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Lakes, Bay & Region • February 24, 2018

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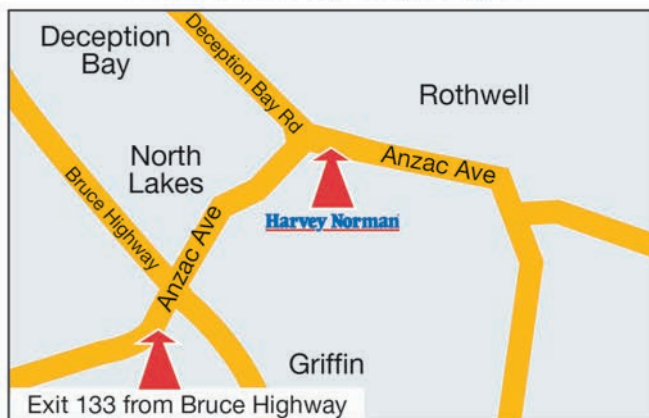


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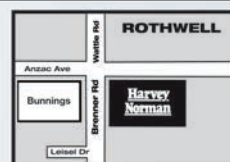
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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.



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MORETON BAY UNI FEDERAL BOOST

\$70 million shot in the arm for the USC's forthcoming local campus, the Mill at Moreton Bay

The University of Sunshine Coast's (USC) forthcoming Moreton Bay Region campus is going from stride to stride. Opening in 2020 and with works now fully under way, the new Uni will be a full service campus, offering a full range of undergraduate and postgraduate programs, with plans to bestow degrees to 10,000 students in its first decade.

Refreshingly, like the recent Boundary Road Interchange upgrade, the project is shaping up to be another tale of good politics in our region, with all levels of government now firmly behind it.

The site, formerly the Petrie Paper Mill and sitting on 200 hectares was purchased by council in 2015 as a key strategic asset to drive economic, community and environmental outcomes in the region. Then in October 2017 the area was given a State land boost as part of the Queensland Government's *Advancing our Cities and Regions* policy and declared a Priority Development Area.

Now the Federal Government has announced guaranteed funding for USC Petrie Campus, securing just shy of \$70 million that will help give young local people access to state of the art facilities and a local tertiary education

when the campus opens in 2020.

Member for Dickson Peter Dutton and Member for Petrie Luke Howarth (on our cover) announced last week that they have secured future budget funding of \$69.4 million over three years from 2019-2022.

The funding includes provision for 1200 student bachelor places when the new campus opens in 2020 then 2400 bachelor places in 2021 and 3600 ongoing places from 2022.

"The project is somewhat out of sight-out of mind at the moment, but by 2020 – in just two years – having this new campus open will really help our young people study locally for the jobs of the future"

Mr Dutton said the USC Petrie campus development was an important project for the region.

"It will create jobs and revitalise local small businesses as well as making a university education more accessible for local students.

"Luke Howarth and I committed to give significant Federal support for this project. We have delivered \$35 million in grant funding and a concessional loan for infrastructure projects. This helps guarantee student places and supports the local economy."

"We said it would go ahead and it will," Mr Dutton said.

USC's Chief Operating Officer Dr Scott Snyder was informed of the funding guarantee in Canberra late last week.

"This is great news," Dr Snyder said.

"We are very, very pleased that the Federal Government has secured student places for the new campus so that young people in the Moreton Bay region can really engage in the knowledge economy and make the most of the opportunities it will present."

Mayor Sutherland also welcomed the announcement.

"It means the university project has crossed another hurdle and remains on track, which will unlock a new wave of investment into our economy and also give local kids new hope for their academic futures and career prospects," Mayor Sutherland said.

"I want to acknowledge the efforts of local media in fighting to put this critical local issue on the agenda," he said.

Mr Howarth said he was excited about the opportunity the university would create for young people in the Petrie and Dickson electorates.

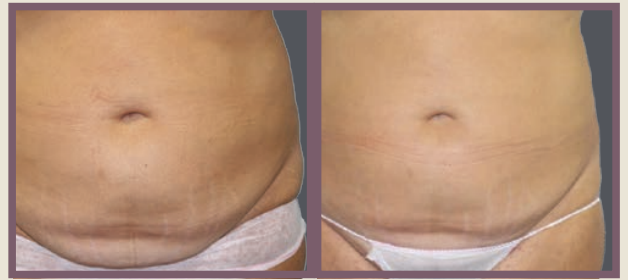
"The project is somewhat out of sight-out of mind at the moment, but by 2020 – in just two years – having this new campus open will really help our young people study locally for the jobs of the future."



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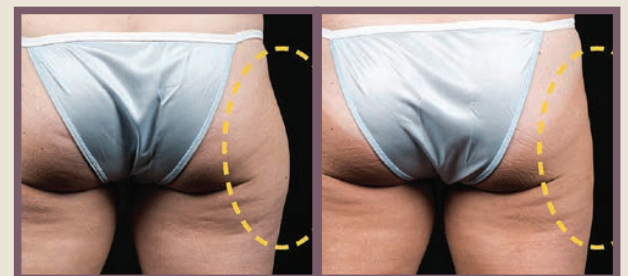
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WIN!

The Manganiyar Seduction is an incredible show and the Messenger is celebrating its arrival with two awesome prize packs.

Both prize packs, each with four A-Reserve tickets, are for the Thursday 1 March show, 8.00pm at QPAC Concert Hall. The tickets are valued at \$114 each, for a total prize pool of \$912!

To enter, email comp@northlakesmessenger.com.au with *Manganiyar* in the subject line and tell us how many cubicles are used in the show.

The two winning entries will each receive four A-Reserve ticket packs valued at \$456, so you can take friends or family along.

Get your entries in before Friday February 23 at 5pm. Correct entries will be chosen at random, don't forget to include your contact details so we can let you know if you've won. **Good luck!**

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.

THE MANGANIYAR SEDUCTION

One of the most original and mesmerising live performances on earth is headed for Brisbane... and we've got tickets to win

The Manganiyar Seduction is a visually activated, musically energised masterpiece, and it's coming to Brisbane for the very first time.

40 musicians from three generations of Manganiyars gradually appear in 36-windowed 'jewel box'. As they join, the music and mood builds to an epic crescendo. This is the music of the Manganiyars, a caste of desert musicians from the heart of the Thar Desert in Rajasthan. Playing only two shows

in Brisbane, prepare to be mesmerised and uplifted.

The Manganiyar Seduction will be presented twice only in Brisbane, on Thursday and Friday, March 1 and 1, 2018 at 8pm at the QPAC Concert Hall (adjoining South Bank).

Tickets start at \$99, with family priced group tickets available starting at \$249, and are available now via www.qpac.com.au or by calling 136 246.

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PET REGO CHECK

COUNCIL PET REGISTRATION CHECK

Moreton Bay Regional Council will conduct a scheduled animal registration and management inspection program from 6 March to 30 June 2018 in accordance with Section 113 of the Animal Management (Cats and Dogs) Act 2008, and Section 134 of the Local Government Act 2009.

The program aims to ensure animal owners comply with registration and microchipping requirements, and will also inspect fencing and enclosures, regulated dog conditions, as well as excess or prohibited animals.

During the program, Authorised Council Officers will visit properties across the region between 8.00am and 5.00pm weekdays. Officers carry identification that can be produced upon request.

Animal owners are reminded to contact council to finalise any outstanding animal registrations, or to update their details.

ABBEY MUSEUM'S FAVOURITE ARTEFACTS

The Abbey Museum membership group, The Abbey Museum Friends, will host a presentation at the Abbey Hall, on February 24, revealing several intriguing details about the museum's collection, including about many 'hidden gems' that are not on display.

Facilitated by Registrar Jan Nargar, this presentation is a compilation of her collection

team's favourite things. Jan manages the volunteer team that document the artefacts at the Abbey Museum, recording and cataloguing the 5,000 piece collection. Remarkably only 700 of these are on display and as part of this event, 'A Few of My Favourite Things', Ms Nargar will also discuss some of the objects that are not on display.

This presentation is just one of seventeen events, including the Abbey Medieval Festival that the Abbey Museum has planned for 2018 and the public is encouraged to attend and hear about the stories associated with these fantastic pieces. Tickets are available on the Abbey Museum website, (<http://abbeymuseum.com.au/favourite-thing-at-the-abbey-museum/>) and the event, which includes a light supper, will run from 7.30 - 9.30pm.

NEW FIFTY DOLLAR NOTE REVEALED

The Reserve Bank has revealed the design of the new \$50 banknote. As with the existing banknote, the new \$50 features portraits of Aboriginal writer and inventor David Unaipon and the first female member of an Australian parliament, Edith Cowan (pictured left)

Improved security and ease of recognition underpin the design, in keeping with the \$5 and \$10 released during the past two years.

These features include a top-to-bottom clear window that contains dynamic features such as a reversing number. There is also a patch



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with a rolling-colour effect and microprint featuring excerpts from David Unaipon's book and Edith Cowan's maiden parliamentary speech.

The new banknotes will be released into general circulation in October 2018.

TWILIGHT RUN TO SET TAILS WAGGING

There'll be paws a-plenty pounding the pavement at UQ's Twilight Running Festival in April, with Guide Dogs Queensland named as this year's official charity partner.

To celebrate the paw-tnership, paw-ticipants are being encouraged to put their best paw forward by bringing along their own pet dogs to take part.

Guide Dogs Queensland CEO Michael Kightley said he was excited to see the turnout of dogs in support of their working counterparts.

"I'm calling on all Brisbane dog owners to grab their shoes, their leash and bring their faithful friend to be part of this really fun event," Mr Kightley said.

"What a great way to get some exercise, meet some friends and enjoy the event in the cool of the twilight while helping raise money for a great cause.

"Everyone who finishes the race will feel extra accomplished knowing every dollar raised along the way will be helping Queenslanders who are blind or have low vision in every step of their journey to freedom and independence.

"We are very proud to have been named the charity partner of such an enjoyable event."

Twilight Running Festival representative Ricky Swindale said they are excited to share a paw-tnership with Guide Dogs Queensland in 2018.

