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Lakes, Bay & Region · September 22, 2018

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CONTACT

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

ABN 129 5493 7979.

NEWSROOM/EDITORIAL/SUBMIT A STORY

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

editor@northlakesmessenger.com.au

DISTRIBUTION/DELIVERIES/REQUEST COPIES

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

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ADVERTISING

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

Please note:

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

Payments

Payments or accounts please call Nick on **1300 300 608** Monday to Thursday or email: accounts@northlakesmessenger.com.au

Credit Cards & Direct Deposit:

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OTHER CONTACTS

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

DISCLAIMER

Not all opinions expressed in this publication are necessarily those of the publishers. No responsibility is taken by the Messenger for any errors, misleading information or the validity of the advertising content. The articles, information and anecdotes are not necessarily the original work of the editor or writers.

INDEMNITY

By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

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

The Messenger www.northlakesmessenger.com.au 4



Becky - Owner of Becky B Hair

For all your hair advice. **ASK BECKY B**

SPLIT ENDS

Q: I have split ends! Do I have to cut them off or is there a product that can help? *Justine, via email*

A: Bad news! Once your ends are split, cutting them is the only option to get rid of them. HOWEVER, **Strong Sexy Hair** has launched a product that can temporarily close the cuticle making the hair feel great! **SEAL THE DEAL** can go in wet or dry hair and smells **AMAZING!**

1



GROW IT OUT!

Q: Why won't the shorter strands of hair around my face grow out? *Janine, via email*

A: Those hairs around your face are called **Vellus hairs**, they have a shorter life cycle than the rest and are also finer. They aren't ever going to get long or thick, so don't worry you are perfectly healthy!! Not everyone has them so if you don't there is no need to worry.

If you have many short hairs throughout your hair and you suspect breakage or excessive hair loss then you should get in touch with a trichologist!

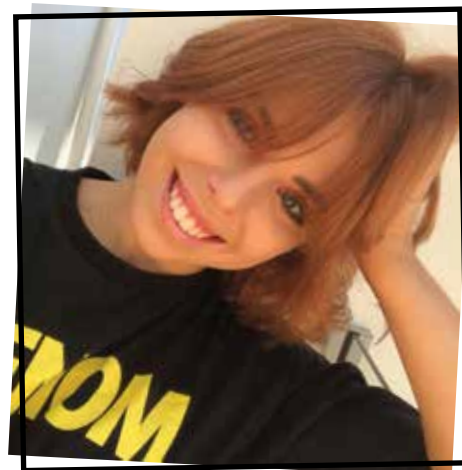
Lucky for you there is one available at Becky B by request!

CURTAIN BANGS

Time to make a change!

Curtain bangs make a huge change to your look! If you want them to have the salon finish look, **it's all about the blowdry**. Your Bangs (FRINGE) are the first thing you should blowdry (Don't let them dry crazy on their own). First you want to section them out and tie the rest of your hair back. Then take the sides separately and blow dry them towards the middle. Use a round brush to get a slight curve, they should bounce back perfectly and have the lift you are after!

Call us at Becky B and make the change today!



STYLING TIME

Q: How long should I keep my styling products for? *Ben, via email*

A: Hair products have a use-by date! They have an active ingredient in them that doesn't work forever. Check the back of your bottle for the shelf life, each product is different.

Throw away the old stuff and start fresh!



1. Seal the Deal by Sexy Hair.

Ask Becky B – send your questions to salon@beckyb.com.au.

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Becky B



“Breathe Easy” Air Treatment Solutions

by James Scott, Assistant Manager at Harvey Norman Rothwell

Air Purification - Most commonly air purification is a reactive purchase to a problem. People with allergies, Asthma and even skin sensitivities will most often seek a solution to a pre-existing condition. But why would people without these conditions consider purifying the air they breathe at home?

Air Purifiers do just that, they clean and purify the air in your home that you and your family breathe all day. From pollens to dust, bacteria's and mould/spore build up all the way to the odours

left behind by your beloved family pets. Air Purifiers will cleanse the environment that you live in so that you can “breathe easy” knowing that the air in your home is free from any impurities that are left behind after regular cleaning.



Humidifiers –

If you experience dry and sensitive skin a Humidifier is the perfect way to relieve the discomfort of the dry seasons. No more static shocks, humidifiers produce a constant level of humidity to condition the air. Humidifiers can



also suppress airborne viruses transmitted by coughing, making your home healthier, happier and more comfortable.



Dehumidifiers -

People in tropical climates know all too well the effects of a high humidity environment.

