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Lakes, Bay & Region • November 3, 2018

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# Oral Myology – Breaking Bad Habits!

Many things impact the development and function of our craniofacial structures (head, face and mouth). These influences come from our genetics, developmental abnormalities, how we use these structures, any habits we form, the size and shape of each part of the craniofacial complex and how these structures affect each other. Each of these things can create either healthy development form and function or dysfunctional development form and function (**Orofacial Myofunctional Disorders**).

**Orofacial myology disorders** can lead to crowded and misaligned teeth, incorrect jaw position and size, a narrow and misshaped palate, jaw joint pain and wear, incorrect tongue posture and an abnormal tongue thrust, chronic mouth breathing, grinding and clenching of the teeth, speech problems, swollen and inflamed tonsils and adenoids, a restricted airway, snoring, sleep disordered breathing, general posture issues and they can have a negative impact on our general and mental health.

**Orofacial myology** disorders can be caused by a number of factors. Anything that enters the mouth after birth will affect how the structures within the mouth are shaped and how they function together, including bottles, nipples, dummies and sippy cups. The texture of the food we eat can also affect the way the craniofacial structures develop. Soft foods do not require much chewing, whereas harder foods will encourage chewing. The more you use your craniofacial structures, the better they will develop. Any noxious oral habits such as thumb or finger sucking, chewing on clothing or blankets, chewing or sucking on the lips and cheeks, nail biting, hair chewing, chewing on pens and other objects affect development.

The way we breathe also influences the development of our craniofacial structures. We are designed to breathe through our nose rather than our mouth. The nose warms, humidifies and filters the air before it reaches our lungs. This has many benefits, such as, removing potentially



harmful bacteria and mixing the air with Nitric Oxide, which helps your body to absorb oxygen more efficiently. The mouth is simply a backup system when the nose fails to do its job. Chronic mouth breathing has an extremely negative impact on our health. Any structures that restrict your airway such as the position of the tongue at rest, large tonsils or adenoids and polyps and the size and position of the upper and lower jaws can also have an impact on the airways. Chronic sinus infections and allergies reduce the ability to breathe through the nose, as do tethered oral tissues include tongue and lip ties. These can create problems during breastfeeding and also impact how the tongue functions over your lifetime. Your tongue is designed to rest at the top of your mouth, touching the palate just behind your upper front teeth. If the tongue's movement is restricted by a tight frenum (cord) it can impact the tongue's posture, and the way that you swallow and speak. Lip ties can create a gap between the front teeth.

**Orofacial Myology** is the treatment of Orofacial Myofunctional Disorders through the use of specific exercises and techniques to train the muscles of the face and mouth to function in the most ideal way. By strengthening these muscles and improving their position, we can encourage

healthy development, form and function. **Orofacial Myology is useful for all ages, from young mouths that are still growing to fully grown mouths that need to change old habits. It is never too late!** In some cases, early intervention can reduce the need for orthodontic treatment down the track. Your **Orofacial Myologist** has been specifically trained to recognize Orofacial Myofunctional Disorders and will create a tailored program to treat each individual's needs. The focus will be on training the tongue and facial muscles for proper function as it relates to your dental, jaw, airway, speech and posture needs with the aim of restoring optimal development, form and function.

If you are concerned about the development of your children's craniofacial structures, or if you have snoring or sleep concerns, call us at **Anzac Avenue Dental** on **07 3491 8131** to schedule an appointment so we can provide you with suitable treatment options.

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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:

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- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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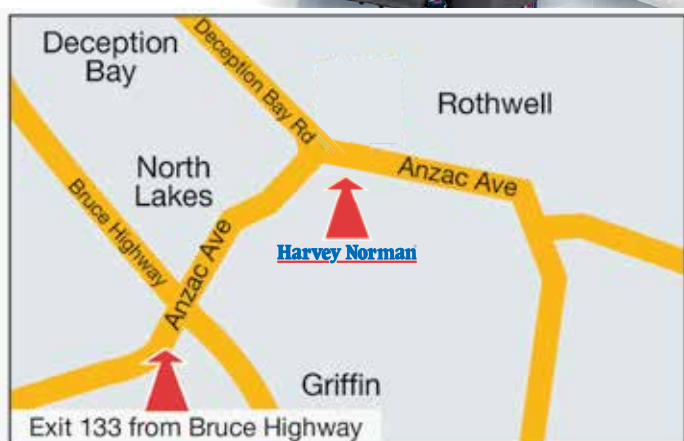
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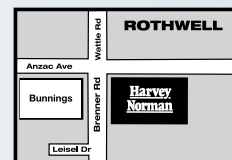
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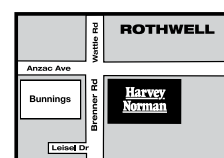
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# Perfecting parenting arrangements for the silly season

Kiara Greenway, Graduate Solicitor at Best Wilson Buckley Family Law

As usual, the year has flashed past us in the blink of an eye. It feels like just yesterday we welcomed in the new year and had the crazy rush of the Christmas period. But here we are again, just a few months away from that same period of madness. One of the last things we want to be worrying about over that time is the plans and arrangements for the children, and specifically with whom, when and where they will be spending time over the holidays and festive period.

It can be incredibly helpful to have a set schedule in place for the children to ensure that everything runs like clockwork, but it can be achieved.

## My partner and I are in agreement about the parenting arrangements. What are our options?

When formalising parenting arrangements by consent, there are two options available:

1. a parenting plan; or
2. consent orders.

## What is a parenting plan?

A parenting plan is effectively an agreement reached between a child's parents. It deals with a number of aspects of a child's care arrangements such as who the child lives with and the time a child will spend with the other parent (including on special occasions), as well as other matters such as the communication a child will have with a parent or other person.

In order for a parenting plan to be valid and effective it must be in writing, made between the parents, signed by both parents and dated.

A parenting plan is a good option in circumstances where the parents are in agreement with respect to a child's parenting arrangements. A parenting plan also provides flexibility in terms of altering the arrangements at a later time, so may be preferred where there are younger children involved. It is important to note that whilst a parenting plan can be effective (provided the requirements outlined above are met), it is not binding or enforceable in a court, unlike consent orders.

## What are Consent Orders?

Similar to parenting plans, consent orders provide for a vast number of aspects of a child's care arrangements. The difference is that consent orders are orders that are made by the court, and are binding and enforceable. This means that in the event either parent breaches a consent order in any way, the court can hold you in contempt of the orders, which can result in a fine or imprisonment.

Consent orders are suitable in circumstances where the parenting arrangements will continue right up until the child is 18 years of age. If the orders need to be changed, the parents need to apply to the court to vary the orders to do so. It is not

always guaranteed that an application will be approved, unless both parents consent to the change or there has been a significant change in circumstances. If you are considering varying a court order, you should seek legal advice.

## My partner and I just cannot agree on the care arrangements for the children. What can I do?

If you cannot agree on the parenting arrangements, you may need to consider applying to the court to find a solution. However, before an application can be made (unless there are exceptional circumstances), the parents need to attempt mediation.

If a resolution is still not reached at mediation, an application to the court will more than likely be necessary in order to have formal arrangements put in place for the children. Whilst not desirable given the costs, delay and emotional strain associated with the court process, this is sometimes the only option in order to achieve an outcome that provides security and stability for the children.

In the lead up to the silly season, we urge parents to consider implementing formal care arrangements for the children in order to reduce any added anxiety and stress to an already high pressure period.



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1



### COLOURING = VOLUME

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**Q.** I want Salon Volume at Home! HOW?

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2



### MOVEMENT IS KEY!

**Q.** How should I cut my fine limp hair?

**A.** Consult with your stylist, texture is important in avoiding weight lines! **Movement is Key!**

### HELP DRY ENDS

**Q.** I love volume but my ends are dry, Help?

**A.** Before a blow dry, treat your ends with a weightless leave-in! Try De Lorenzo Instant Satur8 Mousse or De Lorenzo Instant Restructrant!

3

4



1. Big Sexy Hair Shampoo. 2. Big Sexy Hair Root Pump Plus. 3. Instant Restructrant by De Lorenzo 4. Instant Satur8 by De Lorenzo. **\*\*All products available at Becky B!\*\***

## MEET ANNA!

**BECKY B:** What is your favourite aspect of doing hair?

**ANNA:** When I am able to not only enhance ones natural beauty but make them feel confident and cared for!

**BECKY B:** What do you do when you aren't doing hair?

**ANNA:** Treating myself to nice restaurants, little day trip adventures and binge watching reality TV.

**BECKY B:** What's on your spotify at the moment?

**ANNA:** Current fave song - East Side by Khalid and Halsey, but I love old school 90s.

**BECKY B:** How did Becky B find you?

**ANNA:** I worked with Kat years ago and we always stayed friends, then one day she introduced me to Becky. **I thank my lucky stars everyday that I'm surrounded by the best team of girls!**

**BECKY B:** Celebrity crush?

**ANNA:** Ryan Reynolds.

**BECKY B:** What would you be doing if you weren't hairdressing?

**ANNA:** My dream job would be boarder security, if I was on the show that would be a bonus!

**BECKY B:** What is one thing about hair you wish everyone knew?

**ANNA:** The way a clients hair is maintained at home in between visits is crucial to attain their dream colour! Haircare routine, styling and keeping appointments.

**Ask Becky B – send your questions to [salon@beckyb.com.au](mailto:salon@beckyb.com.au).**

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# BUY LOCAL, EAT ORGANIC

## Organic farm at Narangba Launched

Second Nature Organics has launched a new online store to encourage more customers to eat healthy food and to help create jobs for young locals.

The farm currently provides training and employment for four young people in conjunction with non-profit disability employment provider Epic Assist.

"We certainly have more candidates than placement opportunities", says Epic Assist's Outer North Brisbane, Office Coordinator, Angie Brazier.

"It can often be difficult to find suitable employment and training opportunities for our clients."

"So to find a local organic farm willing to work with us, presents opportunities for our clients to gain skills and experiences valuable to their future endeavours." she said.

Participants do a variety of tasks including planting, picking, watering, applying organic fertilisers and mulch and helping manage pests and weeds.

"Organics is ideal for anyone who values their health and people with certain health conditions who need to make sure they have a diet free from chemicals," said Elicia O'Brien, Farm Manager.

"Our online store offers products from our farm and other certified organic producers to offer



customers a wide variety of organic foods and lifestyle products."

Every box we sell helps support jobs for local young people so it's a win-win."

A launch was held at the farm on Sunday 28 October, attended by 60 people including team member Lincoln Inger and Ginny Baker, Epic Assist support worker (pictured).

The certified organic produce is now available to be home delivered to local customers via the company's online store [www.secondnatureorganics.com.au](http://www.secondnatureorganics.com.au).



Pictured top: Locals learning about the benefits organics at the launch. Above: Epic Assist support worker Ginny Baker with team member Lincoln Inger.

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## MASTERCHEF FINALIST CHLOE LAUNCHES COOKING WORKSHOPS IN BRISBANE

**Family focussed cooking on November 4**

MasterChef finalist Chloe Ann Carroll (pictured) is launching a family focused cooking venture in Brisbane to tackle the growing problem of childhood obesity in partnership with LifeShape Clinic on 4 November 2018.

The four-hour weekend workshops presented by Chloe, are designed to help teens establish a healthy relationship with food by teaching the fundamentals of nutrition and cooking while bonding with their parent in a fun and relaxed setting.

"The global food system has changed towards convenience foods," says Chloe.

"Cooking skills are simply not being passed onto future generations, making the home cook somewhat of a dying breed."

"What's more is that this all coincides with the growing epidemic of obesity in Australia. My goal for these workshops is to reinvigorate the art of home cooking by getting the whole family involved."

Co-hosted by a LifeShape Clinic Dietitian, the

workshops will get parents and teens working in pairs, getting back to the basics of creating fresh, healthy food together including meal planning, experimenting with flavour, using kitchen equipment, reading recipes, and buying produce from markets.

"I want to show busy families how to be more efficient with sourcing, preparing and cooking their food," says Chloe. "There will be a huge emphasis on buying produce from farmers markets, and building a community of likeminded people. I want the attendees of these workshops to walk away well informed and motivated to get back in the kitchen."

*COOKING SKILLS ARE SIMPLY  
NOT BEING PASSED ONTO  
FUTURE GENERATIONS,*

There are 259,000 children and 2.3 million adults who are overweight or obese in Queensland. This is 26 per cent of children and 64 per cent of adults.

Childhood is a crucial time for setting lifelong behaviours so the more we can do to empower and help young Queenslanders and families, the better chance we have at reducing obesity rates across the state.

Nutritionist and mum of two, Chloe was a top five finalist in the tenth season of Channel Ten's MasterChef, but sees herself as a simple home cook driven by her desire to educate others on the importance of building sustainable and

healthy relationships with food.

"I'm the first to admit that I'm no MasterChef," says Chloe.

"I wholeheartedly love cooking, but I know not everyone feels the same way. I want to change that. At home we're not cooking to produce a Michelin star dish, we're cooking to nourish the body as well as the soul. The team at LifeShape Clinic are helping me bring my vision to life."

The Clinic has been running shorter, evening cooking demonstrations in their purpose built kitchen in Milton since November 2016 under the theme The Chef and the Dietitian. The introduction of these longer, more hands-on workshops forms just part of their commitment to providing preventative health services to Brisbane by helping the community create healthy habits from an early age.

LifeShape Clinic founder and CEO Neil Holt says he's excited to help Chloe's vision come to fruition.

"As a father of three young girls and two grown sons, I understand the importance of developing long-term, healthy habits with your children from an early age," says Holt. "We are proud to partner with Chloe on this project because getting kids interested in cooking can change their entire outlook on food for the rest of their lives."