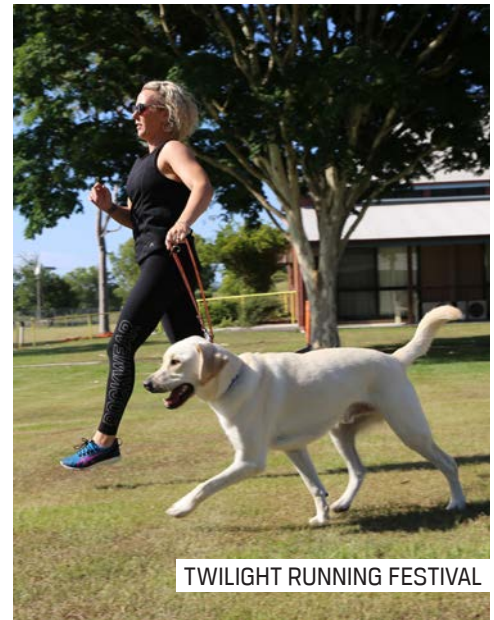
"We have seen a few of our four legged friends toe the line in previous years, so we are keen to see how many more we can get out under the moon and stars," Mr Swindale said.

"As it's our 10th anniversary, we are looking to raise as much money as possible to help blind and vision impaired Queenslanders. Every entry counts, so grab your fur child and head down for a night of smiles."

The Twilight Run will be held on Sunday, 22 April 2018. Registrations are now open at www.twilightrun.com.au, with your support going towards helping Queenslanders with low or no vision for the long run.

THE MUMMY'S ARE COMING

If you've ever wanted to meet an actual Egyptian Mummy, now's your chance. Queensland Museum's Egyptian Mummies: Exploring Ancient Lives, will reveal six mummies and unlock the secrets behind their wrappings using the latest CT scanning technology. The exhibition also features 200 artefacts from the world famous Egyptian collections of the British Museum. The exhibition runs 16 March 2018 – 26 at Queensland Museum, corner of Grey and Melbourne Streets, South Brisbane.



TWILIGHT RUNNING FESTIVAL



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36, DIVORCED, LOOKING FOR DIRECTION

Hi Leonie,

I am unhappy with my life and the way it is panning out. I coasted through school getting good grades with not much effort and then joined my father in a well known telecommunications company.

At twenty five, I married and now have a son. Two years ago I divorced and have had three short term and not very satisfactory relationships. I am not happy and have done some very stupid things, especially regarding my ex wife which I can never take back.

I'm 36 now and am living with my mother again so that I can support my son and have a good family environment for him when I have him with me. I don't feel very close to my son at the moment and that's something that makes me sad.

I don't have many friends and people don't seem to like me. I was raised in a catholic family and I think that this may have screwed me up a bit. I want to move towards the better future that you talk about in your advertisements but I need some guidance or at least a place to start.

Looking for direction/Redcliffe

Hello Looking for direction,

The first thing that I would like to explore with you is that only you can set your goals for the future and start moving in that direction. In life, we have to face the fact that not everyone will like us and that's ok. What really matters is whether or not we like ourselves. As children, many of us form our view of the world from our parents and the family of origin. These may include religious, cultural and political views, beliefs and opinions. However, as adults who have matured in ways that allow us to better evaluate these views, we should make our own decisions about these and other very important issues.

Take a good hard and reflective look at the values and beliefs of your family. Do an Autopsy on them and objectively check them to see if they have any validity to YOU. Now assess your findings. Do you really agree with your family of origin's views and values? Now think about what values and characteristics are important to you, which ones you would like to let go of and which ones you would like to be your new reality. Once you have decided on which beliefs and values you wish to adopt, you can more accurately measure yourself against this criterion and see where you would like to improve. When setting life change goals for ourselves, its often helpful to use a strategy known as the Miracle Question to help you identify what realities you would like to bring about in your life. The "Miracle Question" goes like this;

"If you went to bed tonight and when you woke in the morning a miracle had happened and everything in your life was now perfect. What's

the first thing you notice?" Where do you live, who is in your life and who isn't? Where do you work? What do you look like? What kind of man and father are you.

This question may seem silly, but it's a really good way to think about what would make you happy and give a clear picture of the life you want. Once you have this information you are better placed to start setting new life goals. The Miracle Question is often the scaffold that professional therapists build on to empower clients to achieve the life they want.

Now you have an idea of what makes you happy, you can start looking for exceptions in the past where you experienced this happiness. What was the precedent and antecedent to the exception? Often when you work out how the exceptions came to be, you can recreate the conditions that allowed the exception to take place. For instance; if you felt particularly close to your son one day, you could look at that exception and see what set up this happy time. Were you playing outside? Were you feeling extra confident in your parenting abilities that day? Did you pick your son up early and go to the beach etc? Once you know this information you can recreate it.

As for your regret over how you treated your ex wife, I would suggest a heartfelt apology may give you some closure and give everyone a glimpse of the new man that you are about to become. Importantly I would encourage you to use your old behaviours as a benchmark of the man you will never allow yourself to revert to.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

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

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

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



ABOUT LEONIE

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





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LOCAL 70 YEAR VALENTINES REVEAL SECRET

Celebrating their 70th Valentine's Day together local couple Alec and Joan Gagino share their secret to long lasting love

After seventy years of sharing laughter, Alec and Joan Gagino say that's the secret ingredient that's kept their unwavering love alive throughout seven decades of married life - laughter.

So on their 70th Valentine's Day together, a day which also happens to be Alec's 93rd birthday and the 21st anniversary of the place they call home, the pair sat down to reflect on their journey.

Alec and Joan have lived in Bolton Clarke's Inverpine Retirement Village in Murrumba Downs for more than 20-years, first viewing their home on 14 February 21-years ago.

Joan, a well-practiced artist and Alec, a keen handy-man had a "love at first sight" kind of romance.

"It was kind of like Married at First Sight," Alec said.

"When I got back from the Navy, we got married, it was as simple as that."

Two weeks after the bombing of Darwin, at the age of 17, Alec quit his job so he could enlist

with the Royal Australian Navy.

It was this series of events which became defining moments and led to his romance with Joan.

Alec was eager to join the Navy, however much to his dismay they didn't need him straight away.

Taking his father's advice, he reluctantly took a job with a factory where the love of his life was also working.

It wasn't long after the pair met that Alec was called to serve forcing the couple to continue their romance through letter writing.

But after his return, they picked straight up where they left off. A love that felt so simple in saw them married within a year. It was Australia Day of 1947 when they wed.

"WHEN I GOT BACK FROM THE NAVY, WE GOT MARRIED, IT WAS AS SIMPLE AS THAT":

"He proposed to me on Bourke Street in front of a jewellery shop. He pointed at the rings and said which one do you want?" Joan said.

"I said, hang on you haven't actually asked me yet, and he said 'Well will you or won't you?', and that was my engagement."

Simplicity has always been key to the couple's happiness, a happiness they've shared with their two daughters, four grandchildren and three great-grandchildren.

They built their life together from humble

beginnings due to the restrictions imposed on them after the war.

The couple reminisce about their first home, car and family camping trips. They didn't have much but they were always happy.

"Back then you could count on not seeing anyone until your husband came home at night," Joan said.

"It was life in the slow lane."

Originally from Melbourne, the pair came to Queensland after their eldest daughter and her family moved north. Alec said the decision to relocate was simpler than one would think - in fact he didn't have much choice.

"Joan used to come visit," he said.

"One day I picked her up from the airport and she told me she'd bought a house in Brisbane."

After the move, Alec continued working into his 70's before they retired and made the move to Inverpine in 1997.

Their lifestyle allows them to continue with the things they've always loved, celebrating their 70th Valentine's Day with a meal at the Tavern just a two-minute drive from their home.

Joan says other than making happiness a priority, a love like hers an Alec's is one which simply should be worked on every single day.

"Marriage isn't perfect," she said.

"You'll have your rows."

"Just have a laugh - what else can you do?"

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Alec and Joan Gagino
share a laugh on their
70th Valentine's Day
last week.



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MULTITUDE CHOIR TO HELP CLOSE THE GAP

Redcliffe's Community choir, Multitude, will stage an event for Oxfam's National Close the Gap Day on Thursday 15th March, at Margate Baptist Church Hall, Duffield Rd. Margate, starting at 7.00pm.

For over six years, Multitude has supported Close the Gap Day by sharing their music with the local community. This year, they're inviting everyone to come and have a 'behind the scenes' look at how a choir operates at a family and friends night.

If you've always wanted to sing with a choir, but feel a bit daunted, and don't quite now how or where to start, this will give you an insight into just how easy and fun it can be. Multitude has been performing in and around the Northern Moreton Bay region and Brisbane for over thirteen years, the choir is non-auditioned, all age groups are welcome, all you need to bring is a love of music and a desire to share in the joy of singing with like minded people. It's perfectly okay if you don't read music, as everyone learns by listening and then singing along with what has been conveyed.

To begin the night, the choir's musical Director, Dale Lingwood, will show everyone how a rehearsal operates; you can even join in singing with them if you wish, or just sit quietly in the back rows and take it all in. The



choir's repertoire comprises pop, Broadway, jazz, rock, plus a little gospel and classical and they'll showcase some of their favourites in a small concert.

Afterwards you're warmly invited to share a delicious supper. Entry is by a gold coin donation and there'll also be raffles.

Launched in 2007 by Cathy Freeman and Ian Thorpe, Oxfam's Close the Gap aims to redress the gap on health and education for Aboriginal and Torres Strait Islanders who have some of the poorest health outcomes of any group of people in the world. On average, Aboriginal and

Torres Strait Islanders die 10-17 years younger than other Australians.

The Close the Gap campaign aims to achieve Aboriginal and Torres Strait Islander health equality by 2030. Multitude is again proud to support Close the Gap.

Please come and support this worthwhile event and enjoy a great musical evening.

7.00pm, Thursday 15th March. Margate Baptist Church Hall, Duffield Rd. Margate. (opposite Woolwoths Carpark). No need to book, just turn up. Enquiries: 0402121155

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DOES FASTING OFFER HEALTH BENEFITS?