High moisture levels in the air can make your home environment quite uncomfortable. However the benefits of a

Dehumidifier go further than just making you home comfortable, they also provide a range of health benefits making your home less hospitable to allergens such as dust mites,

Diffusers – Using a diffuser is one of the most effective ways to disperse essential oils in your home. Essential oils provide your home with numerous health benefits. Citrus to boost immunity, Peppermint to open airways or relieve headaches and Lavender to boost your mood and help you to relax. Three great examples of how essential oils can change the environment in your home.



BRISBANE NORTHSIDE'S
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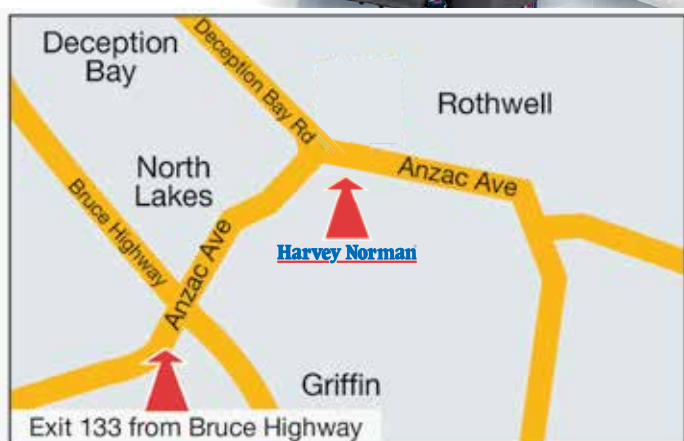
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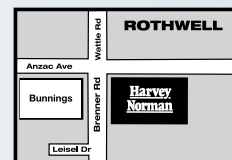
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SCORE TIX TO THE (2ND BIGGEST) NRL EVENT OF THE YEAR

Here's how to score an invite to the The Big Breakfast's first ever *No B.S Grand Final Lunch*, an exclusive sporting lunch featuring rockstars and hear never-before told sporting stories, live by sporting heroes and hosted by Triple M Brisbane

The NRL Grand Final is so close you can smell the four 'n' twenties being heated up the pie warmer. And 104.5 Triple M Brisbane is gearing up to stage the second biggest event in the NRL calendar – The Big Breakfast's inaugural No B.S Grand Final Lunch.

This is breaking news because it's the first ever in Queensland, it's exclusive, there'll be no phones, and there'll absolutely be no B.S at this lunch. What there will be is three of Queensland's greatest sporting heroes sharing stories never before heard. Oh, and The Screaming Jets.

Only 200 people will score a money can't buy ticket to the lunch at the Regatta Boatshed on September 25 where Marto, Robin & The Moonman will have exclusive access to some of Queensland's greatest sporting heroes – already locked in is Broncos & Maroons legend and Hall Of Famer Kevin Walters & three-time Premiership Champion, the Raging Bull himself. Gorden Tallis. PLUS a third special sporting star still to be announced.

Come September 25 Marto, Robin & The Moonman will have exclusive access to some of Queensland's greatest sporting heroes, score yourself an invitation.



There will be no holds barred at the No B.S Grand Final Lunch with Kevvie & Gordie sharing some of the most legendary footy tales never told. They will be joined on-stage by The Big Breakfast co-host and pretty famous Aussie stand-up Lawrence Mooney, and also Rich Uncle Mal who has a fair bit of spare time on his hands after the recent kerfuffle in Ca nberra.

As if that wasn't mind-blowing enough, Aussie Rock Superstars, The Screaming Jets, will be playing a few tunes.

But, there is a catch.

All guests will need to give up their phones, cameras, Super 8s and all other recording devices at the door and they will take an oath not to reveal any of the details. So that means no posting on socials, no selling the stories to the gossip mags and definitely no taking notes on a napkin and smuggling it out in your jocks. What happens at No B.S Grand Final Lunch, stays at No B.S Grand Final Lunch!

The only way to land a ticket to the Big Breakfast's No B.S Grand Final Lunch is via entry on the Triple M website: www.triplem.com.au. Do it. Do it now.

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\$100K REWARD FOR INFORMATION ON STRAWBERRY CONTAMINATION

As incentive to bring the incident to a rapid conclusion, the state government is offering a \$100,000 reward for any information leading to the arrest and conviction of anyone responsible for the current strawberry contamination incident.

Police are currently investigating contamination of strawberry punnets sold at retail containing what appears needles inserted in strawberries.

The contamination which affects two brands of strawberries – Berry Obsession and BerryLicious as a third brand, Donnybrook Berries, is being removed from sale.

Anyone who has BerryLicious or Berry Obsession strawberries at home should not use them. If you are in doubt of the brand, throw them out. Due to a recent copycat incident at Gatton police have advised that all strawberries should be cut up before they are eaten, regardless of the brand.

Queensland supplies the winter production of strawberries for Australia, with the season running from May to October, with some contribution to summer production from the Stanthorpe region.