Suitable for kids aged 12-20, classes will run once per month on Sunday mornings from 8am for \$275 per parent and child pair. All food and use of equipment is included. For more information please visit [www.lifeshape.com.au/workshops](http://www.lifeshape.com.au/workshops).

**Pictured:** Chloe in the kitchen.





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Pic: Lucid Light photography



Pic: Aimee Catt Photography

Locals excited to catch the 2018 iteration of the secretive Jungle Love Festival 2018 need to act now as the final release tickets have been released. Aiming to rival the Woodford Folk Festival Jungle Love is set to run November 29 - December 1 2018 at a secret site in the Mary Valley region (near the Sunshine Coast). Only those who purchase tickets will receive the location details in just under a month.

To be set in a sprawling rainforest location somewhere among the Sunshine Coast Hinterland, the three-day celebration of music and the arts promises a truly freeing adventure for those in attendance with organisers encouraging you to get more out of your festival experience by floating down the Yabba Creek enjoying a (BYO!) midday beer, waking up to sunrise yoga, or discovering a band you've never heard before as the sun sets on a balmy Queensland evening.

Last week, the festival announced their final lineup which sees over 100 artists and musicians across a variety of disciplines and genres join headliners psych-rockers POND and innovative Kiwi glitch-hop producer OPIUO for the festival's fifth instalment.

Included in the details dropped were news of an afterhours DJ set by Jono Ma of Jagwar Ma fame, to be enjoyed in the festival's shipping container nightclub Kunst Klub, as well as revered South Stradbroke Island bass virtuoso Mark Peric and an unorthodox rave led by the EDM laundry appliances of The Ironing Maidens. Also revealed was a BlakOut festival-wide takeover curated by Digi Youth Arts Artistic Director Alethea Beetson featuring RnB queens The Merindas.

They will join Jungle Love's trademark mix of the industry's most exciting up-and-comers, crowd favourites and international wildcards.

Local gems Gabriella Cohen, FeelsClub, First Beige and Nice Biscuit will be joined by notable interstate acts such as Melbourne rockers Approachable Members of Your Local Community and Sydney riot grrrls RACKETT, along with four international artists; Japanese 'loop ninja' Kenta Hayashi, UK dub and remix king Mad Professor and the Queensland debut of British neo-soul songstress China Bowls.



## JUNGLE LOVE AND 5 MILE RADIUS, AIMING TO BE ZERO WASTE

In addition to the festival's impressive music and arts program (more online), Jungle lovers will be able to take part in workshops, holistic pastimes, watch cross-discipline performance pieces, live visual art activations, and take part in the likes of live action Official Dungeons & Dragons Immersive Theatre, dating show Jungle Love ME, Laughing Yoga, Water Aerobics and more.

Importantly and perhaps uniquely, Jungle Love aims to be a zero-waste festival and encourages you to think and act with the environment in mind. Organisers encourage waste and emission

reducing endeavours such as carpooling and ask you to be mindful of what you bring. The goal is to leave the site in an even better condition than what you found when you arrive. The organisers themselves have taken on initiatives to reinforce this approach by limiting capacity to 2000 ticket holders, with all funds collected from tickets sold going directly back into the event.

In fact, Jungle Love Festival is stepping up their environmentally conscious game for 2018 in various ways. In 2018 with their sustainability partner 5 Mile Radius, a group that makes buildings using only materials sourced from within a five mile radius. This year 5 mile radius will again create various buildings including the bar and stage.

In previous years the Festival's results have spoken for themselves. In 2017 the festival diverted nearly all recyclable materials from landfill and managed to reduce the number of cars travelling to the event by 15.6% by incentivising public transport and carpooling – a figure they plan to increase this year.

Centered around this year's theme of Trash to Treasure, Jungle Love is encouraging all revelers to reuse and borrow everything they intend to bring to the new festival site to reduce landfill contributions and are challenging all Jungle Lovers to not buy anything new when preparing and packing for the 2018 festival; whether it be an eye-catching outfit or a tent fit for the whole crew, all can be borrowed or bought second hand.

Final Release tickets are now on sale through the Festival's website, with options to bring your own tent or hire one on site. The website also holds info on emission reducing travel options. For the full program, more information and tickets go to [www.junglelovethefestival.com.au](http://www.junglelovethefestival.com.au).





## New Clinic Hours

Mon to Fri: 8.00am - 6.00pm

Sunday\*: 9.00am - 12.00pm

\*Sunday standard consult with Dr Diana Makeran.  
Standard consult \$89 - rebate of \$49 - Out of Pocket \$40



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# QUEENSLAND SYMPHONY ORCHESTRA STAR WARS: THE EMPIRE STRIKES BACK

On December 1, Queensland Symphony Orchestra will screen the iconic film with a live score in a very special event

Fans of the Sci-fi classic, or top shelf music, are in for a treat when one of Queensland's most renowned cultural institutions presents Star Wars: The Empire Strikes Back In Concert which will feature a screening of the complete film while Oscar®-winning composer John Williams' musical score is performed live in symphony.

Since the release of the first Star Wars movie nearly 40 years ago, the Star Wars saga has had universal impact on both cinema and culture, inspiring audiences around the world with its mythic storytelling, captivating characters, ground-breaking special effects and iconic musical scores composed by Williams.

Legendary composer Williams is well known for scoring all eight of the Star Wars saga films to date, beginning with 1977's Star Wars: A New Hope for which he earned an Academy Award® for Best Original Score. His scores for The Empire Strikes Back, Return of the Jedi, Star Wars: The Force Awakens and most recently Star Wars: The Last Jedi were each nominated for Best Original Score.

For his efforts Williams won five Academy Awards, four Golden Globe Awards, seven British Academy Film Awards, five Emmy Awards and 23 Grammy Awards. With 51 Academy Award nominations, Williams is the Academy's most nominated living person and the second most-nominated individual in history, after Walt Disney.

In 2010, The Empire Strikes Back was selected for preservation in the United States National Film Registry by the Library of Congress for

being "culturally, historically and aesthetically significant".

Williams was inducted into the Hollywood Bowl's Hall of Fame in 2000, and he received the Kennedy Center Honors in 2004, the National Medal of Arts in 2009, and the AFI Life Achievement Award in 2016. Williams has composed the scores for eight of the top 20 highest-grossing films at the U.S. box office (adjusted for inflation).

## ABOUT THE EMPIRE STRIKES BACK

The battle for the galaxy intensifies in this thrilling fifth episode of the unfolding saga. As Imperial Forces launch an all-out attack on the Rebel Alliance, Han Solo (Harrison Ford) and Princess Leia (Carrie Fisher) flee to Cloud City where they are captured by Darth Vader. Luke Skywalker (Mark Hamill) journeys to the mysterious, marshy planet of Dagobah, where the wise Jedi Master Yoda teaches the young hero the ways of the Force.

Little does Luke know that all his Jedi training will be called upon soon. A stunning revelation and a seemingly life-or-death duel with Darth Vader await.

Fans will be able to experience the scope and grandeur of this beloved film in a live symphonic concert experience, when Star Wars: The Empire Strikes Back debuts locally at the Brisbane Convention & Exhibition Centre on Saturday 1 December. The concert will be led by acclaimed conductor Nicholas Buc.

Tickets are on sale now at [www.qso.com.au](http://www.qso.com.au) or try your luck in our competition.

# WIN TICKETS

The Messenger has two death-star sized double passes to QSO's Star Wars: The Empire Strikes Back In Concert to giveaway.

Both prizes include 2 x double tickets to the December 1, 2pm concert to give away so you can take along a friend or a galactic nemesis. Each ticket is valued at \$89 for a total prize pool of \$356.

To enter, email [comp@northlakesmessenger.com.au](mailto:comp@northlakesmessenger.com.au) with "Star Wars" in the subject line for your chance to win.

Get your entries in before Wednesday November 28 at midday. Entries will be chosen at random, don't forget to include your contact details so we can let you you've won.

## MAY THE FORCE BE WITH YOU

**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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## MESSENGER DELIVERERS WANTED

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The Messenger has been part of the fabric of our community for 12 years and we're looking for more great people to be a part of it.

Deliverers must be available on Thursdays between the hours of 9am and 4pm and have their own transport. It's an opportunity to get fit and have fun while getting paid.

Email your interest now to [distribution@northlakesmessenger.com.au](mailto:distribution@northlakesmessenger.com.au)

## JOB SEEKER BOOT CAMP BACK THIS NOVEMBER!

Federal Member for Petrie Luke Howarth MP is holding his popular Job Seeker Boot Camp on 1 November 2018 at the North Lakes Sports Club. The event brings together recruitment agencies, school leavers, local businesses, and local job seekers to start a conversation about career progression.

The free event, which is sponsored by local employment support agency aimbig, will run from 9am to 12pm, and will have presentations from employers about what they look for when employing and also workshops on resume writing and interview techniques.

Mr Howarth has been running this event for a number of years, and has seen many locals gain employment as a result.

"The success of our community is linked to the life success of the individuals within it. That is why I am so passionate about giving everyone

the opportunity to gain the knowledge, skills and confidence that help to get a job and create a prosperous future," Mr Howarth said.

This boot camp will have a school leaver's focus with information stations featuring the Australian Defence Force, TAFE Queensland, the Australian College of Health and Fitness and more.

Lee-Anne attended Luke's March Job Seeker Boot Camp.

"I had a great day at Luke's community boot camp. It was so nice to get together with others looking for work because I don't feel so alone. The personal help from local employers who sat and invited our questions was amazing. I have never seen anything like it and I thank you so much," Lee-Anne said.

Hundreds of people throughout the Electorate of Petrie have taken advantage of the opportunity, to listen, learn and be supported by employment experts to get a job and gain financial freedom.

"I want to bring our community together to help as many people as possible to build their networks and expand their job opportunities. Because when they succeed everyone benefits and our community is strengthened." Mr Luke Howarth MP said.

## CONTAINERS FOR CHANGE

From 1 November 2018 Queenslanders will be able to cash in their containers at over 230 refund points across the state.

It's a strong starting point for the scheme with more refund points to follow.



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ETHOS V. MARCH





Locally, there are currently refund points at Rothwell, Kallangur, Redcliffe and Margate but the easiest way to find them across the state is via the interactive map on the Containers for Change website.

Not all refund points will provide cash so serious refunders should create an account on the Containers for Change website but there are other payment options available such as retail e-vouchers, digital wallet, and all refund points will have a donate option.

"Third – start collecting your empty containers."

While most aluminium, glass, steel, plastic and liquid paperboard containers between 150ml and 3 litres are eligible, there are some exceptions, such as glass wine bottles and plain milk containers.

The Containers for Change website contains information on which containers are eligible and remember to remove the lids and put them in your yellow top bins.

For more information visit [www.containersforchange.com.au](http://www.containersforchange.com.au) or phone 13 42 42.

### ROBBERY, NORTH LAKES

Police are investigating after a man robbed a North Lakes business early Sunday morning.

Staff were closing the College Street take away business at 1.35am when a man has entered the store and threatened staff with a hammer.

The staff complied, and the man fled with a sum of cash.

The man is described as between 20 and 30-years-old, 175cm tall, Caucasian and slim build.

Investigations are continuing.

You can report information about crime anonymously to Crime Stoppers, a registered charity and community volunteer organisation, by calling 1800 333 000 or via [crimestoppersqld.com.au](http://crimestoppersqld.com.au) 24hrs per day.

Quote this reference number: QP1802002369

### IKEA AUSTRALIA LAUNCHES HOME DELIVERY (FOR \$9)

IKEA have launched service on more than 6000 products. Now online, the service makes small parcel-sized goods available for delivery at \$9 following the opening of a Customer Distribution Centre in Brisbane last week.

IKEA will continue to offer delivery for its full range of products to regional areas through

Customers wanting to shop online should visit [www.ikea.com.au](http://www.ikea.com.au), browse and add products to a shopping list before entering their delivery address. From there, the process you select your preferred delivery date and checkout.

Delivery cost will be automatically calculated for customers when they checkout. The \$9 parcel service is for products that fit the criteria of 14kg with a maximum size of 1.2m x 80cm x 60cm.

There are other home delivery options for regional areas and large items. For more information visit [www.ikea.com](http://www.ikea.com).



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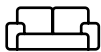
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## HOW TO GET OVER A BREAKUP

Hello Leonie,

I have just finished listening to your response to a lady who is getting over a broken engagement. I think that the advice you give every week is level headed and so practical. You seem to approach things in a different, but much more helpful way than other people.

I am a mother of five, three boys and twin girls. They are all teenagers now and at any given time, at least one of them is dealing with a break up. I know that what teenagers call a broken heart is nothing like the hurt involved in a marriage breakdown or other serious adult relationship, but I thought that your techniques were great, and I was wondering if you have any more. You seem well grounded and to really have your act together. I am cutting and pasting your column in a scrapbook each week for my kids. I think you and the Messenger are providing a great service to our fantastic little community.

Carmel/North Lakes

Hi Carmel,

Not all strategies work with all people and therefore it's important to draw from many strategies across many therapies and even strategies that I have personally developed. I am happy to share any techniques that I have picked up through both my profession, professional development, further studies and my experience. However, I don't guarantee that they will work for everybody because the only thing that we humans have in common is that we are each of us unique.