DR ANITA GREEN – BRISBANE NORTH PHN

February 14th isn't just the day we celebrate Valentine's Day. It is also the beginning of Lent – a Christian tradition still practiced by millions of people around the world—involving periods of fasting and abstaining from certain foods for 40 days.

While religions operate on different belief systems, most involve some sort of fasting as part of their religious and spiritual practices.

For example, Buddhist monks and nuns abstain from eating from noon to dawn and, during the entire month of Ramadan, Muslims fast every day from dawn to sunset.

While these practices are of a spiritual nature, research shows they may well offer a range of health benefits according to Professor Amanda Salis from the University of Sydney.

In an interview with ABC Health & Wellbeing, Professor Salis—who researches severe energy restriction—says that eating and digesting food takes a toll on our bodies and that taking the occasional break may be a good thing.

"There is some collateral damage from eating, there's also food that contain free radicals and that causes some damage to your body," she said.

"Eating is not all good. It's necessary, but having a rest from it is probably going to give our bodies a rest from those processes."

And overseas studies would appear to back up these health claims.

For example, a University of California study published a year ago in the journal Science Translational Medicine found a scientifically-designed fasting diet could lower risks for cancer, diabetes, heart disease and other age-related diseases.

The diet reduced cardiovascular risk factors including blood pressure, signs of inflammation (measured by C-reactive protein levels), as



well as fasting glucose and reduced levels of IGF-1, a hormone that affects metabolism.

It also shrank waistlines and resulted in weight loss, both in total body fat and trunk fat, but not in muscle mass.

In preparation for one of her own research projects into fasting several years ago, Professor Salis—who is not religious—took part in Ramadan and makes the point that she never asks people to do something she wouldn't do herself.

She said she enjoyed the experience so much she now fasts every year for the holy month and added that fasting in a community setting allowed her to feel connected to the people around her.

In the same article the ABC also spoke to psychologist Meredith Fuller about her experiences with fasting, which she says has helped her to reset her relationship with food.

"Some people feel really out of control about food. They feel 'I can't say no, I can't stop'. You learn that's not the case, I have more choices in life than I think I do. What am I really craving right now?" she said.

Ms Fuller says it's also important to look at the

reasons why you want to fast, what you hope to get out of the experience and be willing to quit if fasting doesn't agree with your body.

Keep in mind also that fasting is a stress on our bodies and triggers a range of chemical and neurological responses known as the 'fight or flight response'.

Fasting and exercising at the same time should definitely be avoided as it may lead to low blood sugar (hypoglycemia), which can cause dizziness, confusion and lightheadedness. This can be especially serious for people taking diabetes medications.

Fasting is also not advised for people with eating disorders. If you have a medical condition, make sure you talk to your GP before undertaking any type of fasting.

ABOUT DR ANITA

DR ANITA GREEN IS THE BOARD CHAIR OF BRISBANE NORTH PHN AND HAS OVER 30 YEARS' EXPERIENCE AS A GENERAL PRACTITIONER. SHE HAS A LONG-TERM COMMITMENT TO THE EDUCATION OF MEDICAL AND ALLIED HEALTH PROFESSIONALS AND IS INVOLVED IN TEACHING AND RESEARCH FOR THE UNIVERSITY OF QUEENSLAND. DR ANITA HAS ALSO BEEN APPOINTED AS THE CHIEF MEDICAL OFFICER FOR THE 2018 COMMONWEALTH GAMES ON THE GOLD COAST



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GRANT OPPORTUNITY FOR COMMUNITY GROUPS

Stockland Launches 2018 CARE Grants

Local not-for-profit and community groups can apply for grants up to \$1,000 through Stockland's annual CARE Grants program.

This year, Stockland will award more than \$300,000 to organisations across the country to support local community-building initiatives.

Stockland's CARE Grants program offers micro-funding to local groups, clubs and programs who support health, leisure, recreation, employment, education, social engagement and skills development initiatives.

Moreton Bay region organisations are encouraged to apply for a CARE Grant from Stockland's North Lakes community or North Lakes Retirement Resort via the online application form at www.stockland.com.au/caregrants.

"We make direct investments in our communities through our CARE Grants and the Stockland CARE Foundation. These investments recognise and support the local community groups and organisations that make such a difference to the social fabric of



where we live, work, shop and play, now and into the future," said Michael Rosmarin, Chief Operating Officer at Stockland.

Since 2014, the Stockland CARE Grants program has distributed nearly \$1 million in funding to more than 800 local community groups across the country.

"We focus on building liveable, thriving communities and are proud to support local groups who make such a difference in their communities every single day," said Mr Rosmarin.

Stockland's CARE Grants program is accepting entries from 9am (AEDT) on Monday, 26 February until 5pm (AEDT) on Friday, 23 March 2018. Winners will be selected based on a range of criteria relating to Stockland's key community and environmental focus areas. The grant recipients will be announced from week commencing 11 June 2018.

For more information on the Stockland CARE Grants program, past recipients and selection criteria please visit: www.stockland.com.au/caregrants.

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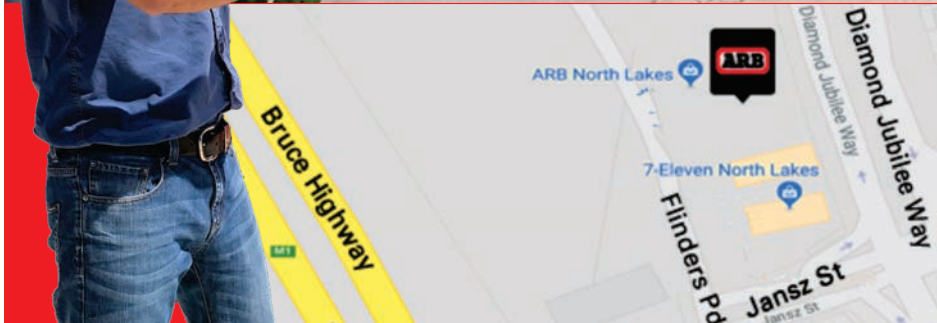
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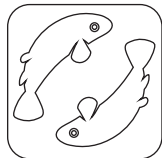
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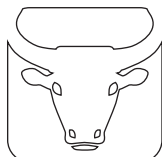
Aquarius Jan 21-Feb 19: The best way to escape a corner is to mirror what others say. They'll think you're in agreement with them and will happily back off.



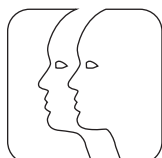
Pisces Feb 20-March 20: Your wool gathering side will be brought out this week. Make something of all those facts and notes by weaving them together.



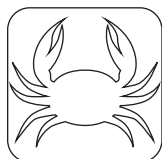
Aries March 21-April 20: keep feelings of resentment out of a negotiation. People shouldn't think you take things personally. It undermines your position.



Taurus April 21- May 21: Careful not to speak out of turn. Appearances aren't what they seem. You could end up giving away the game.



Gemini May 22-June 21: Don't make any commitment today. Your aim to please falls quite wide of the mark. Wait until next week when your perspective improves.



Cancer June 22-July 23: People are more married to beliefs than previously thought. Ease up on the strong arming. What you should do is coax and cajole.



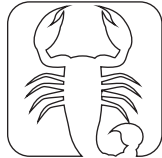
Leo July 24-Aug 23: Don't trumpet your victory. You are still in a vulnerable position and enemies can take advantage. Better to humbly accept.



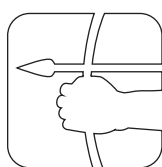
Virgo Aug 24-Sept 23: Don't pick apart what people bring to the table. You might frighten them or miss out on valuable treasures. Let them show off their wares.



Libra Sept 24-Oct 23: A joint enterprise requires you to hold up your end of the bargain in order for everything to work out. In this case you must draw a firm line and refuse to budge.



Scorpio Oct 24-Nov 22: Try as you may a sibling just isn't going to see things from your perspective. Do the unexpected and be forgiving. It gets you further.



Sagittarius Nov 23-Dec 21: You were burned. But don't let cynicism get the better of you.



Capricorn Dec 22-Jan 20: Don't expect an easy consensus. Let others have their say. Only then will the common denominator emerge.



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NINE

6.00 The Secret Life Of Growing Up. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.30** Destination WA. **12.30** Married At First Sight. (PG) **2.00** Married At First Sight. (PG) **3.30** Living The Dream. (PG) **4.30** Dream Job. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** David Attenborough's The Blue Planet II. (PG) **8.10** Movie: Back To The Future. (PG) (1985) Michael J. Fox, Christopher Lloyd, Crispin Glover. A teenager goes back in time. **10.30** Travel Guides. (PG) **11.30** Movie: Nebraska. (M) (2013) Bruce Dern. **1.45** Nine Presents. **2.00** TV Shop. **2.30** The Brokenwood Mysteries. (M) **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Yo-Kai. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Turning Mecard. (PG) **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: Mousehunt. (PG) (1997) **7.00** Movie: Puss In Boots. (PG) (2011) **8.45** Movie: The Legend Of Zorro. (PG) (2005) **11.15** Balls Of Steel Australia. (MA15+) **12.15** Adult Swim. (MA15+) **12.45** Mr Pickles. (MA15+) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Top Gear: Vietnam. (PG) **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Winter Olympics. PyeongChang 2018. Day 15. **5.30** Qld Weekender. **6.00** News. **7.00** Winter Olympics. PyeongChang 2018. Night 15. **8.30** The Front Bar: Winter Edition. (M) Mick Molloy, Sam Pang and Andy Maher take a look at the PyeongChang 2018 Winter Olympics. **9.00** Winter Olympics. PyeongChang 2018. Night 15. **12.30** Aquarius. (M) Hodiak and Shafe encounter unexpected resistance while investigating the murder of a Hollywood star. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** Sons And Daughters. (PG) David discovers old loves die hard. **4.30** Sons And Daughters. (PG) **5.00** The Great Outdoors.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.00** NBC Today. **11.00** Horse Racing. Blue Diamond Stakes Day. **4.00** Vasil's Garden. **4.30** Air Crash Investigation. (PG) **5.30** To Build Or Not To Build. **6.30** Mighty Ships. (PG) Takes a look at sea-going vessels. **7.30** The Yorkshire Vet In Autumn. (PG) Follows the lives and stories of the staff, clients and animals at Skeldale Veterinary Centre in Thirsk, North Yorkshire. **8.30** Escape To The Country. Prospective buyers set out to find the perfect country home after being tempted to quit the hustle and bustle of city living. **10.30** Escape To The Continent. **11.45** The Great Day Out. **12.30** SA Weekender. **1.00** Psychic TV. (M) **4.00** Travel Oz. (PG) **5.30** Room For Improvement.

