2 Not eager to be involved
- 3 Machine tool for shaping
- 4 One who creates plans
- 5 Descendent or heir
- 6 Make sure
- 7 Current day
- 8 Intense indignation
- 14 Digression
- 16 Not sure
- 17 Something copied
- 18 Land area for farming
- 20 Sums of 8 and 9
- 22 More than enough
- 23 Up to a time that ...
- 24 Domain ruled by a king



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PROPERTY SHOPPING?

Expert shares the red flags of high risk properties

In the current environment of cooler housing markets, lending restrictions, the potential repercussions of the Banking Royal Committee and overall risk awareness, it is more important than ever to identify the red flags when it comes to buying property.

RiskWise Property Research has identified these red flags for high-risk dwellings for both suburbs and specific property types and configurations.

However, the No.1 risk associated with buying any dwelling is taking advice from a "property professional" who is not paid for their services.

RiskWise CEO Doron Peleg says in the housing industry no one works for free.

"As a general rule, if you are not paying, you are not the client, and someone else is, for example a property developer - and that means there is an agenda to get you to buy whether it is for your benefit or not," Mr Peleg says.

Following is the RiskWise list for suburb-related risks:

1. Poor or unsustainable economic growth

It's no secret that economic growth is the No.1 factor when it comes to success, says Mr Peleg.

"Therefore, suburbs that are located where there is poor or unsustainable economic growth, such as Perth, are highly likely to underperform the national benchmark," he says.

"Dwellings, whether houses or units, in suburbs with sustainable economic growth have outperformed the national benchmark in 90 per cent of cases, delivering an average five-year growth of 48 per cent.

"In contrast, only 43 per cent of suburbs with no sustainable economic growth outperformed the benchmark, delivering an average five-year growth of 10.4 per cent. A significant difference."

2. Oversupply

A low proportion of new properties has a strong correlation with solid capital growth. Therefore, areas with a large number of dwellings in the pipeline and building approvals are highly likely to underperform the market.

Both equity risk and cashflow risk associated with properties in such areas are significantly higher than areas with a low number of new dwellings.

Mr Peleg says it must also be remembered there is the possibility the value of an off-the-plan property may decrease between the original

contract date and settlement. This will result in a capital loss, as the equity in the home could be reduced. The risk is further increased if a pre-settlement valuation for a mortgage loan is less than the original value, as there could be a shortfall in funds to complete the sale. If these funds are unavailable, the buyer might lose the deposit paid for the property.

A low proportion of new units in a city has a strong correlation with high capital growth outperforming the benchmark in 85 per cent of cases, delivering five-year growth of 50.3 per cent. Areas with a high proportion of new units outperformed the benchmark in only 63 per cent of the cases, delivering 30 per cent capital growth in the period.

However, Mr Peleg says, considering only the number of units in the suburb alone is not enough.

"Our research shows that the addition of units to the entire area needs to be taken into consideration," he says.

3. Lower medians

RiskWise research clearly shows units in suburbs with a lower median price generally underperform those suburbs with a higher median price.

4. High unit-to-house ratio

Where a unit costs more than 60 per cent of the median house price of the suburb, the capital growth is generally lower than units in suburbs where the median price is less than 50 per cent of the house price. Also, the greater the ratio between units to houses, the greater the preference is for houses over units, and therefore, the risk associated with units is greater.

5. High vacancy rate

Properties in areas with a higher vacancy rate carry a higher level of equity and cashflow risk, due to competition for a small number of tenants.

Mr Peleg says property types also carry their own level of risks:

House/Semi/Townhouse/Unit

"Generally, it is understood there is a preference for houses over units to deliver a solid capital growth," Mr Peleg says. "However, the risk associated with a unit or other property type depends on the specific suburb, which is why they should be assessed on a case-by-case basis."

High rise vs small unit blocks

RiskWise research shows high-rise buildings generally carry higher risk than small unit blocks from both a capital growth and cashflow perspective. It is important to note that the risk associated with a high-rise building depends on the specific suburb and other factors such as strata payment and specific property features, all of which should be assessed on a case-by-case basis.

Off-the-plan vs existing properties

It is possible the value of an off-the-plan property may decrease between the original contract date and settlement.

"This will result in a capital loss, as the equity in the home could be reduced," he says.

"The risk is further increased if a pre-settlement valuation for a mortgage loan is less than the original value, as there could be a shortfall in funds to complete the sale.

"If these funds are unavailable, the buyer might lose the deposit paid for the property."

He says an off-the-plan property also carries a cashflow risk as the actual rental may not meet the expectations.

Property configuration - number of bedrooms, bathrooms and parking

Different property configurations are desired by buyers and for investment purposes, by tenants. RiskWise research shows a property which does not have the desired configuration (of bedrooms, bathrooms, parking) carries an increased risk of lower demand from home buyers and investors during normal market conditions.

Generally, large properties that are well suited for families carry lower risks and deliver higher return than small properties that are suited for singles.

Top Three Tips for buying property:

1. Perform independent research and be aware of the risks. If things go wrong, you will have to deal with the consequences.
2. Do not take advice from a property professional who you are not paying. Steer clear of advisors offering their services for "free". You will pay in the long run.
3. Distinguish between the research phase (that should be done by yourself or by a research company) and the execution phase (i.e. the purchasing activity).

Visit www.riskwiseproperty.com.au for more tips and information

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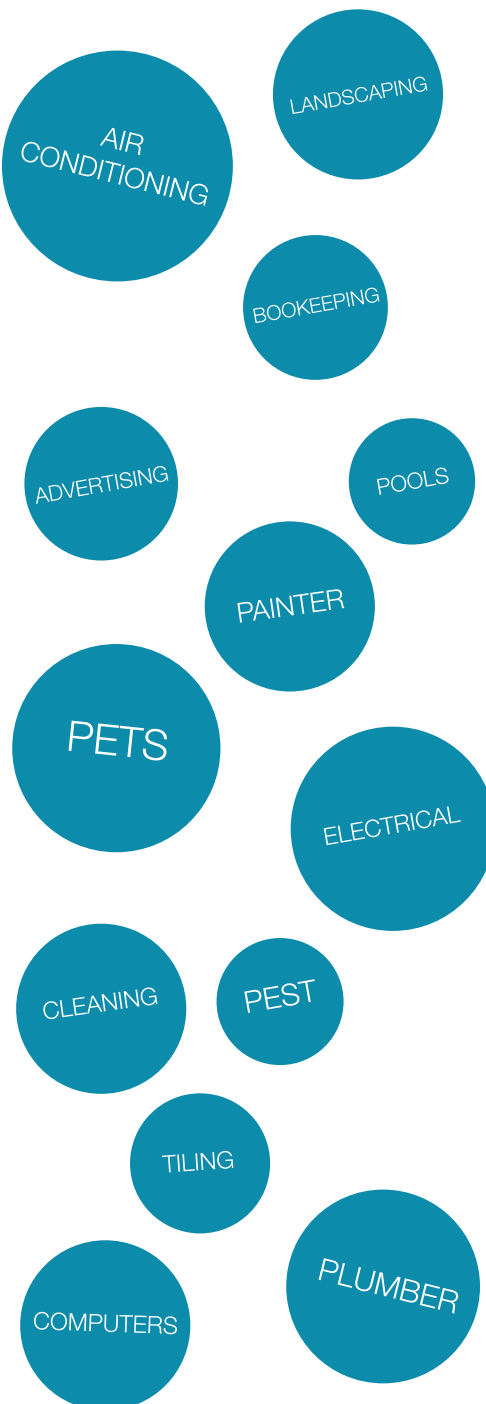
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