The techniques that I use in this column and in my practice are those that I have found net the best results for my clients and give the most permanent outcomes. It has been

my experience that females seem much better at using visualisation strategies, but I have had great success with men as well. As for more techniques to move on after a failed relationship that I personally endorse: Here we go

**Beads of disgust** – With this technique you buy some tactile beads in dark colours with rough edges and irregular surfaces so that when you touch them they have an instant impact on your fingertips. Next you make a bracelet or a long chain of some description by threading each individual bead onto the string. Now as you thread and place each bead, remember something about your ex that either (A) made you feel upset, let down or very hurt or (B) something that angered or embarrassed you. Now wear the bracelet or carry the beads in your pocket or someplace where you can easily finger them.

When you start to think of your ex, which will be often in the first few weeks at least, finger the beads so that all the thoughts that you associated with each individual bead will be brought to the front of your mind reminding you of what an unfit person he/she is.

**Bleed It Out** – This is a technique that holds the belief that things that are close, colourful and vibrant have more emotional intensity than things that are pale and distant. To practice this technique, you need to think of a memory of your ex in full living, breathing colour and notice how emotional you feel. Next you freeze the memory to a still life snapshot and then you bleed the colour out of it as if you were letting water out of the bottom of a plastic bag. Now, in your minds eye, move the image away further and further until it disappears completely out of view. Again, pay attention to how you feel. The emotional intensity should be much reduced.

**Reframe the future** – This technique helps a person to get over the loss of another by reframing the future that they had imagined with this person. For instance, in the case of the lady you heard me discuss on my radio show, she may have imagined a warm mutually advantageous partnership in a new state with his family and thought how close they would become and how happy they would all be. She could Re Frame this imagined future based on the known facts of her ex using his faults as a template.

Now the future could be framed as years of walking on eggshells and trying to please this difficult and emotionally unavailable and unpredictable man in a strange city that would see her removed from her friends and family and basically all of her support systems. How do you think this Ladies' fiancé got to be such a nightmare? Imprinting is my guess. Who imprints us? OUR FAMILY. Where was she planning on building her future? With HIS family. Realising this has just got to give her some peace of mind.

**Blind it out** – Now this technique is based on the premise that to fret or feel jealousy for someone, 3 things must happen. 1st you must think of the person you are fretting for, 2nd you must imagine someone else having them and 3rd, you must wish you still had them. To use the Blind It Out technique you must stop the process at step one. As soon as you think of the person you are missing, you must turn the image that you have of them to a black or white screen, a bit like a TV set off the station that gives you a blank or snow screen. You are effectively pulling the blind on the thought. If you do this every single time that you think of the person you will be stopping the fretting and jealousy in its tracks and it gets easier the more, you practice.

Til next week, Leonie

E-mail: [leonieschilling@bigpond.com](mailto: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](http://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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# MOUSETRAP THEATRE COMPANY'S FIRST BROADWAY JUNIOR MUSICAL

All youth cast and young people assisting in all areas of the production from make-up and costumes to lighting, sound and props

The region's premier little theatre company, Mousetrap Theatre Company Inc, has announced Seussical Jr. Horton the Elephant, the Cat in the Hat and all of your favourite Dr. Seuss characters spring to life onstage in Seussical JR., a fantastical musical extravaganza from Tony-winners, Lynn Ahrens and Stephen Flaherty.

The story centres around Horton the Elephant, who finds himself faced with a double challenge-not only must he protect his tiny friend Jojo (and all the invisible Whos) from a world of naysayers and dangers, but he must guard an abandoned egg, left to his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, kidnapping and a trial, the intrepid Gertrude McFuzz never loses faith in him, the only one who recognises "his kind and his powerful heart." Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant in a story that makes you laugh and cry.



Seussical Jr. is a big production of complex songs and dance routines and as such requires a dedicated and experienced creative team. The 34 talented young people are directed by local school teachers, Paula-Mary Camilleri and Shirley Budinger. The music is in the capable hands of James Bovill and rounding out the creative team is the extremely talented Alicia Poulter as choreographer.

The Mousetrap Theatre Company Inc is Redcliffe Peninsula's. From plays, musicals, comedies, cabarets to children's productions, you'll find a great night out at the Theatre at

Mousetrap! Mousetrap is a community theatre run by dedicated volunteers and welcomes participation by members of the general public. The Mousetrap Theatre Company Inc.

Seussical Jr. Dates runs 16th - 18th November and 23rd - 25th November at Situated in their 96 seat theatre at Redcliffe Showgrounds. Tickets cost: Adult: \$20 Child (under 14): \$14 Concession: \$17, Family (2A & 2C): \$54 Financial & Reciprocal Members: \$12 and are available via: [www.mousetraptheatre.asn.au](http://www.mousetraptheatre.asn.au) or phone 0439 954 719.



## what's on

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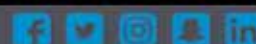
**FRIDAY 9TH NOVEMBER**

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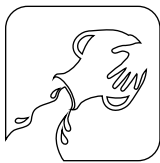
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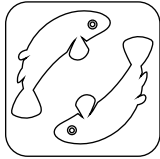




## YOUR STARS



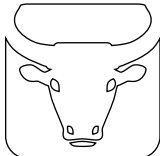
**AQUARIUS.** (Jan. 21 - Feb. 19): Don't give insecurities free reign over your psyche. You're a critical thinker. Ask them the same tough questions you'd ask yourself. You'll banish them soon enough.



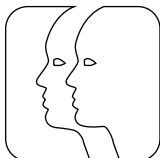
**PISCES.** (Feb. 20 - March 20): Usually you combine forces, but see what you can do on your own. There's nothing wrong with exploring an independent streak.



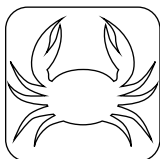
**ARIES.** (March 21 - April 20): Do you even know what you're fighting over anymore? This would be a good time ask for a cease-fire so both sides can reassess the situation.



**TAURUS.** (April 21 - May 21): You don't have to go back to the drawing board. Some quick reshuffling is all that's needed to flush out a formula for success.



**GEMINI.** (May 22 - June 21): Your attempts to avoid a confrontation are backing you into corner. Sometimes you just have to roll up your sleeves and go at it and today is it.



**CANCER.** (June 22 - July 23): It's when things are most tense that you should stay put. An either/or choice can't trip you up if you don't make it.



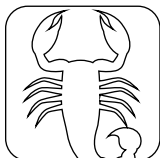
**LEO.** (July 24 - Aug. 23): Your response to being challenged is to get imperious, but ease up. People are asking legitimate questions; ones you might even agree with.



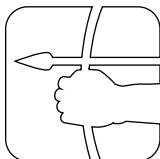
**VIRGO.** (Aug. 24 - Sept. 23): You're investing too much worry in something you know little about. Do the research first. It may not be as big a deal as all that.



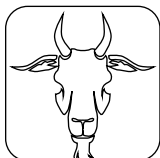
**LIBRA.** (Sept. 24 - Oct. 23): Even if you don't think you're being unreasonable, it may still be in your best interest to back off. Nobody likes to be bullied.



**SCORPIO.** (Oct. 24 - Nov. 22): You're in the position of go-between. You can see how both sides are right and wrong. You'll need to do a lot of coaxing and cajoling to bring them back to the table.



**SAGITTARIUS.** (Nov. 23 - Dec. 21): Skip the regrets. Even if there is something to them, they're no good now. It's better to see things through than to second-guess choices.



**CAPRICORN.** (Dec. 22 - Jan. 20): Why push when you can pull? You have greater clout than you think. You can achieve what you want with half the effort.

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## NINE

**6.00** Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination Happiness. (PG) **12.30** Anna Gare's Cab Fare. **1.00** Kevin Can Wait. (PG) **1.30** Family Food Fight. (PG) **3.15** Family Food Fight. (PG) **4.30** Garden Gurus. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News Saturday. **7.00** World Of Dance. (PG) New. **8.00** Movie: Pitch Perfect 2. (PG) (2015) Anna Kendrick, Hailee Steinfeld, Rebel Wilson. An a cappella group struggles to rebuild its reputation. **10.15** Movie: Footloose. (M) (2011) Julianne Hough, Dennis Quaid. **12.30** Borderline. (M) **1.00** Two And A Half Men. (PG) **1.30** Destination Happiness. (PG) **2.00** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

## GO!

**6.00** Children's Programs. **9.30** Scooby-Doo! Mecha Mutt Menace. **10.00** Children's Programs. **12.30** Surfing. World League. Men's Championship Tour. Round 7. Tahiti Pro Teahupo. Highlights. **1.30** Basketball. NBL. Round 4. Perth Wildcats v New Zealand Breakers. **4.00** Children's Programs. **5.00** Movie: Agent Cody Banks 2: Destination London. (PG) (2004) **7.00** Movie: Racing Stripes. (G) (2005) **9.00** Movie: Jupiter Ascending. (M) (2015) **11.30** Mom. (M) **12.00** Adult Swim. (MA15+) **12.30** Squidbilities. (MA15+) **12.45** Moral Orel. (MA15+) **1.00** Total Divas. (M) **2.00** Step Dave. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Beyblade Burst. **5.10** Yo-Kai. (PG) **5.30** Children's Programs.

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Horse Racing. Melbourne Cup Carnival. Derby Day. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Harry Potter And The Deathly Hallows: Part 1. (PG) (2010) Daniel Radcliffe, Emma Watson. **10.10** Movie: X-Men 2. (M) (2003) Hugh Jackman, Patrick Stewart, Ian McKellen. An officer wants to eradicate people with special abilities. **12.50** Grey's Anatomy. (M) A veteran needs unusual surgery. **2.00** Shopping. Shopping program. **4.00** Sons And Daughters. (PG) Debbie experiences a horrifying ordeal **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** NBC Today. **11.30** Harry's Practice. **12.30** Selling Houses Aust. **1.30** Sydney Weekender. **2.00** The Great Australian Doortop. (PG) **2.30** Vasil's Garden. (PG) **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** SA Weekender. **5.00** The Zoo. **5.30** Air Crash Investigation. (PG) **7.30** The Yorkshire Vet. (PG) Follows vets Julian Norton and Peter Wright. **8.30** Escape To The Country. Jonnie Irwin is tasked with helping a nomadic couple find their sixteenth home, near the Devon coast. **11.30** Air Crash Investigation. (PG) **1.30** SA Weekender. **2.00** The Zoo. **2.30** Harry's Practice. **3.30** House Of Wellness. (PG) **4.30** Travel Oz. (PG)

## TEN

**6.00** Morning Programs. **7.00** The Home Team. **7.30** Places We Go. **8.00** Luxury Escapes. (PG) **8.30** Everyday Gourmet. **9.00** Cook's Pantry. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The 48 Hour Destination. **1.30** The Renovation King. **2.00** Healthy Homes Aust. **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** Foodie Adventures With Ash Pollard. (PG) **5.00** News. **6.00** Luxury Escapes. **6.30** David Attenborough's Africa. **7.30** Ambulance Australia. (M) **8.30** NCIS: New Orleans. (M) **10.30** NCIS: LA. (M) **11.30** Motor Racing. Supercars Championship. Round 15. Auckland SuperSprint. Highlights. **12.30** Shopping. **5.00** Hour Of Power.

## ONE

**6.00** Morning Programs. **12.00** Australia By Design: Landscapes. **12.30** Snap Happy. **1.00** Motor Racing. Porsche Carrera Cup Championship. Round 8. Highlights. **2.00** Motor Racing. SuperUtes Championship. Round 7. Highlights. **3.00** The Offroad Adventure Show. **4.00** 4x4 Adventures. **5.00** All 4 Adventure. **6.00** Cops. **6.30** Soccer. A-League. Round 3. Newcastle Jets v Melbourne Victory. **9.30** Motor Racing. Supercars Championship. Round 15. Auckland SuperSprint. Highlights. **10.30** Movie: The Frozen Ground. (MA15+) (2013) **12.30** 48 Hours. **1.30** Motorcycle Racing. MotoGP. Race 17. Australian Grand Prix. Replay. **3.00** Motor Racing. Formula 1. Race 19. Mexican Grand Prix. Highlights. **4.00** Operation Repo. **4.30** Late Programs.