TEN

6.00 I Fish. **7.00** RPM: Summer Series. **7.30** Everyday Gourmet. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The Home Team. **1.30** Travels With The Bondi Vet. **2.00** The 48 Hour Destination. **2.30** Jamie's Thirty Minute Meals. **3.00** Cook's Pantry. **3.30** A Taste Of Travel. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** David Attenborough's Madagascar. **7.00** Bondi Rescue. (PG) **7.30** Bondi Rescue. (PG) **8.00** GC Cops. (PG) **8.30** Territory Cops. (PG) The police deal with "Monsoon Madness". **9.00** Movie: Star Trek. (M) (2009) Chris Pine, Zachary Quinto. **11.30** 48 Hours. (M) **12.30** 48 Hours. (M) **1.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Get Smart. (PG) **10.00** Star Trek: Voyager. (PG) **11.00** Diagnosis Murder. (PG) **12.00** Hogan's Heroes. **12.30** Building Invincible. (PG) **1.30** Escape Fishing With ET. **2.00** Megacities. (PG) **3.00** MacGyver. (PG) **5.00** Operation Repo. (PG) **5.30** iFish Summer Series. **6.00** Football: Just For Kicks. **6.40** Soccer. A-League. Round 21. Melbourne Victory v Adelaide United. From AAMI Park, Melbourne. **9.00** CSI: Miami. (M) **10.00** CSI: NY. (M) **12.00** Movie: All Good Things. (MA15+) (2010) Ryan Gosling, Kirsten Dunst, Frank Langella. **2.00** RPM: Summer Series. **2.30** Operation Repo. (PG) **3.30** Monster Jam. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Grantchester. (M) Final. **1.20** Vera. (M) **3.00** Catalyst. **4.00** Hello Birdy. (PG) **4.30** Kangaroo Dundee. **5.00** Antiques Roadshow. **6.00** QI. (PG) Final. **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Death In Paradise. (PG) **8.30** Delicious. (M) **9.30** River. (PG) **10.30** Silent Witness. (M) **11.30** Miss Fisher's Murder Mysteries. (M) **12.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (M) **10.15** Fleabag. (MA15+) **10.45** Lawrence Mooney: Lawrence Of Suburbia. (MA15+) **12.00** Inside Amy Schumer. (M) **12.20** Asian Provocateur: Mum's American Dream. (M) **12.50** The Trip To Italy. (M) **1.25** Live At The Apollo. (M) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Figure Skating 2017/18. Best Of European Championships. **4.00** Destination Flavour Scandinavia. **4.30** The Story Of God With Morgan Freeman. (PG) **5.30** The Supervet. (PG) **6.30** News. **7.35** Building Giants. New. **8.30** Building Giants. **9.25** Heston's Feasts. (M) **10.25** Heston's Feasts. (PG) **11.25** California High. (M) **12.30** Soccer. EPL. Liverpool v West Ham. From Anfield Stadium, Liverpool. **3.15** Gadget Man. **3.45** Gadget Man. **4.15** Food Lover's Guide. **4.50** France Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Aussie Jokers. (PG) **1.30** Vs Arashi. (PG) **2.20** Phone Shop Idol. (PG) **2.55** Earthworks. (PG) **3.45** Jungletown. (PG) **4.35** Sloths Save The World. (PG) **5.00** MythBusters. (PG) **6.00** MythBusters. (PG) **7.00** Chinese Dating With The Parents. New. **8.30** Movie: The Salvation. (2014) **10.10** Movie: Kung Fu Hustle. (M) (2004) **12.00** News. **12.25** Weediquote. (M) **12.50** Epicly Later'd. (MA15+) **1.35** Young And Gay In Putin's Russia. (M) **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

6.15pm The Book Thief (2013) Drama. Geoffrey Rush, Emily Watson. (PG) *Masterpiece*
8.30pm You, Me And Dupree (2006) Comedy. Owen Wilson, Kate Hudson. (M) *Romance*
10.40pm Romper Stomper (1992) Crime. Russell Crowe, Jacqueline McKenzie. (MA15+) *Masterpiece*

GENERAL

7.30pm Toddlers Make You Laugh Out Loud. FOX8
8.30pm Man In An Orange Shirt. BBC First

DOCUMENTARY

7.30pm When Patsy Cline Was Crazy. (PG) *Foxtel Arts*
9.30pm Murdered By My Fiancé. (M) *Crime & Investigation*
11.00pm China Rare Species. (PG) *Discovery*

SPORT

2.00pm Basketball. NBA. Houston Rockets v Minnesota Timberwolves. *ESPN*
7.30pm Ironman. Ocean 6. Beach Flags Pt 1. *Fox Sports 503*
7.45pm Soccer. A-League. Round 21. Melbourne Victory v Adelaide United. *Fox Sports 501*

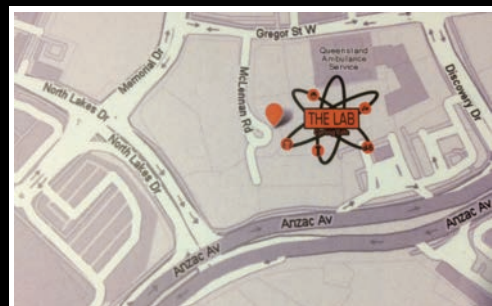
Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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CALLING ALL QUEENSLANDERS - CAMERON SMITH & JOHNATHAN THURSTON TESTIMONIAL MATCH

Date: February 23

Time: Kick off 7pm

Location: Suncorp Stadium

Players like Cameron Smith and Johnathan Thurston come along once in a lifetime, and when they do, it's reason to gather. On February 23 Australian, Queensland and Melbourne Storm and North Queensland Toyota Cowboys legends, Smith and Thurston will be recognised for their incredible contribution to Rugby League in a special testimonial match to be played ahead of the 2018 season. Smith's Storm will take on Thurston's Cowboys at their beloved Suncorp Stadium next year, the start of Thurston's final year in the NRL. It will be the first time the teams have faced each other since the 2017 NRL Grand Final, which Smith's Storm won 34-6 over a Cowboys side playing its second Grand Final in three years after losing co-captain Thurston to a season-ending shoulder injury in Origin II. Tickets via ticketek.com.au

FEB 23

BRISBANE COMEDY FESTIVAL

Date: Friday 23 February - Sunday 25 March 2018

Location: Various

Cost: Varies, see website.

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

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

Tickets are on sale now via brisbanecomedyfestival.com

FEB 23
-MAR 25

THE MANGANIYAR SEDUCTION

Date: March 1 & 2, 2018

Location: QPAC Concert Hall

Cost: 99 - \$124

One of the most original and mesmerising live performances on earth is headed for Brisbane. The Manganiyar Seduction is a visually and musically stunning masterpiece, where 40 musicians from three generations of Manganiyars perform in a 36-windowed 'jewel box', with the songs slowly building to giddy heights. Celebrating the music of the Manganiyars, a caste of desert musicians from the heart of the Thar Desert in Rajasthan, The Manganiyar Seduction will be performed twice at the Queensland Performing Arts Centre on March 1 and 2, 2018.

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

MAR
1&2

WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

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

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

APR 20-21

FRENCH FILM FESTIVAL

Date: March 8 - April 4 2018

Location: Palace Barracks & Palace Centro Cinemas

Returning to Palace Cinemas in Brisbane from March 8 to April 4, the 29TH annual Alliance Française French Film Festival, is poised to entice audiences with an incendiary selection of 47 features, 2 documentaries and a cheeky Parisian TV series, which showcase the passion, artistry and dazzling diversity of contemporary French cinema.

Artistic Director Philippe Platel has selected an impressive line-up that resonates with themes of courage, friendship and egalitarianism; motifs reflected via a host of Première screenings, delightful special events, and, for the first time, a LGBT strand in celebration of Australia's recent, historic 'Yes' vote for same-sex marriage. Full programme and tickets are available now at: www.affrenchfilmfestival.org