## ABC

**6.00** Rage. (PG) **10.00** Rage. (PG) **11.10** Grand Designs Australia. (PG) **12.00** ABC News At Noon. **12.30** Father Brown. (M) **1.15** Tim Winton's The Turning. (M) **1.30** Miniseries: The Secret River. (M) **2.50** Tim Winton's The Turning. (PG) **3.00** Save Your Life Tonight. **3.30** Outback ER. (PG) **4.00** Landline. **4.30** Tony Robinson's Time Walks. (PG) **5.00** Antiques Roadshow. **6.00** Compass. **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Victoria. (PG) Return. **8.25** Doc Martin. (M) **9.10** Pine Gap. (M) **10.10** Thirteen. (M) **11.10** The Full Set. New. **12.10** Rage. (MA15+) **5.00** Rage. (PG)

## ABC COM

**6.00** Children's Programs. **5.35** The Hive. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Dino Dana. **6.50** Andy's Baby Animals. **7.00** Play School Celebrity Covers. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specs. (PG) **8.00** Would I Lie To You? **8.30** Mock The Week. (M) **9.05** Live At The Apollo. (PG) **9.50** Russell Howard's Stand-Up Central. (MA15+) **10.15** Comedy Up Late. (M) **10.45** Chris Ramsey All Grown Up. (M) **11.30** Penn & Teller: Fool Us. (M) **12.10** Buzzcocks. (M) **12.45** Live At The Apollo. (PG) **1.30** Russell Howard's Stand-Up Central. (MA15+) **1.55** News Update. **2.00** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Basketball. WNBL. Round 4. Dandenong Rangers v Melbourne Boomers. **4.00** Greater Mekong. **4.30** Small Business Secrets. **5.00** Figure Skating. ISU Grand Prix. Skate America. **5.30** Tony Robinson's Wild West. (PG) **6.30** News. **7.30** Cruising With Jane McDonald. **8.25** The Wine Show. (PG) **9.25** Railway Journeys UK. (PG) **10.00** Soccer. EPL. Bournemouth v Manchester United. **12.50** Freddie Mercury: The Great Pretender. **2.25** Prison Dogs. (M) **3.45** Grand Tours. **4.15** SBS Flashback. **4.25** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.05** Front Up. **1.35** The Business Of Life. **2.00** The Business Of Life. **2.25** Most Expensivest. (PG) **2.50** Most Expensivest. (PG) **3.20** Trump: 100 Days. (PG) **4.10** Aussie Jokers. **4.40** PBS News. **5.40** Tattoo Age. Return. **6.30** Chinese Dating With The Parents. **7.30** If You Are The One. (PG) **8.30** Movie: The Dictator. (MA15+) (2012) **10.05** Movie: Juno. (M) (2007) **11.50** Movie: Outside The Law. (MA15+) (2010) **2.20** The Movie Show. (PG) **2.50** 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 I, Tonya** (2018) Drama. Margot Robbie, Allison Janney. (MA15+) **Premiere** **8.30pm U-Turn** (1997) Thriller. Sean Penn, Nick Nolte. (MA15+) **Thriller** **8.30pm The Shape Of Water** (2017) Fantasy. Sally Hawkins, Octavia Spencer, Michael Shannon, Richard Jenkins. (MA15+) **Masterpiece** **GENERAL** **3.30pm Counting Cars**. (PG) **A&E** **6.30pm The X Factor UK**. (PG) **FOX8** **8.30pm American Pickers: Best Of**. (PG) **A&E**

**DOCUMENTARY** **6.30pm Crikey! It's The Irwins**. (PG) **Animal Planet** **7.30pm Murder On The Internet**. (M) **Crime & Investigation** **9.30pm Forbidden: Dying For Love**. (M) **TLC**

**SPORT** **3.00pm Basketball**. WNBL. Dandenong Rangers v Melbourne Boomers. **Fox Sports 503** **9.00pm Snowboarding**. FIS World Cup. Big Air. **Eurosport** **11.00pm Triathlon**. Super League. **Fox Sports 503**

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

0311

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## QUEENSLAND THEATRE'S HEDDA

Date: 10 November to 8 December, 2018

Location: Bille Brown Theatre, Queensland Theatre

Hedda Gabler is railing against her life. She didn't marry bogan drug slinger George Tesman so she could play housewife in a monstrous Gold Coast mansion with white leather couches, bling chandeliers and endless rounds of Aperol Spritz.

She wants something much more. Now her old flame, Ejler Løvborg, is out of prison and off the junk. Is he about to slice off a piece of George's empire? Maybe Hedda can pull some strings to work this to her advantage.

Logie Award-winning actor Danielle Cormack (Wentworth, Rake) is the Hedda we've all been waiting to see. Melissa Bubnic gives us a local version of the Henrik Ibsen classic that is as dangerous and surprising as its heroine.

Tickets: [Tickets at queenslandtheatre.com.au](http://ticketsatqueenslandtheatre.com.au) or by calling 1800 355 528

10 NOV  
- 8 DEC



## ESA CHRISTMAS FAIR

Date: Saturday 17th November 2018, 8.30am to 2pm

Location: CWA Hall, The Esplanade, Redcliffe

ESA Redcliffe is holding a Christmas Fair to raise money to support local organisations and to purchase items for hampers distributed to support people needing help at Christmas time. Plenty of stalls selling a variety of gift ideas for Christmas.

17  
NOV



## EVENT RESCHEDULED - ENVIRO EXPLORERS PICNIC IN THE PARK

Date: CREEC, 150 Rowley Rd, Burpengary

Location: Museum of Brisbane, 64 Adelaide Street, Level 3, City Hall

Due to wet weather conditions, the recent Caboolture Region Environmental Education Centre, with Enviro Explorers Picnic in the Park has been escheduled to 9am to 1pm on Sunday 18 November 2018.

Explore native wildlife, creepy crawlies, snakes, reptiles and little critters with live shows, interactive displays and workshops. Take a stroll through the macadamia plantation, or jump on board the trackless train for a guided tour of the creek-side nature reserve.

With free rides, market stalls and plus plenty to see and do for the parents - CREEC Picnic in the Park is a must-do for every little explorer. CREEC's also has a new all abilities playground, featuring a wheelchair accessible play area, sensory walls, flying foxes and slides.

For more info visit: [www.moretonbay.qld.gov.au/events/council-community/](http://www.moretonbay.qld.gov.au/events/council-community/)

18  
NOV



## JUNGLE LOVE

Date: Thursday 29 November - Saturday 1 December 2018

Location: Secret location, Sunshine Coast Hinterland

To be set in a sprawling rainforest location somewhere among the Sunshine Coast Hinterland, the three-day celebration of music and the arts promises a truly freeing adventure for those in attendance with organisers encouraging you to get more out of your festival experience by floating down the Yabba Creek enjoying a (BYO!) midday beer, waking up to sunrise yoga, or discovering a band you've never heard before as the sun sets on a balmy Queensland evening.

Final Release tickets are now on sale through the Festival's website, with options to bring your own tent or hire one on site. The website also holds info on emission reducing travel options. For the full program, more information and tickets go to [www.junglelovefestival.com.au](http://www.junglelovefestival.com.au).

29 NOV  
- 1 DEC

TO ADD YOUR EVENT TO THIS PAGE FOR **FREE** VISIT [WWW.NORTHLAKESMESSENGER.COM.AU](http://WWW.NORTHLAKESMESSENGER.COM.AU)

## NINE

**6.00** World's Greatest Natural Wonders. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** Motor Racing. Targa Great Barrier Reef. Highlights. **11.30** Motor Racing. SXS Australian Championship. Highlights. **12.00** Surfing. World League. Men's Championship Tour. Round 7. Tahiti Pro Teahupo. Highlights. **1.00** Stop, Search, Seize. (PG) **2.00** Family Food Fight. (PG) **3.00** Patriot Games. (PG) **4.00** Explore TV Korea. **4.30** Helloworld. **5.00** News. **5.30** Customs. (PG) Return. **6.00** Nine News. **7.00** Family Food Fight. (PG) **8.30** 60 Minutes. **9.30** Queen: Days Of Our Lives. (M) **10.30** Armed And Deadly. (M) **11.30** Conspiracy. (M) **12.30** Patriot Games. (PG) **1.30** Getaway. (PG) **2.00** Late Programs.

## GO!

**6.00** Children's Programs. **12.00** My Little Pony: Friendship Is Magic. **12.30** Beyblade Burst Evolution. **1.00** Steven Universe. (PG) **1.30** Basketball. NBL. Round 4. Adelaide 36ers v Brisbane Bullets. **4.00** Clarence. (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **5.00** Two And A Half Men. (PG) **6.00** Big Bang. (PG) **7.00** Movie: Back To The Future. (PG) (1985) **9.20** Movie: The Terminator. (M) (1984) **11.35** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **12.30** Squidbillies. (MA15+) **12.45** Moral Orel. (MA15+) **1.00** Balls Of Steel Australia. (MA15+) **2.30** Power Rangers Super Ninja Steel. (PG) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Beyblade Burst. **5.10** Yo-Kai. (PG) **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** Better Homes. **2.00** Jump Off. (PG) **3.00** Movie: Spinout. (G) (1966) **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** All Together Now - The 100. (PG) **8.15** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.15** Manhunt. (M) Return. Takes a look at the "Porsche Kid", Bret Lindsay Capper, whose crime spree ended after a week-long manhunt. **10.15** Mafia's Greatest Hits. (M) New. **11.15** Crime Investigation Australia. (M) **12.15** Black-ish. (PG) **12.45** Black-ish. (M) **1.15** Black-ish. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Sydney Weekender. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Malaysia Kitchen. **12.30** Sean's Kitchen. (PG) **1.00** The Outdoor Room. **1.30** Escape To The Country. **4.30** Intolerant Cooks. (PG) **5.00** Mighty Cruise Ships. (PG) **6.00** Mighty Ships. (PG) **7.00** Border Security: Int. (PG) **8.00** Border Patrol. (PG) **10.00** Border Security: Int. (PG) **11.00** Border Patrol. (PG) **11.30** Mighty Ships. (PG) **12.30** Intolerant Cooks. (PG) **1.00** Amazon To Ice. **2.00** Malaysia Kitchen. **2.30** Sean's Kitchen. (PG) **3.00** Late Programs.

## TEN

**6.00** Mass. **6.30** Hillsong. **7.00** Healthy Homes. **7.30** Joel Osteen. **8.00** The Living Room. **9.00** Foodie Adventures With Ash Pollard. **9.30** St10. (PG) **12.00** The Offroad Adventure Show. **1.00** All 4 Adventure. **2.00** 4x4 Adventures. (PG) **3.00** Australia By Design: Landscapes. **3.30** RPM. **4.00** Motor Racing. Supercars Championship. Round 15. Auckland SuperSprint. Highlights. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** The Sunday Project. **7.30** Game Of Games. Hosted by Grant Denyer. **9.00** NCIS. The team sets out to exonerate a US Marine who is serving a life sentence for murder. **10.00** NCIS. (M) **11.00** Sherlock Holmes: Elementary. (M) **12.00** The Sunday Project. **1.00** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** All 4 Adventure. **9.00** All 4 Adventure. **10.00** Merv Hughes Fishing. **10.30** Escape Fishing. **11.00** 4x4 Adventures. **12.00** What's Up! Downunder. **12.30** Snap Happy. **1.00** Car Crash Global. **2.00** Monster Jam. **3.00** Pooches At Play. **3.30** Motorcycle Racing. MotoGP. Race 18. Malaysian Grand Prix. Replay. **5.00** I Fish. **6.00** Charles Darwin And The Tree Of Life. **7.00** Alaska Aircrash Investigations. **8.00** Motor Racing. Supercars Championship. Round 15. Auckland SuperSprint. Highlights. **9.00** Movie: Space Cowboys. (PG) (2000) **11.35** Ambulance Australia. **12.35** CSI: Miami. **1.35** RPM. **2.05** Operation Repo. **2.35** Nash Bridges. **3.35** Late Programs.

## ABC

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders: Melbourne Cup Preview. **10.30** The World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia: Gardener Of The Year Special. **2.30** Family Confidential. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** Everyone's A Critic. (PG) **5.00** Ask The Doctor. **5.30** Hard Quiz. (PG) **6.00** City In The Sky. **7.00** ABC News Sunday. **7.40** Spicks And Specks Reunion Special. (PG) **8.40** Pine Gap. (M) **9.40** Vera. (M) Final. **11.10** Blood + Thunder: The Sound Of Alberts. (M) **12.10** Line Of Duty. (M) **1.10** Rage. (MA15+) **2.10** Doctor Who. (PG) **3.30** Doctor Who. (PG) **4.15** Doctor Who. (PG) **5.00** Insiders.

## ABC COM

**6.00** Children's Programs. **5.50** Little Roy. Final. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. Final. **6.40** Dino Dana. **6.50** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Would I Lie To You? (PG) **8.00** Penn & Teller: Fool Us. (PG) **8.40** Misanthropy: Eddie Perfect. (M) **9.50** Adam Hills: The Last Leg. (M) **10.30** Alan Davies: As Yet Untitled. (MA15+) **11.15** Would I Lie To You? **11.45** Absolutely Fabulous. (PG) **12.20** The Catherine Tate Show. (M) **12.50** Blackadder Goes Forth. (PG) **1.20** I'm Alan Partridge. (PG) **1.50** Chandon Pictures. (M) **2.15** News Update. **2.20** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

## SBS

**6.00** WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. Bournemouth v Manchester United. Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** Keane & Vieira: Best Of Enemies. **4.00** Motorcycle Racing. Superbike World Championship. Round 13. Highlights. **5.00** Small Business Secrets. **5.30** True Evil: The Making Of A Nazi. (PG) Final. **6.30** News. **7.30** Ancient Invisible Cities. (PG) **8.30** The 2000s. **9.30** The 2000s. **10.25** The Nineties. (M) **11.15** The Nineties. (M) **12.05** Midnight Sun. (MA15+) **1.05** Midnight Sun. (MA15+) **2.05** Rise Of The Machines. **3.00** Rise Of The Machines. **3.55** Rise Of The Machines. **4.50** UK Bitesize. **5.00** WorldWatch.

## SBS VLND

**6.00** WorldWatch. **12.00** PopAsia TV. (PG) **1.00** Front Up. (PG) **1.30** Vs Arashi. (PG) **2.25** Toxic Garbage Island. (PG) **3.35** The Mindy Project. (PG) **4.00** The Mindy Project. (PG) **4.25** Illusions Of Grandeur. (PG) **4.50** Vitamania: Truth About Vitamins. **6.35** The Mosque Next Door. (PG) **7.35** Brooklyn Nine-Nine. (PG) **8.00** Brooklyn Nine-Nine. (PG) **8.30** Love And Sex In Japan. **9.35** Movie: Blue Velvet. (MA15+) (1986) **11.50** VICE Guide To Film. (MA15+) **12.15** Movie: Dead Ringers. (M) (1988) **2.20** VICE Guide To Film. (MA15+) **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.45pm The Commuter** (2018) Action. Liam Neeson, Vera Farmiga. (M) *Premiere*

**8.30pm Pacific Rim: Uprising** (2018) Sci-Fi. John Boyega, Scott Eastwood. (M) *Premiere*

**8.30pm Legend** (2015) Crime. Tom Hardy, Emily Browning. (MA15+) *Thriller*

**7.30pm Superstore.** FOX8

**8.00pm Single Parents.** (PG) FOX8

**8.30pm Fighting Season.** (MA15+) FOX Showcase

**7.30pm People Magazine Investigates: Cults.** (M) Discovery

**8.30pm Eat Well For Less?** Lifestyle Food

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

**SPORT**

**7.00am Rugby Union.** French Top 14. Day 9. Eurosport

**5.00pm Soccer.** A-League. Round 3. Central Coast Mariners v Adelaide United. Fox Sports 505

**6.35pm Cricket.** One Day Series. Australia v South Africa. Game 1. Fox Cricket

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.