MAR 8 -
APR 4

NINE

6.00 To Be Advised. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Patriot Games. (PG) **11.30** Kevin Can Wait. (PG) **12.00** To Be Advised. **1.00** Ultimate Airport Dubai. **2.00** Married At First Sight. (PG) **3.30** Married At First Sight. (PG) **5.00** News: First At Five. **5.30** RBT. (PG) **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.40** 60 Minutes. **9.40** Born To Kill? Class Of Evil. (MA15+) **10.40** Killer On The Line. (M) **11.40** House. (M) **12.30** The Mysteries Of Laura. (M) **1.30** My Surf TV. **2.00** Bad Robots. (M) **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** The Avengers. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yo-Kai. (PG) **2.30** Looney Tunes Cartoons. **2.40** Movie: Barbie Dolphin Magic. (G) (2017) **4.00** Movie: Rugrats Go Wild. (G) (2003) **5.30** Movie: Space Chimps 2: Zartog Strikes Back. (G) (2010) **7.00** Movie: Man Of Steel. (PG) (2013) **9.45** Movie: Meet The Spartans. (M) (2008) **11.30** Celebrity Big Brother US. (M) **1.30** Adult Swim. (MA15+) **2.00** Mr Pickles. (MA15+) **2.30** Surfing Australia TV. **3.00** Yo-Kai. (PG) **3.30** Young Justice. (PG) **4.00** Tom And Jerry Tales. **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Winter Olympics. PyeongChang 2018. Day 16. **5.00** Qld Weekender. **5.30** The Great Day Out. **6.00** News. **7.00** Australian Spartan. (PG) New. Teams tackle an obstacle course, with each member relying on the help of their teammates to complete it. **8.30** PyeongChang 2018 Winter Olympics: Closing Ceremony. Coverage of the closing ceremony from Pyeongchang Olympic Stadium, South Korea. **11.00** Hard Sun. (MA15+) Two opposing detectives are paired together. **12.15** Grandfathered. (PG) **12.45** Grandfathered. (PG) **1.15** Travel Oz. (PG) **2.00** Shopping. **3.30** To Be Advised. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Travel Oz. (PG) **11.00** NBC Today. **12.00** The Great Outdoors. **1.00** Australia's Best Drives. (PG) **1.30** The Outdoor Room. **2.00** Sean's Kitchen. (PG) **3.15** Escape To The Continent. **4.30** Escape To The Continent. **6.30** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) A passenger has a run-in with the law. **9.30** Brit Cops. (M) Cops come down hard on drunken abuse. **10.30** Border Security: Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** The Great Outdoors. **4.30** Travel Oz. (PG)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Australia By Design. **9.30** St10. (PG) **12.00** The Longest Melanoma March. **1.00** To Be Advised. **2.00** To Be Advised. **3.30** The 48 Hour Destination. **4.00** A Taste Of Travel. **4.30** RPM: Summer Series. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **9.00** NCIS. (M) Torres and Bishop go undercover, posing as a criminal couple for hire, to investigate illegal drug-running out of a civilian marina. **10.00** SEAL Team. The team protects an Embassy in South Sudan. **11.00** The Sunday Project. **12.00** 48 Hours. **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 2. New South Wales Waratahs v Stormers. Replay. **10.00** Cruise Mode. **10.30** Escape Fishing. **11.00** Merv Hughes Fishing. **11.30** A Taste Of Travel. **12.00** Megafactories. **1.00** Megacities. **2.00** Nature's Great Events. **3.00** Life Inside The Markets. **3.30** Life Inside The Markets. **4.00** Operation Repo. **4.30** Places We Go. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Bondi Rescue. **6.30** Scorpion. **7.30** NCIS: LA. **8.30** The Life Of Mammals. **9.30** Building Invincible. **10.30** Rocky Mountain Railroad. **11.30** Countdown To Murder. **12.30** When We Go To War. **1.30** RPM: Summer Series. **2.00** Red Bull Air Race. Race 1. **3.00** Operation Repo. **3.30** Muscle Car Masters. **4.30** Monster Jam. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offenders. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Aust. **2.30** Julia Zemiro's Home Delivery. **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** Aust Story. **5.00** Death In Paradise. (PG) **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs. Return. **8.30** Movie: Riot. (M) (2018) Damon Herriman, Kate Box, Xavier Samuel. An activist fights for LGBTQI rights. **10.15** Gaycrashers. (M) **10.50** Our Girl. (M) Final. **11.50** Doctor Who. (PG) **12.35** Rage. (MA15+) **1.40** Our Girl. (M) Final. **2.40** Antiques Roadshow. **3.40** The Bill. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Michael McIntyre's Comedy Roadshow. (PG) **8.45** Eddie Izzard: Force Majeure. (M) **10.15** Alan Davies: As Yet Untitled. (M) **11.00** Adam Hills: The Last Leg. **11.40** Upstart Crow. (M) **12.15** The Thick Of It. (MA15+) **12.45** Miniseries: Stag. (MA15+) **1.45** Murder In Successville. (M) **2.15** Dirty Laundry. (MA15+) **2.50** News Update. **2.55** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** EPL. Liverpool v West Ham. Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** Cycling. Herald Sun Tour. Women's Road Race. Highlights. **4.00** Cycling. Herald Sun Tour. Prologue. Individual time trial. Replay. Alexandra Gardens to Queensbridge Square. 1.6km. **5.00** Small Business Secrets. **5.30** Hitler's Secrets. (PG) **6.30** News. **7.35** Eight Days That Made Rome. (M) **8.30** Easter Island: The Truth Revealed. **10.15** The Porn Factor. (MA15+) **11.10** Miami Porn: Sex Work In The Sunshine State. (M) **12.00** Movie: Holding The Man. (MA15+) (2015) **2.15** The Sex Changes That Made History. (M) **3.10** Do I Sound Gay? (M) **4.30** Food Lover's Guide. **5.00** WorldWatch.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** Does America. (PG) **1.55** North Korean Labour Camps. (PG) **2.45** Survive Aotearoa. (PG) **3.45** Huang's World. (PG) **4.35** Abandoned. (PG) **5.25** How To Be A Billionaire. (PG) **6.20** Vs Arashi. (PG) **7.20** If You Are The One. (PG) **8.30** 24 Hours In Police Custody. (M) **9.30** RuPaul's Drag Race. (M) **10.25** Dragula. (MA15+) **11.20** Adam Looking For Eve. (MA15+) **12.15** Adam Looking For Eve. (MA15+) **1.05** Gayby Baby. (PG) **2.05** F*ck That's Delicious. (M) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Arrival (2016) Sci-fi. Amy Adams, Jeremy Renner. (M) **Premiere Chapter 2** (2017) Action. Keanu Reeves, Ruby Rose. (MA15+) **Premiere 8.30pm Cast Away** (2000) Drama. Tom Hanks, Helen Hunt. (M) **Masterpiece**

GENERAL

6.50pm Grey's Anatomy (MA15+) **Showcase** **7.00pm Bethenny & Fredrik**. (M) **Arena 7.30pm Million Dollar Listing Los Angeles**. (M) **Arena**

DOCUMENTARY

8.30pm Mighty Cruise Ships. (PG) **Discovery** **8.40pm Eat Well For Less?** (PG) **Lifestyle Food**

SPORT

4.30pm Football. AFL Women's. Round 4. GWS Giants v Adelaide. **Fox Footy** **6.30pm Football**. JLT Community Series. West Coast v Port Adelaide. **Fox Footy** **6.30pm Football's Greatest**. **Eurosport** **7.00pm Soccer**. A-League. Round 21. Sydney FC v Western Sydney Wanderers. **Fox Sports** **501**

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

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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** Married At First Sight. (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** Married At First Sight. (M) **9.00** Travel Guides. (PG) **10.00** Better Late Than Never. (PG) **11.00** CSI: Crime Scene Investigation. (M) **12.00** Fugitive: Black Ops. (M) **1.00** Postcards. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** The Avengers. (PG) **4.00** The Gurus Explore Canada. **4.30** The Gurus Explore Canada. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.00** Celebrity Big Brother US. (M) **2.00** Steven Universe. (PG) **2.30** Regular Show. (PG) **3.00** Pokémon. **3.30** LEGO Friends. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Teenage Mutant Ninja Turtles. (M) (2014) **10.30** Big Bang. (PG) **11.30** Celebrity Big Brother US. (M) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **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) Justin clashes with Dean and Ash. **7.30** My Kitchen Rules. (PG) Group One take on the role of the jury at the My Kitchen Rules elimination house. **9.00** The Resident. (M) New. Focuses on an idealistic young doctor's final years of training, revealing the harsh realities of the job. **10.00** Ramsay's Hotel Hell. (M) Hosted by Gordon Ramsay. **11.00** The Blacklist. (MA15+) Return. **12.00** Mixology. (M) **12.30** Mixology. (M) **1.00** Whodunnit? (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** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Australia's Best Drives. (PG) **12.00** The Outdoor Room. **12.30** Sean's Kitchen. (PG) **1.30** Harry's Practice. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) A recently deceased professor is exhumed. **10.30** Blue Murder. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Two celebrities take part in a memory game where they must memorise the contents of a conveyor belt of weird items. **9.00** Law & Order: S.V.U. (M) Following an in-flight emergency, a Muslim co-pilot accuses her captain of sexual assault. **10.00** Law & Order: S.V.U. (M) An eight-year-old boy is kidnapped. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM: Summer Series. **8.30** Operation Repo. (PG) **9.00** iFish. **10.00** Megacities. (PG) **11.00** Rocky Mountain Railroad. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** MacGyver. (M) **8.30** NCIS. (M) **10.30** NCIS: Los Angeles. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Matlock. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Grand Designs. **12.00** ABC News At Noon. **1.00** Landline. **2.00** Parliament Question Time. **3.00** Gardening Australia. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.45** ABC Late News. **11.15** The Business. **11.30** Golf. USPGA Tour. Honda Classic. Highlights. From Palm Beach Gardens, Florida. **12.25** Doctor Who. (PG) **1.15** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Rosehaven. (M) **8.30** Rosehaven. (PG) **9.00** Tonightly With Tom Ballard. (M) **9.30** Fleabag. (MA15+) **9.55** Inside Amy Schumer. (MA15+) **10.20** #CelesteChallengeAccepted. (M) **10.25** Red Dwarf. **10.55** The Office. (PG) **11.15** 30 Rock. (M) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.25** Red Dwarf. **12.55** The Office. (PG) **1.20** 30 Rock. (M) **1.40** Parks And Recreation. (PG) **2.05** News Update. **2.10** Closure. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: And The Waltz Goes On. **2.55** Secrets Of The Brain. (PG) **4.00** Peru: Extreme Planet. **5.00** Cold Justice. **5.30** Letters And Numbers. **6.00** Great British Food Revival. New. **6.30** News. **7.30** River Cottage Australia. (PG) **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Movie: Delicacy. (M) (2011) **1.25** Ride Upon The Storm. (MA15+) **2.30** Ride Upon The Storm. (M) **3.40** Trivia Nights. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Lope. (M) (2010) **2.00** Death Row. (M) **3.00** Vs Arashi. (PG) **4.00** The Mindy Project. (PG) **4.30** Cyberwar. (PG) **4.55** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Travel Man. (PG) **8.30** Movie: Hedwig And The Angry Inch. (MA15+) (2001) **10.15** Movie: Carol. (M) (2015) **12.25** Untitled Action Bronson Show. (MA15+) **12.50** Untitled Action Bronson Show. (MA15+) **1.15** Untitled Action Bronson Show. (MA15+) **1.40** Untitled Action Bronson Show. (MA15+) **2.05** Black Market. (MA15+) **2.35** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.15pm The Light Between Oceans (2016) Drama. Michael Fassbender, Alicia Vikander. (M) **Masterpiece** **8.30pm No Country For Old Men** (2007) Crime. Tommy Lee Jones, Javier Bardem. (MA15+) **Masterpiece** **8.30pm Sex And The City 2** (2010) Comedy. Sarah Jessica Parker, Kim Cattrall. (MA15+) **Romance**