0411

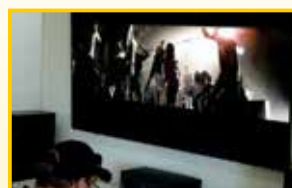
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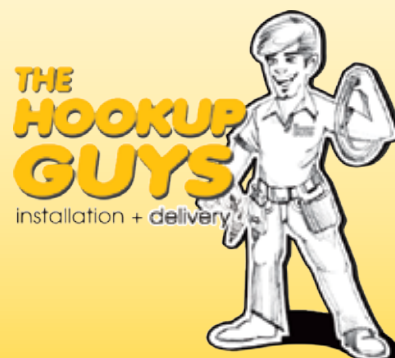


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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** The  
 Ellen DeGeneres Show. (PG) **1.00**  
 Extra. **1.30** Family Food Fight. (PG)  
**3.00** News Now. **4.00** Afternoon  
 News. **5.00** Millionaire Hot Seat.  
**6.00** Nine News. **7.00** A Current  
 Affair. **7.30** Family Food Fight. (PG)  
**8.40** Movie: The Boss. (M) (2016)  
 Melissa McCarthy, Kristen Bell,  
 Peter Dinklage. After a fall from  
 grace and a stint in prison for  
 insider trading, a business woman  
 decides to reinvent herself. **10.40**  
 Better Late Than Never. (PG)  
**11.40** Two And A Half Men. (M)  
**12.05** Cold Case. (M) **1.00** Extra.  
**1.30** TV Shop: Home Shopping.  
**2.30** Global Shop. **3.00** TV Shop:  
 Home Shopping. **4.00** The Ellen  
 DeGeneres Show. (PG) **5.00** News  
 Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00**  
 Friends. (PG) **12.00** Big Bang. (PG)  
**12.30** Deals, Wheels And Steals.  
 (PG) **1.00** Cold Water Cowboys.  
 (M) **2.00** Dance Moms. (PG) **3.00**  
 Pokémon. **3.30** Ninjago. (PG)  
**4.00** Kids' WB. (PG) **4.05** We  
 Bare Bears. (PG) **4.30** Be Cool,  
 Scooby-Doo! (PG) **5.00** Adv Time.  
 (PG) **5.30** Regular Show. (PG) **6.00**  
 Friends. (PG) **7.00** Big Bang. (PG)  
**9.00** Movie: Arrival. (M) (2016)  
**11.30** Big Bang. (PG) **12.00** Balls  
 Of Steel. (M) **12.35** Friends. (PG)  
**1.30** Robot Chicken. (M) **2.00** Adv  
 Time. (PG) **2.30** Regular Show.  
 (PG) **3.00** Turning Mecard. (PG)  
**3.30** Beyblade Burst. **4.00** We Bare  
 Bears. (PG) **4.30** Power Rangers  
 Ninja Steel. (PG) **4.50** Yu-Kai.  
 (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: Social Nightmare. (M)  
 (2013) **2.00** Daily Edition. **3.00**  
 The Chase. **4.00** News. **5.00** The  
 Chase Aust. **6.00** News. **7.00**  
 Home And Away. (PG) **7.30** Bride  
 And Prejudice: The Forbidden  
 Weddings. (PG) The parents set a  
 series of tests. **9.00** God Friended  
 Me. (PG) New. An outspoken  
 atheist podcaster receives a  
 friend request from "God" on  
 social media. **10.00** Ramsay's  
 24 Hours To Hell And Back. (M)  
 Gordon Ramsay helps struggling  
 restaurants. **11.00** The Goldbergs.  
 (PG) **11.30** The Goldbergs. (PG)  
**12.00** Blood & Oil. (M) **1.00**  
 Harry's Practice. **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** News Of The Wild.  
**7.30** Oh Yuck. **8.00** Toybox.  
**9.30** Million Dollar Minute.  
**9.30** NBC Today. **10.30** NBC  
 Press. **11.30** Intolerant Cooks.  
 (PG) **12.00** The Great Outdoors.  
**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** Doc Martin.  
 (PG) PC Penhale's brother may  
 have a rare disorder. **8.30** Foyle's  
 War. (M) A mixed-race baby's  
 mother is murdered. **10.30** The  
 Last Detective. (M) **12.00** Escape  
 To The Country. **1.00** Auction  
 Squad. **2.00** Foyle's War. (M) **4.00**  
 Million Dollar Minute. **5.00** Harry's  
 Practice. **5.30** Animal Rescue.

## TEN

**6.00** The Talk. (PG) **7.00** Ent.  
 Tonight. **7.30** Bold. **8.00** Pointless.  
 (PG) **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**  
 Everyday Gourmet. **4.00** Cook's  
 Pantry. **4.30** Bold. **5.00** News.  
**6.00** Pointless. (PG) **6.30** The  
 Project. **7.30** Blind Date. (PG) **8.30**  
 Have You Been Paying Attention?  
 (M) Five celebrities compete  
 to see who can remember the  
 most about events of the week.  
**9.30** The Graham Norton Show.  
 Celebrity guests include Eddie  
 Redmayne, Jude Law, Melissa  
 McCarthy, Emma Stone and Rick  
 Astley. **10.30** Sports Tonight.  
**11.30** The Project. **12.30** Stephen  
 Colbert. (PG) **1.30** Shopping. **4.30**  
 CBS Morning.

## ONE

**6.00** Home Shopping. **8.00**  
 RPM. **8.30** Whacked Out Sports.  
 (PG) **9.00** iFish. **10.00** Cheers.  
 (PG) **11.00** The Doctors. (PG)  
**12.00** NCIS. (M) **1.00** NCIS: Los  
 Angeles. (M) **2.00** Jake And The  
 Fatman. (PG) **3.00** Diagnosis  
 Murder. (PG) **4.00** Star Trek: The  
 Next Generation. **5.00** Star Trek:  
 Voyager. (PG) **6.00** Judge Judy.  
 (PG) **6.30** Bondi Rescue. (PG)  
**7.30** Walker, Texas Ranger. (M)  
**8.30** NCIS. (M) **11.30** CSI: Miami.  
 (M) **12.30** Home Shopping. **2.00**  
 Motorcycle Racing. MotoGP. Race  
 18. Malaysian Grand Prix. Replay.  
 From Sepang International Circuit,  
 Selangor, Malaysia. **3.30** Hogan's  
 Heroes. **4.00** Nash Bridges. (M)  
**5.00** The Doctors. (M)

## ABC

**6.00** News Breakfast. **9.00** ABC  
 News Mornings. **10.00** Antiques  
 Roadshow. **11.00** City In The Sky.  
**12.00** ABC News At Noon. **1.00**  
 Landline. **1.55** Call The Midwife.  
 (M) **2.55** Victoria. (PG) **3.45** Silvia's  
 Italian Table. **4.15** Pointless. **5.00**  
 ABC News At Five. **5.10** The  
 Drum. **6.00** Bluey. **6.05** Doctor  
 Who. (PG) **7.00** ABC News. **7.30**  
 7.30. **8.00** Australian Story. **8.30**  
 Four Corners. **9.15** Media Watch.  
 (PG) **9.35** Q&A. **10.40** ABC Late  
 News. **11.10** The Business. **11.30**  
 Golf. PGA Tour. Shriners Hospitals  
 For Children Open. Highlights.  
 From TPC Summerlin, Las Vegas,  
 Nevada. **12.20** Countdown Live  
 Concert. **2.40** Rage. (MA15+)  
**4.15** Doctor Who. (PG) **5.15**  
 Doctor Who. (PG)

## ABC COM

**6.00** Children's Programs. **5.55**  
 Waffle The Wonder Dog. Nev.  
**6.05** Octonauts. **6.15** Peter Rabbit.  
**6.30** Luo Bao Bei. **6.40** Dino Dana.  
**6.50** Andy's Wild Adventures.  
**7.05** Ben And Holly. **7.20** Shaun  
 The Sheep. **7.30** Whovians. (PG)  
**8.00** Adam Hills: The Last Leg. (M)  
**8.40** Josh. (PG) **9.10** The Office.  
 (M) **9.30** Alan Davies: As Yet  
 Untitled. (M) **10.15** Buzzcocks.  
 (M) **10.45** Workaholics. (M) **11.10**  
 30 Rock. (M) **11.30** Episodes.  
 (M) **12.05** Parks And Recreation.  
 (PG) **12.25** The Office. (PG) **12.50**  
 Workaholics. (M) **1.15** 30 Rock.  
 (PG) **1.35** Episodes. (M) **2.10** Parks  
 And Recreation. (PG) **2.30** News  
 Update. **2.35** Close. **5.00** Boj.  
**5.10** Arthur. **5.35** This Is Scarlett  
 And Isaiah. **5.40** Bottle Top Bill.  
**5.55** The Day Henry Met.

## SBS

**6.00** WorldWatch. **9.30** Greek  
 News. **10.30** German News.  
**11.00** Spanish News. **12.00** Arabic  
 News F24. **12.30** Turkish News.  
**1.00** Al Jazeera. **2.00** Miniseries:  
 Tutankhamun. (M) **2.55** Good  
 Listening. (PG) **3.25** André Rieu:  
 Forever Vienna. **4.25** Ireland With  
 Simon Reeve. (PG) **5.30** Letters  
 And Numbers. **6.00** Rick Stein's  
 India. (PG) **6.30** News. **7.35**  
 Britain's Most Historic Towns.  
 Final. **8.30** The Diet Testers. (PG)  
**9.30** 24 Hours In Emergency. (M)  
**10.25** SBS News. **10.55** The World  
 Game. **11.25** The Day. (M) **12.30**  
 The Day. (MA15+) **1.30** Magnifica  
 70. (M) **2.30** Magnifica 70. (M)  
**3.30** Magnifica 70. (M) **4.30** Poh's  
 On The Road. **5.00** CGTN English  
 News. **5.15** NHK World English  
 News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **10.30** Tamil  
 News. **11.00** NHK Japanese  
 News. **11.35** Hindi News. **12.00**  
 Movie: Tarzan. (PG) (2013) **1.40**  
 Faking It. (M) **2.05** Faking It. (M)  
**2.30** Aussie Jokers. **3.00** PopAsia  
 TV. (PG) **4.00** Vs Arashi. (PG)  
**4.55** If You Are The One. (PG)  
**6.10** News. **6.40** Seconds From  
 Disaster. **7.35** The Feed. **8.05**  
 Travel Man. **8.35** Travel Man.  
**9.10** The Orville. (M) **10.00** You're  
 The Worst. **10.30** You're The  
 Worst. **10.55** Undressed Italy. (PG)  
**11.25** Undressed Italy. (PG) **12.00**  
 News. **12.25** Movie: Burning  
 Man. (MA15+) (2011) **2.30** CGTN  
 English News. **3.00** Thai News.  
**3.30** Bangla News. **4.00** Punjabi  
 News. **4.30** Sri Lankan Sinhalese  
 News. **5.00** Korean News. **5.30**  
 Indonesian News.



## MOVIES

**6.10pm** Valerian  
 And The City  
 Of A Thousand  
 Planets (2017) Sci-Fi.  
 Dane DeHaan. (M)  
*Premiere*  
**6.35pm** Victoria &  
 Abdul (2017) Drama.  
 Judi Dench, Ali Fazal.  
 (PG) *Masterpiece*  
**10.30pm** Wonder  
 (2017) Drama.  
 Jacob Tremblay,  
 Julia Roberts. (PG)  
*Premiere*  
**GENERAL**  
**1.35pm** The Real  
 Housewives Of  
 Atlanta. (M) *Arena*  
**6.30pm** Outlander.  
 (MA15+) *FOX*  
*Showcase*  
**8.30pm** Supergirl.  
 (M) *FOX8*  
**DOCUMENTARY**  
**7.00pm** Live PD. (M)  
*Crime & Investigation*  
**8.30pm** RFK: The  
 Kennedy Family  
 Remembers. (PG)  
*History*  
**9.30pm** You Have  
 Been Warned. (PG)  
*Discovery Science*  
**SPORT**  
**6.00am** Darts. World  
 Series. Final. Final  
 day. Night session.  
*Fox Sports 503*  
**12.15pm** Gridiron.  
 NFL. Week 9. New  
 England Patriots v  
 Green Bay Packers.  
*ESPN*  
**7.50pm** Basketball.  
 NBL. Round 4.  
 Melbourne United  
 v Sydney Kings. *Fox*  
*Sports 503*

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

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Kevin Can Wait. (PG) **2.00** Family Food Fight. (PG) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Family Food Fight. (PG) **8.45** The Big Bang Theory. (PG) **9.15** The Big Bang Theory. (PG) **9.45** Kath & Kim. (PG) **10.20** Kath & Kim. (PG) **10.55** Mom. (M) **11.25** Mom. (M) **11.50** The Closer. (M) **12.35** Motor Racing. Targa Great Barrier Reef. Highlights. From Queensland. **1.00** Motor Racing. SXS Australian Championship. Highlights. **1.30** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop. **4.00** Ellen DeGeneres. (PG) **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **10.00** Transformers. **10.30** Yo-Kai. (PG) **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Cold Water Cowboys. (M) **2.00** Dance Moms. (PG) **3.00** Pokémon. **3.30** LEGO Friends. **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Be Cool, Scooby-Doo! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Hercules. (M) (2014) **10.30** Big Bang. (PG) **12.00** Balls Of Steel. (MA15+) **12.35** Friends. (PG) **1.30** Robot Chicken. (M) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst. **4.00** We Bare Bears. (PG) **4.30** Power Rangers Ninja Steel. (PG) **4.50** Yo-Kai. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** Horse Racing. Melbourne Cup Carnival. Melbourne Cup Day. **4.30** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Robbo says the magic words to Jasmine. **7.30** Bride And Prejudice: The Forbidden Weddings. (PG) Jess is offered \$10,000 and around-the-world ticket to leave Seyat. **9.00** The Good Doctor. (M) Morgan and Shaun's indecision on how to treat a young violinist could affect her future. **10.00** The Resident. (M) Kit and AJ must stop their feuding in order to team up against Bell. **11.00** Chicago Fire. (M) Boden has a lapse in judgement. **12.00** Movie: The Girl Next Door. (M) (1998) Tracey Gold. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** News Of The Wild. **7.30** Oh Yuck. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Mr Selfridge. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. (PG) **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Kingdom. (PG) Follows the work of Peter Kingdom. **8.30** The Inspector Lynley Mysteries. (M) The body of a young man is found in Essex. **10.30** Blue Murder. (M) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Auction Squad. **2.00** The Inspector Lynley Mysteries. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue. (PG)

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. **8.00** Pointless. (PG) **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** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Ambulance Australia. Follows NSW Ambulance's Sydney operations. **8.40** FBI. (M) The team tracks down a sniper who has been targeting people in the Tri-State area. **9.40** NCIS: LA. (M) Callen and Sam are assigned protection duty for a Saudi crown prince after an assassin targets his decoy. **10.40** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** NCIS. (M) **1.00** NCIS: Los Angeles. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **10.30** CSI: NY. (MA15+) **11.30** CSI: NY. (M) **12.00** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Cheers. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Call The Midwife. (M) **3.00** Home Fires. (PG) **3.45** Making Child Prodigies. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.10** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Ask The Doctor. (PG) **8.30** Barrenjoey Road. (M) **9.30** Nolan. (PG) **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.20** Classic Countdown. **1.20** Classic Countdown. (PG) **2.20** Rage. (MA15+) **4.05** Doctor Who. (PG) **5.10** Doctor Who. (PG)

## ABC COM

**6.00** Children's Programs. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Mock The Week. (M) **8.30** The IT Crowd. (PG) **9.00** Back Seat Drivers Shorts. (PG) **9.05** The Office. (PG) **9.25** Back Seat Drivers Shorts. (M) **9.30** Superwog. (MA15+) **10.00** The Inbetweeners. (M) **10.20** Workaholics. (M) **10.45** 30 Rock. (PG) **11.05** Episodes. (PG) **11.35** Parks And Recreation. (PG) **12.00** The Office. (M) **12.20** Workaholics. (M) **12.45** 30 Rock. (M) **1.05** Episodes. (M) **1.35** Parks And Recreation. (PG) **2.00** Josh. (PG) **2.25** News Update. **2.30** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

## SBS

**6.00** WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **F24. 12.30** Turkish News. **1.00** PBS News. **2.00** Hostages Of The SS. (PG) **2.55** Recipe For Life. **3.25** Who Do You Think You Are? (PG) **4.25** Ireland With Simon Reeve. (PG) **5.30** Letters And Numbers. **6.00** Rick Stein's India. **6.30** News. **7.35** Michael Portillo's Abandoned Britain. (PG) **8.30** Insight. **9.30** Dateline. **10.00** Simon Reeve In Burma. (PG) **11.00** SBS News. **11.30** Greystone. (M) New. **12.25** Greystone. (M) **1.15** The Fall. (M) **3.00** Spiral. (MA15+) **4.05** Spiral. (MA15+) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **11.35** Hindi News. **12.00** Movie: Belle & Sebastian. (PG) (2013) **1.50** Rise. (PG) **2.40** Rise. (PG) **3.30** Daria. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.15** News. **6.40** Seconds From Disaster. **7.35** The Feed. **8.05** Adam Ruins Everything. (PG) **8.35** 8 Out Of 10 Cats Does Countdown. Final. **9.35** Cocaine: Britain's Epidemic. **10.25** Sex In The World's Cities. (MA15+) **11.25** World Of VICE. Final. **11.55** Walk Of Shame Shuttle. (M) **12.20** Walk Of Shame Shuttle. (M) **12.45** News. **1.10** The Feed. **1.40** The Returned. (M) **2.40** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lanka Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.15pm Black Panther** (2018) Action. Chadwick Boseman. (M) **Premiere** **8.30pm The Greatest Showman** (2017) Drama. Hugh Jackman, Michelle Williams. (PG) **Premiere** **10.15pm Transformers: The Last Knight** (2017) Action. Mark Wahlberg, Josh Duhamel. (M) **Premiere**

## GENERAL

**8.30pm DC's Legends Of Tomorrow**. (M) **FOX8** **9.30pm The Deuce**. (MA15+) **FOX Showcase** **9.30pm The Daily Show With Trevor Noah**. (M) **Comedy Channel** **DOCUMENTARY** **8.30pm Fear Thy Neighbor**. (M) **Crime & Investigation** **8.30pm Deadly Intelligence**. (PG) **History** **8.35pm Bake Off: The Professionals**. (PG) **Lifestyle Food** **SPORT** **12.15pm Gridiron**. NFL. Week 9. Dallas Cowboys v Tennessee Titans. **ESPN** **3.00pm Cricket**. First Test. Sri Lanka v England. Day 1. **Fox Cricket**

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.

# MOVE TOWARDS A BETTER FUTURE

with Leonie Schilling's

*North Lakes Counselling Services*

Leonie has turned our relationship around and we are going in a great direction with both of us much happier. Should have done it years ago

Professional, kind and compassionate. She helped clear my hazy perception and set positive goals towards moving forward in my life

Incredibly grateful to Leonie for her spot-on advice regarding my highly emotional, anxious child.

After being very sceptical of the process, this lady made me feel very at ease and was very gentle with my feelings of grief.

For confidential appointments phone 3886 2715 or mobile 0423 653 841  
[www.northlakescounsellingservices.com.au](http://www.northlakescounsellingservices.com.au)



## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Kevin Can Wait. (PG) **2.00** Family Food Fight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.00** Young Sheldon. (PG) **8.30** Manifest. **9.30** World's Worst Flights. (M) New. **10.30** Lethal Weapon. (M) **11.25** Rizzoli & Isles. (M) **12.15** Two And A Half Men. (M) **12.40** Westside. (MA15+) **1.35** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Storage Hunters UK. (PG) **1.00** Cold Water Cowboys. (M) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **4.05** We Bare Bears. (PG) **4.30** Be Cool, Scooby-Doo! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** BattleBots. (PG) **8.30** Big Bang. (PG) **9.30** Movie: Exit Wounds. (M) (2001) **11.30** Big Bang. (PG) **12.00** Balls Of Steel. (M) **12.35** Friends. (PG) **1.30** Robot Chicken. (M) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst. **4.00** We Bare Bears. (PG) **4.30** Power Rangers Ninja Steel. (PG) **4.50** Yo-Kai. (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 Hazing Secret. (M) (2014) **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** Bride And Prejudice: The Forbidden Weddings. (PG) The couples are shocked when they receive the results of their lie detectors tests. **9.00** 9-1-1. (M) The first responders race to the site of a crashed news helicopter. Bobby tries to deal with his daughter's death. **10.00** Criminal Minds. (M) The team helps local law enforcement. **11.00** Criminal Minds. (M) **12.00** Deception. (M) Final. **1.00** Quantico. (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** News Of The Wild. **7.30** Oh Yuck. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Lovejoy. (M) **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. Teams travel to the Westpoint Arena. **7.30** Rosemary & Thyme. (PG) **8.30** Judge John Deed. (M) Deed presides over a civil action against a waste company accused of damaging community health. **10.30** Suspects. (M) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. **8.00** Pointless. (PG) **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** GCBC. **4.00** Cook's Pantry. **4.30** Bold. **5.00** News. **6.00** Pointless. **6.30** The Project. **7.30** Bachelorette Aust. Hosted by Osher Günsberg. **8.30** Playing For Keeps. The truth behind Jack's death is revealed. Tahlia and Connor manage their grief over their short-lived marriage in unique ways. **9.30** Madam Secretary. Alison volunteers for a congressional campaign. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** NCIS. (M) **1.00** NCIS: Los Angeles. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS: Los Angeles. (M) **11.30** CSI: NY. (MA15+) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. **3.00** Walker, Texas Ranger. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Aust. **11.30** Julia Zemiro's Home Delivery. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Call The Midwife. (PG) **3.00** Home Fires. (PG) **3.45** The Cook And The Chef. **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.10** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Tomorrow Tonight. **9.30** The Set. **10.00** Superwog. (MA15+) **10.25** Adam Hills: The Last Leg. **11.05** ABC Late News. **11.35** The Business. **11.50** Four Corners. **12.35** Media Watch. (PG) **12.55** Classic Countdown. (PG) **2.20** Press Club. **3.20** Doctor Who. (PG)

## ABC COM

**6.00** Children's Programs. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** The Catherine Tate Show. (M) **9.00** The Office. (PG) **9.25** The Weekly With Charlie Pickering: Go Away. (PG) **9.30** Come Fly With Me. (M) **10.00** The History of Comedy. (M) New. **10.40** Workaholics. (M) **11.05** 30 Rock. (M) **11.25** Episodes. (M) **11.55** Parks And Recreation. (PG) **12.15** The Office. (PG) **12.40** Workaholics. (M) **1.05** 30 Rock. (PG) **1.25** Episodes. (M) **1.55** Parks And Recreation. (PG) **2.20** The IT Crowd. (PG) **2.40** News Update. **2.45** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

## SBS

**6.00** WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Hystories Of The SS. (PG) **3.00** Dateline. **3.30** Insight. **4.30** The Churchills. **5.30** Letters And Numbers. **6.00** Rick Stein's India. **6.30** News. **7.30** Food Safari Water. **8.00** Railway Journeys UK. **8.35** DNA Nation. **9.35** The Missing. (M) **10.45** Bosch. (MA15+) **11.35** SBS News. **12.10** Movie: Too Hard To Handle. (MA15+) (2016) **2.10** Crimes Of Passion. (M) **3.50** Royal Navy School. (M) **4.50** France Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Martino's Summer. (M) (2010) **1.30** 7 Days In Hell. (M) **2.25** American Boyband. (M) **2.55** The Pizza Show. (PG) **3.20** Daria. (PG) **3.50** PBS News. **4.55** If You Are The One. (PG) **6.05** News. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Hunt For The Trump Tapes. Final. **8.30** Movie: Eyes Wide Shut. (MA15+) (1999) **11.25** Movie: Teen Lust. (2014) **1.00** News. **1.25** The Returned. (MA15+) **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 Pitch Perfect 3** (2017) Comedy. Anna Kendrick, Rebel Wilson, Hailee Steinfeld. (M) *Premiere*  
**8.30pm Our Time Will Come** (2017) . Xun Zhou, Eddie Peng. (M) *Masterpiece*  
**8.10.05pm Star Wars: Episode VIII – The Last Jedi** (2017) Action. Daisy Ridley. (M) *Premiere*

## GENERAL

**7.30pm Bulletproof.** (MA15+) *FOX Showcase*  
**9.30pm Ray Donovan.** (MA15+) *FOX Showcase*  
**9.30pm The Gifted.** (M) *FOX8*

## DOCUMENTARY

**7.30pm A Century Of Film.** (PG) *History*  
**8.30pm Earth's Great Seasons.** (PG) *Animal Planet*  
**8.30pm Toymakerz.** (PG) *Discovery Turbo*

## SPORT

**11.00am Basketball.** College. State Farm Champions Classic. Kansas v Michigan State. *ESPN*  
**2.00pm Golf.** LPGA Tour. Blue Bay Tournament. First round. *Fox Sports 505*  
**5.40pm Cricket.** First Test. Sri Lanka v England. Day 2. *Fox Cricket*

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.

0711

SAVE  
North Lakes  
Golf Course

# Fundraising Golf Day

All levels and abilities welcome

When: Friday 7 December 2018

Where: North Lakes Golf Course

Cost: Team of 4 players - \$400

• If you are not in a team single players will be put into a team of 4.

Hole Sponsorship: \$1000

- 1 team (4 players) registered to play in the event
- Acknowledgement at briefing and presentation as a valued sponsor of the event
- Banner displayed on course (selected hole)
- Opportunity to distribute promotional collateral to all players

\$80 from each team entry will be contributed to the Save North Lakes Golf Course fighting fund. All funds raised are being used in a transparent and responsible way to underpin SNLGC marketing, advertising and legal submissions to ensure that our green space remains a golf course in North Lakes.

On the Day

**11:30am – Registration** (Includes sausage sizzle and warm up)

**12:15pm – Introduction** (Rules and cart to tee)

**12:30pm – Tee Off**

**5:30pm – Presentations** (Includes Gourmet Burger meal)

Golf Format

- 4 person ambrose
- Men play off blue tees & Women off red tees
- Golf Australia handicaps.
- If no official handicap 18 for men & 30 for women (max)
- Calculated handicap Men – GA Handicap / 113 x 133
- Calculated handicap Women – GA Handicap / 113 x 137
- Team handicap calculated by adding 4 team members playing handicap together and then divide by 8.