GENERAL

8.30pm Law & Order: SVU. (MA15+) **Universal Channel** **8.30pm Britannia.** (MA15+) **Showcase** **8.30pm Gotham.** (MA15+) **FOX8**

DOCUMENTARY

7.30pm Mystery Of The Roman Skulls. (PG) **History** **8.30pm Long Island Medium.** (PG) **TLC** **8.30pm Rick Stein's Road To Mexico.** (PG) **Lifestyle Food**

SPORT

7.30am Basketball. NBA. Cleveland Cavaliers v San Antonio Spurs. **ESPN** **7.30pm NRL 360 Summer Series.** **Fox League** **7.30pm Women's Footy On Fox.** **Fox Footy**

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Date Night. (M) **9.30** One Night With My Ex. (M) **10.30** Beauty And The Beach. (M) **11.40** Cold Case. (M) **12.35** 20/20. **1.30** Patriot Games. (PG) **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **9.30** Teddies. **10.00** Uncle Grandpa. (PG) **11.00** Friends. (PG) **12.00** Celebrity Big Brother US. (M) **1.00** Dawson's Creek. (PG) **2.00** Pokémon The Series: Sun & Moon. **3.30** LEGO Friends. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.30** Movie: Waterworld. (M) (1995) **11.10** Celebrity Big Brother US. (M) **1.00** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Happy Face Killer. (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) Hunter punishes Olivia. **7.30** My Kitchen Rules. (PG) The two groups of contestants face off in the first elimination challenge. **9.00** The Good Doctor. (M) Shaun is surprised to learn that his young cancer patient identifies as a girl while being biologically male. **10.00** Grey's Anatomy. (M) Owen and Megan hash out old issues. **11.00** Grey's Anatomy. (M) **12.00** Time After Time. (M) **1.00** Time After Time. (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** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** Inspector Morse. (M) After the chef at a Greek restaurant is found dead, the Greek community in Oxford closes ranks. **10.30** Suspects. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Three celebrities take on the roles of celebrity chefs to host their own cooking demonstrations to earn stars for the camp. **8.30** Hughesy, We Have A Problem. Guests include Kate Langbroek, Joel Creasey, Denise Scott and Dave O'Neil. **9.30** NCIS: LA. (M) **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Attenborough's The Life Of Mammals. **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** 48 Hours. (M) **8.30** VF Confidential. (M) Return. **9.30** Countdown To Murder. (M) **10.30** CSI: Miami. (MA15+) **11.30** CSI: Miami. (MA15+) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Matlock. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Parliament Question Time. **3.00** Ask The Doctor. **3.30** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** **8.00** The Checkout. **8.30** Catalyst. **9.30** Hannah Gadsby's Naked Nudes. (MA15+) **10.00** HIVE. **10.25** ABC Late News. **10.55** The Business. **11.15** Q&A. **12.25** Doctor Who. (PG) **1.10** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Growing Up Gracefully. (M) **8.30** Growing Up Gracefully. (M) Final. **9.00** Tonightly With Tom Ballard. (M) **9.30** Plebs. (M) Return. **9.55** IdiotSitter. (M) New. **10.15** Mychonnny. (PG) **10.25** Red Dwarf. (PG) **10.55** The Office. (PG) **11.15** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.00** The Office. (PG) **1.20** 30 Rock. (PG) **1.40** Parks And Recreation. (PG) **2.05** News Update. **2.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Tommy Fleming Song For A Winter's Night. **3.05** Kylie Kwong: My China. **3.35** Rise Of The Machines. (PG) **4.30** Tony Robinson's World War I. (PG) **5.25** Letters And Numbers. **5.55** Great British Food Revival. **6.30** News. **7.30** Who Do You Think You Are? **8.30** Insight. **9.30** Dateline. **10.00** China Queer. **10.30** SBS News. **11.00** Spin. (MA15+) **11.55** Spin. (MA15+) **12.50** Movie: Valesa: Man Of Hope. (M) (2013) **3.05** Jesus: Rise To Power. (M) **4.00** The Immortalist: Can I Live Forever? (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Vargas: Seeking Whom He May Devour. (M) (2009) **1.35** Death Row. (M) **2.35** Bare Knuckle. (M) **3.00** It's Suppertime! (PG) **3.30** Front Up. (PG) **4.00** The Mindy Project. (PG) **4.30** Tattoo Age. (PG) **5.00** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Drunk History UK. (M) Return. **8.30** Hamilton's Pharmacopeia. Final. **9.20** Epcy Later'd. (MA15+) **10.10** Knightfall. (MA15+) **11.00** Reversing Female Circumcision. **11.25** News. **11.50** Desus And Mero. (M) **12.15** Movie: The Way He Looks. (M) (2014) **2.00** Twiz And Tuck. (M) **2.25** RT News In English From Moscow. **3.00** Thai News. **3.30** WorldWatch.



MOVIES

6.30pm The Nice Guys (2016) Action. Russell Crowe, Ryan Gosling, Angourie Rice. (MA15+) Action
8.30pm Allied (2016) Drama. Brad Pitt, Marion Cotillard. (M) Premiere
8.30pm The Heat (2013) Comedy. Sandra Bullock, Melissa McCarthy, Marlon Wayans, Jane Curtin. (MA15+) Comedy

GENERAL

8.30pm Marvel's Runaways. FOX8
9.35pm Better Things. (MA15+) Showcase
10.05pm Divorce. (MA15+) Showcase

DOCUMENTARY

7.30pm The Art Show. (PG) Foxtel Arts
8.30pm Hunting Down The Nazis. (PG) History
8.30pm What On Earth? (PG) Discovery

SPORT

1.00pm Basketball. College. Big Monday. Big 12 Conference. West Virginia v Texas Tech. ESPN2
8.30pm NBA: The Jump. ESPN
9.30pm Back Page. Fox Sports
501

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

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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** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. **9.00** 20 To One. (PG) **10.00** Botched. (M) **11.00** Mom. (M) **11.30** Soundbreaking. (M) **12.30** House Husbands. (PG) **1.30** Dream Job. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Celebrity Big Brother US. (M) **2.00** Children's Programs. **3.00** Pokémon. **3.30** LEGO Friends: The Power Of Friendship. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Top Gear. Return. **9.00** Movie: American Sniper. (MA15+) (2014) **11.45** Meet The Hackers. (PG) **12.15** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Teen Titans Go! (PG) **2.00** Regular Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Tom And Jerry Tales. **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Borderline Murder. (M) (2011) **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) Ziggy asks Ben to lie to Brody for her. **7.30** My Kitchen Rules. (PG) Group 1 faces the first location challenge, which sees them serving high tea to both the public, and their Group 2 rivals. **9.00** Swimming. Australian Championships. Day 1. **10.30** Criminal Minds. (MA15+) Bodies are discovered in public places in Boston. **11.30** The Goldbergs. (PG) **12.00** Powerless. (PG) **12.30** Powerless. (PG) **1.00** Travel Oz. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Crash Investigation Unit. (PG) Hosted by Damian Walsh-Howling. **8.00** Swimming. Australian Championships. Day 1. **9.00** A Touch Of Frost. (M) Frost and Reid work on an unpleasant murder. **10.40** Families Of Crime. (MA15+) **11.40** Bargain Hunt. (PG) **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCB. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **8.30** This Is Us. (PG) Kate visits Kevin on the set of his movie. Randall and Beth receive exciting news. Rebecca tries to reconnect with Jack. **9.30** Madam Secretary. Hurst attempts to set Elizabeth up for failure. **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** Get Smart. (PG) **9.00** Building Invincible. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** Hawaii Five-O. (M) **8.30** Attenborough's Nature's Great Events. (PG) **9.30** Alaska Air Crash Investigations. (PG) **10.30** Countdown To Murder. **11.30** Hogan's Heroes. **12.00** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Nash Bridges. (M) **4.00** Matlock. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Parliament. **3.00** The Cook And The Chef. **3.30** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Squinters. (M) **9.25** Adam Hills: The Last Leg. **10.10** Tonightly With Tom Ballard. (M) **10.40** ABC Late News. **11.10** The Business. **11.25** Four Corners. **12.15** Media Watch. (PG) **12.35** Doctor Who. (M) **1.15** Adam Hills: The Last Leg. **2.15** National Press Club Address. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

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

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **2.55** Dateline. **3.25** Insight. **4.25** Wild Brazil. **5.20** Letters And Numbers. **5.50** Great British Food Revival. **6.30** News. **7.30** Great Continental Railway Journeys. **8.40** Colombia With Simon Reeve. (PG) **9.40** Shaun Micallef's Stairway To Heaven. **10.45** Berlin Station. (MA15+) **11.45** SBS News. **12.15** Movie: Face Down. (MA15+) (2015) **2.05** Miniseries: When We Rise. (M) **3.40** I'm A Stripper. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi News. **12.00** Movie: Vargas: The Chalk Circle Man. (M) (2009) **1.40** Death Row. (M) **2.40** Life After Food. (PG) **3.05** Most Expensive. (PG) **3.30** Front Up. (PG) **4.00** The Mindy Project. (PG) **4.30** Balls Deep. (PG) **4.55** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Travel Man. **8.30** Movie: Masters Of The Universe. (1987) **10.30** Movie: Brain Damage. (MA15+) (1988) **12.05** News. **12.30** Desus And Mero. (M) **12.55** Dig. (M) **2.05** The Feed. **2.35** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Loving (2016) Drama. Joel Edgerton, Ruth Negga. (PG) **Masterpiece** **8.30pm Passengers** (2016) Sci-fi. Jennifer Lawrence, Chris Pratt. (M) **Premiere** **8.30pm Master And Commander: The Far Side Of The World** (2003) Drama. (M) **Action**