Register Today: [www.savenorthlakes.com.au/golfdays](http://www.savenorthlakes.com.au/golfdays)

## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Benny & Joon. (PG) (1993) Mary Stuart Masterson, Johnny Depp, Aidan Quinn. A mentally disturbed painter, living with her kind-hearted brother, falls in love with an eccentric man. **3.00** News. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Driving Test. (PG) **8.00** RBT. (PG) **8.30** Paramedics. **9.30** Chicago Med. (M) **10.30** Embarrassing Bodies. (M) **11.30** Imposters. (M) New. **12.20** Imposters. (M) **1.10** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Cold Water Cowboys. (M) **2.00** Dance Moms. (PG) **3.00** Pokémon. **3.30** LEGO Friends. **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Be Cool, Scooby-Doo! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (M) **7.30** The Middle. (PG) **8.30** Big Bang. (PG) **9.30** Survivor: David Vs Goliath. (PG) **10.30** Big Bang. (PG) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **2.00** Adv Time. (PG) **3.00** Regular Show. (PG) **3.30** Beyblade Burst. **4.00** We Bare Bears. (PG) **4.30** Power Rangers Ninja Steel. (PG) **4.50** Yo-Kai. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **10.30** Horse Racing. Melbourne Cup Carnival. Oaks Day. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Raffy drops a bombshell. **8.30** Orange Is The New Brown. (M) New. Sketch comedy series, featuring a look at an over-enthusiastic fertility doctor and the forgotten fifth Wiggle. **9.00** Modern Family. (PG) The Dunphy-Pritchett-Tucker clan deals with huge, unexpected news at Halloween. **9.30** Movie: Bridesmaids. (MA15+) (2011) Kristen Wiig, Maya Rudolph. Two best friends have a falling out. **12.00** Grey's Anatomy. (M) **1.00** Harry's Practice. **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** News Of The Wild. **7.30** Oh Yuck. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. (PG) **1.00** Suspects. (M) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** The Zoo. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Queen Of The World. (PG) **8.30** Murdoch Mysteries. (M) After the skeleton of a murdered police officer is found in the station basement, Murdoch suspects his colleagues. **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Auction Squad. **2.00** Bargain Hunt. **3.00** The Great Outdoors. (PG) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** The Zoo.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. **8.00** Pointless. **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** GCBC. **4.00** Cook's Pantry. **4.30** Bold. **5.00** News. **6.00** Pointless. **6.30** The Project. **7.30** Bachelorette Aust. Hosted by Osher Günsberg. **8.30** How To Stay Married. (M) New. A married couple, whose relationship lacks excitement, find their problems exacerbated. **9.00** Law & Order: S.V.U. Return. A teenager who shows evidence of having been raped refuses to name his attacker. **10.00** Blue Bloods. (M) Return. **11.00** Blue Bloods. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** NCIS. (M) **1.00** NCIS: Los Angeles. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** Hawaii Five-0. (M) **10.30** The Ultimate Fighter: Heavy Hitters. **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Cheers. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

## ABC

**6.00** News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Barrenjoey Road. (M) **2.00** Call The Midwife. (M) **3.00** Home Fires. (PG) **3.45** The Cook And The Chef. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.05** Grand Designs. **6.55** Sammy J. Final. **7.00** ABC News. **7.30** 7.30. **8.00** Grand Designs Australia. **8.50** Endeavour. (M) **10.25** ABC Late News. **10.55** The Business. **11.10** Wentworth. (M) **11.55** Stranded. (M) **12.55** Classic Countdown. **1.55** Rage. (MA15+) **3.35** Doctor Who. (PG) **4.20** Doctor Who. (PG) **5.10** Doctor Who. (PG)

## ABC COM

**6.00** Children's Programs. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Luo Bao Bei. **6.40** Dino Dana. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Chandon Pictures. (M) **8.30** The Hollowmen. (M) **9.00** Sammy J. **9.05** The Office. (PG) **9.30** Stath Lets Flats. (M) **10.00** Crashing. (M) **10.25** Workaholics. (M) **10.45** 30 Rock. (M) **11.10** Episodes. (M) **11.40** Parks And Recreation. (PG) **12.00** The Office. (PG) **12.25** Workaholics. (M) **12.45** 30 Rock. (M) **1.10** Episodes. (M) **1.40** Parks And Recreation. (PG) **2.00** The History Of Comedy. (M) **2.40** News Update. **2.45** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

## SBS

**6.00** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Living Black. **2.30** Australia With Simon Reeve. (PG) **3.30** Inside CERN. **4.30** The Churchills. (PG) **5.30** Letters And Numbers. **6.00** Rick Stein's India. **6.30** News. **7.30** The Secret Life Of Queen Victoria. (M) **8.30** Police Custody: Their Time Will Come. (M) **9.30** War And Peace. (MA15+) **10.20** Outlander. (MA15+) **11.20** SBS News. **11.50** Vikings. (MA15+) **12.40** Vikings. (MA15+) **1.35** 1864: Denmark's War. (MA15+) **2.40** 1864: Denmark's War. (MA15+) **3.50** Poh's On The Road. **4.25** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **10.30** Somali News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: The Incite Mill: 7 Day Death Game. (M) (2010) **2.00** Royal Navy School. (M) **3.00** Dead Set On Life. (PG) **3.30** Daria. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.10** News. **6.40** Seconds From Disaster. **7.35** The Feed. **8.05** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Full Frontal. (MA15+) **9.30** A World In Disarray. **11.05** VICE Guide To Film. **12.00** News. **12.25** The Feed. **12.55** The Returned. (MA15+) **2.10** Flophouse. (M) **2.35** 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

**6.10pm** Den Of Thieves (2018) Action. Gerard Butler. (MA15+) **Premiere** **8.30pm** The 15:17 To Paris (2018) Drama. Alek Skarlatos, Anthony Sadler. (M) **Premiere** **10.40pm** The Beguiled (2017) Drama. Nicole Kidman, Kirsten Dunst. (M) **Masterpiece** **GENERAL** **8.30pm** Wrecked. (M) **Comedy Channel** **8.30pm** Spartan: Ultimate Team Challenge. (PG) **FOX8** **9.00pm** Impractical Jokers. (M) **Comedy Channel** **DOCUMENTARY** **7.30pm** War Above The Trenches. (PG) **History** **8.30pm** Inside Dame Elisabeth's Garden. (PG) **Lifestyle** **8.30pm** 100 Days To Victory. (M) **History** **SPORT** **6.00am** Cricket. One Day International Series. Pakistan v New Zealand. Game 1. **Fox Cricket** **6.00am** Tennis. Next Generation ATP Finals. Day 2. **ESPN2** **2.35pm** Basketball. NBA. Los Angeles Lakers v Minnesota Timberwolves. **ESPN**

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

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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: St. Vincent. (M) (2014) Bill Murray.  
**3.00** News. **4.00** Afternoon News.  
**5.00** Hot Seat. **6.00** Nine News.  
**7.00** ACA. **7.30** Vet On The Hill. (PG) **8.35** Movie: Paper Planes. (G) (2014) Sam Worthington, Ed Oxenbould, Deborah Mailman, Ena Imai. A boy's passion for flight sets him on a journey to compete in the World Paper Plane Championships in Japan. **10.30** Movie: Along Came A Spider. (MA15+) (2001) Morgan Freeman, Michael Wincott, Monica Potter. A US senator's daughter is kidnapped. **12.30** Cold Case. (M)  
**1.30** TV Shop. **4.00** Global Shop. **4.30** Travel Guides. (M) **5.30** ACA.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Storage Hunters UK. (PG) **1.00** The Middle. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon. **3.30** LEGO Friends. **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Be Cool, Scooby-Do! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Movie: The Nutty Professor. (PG) (1996) **9.30** Movie: Big Momma's House. (PG) (2000) **11.30** Big Bang. (PG) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Friends. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst. **4.00** We Bare Bears. (PG) **4.30** Power Rangers Ninja Steel. (PG) **4.50** Yo-Kai. (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: Surrender, Dorothy. (M) (2006) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh visits Invisible House in the Blue Mountains. Adam makes some wine bottle holders with a difference. **8.30** Movie: Harry Potter And The Deathly Hallows: Part 2. (PG) (2011) Daniel Radcliffe, Emma Watson, Rupert Grint. Harry, Ron and Hermione hunt down the last of Voldemort's horcruxes in the hope of ending his threat forever. **11.15** To Be Advised. **12.15** Grey's Anatomy. (M) **1.10** Grey's Anatomy. (M) **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** News Of The Wild. **7.30** Oh Yuck. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** Better Homes. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** The Zoo. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Land Of The Midnight Sun. (PG) **8.30** Selling Houses Aust. A disco-inspired country estate is up for sale. **10.30** To Be Advised. **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Auction Squad. **2.00** Bargain Hunt. **3.00** Land Of The Midnight Sun. (PG) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** The Zoo.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** GCBC. **4.00** Cook's Pantry. **4.30** Bold. **5.00** News. **6.00** Pointless. **6.30** The Project. **7.30** The Living Room. Dr Chris visits the Abrolhos Islands. **8.30** The Graham Norton Show. Irish comedian Graham Norton chats with Claire Foy, Kurt Russell and comedian David Walliams. **9.30** Have You Been Paying Attention? (M) Five celebrities compete to see who can remember the most about events of the week. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

## ONE

**6.00** Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 18. Malaysian Grand Prix. Replay. From Sepang International Circuit, Selangor, Malaysia. **9.30** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** NCIS. (M) **1.00** NCIS: Los Angeles. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M) **5.00** The Doctors. (M)

## ABC

**6.00** News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Nolan. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** The House With Annabel Crabb. **2.00** Call The Midwife. (M) **3.00** Home Fires. (PG) **3.45** Poh's Kitchen. **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.10** Grand Designs. **7.00** ABC News. **7.30** Gardening Australia. Final. **8.30** Father Brown. (M) **9.20** Line Of Duty. (M) Final. **10.20** ABC Late News. **10.50** The Business. **11.05** Shaun Micallef's MAD AS HELL. (M) **11.35** Planet America. **12.20** Rage. (MA15+) **5.00** Rage. (PG)

## ABC COM

**6.00** Children's Programs. **6.30** Luo Bao Bei. **6.40** Dino Dana. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.05** The Office. (PG) **9.30** Blackadder Goes Forth. (PG) **10.00** I'm Alan Partridge. (M) **10.30** Workaholics. (M) **10.55** 30 Rock. (PG) **11.15** Episodes. (M) **11.45** Parks And Recreation. (PG) **12.10** The Office. (PG) **12.30** Workaholics. (M) **12.55** 30 Rock. (M) **1.15** Episodes. (M) **1.50** Parks And Recreation. (PG) **2.10** Stath Lets Flats. (M) **2.35** Crashing. (M) **3.00** News Update. **3.05** Close. **5.00** Boj. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** The Day Henry Met.

## 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** The Point. **3.00** NITV News Week In Review. **3.30** Nordlandsbanen Train Journey. (PG) **4.30** The Churchills. (PG) **5.30** Letters And Numbers. **6.00** Rick Stein's India. **6.30** News. **7.30** World's Busiest Railway. **8.35** Movie: The Railway Man. (2013) Colin Firth. **10.50** SBS News. **11.20** Movie: Marfa Girl. (2012) **1.20** Follow The Money. (M) **2.30** Follow The Money. (M) **3.40** Follow The Money. (M) **4.50** Destination Flavour. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **10.30** Armenian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: La Cage Aux Folles. (M) (1978) **1.45** Release The Hounds. (M) **2.40** Date The World. (M) **2.55** Dateline. **3.25** Daria. (PG) **3.55** PBS News. **4.55** If You Are The One. (PG) **6.05** News. **6.30** Seconds From Disaster. **7.30** David Hasselhoff Vs The Berlin Wall. **8.30** Adam Looking For Eve. (MA15+) **9.25** The Ceremony: Dominatrix Of France. **10.35** 12 Monkeys. Return. **11.25** 12 Monkeys. **12.15** News. **12.40** Movie: Circumstance. (MA15+) (2011) **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

**8.30pm Fifty Shades Freed** (2018) Dakota Johnson. (MA15+) *Premiere*  
**8.30pm Goodbye Christopher Robin** (2017) Drama. Domhnall Gleeson, Margot Robbie. (PG) *Masterpiece*  
**10.20pm Insidious: The Last Key** (2018) Horror. (M) *Thriller*

## GENERAL

**8.30pm Bar Rescue.** (M) *A&E*

**8.30pm Last Man Standing.** (PG) *FOX8*

**11.30pm Comic Book Men.** (PG) *A&E*

**DOCUMENTARY**  
**7.30pm**

**Attenborough's Nature's Great Events.** (PG) *Animal Planet*

**7.30pm Behind The Screams.** (M) *Crime & Investigation*

**8.05pm Jamie's Quick & Easy Food.** (PG) *Lifestyle Food*

**SPORT**  
**12.15pm Gridiron.** NFL. Week 10. Pittsburgh Steelers v Carolina Panthers. *ESPN*

**7.50pm Soccer.** A-League. Round 4. Melbourne City FC v Wellington Phoenix. *Fox Sports 505*

**9.30pm Basketball.** NBL. Round 2. Perth Wildcats v Brisbane Bullets. *Fox Sports 506*

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

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## NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

This week was special for our group as we celebrated our 15th birthday.

Our birthday party theme was 'Dress to Impress' and 54 of our lovely ladies 'Glammed Up' to enjoy a fantastic day at Waters Edge in Scarborough. We were entertained, enthralled and mesmerised by magician Nathan Hedger. Our thanks to the team at Waters Edge for delicious meals and outstanding service.

Tuesday 6th November – Melbourne Cup. Lunch at Redcliffe Harness Racing Club.

Tuesday 13th November – General Meeting and AGM. Members Only.

Tuesday 20th November – Guest speaker. Ainslie Moden, Wellness Advocate for Doterra Essential Oils. Body Shop at Home will also have a pop-up shop. Christmas singing practice – Visitors welcome.

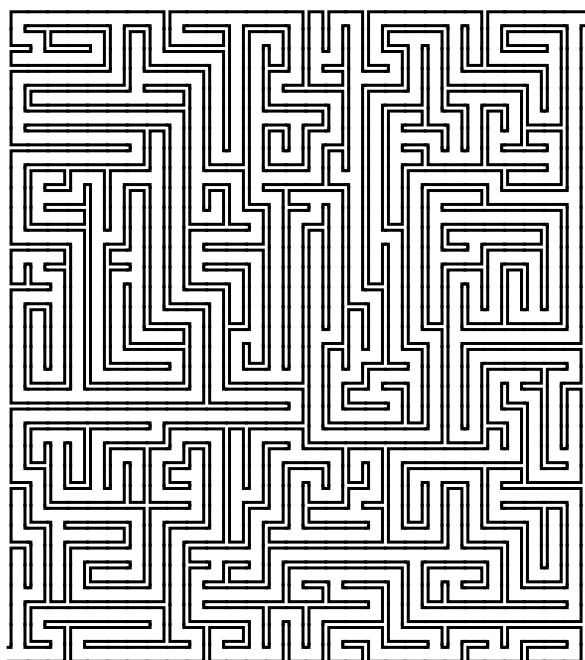
Tuesday November 27th – Christmas Singing followed by Lunch (TBA). Members only.

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.

# SUDOKU

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## AMAZING MAZES



## CROSSWORD SOLUTION FROM LAST ISSUE

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# Crossword 7011

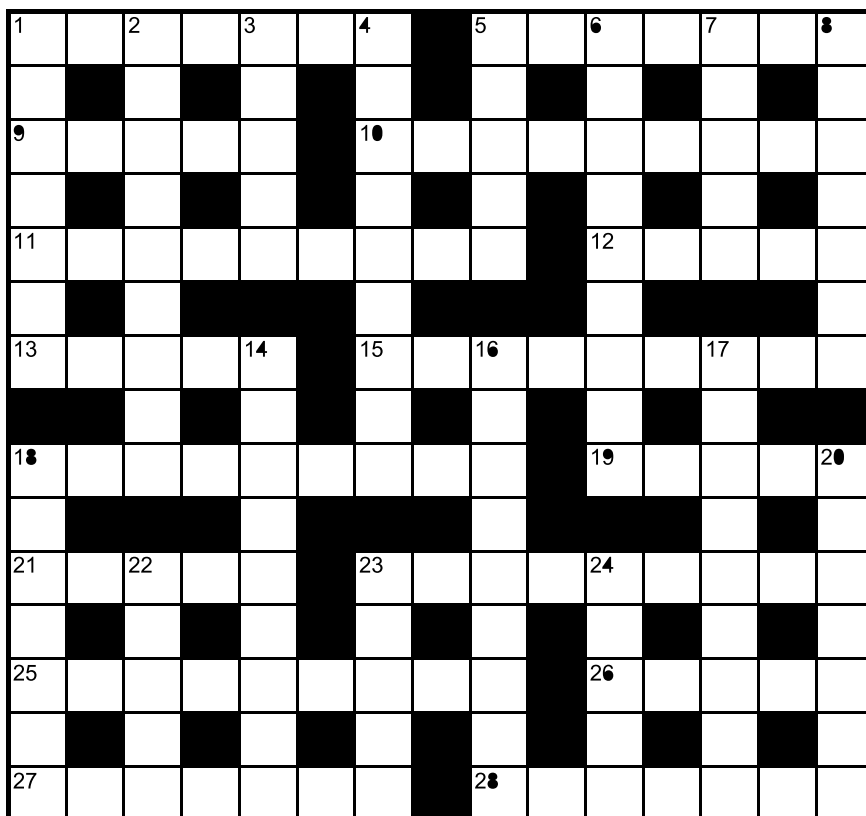
Crafted by the skilled hands of Laurie Stibbe

## ACROSS

- 1 Made up your mind
- 5 Larval frog
- 9 Christian holy book
- 10 Prison
- 11 S.E. Queensland lungfish
- 12 At that place
- 13 Pixies
- 15 From dusk to dawn
- 18 Sudden unexpected events
- 19 Tedium
- 21 Involuntary muscular contraction
- 23 Whale product used for perfume
- 25 Said of Off the cuff remark
- 26 Capacious bags or baskets
- 27 Small cucumber for pickling
- 28 Hopes

## DOWN

- 1 Embarrassing failure
- 2 One who drives a taxi
- 3 Lived in a home
- 4 Of plants that shed foliage
- 5 Anecdotes
- 6 Woman entering society
- 7 Gas in the stratosphere
- 8 Abstract part of something
- 14 Album of clippings
- 16 Moving away from the west
- 17 Producer of electricity
- 18 Coarse fabric for bags
- 20 Asserts to be true
- 22 Eve's fruit
- 23 Poplar
- 24 Local taxes on property



## COMMUNITY NOTICE BOARD ONLINE

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

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



# SOLAR PAYS BACK FOR QUEENSLANDERS

More electricity retailers are offering to pay Queenslanders more for their excess solar power.

But higher feed-in tariffs (FiTs) don't necessarily mean lower overall power bills, the independent Queensland Competition Authority (QCA) has warned in its latest report.

Energy Minister Dr Anthony Lynham said QCA's 2018 solar FiT report for south east Queensland showed retailers were offering households and small business average FiTs over 50 per cent higher than the previous year.

One in three Queensland households has a solar system and a new solar system is installed somewhere in Queensland every 15 minutes.

"The growth in the solar market is now stimulating a wide range of FiTs from retailers, giving consumers the power to choose the FiT that best meets their needs," Dr Lynham said.

"However, I strongly encourage consumers and small business to do the research and shop around to find the best offer for their overall needs."

The QCA report is designed to help you with that research, because it models different levels of use and solar FiTs to see how they might impact



different types of customers.

The QCA report released last week shows that 16 retailers were offering average FiTs of 11 cents per kilowatt hour to households and 13 retailers an average 10.2 cents per kilowatt hour to small business.

The Solar Bonus Scheme was introduced in 2008 and closed to new applicants in 2012. Around 159,000 households are on the scheme, and more than 200,000 solar systems have been installed since it closed.

"The Solar Bonus Scheme was an effective catalyst in establishing a solar industry in

Queensland and delivering an estimated \$2 billion worth of private investment in solar from households and small business," Dr Lynham said.

"The forecast trajectory shows the uptake of solar will continue to rise in Queensland and that means power bill savings, and more renewable energy going back into the grid for everyone's benefit.

"The Palaszczuk Government is right on track to reach our targets of 3000 megawatts of solar photovoltaics (PV) by 2020 and 50 per cent renewable energy target by 2030 as we transition to a clean energy future."



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- High end appliances and stone bench tops throughout all wet areas
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Auction will be held at  
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Jason Smith  
0400 389 116  
j.smith@raywhite.com

2018 - Premier Member  
2017 - Premier Member  
2016 - 2017 Premier Member  
2016 - Significant Settled  
Commission \$2 Million  
2015 - 2016 Elite Performer  
2014 - 2015 Elite Performer  
2013 - Significant Settled  
Commission \$1 Million  
2013 - 2013 Premier Member



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14 Bellesteros St, North Lakes  
4 2 2 | \$749,000 +



50 Elkington Circuit, North Lakes  
3 2 2 | \$679,000 +



25 Lanagan Circuit, Mango Hill  
4 2 2 | \$549,000 +



73 Mapleton Drive, North Lakes  
4 2 2 | \$589,000



28 Tuckeroo Pde, North Lakes  
4 2 2 | \$549,000 +



16 Crawford Street, North Lakes  
4 2 2 | \$449,000



56 Langer Circuit, North Lakes  
3 2 2 | \$469,000 +



34 Dickson Cres, North Lakes  
3 2 1 | \$429,000

To book an inspection call,

**Darren Suhle**

0400 197 529

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Sold



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# Another sold.

Sold



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3 2 1

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# MORE THAN 35K QUEENSLANDERS HAVE THEIR SAY ON RENTAL REFORM

## Build to rent needs to be considered says Property Council

The Queensland Government has asked for feedback from Queenslanders on their experiences living in, managing or owning rental properties, for the purpose of investigating state-wide rental reform.

Similar rental reforms are already underway in New South Wales and Victoria, allowing tenants more rights in regard to owning pets, placing limits on rental increases and providing protection against no-reason evictions.

While the Government is considering rental reforms to improve the rights of tenants in Queensland, the Property Council will be using the review as an opportunity to encourage Government to support the emerging Build to Rent sector, which would address many tenant concerns, such as security of tenure.

Minister for Housing and Public Works Mick de Brenni said residents were confirming the results of the government's statewide Open Doors to Renting Reform survey – tenants want a fairer system that helps improve their lives.

"We are determined to deliver outcomes because renting affects almost everyone in Queensland in some way – whether they rent, own or manage a rental property, or know someone who does,"



Mr de Brenni said.

The Open Doors to Renting Reform consultation program runs until November 30, 2018 and is being conducted by the Department of Housing and Public Works in conjunction with the Residential Tenancies Authority (RTA). It aims to ensure the Residential Tenancies and Rooming Accommodation Act 2008 provides better

protections for tenants and property owners and increases stability in the rental market.

The website, survey and information on consultation events can be found at: [www.qld.gov.au/rentinginqld](http://www.qld.gov.au/rentinginqld) or you can email [rentinginqld@hpw.qld.gov.au](mailto:rentinginqld@hpw.qld.gov.au) or share your thoughts on social media using the hashtag #rentinginqld



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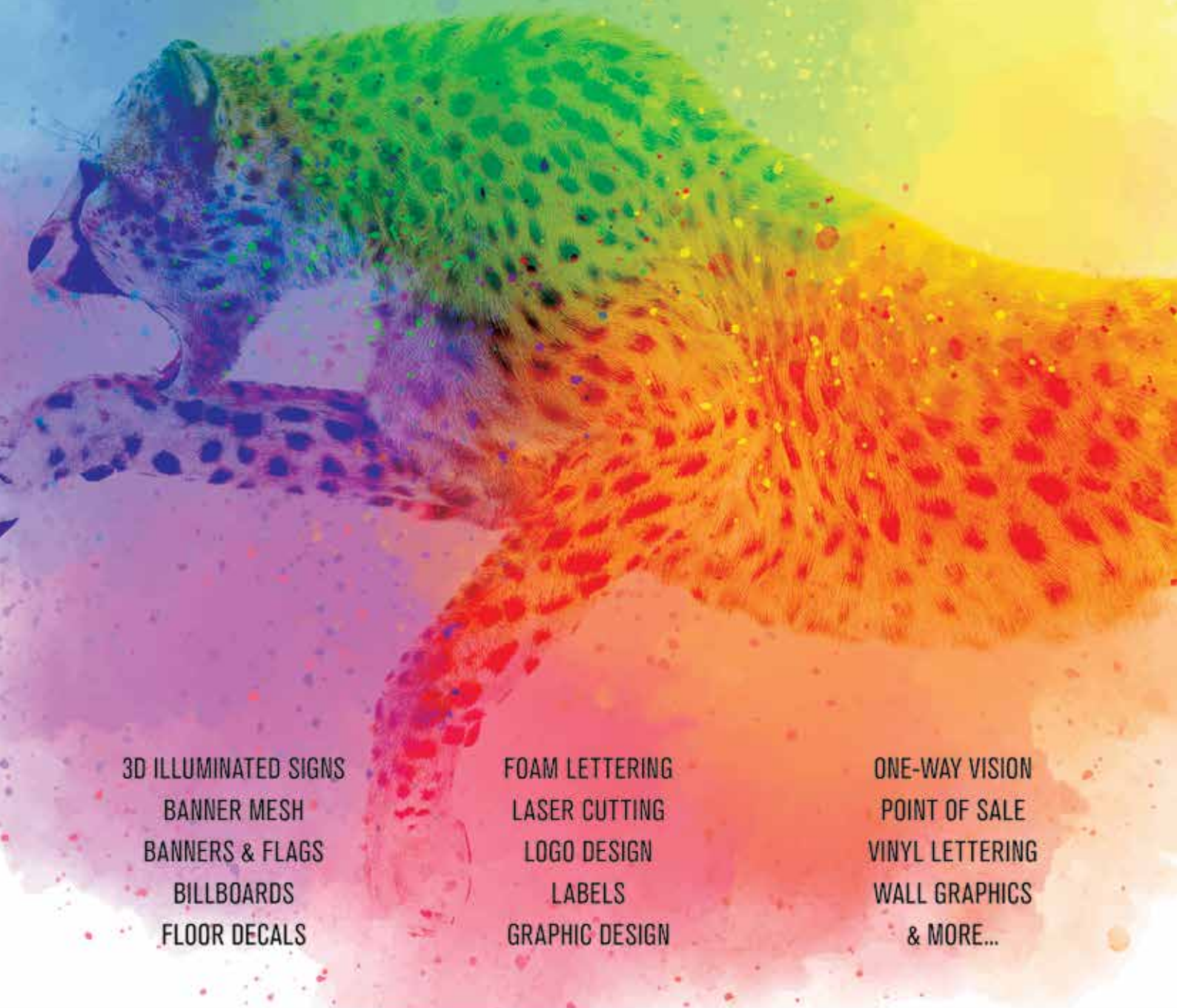


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