GENERAL

8.30pm Mosaic. (MA15+) **Showcase** **9.25pm Halt And Catch Fire.** (PG) **Showcase** **9.30pm Covert Affairs.** (M) **Universal Channel**

DOCUMENTARY

7.30pm Gogglebox. **Lifestyle** **8.30pm Weather Top Ten.** (PG) **Discovery Science** **8.30pm Stars Of The Silver Screen.** (PG) **Foxtel Arts**

SPORT

10.30am Squash. PSA World Tour. Windy City Open. Semi-finals. **Fox Sports 505** **2.30pm Basketball.** NBA. Denver Nuggets v Los Angeles Clippers. **ESPN** **7.00pm Football.** JLT Community Series. Carlton v St Kilda. **Fox Footy**

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

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LEONIE SCHILLING

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** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Fast & Furious 7. (M) (2015) Vin Diesel, Paul Walker, Dwayne Johnson. A rogue special forces soldier vows revenge on Dom and his crew for the defeat of his brother. **11.20** The Closer. (M) **12.15** Bangkok Airport. (M) **1.15** Nine Presents. **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon. **3.30** LEGO Friends: The Power Of Friendship. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) Return. **10.30** Movie: EuroTrip. (MA15+) (2004) **12.30** WWE Raw. (MA15+) **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Hit And Run. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Robbo's release triggers outrage. **7.30** My Kitchen Rules. (PG) A new batch of amateur cooks takes turns transforming a home into a restaurant. **9.00** Swimming. Australian Championships. Day 2. **10.30** Ramsay's Kitchen Nightmares USA. (M) Presented by Gordon Ramsay. **11.30** The Goldbergs. (PG) Beverly helps Erica plan a school dance. **12.00** Bates Motel. (M) **1.00** Bates Motel. (MA15+) Final. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Crash Investigation Unit. (PG) **8.00** Swimming. Australian Championships. Day 2. **9.00** Murdoch Mysteries. (M) Murdoch is called to investigate after a young suffragette is murdered. **11.00** Escape To The Country. **12.00** Crash Investigation Unit. (PG) **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) The celebrities receive mail from home. **9.00** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **10.00** Blue Bloods. (M) Danny and Baez investigate a detective's murder. **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** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **7.30** Rocky Mountain Railroad. (PG) **8.30** Movie: Under Siege 2. (M) (1995) Steven Seagal, Eric Bogosian, Katherine Heigl. **10.30** To Be Advised. **11.30** Highlander. (PG) **12.30** Home Shopping. **2.00** Nash Bridges. (M) **3.00** Matlock. (M) **4.00** Star Trek: Voyager. (PG) **5.00** Highlander. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** Growing Up Gayby. (PG) **1.35** To Be Advised. **2.00** Parliament. **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Call The Midwife. (M) **9.00** Good Karma Hospital. (M) **9.50** Miniseries: National Treasure. (MA15+) **10.35** ABC Late News. **11.05** The Business. **11.25** No Offence. (MA15+) **12.15** Good Karma Hospital. (M) **1.00** Miniseries: National Treasure. (MA15+) **1.50** Rage. (MA15+) **2.25** Golf. USPGA Tour. Honda Classic. Highlights. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetties. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (PG) **8.30** Frontline. (PG) **9.00** Tonightly With Tom Ballard. (M) **9.30** Squinters. (M) **9.55** Murder In Successville. (M) **10.25** Red Dwarf. **10.55** The Office. (PG) **11.15** 30 Rock. (M) **11.35** Parks And Recreation. (M) **12.00** Tonightly With Tom Ballard. (M) **12.25** Red Dwarf. **12.55** The Office. (PG) **1.20** 30 Rock. (M) **1.40** Parks And Recreation. (M) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Nigella Bites. **2.25** Nigella Bites. **2.55** Cold Justice. **3.25** Digging For Britain's Secrets. (PG) **4.25** This Is Greece With Michael Scott. **5.25** Letters And Numbers. **5.55** Great British Food Revival. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Recipe For Life. (PG) Final. **8.35** How To Lose Weight Well. New. **9.30** Knightfall. (MA) **10.25** The Bridge. (MA15+) Return. **11.35** SBS News. **12.05** Movie: Elena. (M) (2011) **2.10** One Born Every Minute. (M) **3.05** One Born Every Minute. (M) **4.00** One Born Every Minute. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Vargas: A Dubious Place. (M) (2010) **1.45** California High. (M) **2.45** Huang's World. (M) **3.35** Dateline. **4.05** The Mindy Project. (PG) **4.30** VICE. (PG) **5.00** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Mardi Gras Movies Home Grown. **8.30** Full Frontal. (PG) **8.55** Love And Sex In An Age Of Pornography. (MA15+) **9.55** The New Era Of Canadian Sex Work. **10.20** Unplanned America. (MA15+) **10.50** Unplanned America. (MA15+) **11.25** Most Expensivist. (PG) **11.50** Most Expensivist. (PG) **12.15** Most Expensivist. (PG) **12.40** Most Expensivist. (PG) **1.05** Most Expensivist. (PG) **1.30** News. **1.55** Late Programs.



MOVIES

8.30pm The Hours (2002) Drama. Nicole Kidman, Julianne Moore. (M) **Masterpiece** **8.30pm Failure To Launch** (2006) Romance. Matthew McConaughey, Sarah Jessica Parker. (M) **Romance** **10.15pm The Great Wall** (2017) Action. Matt Damon, Willem Dafoe. (M) **Premiere**

GENERAL

8.00pm Ozzy And Jack's World Detour. (PG) **A&E** **8.30pm Project Runway All Stars.** (PG) **Arena** **8.30pm Corporate.** (MA15+) **Comedy Channel**

DOCUMENTARY

8.30pm The Great Australian Bake Off. (PG) **Lifestyle** **8.30pm Outback Opal Hunters.** (PG) **Discovery** **9.30pm Bringing Up Bates.** (PG) **TLC**

SPORT

7.00pm Football. JLT Community Series. GWS Giants v Collingwood. Fox Footy **7.30pm Golf.** European PGA Tour. Tshwane Open. First round. Fox Sports 503

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: One Chance. (PG) (2013) **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) **8.30** Movie: The Imitation Game. (M) (2014) Benedict Cumberbatch, Keira Knightley, Matthew Goode. During World War II, a mathematician is forced to hide his sexuality as he tries to unravel a secret German code. **10.50** Movie: Valkyrie. (M) (2008) Tom Cruise, Bill Nighy, Carice van Houten. An officer tries to assassinate Hitler. **1.05** Extra. **1.30** TV Shop. **2.00** Living The Dream. (PG) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** GMA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Cold Water Cowboys. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Batman. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Movie: Open Season: Scared Silly. (PG) (2015) **7.45** Movie: Shark Tale. (G) (2004) **9.35** Movie: Zoolander. (M) (2001) **11.20** WWE Smackdown. (MA15+) **12.20** Total Divas. (M) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Last Man Standing. (M) (2011) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh, Adam and Jason race to see who can build flat packs the fastest. Karen prepares an Italian beef salad. **8.30** Swimming. Australian Championships. Day 3. From Optus Aquatic Centre, Gold Coast, Queensland. **10.00** To Be Advised. **11.30** The Goldbergs. (PG) Adam tries to get as many cassette tapes as possible from a mail-order music club. **12.00** Aquarius. (M) **1.00** Aquarius. (M) Charmain witnesses a shooting. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Larry The Lawnmower. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Better Homes. **1.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Animal Rescue. **3.30** Auction Squad. **4.30** The Great Outdoors. **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) Contestants compete to make the biggest profit. **7.30** Swimming. Australian Championships. Day 3. **8.30** Selling Houses Aust. Meet a couple who built their own home and are now trying to sell it. **11.30** To Build Or Not To Build. An art deco family home is built. **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Motor Racing. Supercars Championship. Adelaide 500. Practice 1 and 2, Qualifying. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Amanda is joined by Grant Denyer, Matty J and Miguel who continue their exploration of New Zealand. **8.30** The Graham Norton Show. (M) Celebrity guests include Oscar-winning actor Dame Helen Mirren, Liam Neeson and Jamie Dornan. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Jake And The Fatman. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Get Smart. (PG) **1.00** Nash Bridges. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) Final. **8.30** Walker, Texas Ranger. (M) **10.30** Movie: The Numbers Station. (MA15+) (2013) John Cusack, Malin Akerman, Liam Cunningham. **12.30** Home Shopping. **2.00** Jake And The Fatman. (PG) **3.00** Walker, Texas Ranger. (M) **5.00** Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **2.00** Call The Midwife. (M) **3.00** Dream Gardens. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Vera. (M) Final. **10.00** Planet America. **10.45** ABC Late News. **11.15** The Business. **11.30** Shaun Micallef's MAD AS HELL. (M) **12.05** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Tonight's With Tom Ballard. (M) **9.30** Upstart Crow. (M) **10.00** The Thick Of It. (M) **10.30** Red Dwarf. (PG) **11.00** The Office. (PG) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Tonight's With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.00** The Office. (PG) **1.25** 30 Rock. (PG) **1.45** Parks And Recreation. (PG) **2.05** News Update. **2.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Bon Appetit! Gérard Depardieu's Europe. (PG) **2.55** Made In Italy. **3.25** Poh's Kitchen. **3.55** Poh's Kitchen. **4.25** Luke Nguyen's United Kingdom. **4.55** Luke Nguyen's United Kingdom. **5.25** Letters And Numbers. **5.55** Great British Food Revival. **6.30** News. **7.30** Railway Journeys UK. **8.05** Railway Journeys UK. **8.40** Homeland. **9.45** Movie: Gandhi. (1982) **1.10** Movie: Charlie Countryman. (MA15+) (2013) **3.05** One Born Every Minute. (M) **4.00** One Born Every Minute. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Round Up. (M) (2010) **2.15** Brainwashed By Westboro Baptist Church. (M) **3.00** The Pizza Show. (PG) **3.30** Dateline. **4.00** The Mindy Project. (PG) **4.30** Life After Food. (PG) **4.55** News. **5.25** If You Are The One. (PG) **6.40** It's Supertime! (PG) **7.05** It's Supertime! (PG) **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve: Finland. (MA15+) **9.20** Atlanta. Return. **9.50** Muslims Like Us Australia. (MA15+) **10.55** Last Chance High. **11.25** Last Chance High. **12.15** Last Chance High. **12.15** Last Chance High. **12.40** News. **1.05** Desus And Mero. (M) **1.30** PopAsia. (PG) **2.30** NHK World English News. **3.00** Thai News. **3.30** WorldWatch.



MOVIES

6.40pm Get Out (2017) Thriller. Daniel Kaluuya, Allison Williams. (MA15+) **Premiere**
8.30pm Jason Bourne (2016) Action. Matt Damon. (M) **Action**
8.30pm Definitely, Maybe (2008) Comedy. Ryan Reynolds, Isla Fisher. (PG) **Romance**

GENERAL

8.30pm It's Always Sunny In Philadelphia. (M) **Comedy Channel**
9.00pm Inside No.9. (M) **BBC First**
9.25pm Vanished By The Lake. (M) **Showcase**

DOCUMENTARY

9.30pm Vet On The Hill. (PG) **Lifestyle**
9.30pm Banged Up Abroad. (M) **National Geographic**

SPORT

7.00pm Football. AFL Women's. Round 5. Melbourne v Brisbane Lions. **Fox Footy**
7.45pm Soccer. A-League. Round 22. Melbourne City v Melbourne Victory. **Fox Sports 501**
9.30pm Basketball. NBL Finals. First Semi-final Series. Game 1. **Fox Sports 503**

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

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Last Tuesday we welcomed our first Guest Speaker for the year. Marjorie McNamara from Home Assist Secure at Sandgate spoke to over 70 of our members regarding the services that are available to those eligible to receive assistance with home maintenance, home modifications and security work. It was a most informative morning and we were well and truly enlightened on what this amazing not-for-profit organisation does.

We also introduced our first 'themed' morning tea to celebrate Shrove Tuesday. Our 'Pancake Queen' President made over 80 pancakes, and the Committee organised for our ladies to enjoy a delicious treat of pancakes with jam and cream.

Tuesday 27th February – Lunch at Lone Star Rib House, North Lakes. Bookings essential. Members only.

Tuesday 6th March – General Meeting. Visitors welcome.

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

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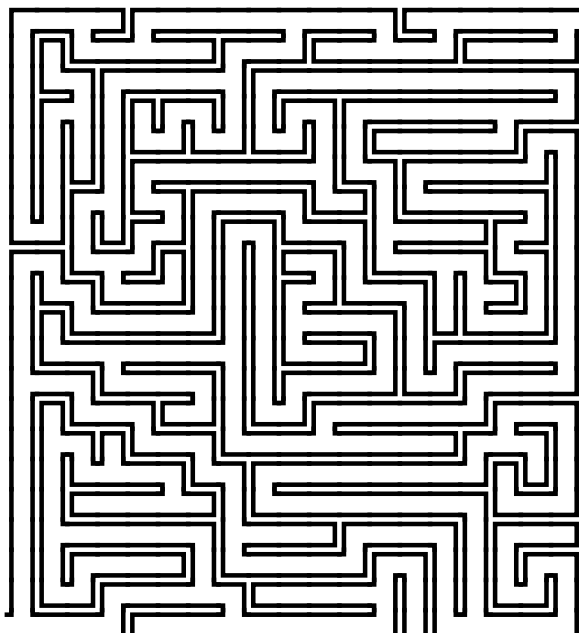


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CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 6506

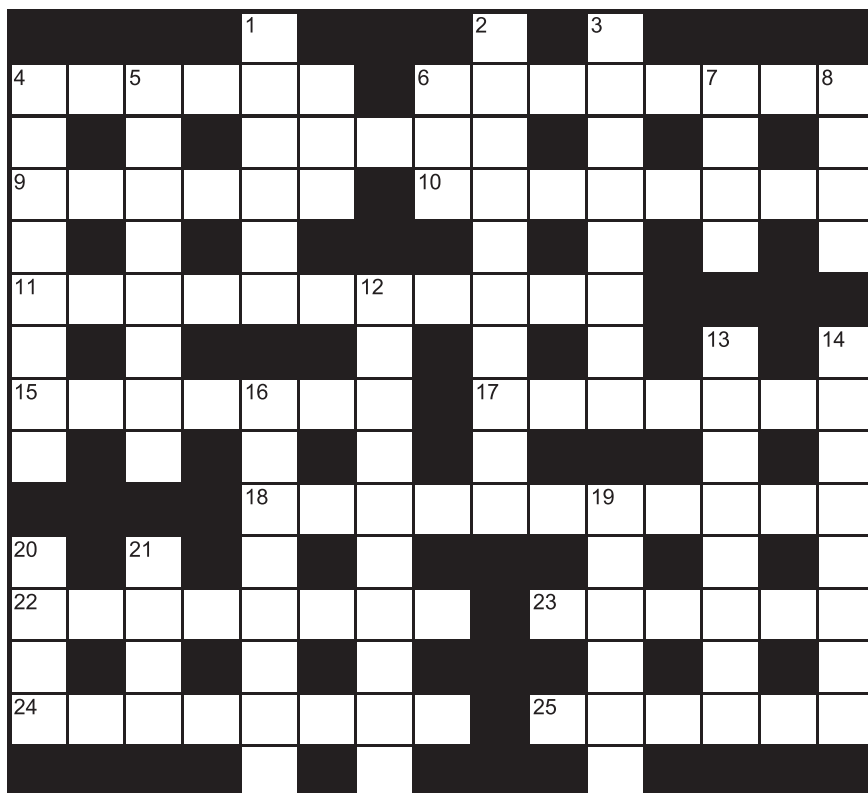
Cover star looks, page 31 crosswords by Laurie Stibbe

ACROSS

- 4 Large terrestrial monkey
- 6 Large smooth mass of rocks
- 9 Appoint to a clerical post
- 10 Changed bottom to top
- 11 Compose set of dance steps
- 15 Predominate
- 17 Small nodes
- 18 Babysitter
- 22 Fail to notice
- 23 Large chamber in a cave
- 24 Form of Solitaire game
- 25 Go in search of, or hunt for

DOWN

- 1 Repeated musical theme
- 2 Expressed displeasure
- 3 Assumed drooping posture
- 4 Early movie projector
- 5 Blanket or quilt
- 7 Longest divisions of time
- 8 Carbonated water
- 12 Friend of the Three Bears
- 13 Experiencing pleasure, joy
- 14 Alienate
- 16 Award, laurels
- 19 He flew too close to the sun
- 20 Imitate with derision
- 21 Written reminder



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

To post email: community@northlakesmessenger.com.au

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



SAVE ENERGY & DOLLARS AS APPLIANCE REBATE APPLICATIONS OPEN

Queenslanders can now apply for rebates of up to \$300 on energy efficient appliances to save on their electricity bills easily online.

Energy Minister Dr Anthony Lynham said first rebates should be flowing back into the first applicants' bank accounts by the end of February.

"People who have already bought new energy-efficient fridges, air-cons and washing machines since 1 January, and have registered for the rebate, have 30 days from tomorrow to get those applications in," he said.

"Of course, you have to meet the criteria to receive the rebate.

"If you haven't bought one already, I'd encourage householders to consider buying appliances with at least a four-star energy rating.

"It's one of the best ways to save on your electricity bill, and that's why this rebate is part of our \$2 billion Affordable Energy Plan – to help make Queenslanders' power bills more affordable."

Energy Efficiency Council chief executive officer Luke Menzel said that big appliances humming away in the background were often massive energy hogs, and that new models with a high star rating could be much cheaper to run.

"Upgrading to a new, more efficient fridge or air conditioner can be one of the easiest ways of cutting your energy bill," he said.

"It's great news that the Palaszczuk Government is helping Queenslanders upgrade their appliances so families can lock in those savings as quickly as possible."

Member for Mount Ommanney Jess Pugh said families could save up to \$700 per year simply by replacing a 30-year-old fridge.

The rebates apply to new, eligible four-star or higher appliances purchased from 1 January, 2018: \$200 for washing machines; \$250 for fridges and \$300 for air conditioners. Rebates are limited to one per household.

The rebates are part of the government's \$2 billion Affordable Energy Plan to help

Queenslanders save on their power bills.

The plan includes:

- \$50 a year off every household bill over the next two years.
- an annual discount for regional Ergon customers who take up Ergon's direct debit Easy Pay Rewards payment options -- \$75 for households and \$120 for small businesses.
- ensuring electricity prices for typical households and small business remain below inflation on average over the next two years.

To apply, visit qld.gov.au/appliancerebate. Applying requires:

1. a scan or photo of the tax invoice or receipt for the appliance purchased
2. your National Metering Identifier number from your electricity account
3. the appliance make and model number
4. your bank account details

Customers who have already signed up to be notified will receive an email or text advising them that applications have opened.

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Dr Webb's new hours are:
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Thur 10am - 4pm

Dr Meredith Webb went to medical school at University of Newcastle, NSW as a mature aged student, having been a physiotherapist. After finishing in 1996, she spent her junior doctor years in Newcastle and Gosford and moved back to Brisbane in 2001. Dr Webb spent most of these years in hospital medicine, mostly doing Anaesthesia.

Dr Webb gained her fellowship of RACGP in 2008, then did locum work around Australia and has worked overseas. She has graduate certificates in Skin Cancer Medicine and Dermoscopy and the endorsement in Anaesthesia from the JCCA.

Dr Webb now has a family with 2 young boys. She believes health care is best achieved in a multi-disciplinary environment, with a team approach.

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