Queensland growers produce 6-15,000

tonnes of fruit per season, up to 60 million punnets of strawberries. There are approximately 150 strawberry growers in Queensland, with most production around Dayboro, Beerwah, Wamuran, Elimbah, Caboolture, Stanthorpe and Bundaberg.

The Premier said the reward was an additional incentive to bring the incident to a rapid conclusion.

"Whoever is behind this is not just putting families at risk across Queensland and the rest of Australia – they are putting an entire industry at risk," the Premier said.

"I would urge anyone with information that may be relevant to this incident in any way to contact police as soon as possible.

Police have liaised with retailers to ensure that all stock is removed from sale. Police are urging anyone who locates strawberries containing the needles to contact Policelink for further advice on 131 444.

Anyone who believes they or a member of their family may have eaten a needle should urgently speak to their doctor or call 13 HEALTH.



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SCHOOLS SET TO BENEFIT FROM NEW CONTAINER REFUND SCHEME

From 1 November this year recycling will be encouraged in Queensland state schools by introducing a Container Refund Scheme.

The scheme will see a 10 cent refund available for every eligible drink container returned in Queensland.

P&Cs around the state are currently developing plans to leverage this opportunity as a fundraising initiative for schools and to also help encourage students to be environmentally conscious with \$100,000 in funding up for grabs for pilot projects in up to 20 schools.

Schools can find more information about the CRS project and a survey to indicate interest at the P&Cs Queensland website: www.pandcsqld.com.au/community-awareness-queensland-container-refund-scheme/

U3A PINE RIVERS OPEN DAY 16 NOVEMBER

U3A Pine Rivers is holding their annual Open Day on Friday 16 November at the Strathpine Community Centre, Mecklem Street, Strathpine, from 9.30 am to 12 noon.

U3A states their aim is learning for leisure and pleasure for those who are retired from full-time work but don't want to retire from life.

The open day your chance to meet tutors and investigate the broad range classes and activities U3A Pine Rivers have on offer.

The event is free with morning tea available for a

gold coin donation. All seniors are welcome to meet other members and join on the day.

For further information, you can pop in to the U3A Kallangur Centre, 1480 Anzac Avenue, Kallangur Monday to Friday - 9.00 am to 12 noon, telephone 3880 6677 or visit the website: www.u3apinerivers.org.au

EXTENDED TRADING HOURS AT TREASURE MARKETS

Second hand donated items or those rescued from landfill are available for purchase on the cheap at Treasure Markets. Now, both the Dakabin and Caboolture Treasure Markets will extend their operating hours to the public as part of a three month trial.

From Tuesday 18 September both will start trading six days a week from 10am to 2pm Tuesday through Sunday. They will only close on Mondays.

All income generated by the markets is used to provide employment and infrastructure at the Treasure Markets. These sites help reduce waste to landfill and conserve landfill space by recycling items for resale at low prices. Both the Dakabin and Caboolture Treasure Markets will extend their operating hours as part of a three month trial.

The treasure markets are a hugely popular council initiative that started 16 years ago. In that time thousands of tonnes of donated and second-hand goods such as planks of timber, lounge chairs, kitchen sinks and bath tubs have been recycled.

For more information about council waste facilities and recycling initiatives visit www.moretonbay.qld.gov.au/waste



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ETH0020-A-10/09/11



PRIMA TO LET THEIR FREAK FLAG FLY IN SHREK THE MUSICAL

Prima is bringing everyone's favourite ogre back in dazzling fashion in Shrek The Musical, playing at the Redcliffe Cultural Centre from 5-14 October.

Based on the Oscar-winning DreamWorks Animation Film, Shrek The Musical brings all the beloved characters you know from the film to life on stage.

The show is a major production for Prima, featuring a cast of 25 and 15-piece live orchestra. Not to mention the army of creative and production team members working tirelessly behind the scenes to make the magic happen.

Prima's Shrek The Musical is running nights and matinees from Friday 5 October until Sunday 14 October at the Redcliffe Cultural Centre.

More details on show times and tickets are available now from the Redcliffe Cultural Centre website: www.moretonbay.qld.gov.au/subsite.aspx?id=172086

AUSTRALIAN SPACE AGENCY RECOGNISED IN THE UNITED STATES

The federal government's establishment of the Australian Space Agency has been commended in a resolution introduced into the United States House of Representatives.

Minister for Industry, Science and Technology, Karen Andrews, welcomed the resolution and said the Space Agency will help drive the growth of our space industry, create new opportunities for businesses and create jobs.

"The resolution introduced to the US House of Representatives recognises the long history and partnership Australia and the United States share in space," Minister Andrews said.

Involvement in the space sector is estimated to create 20,000 new jobs, with opportunities for businesses and new technology to support our farmers, logistics, transport and mining companies.

Perhaps an Australian space agency will now give every child's dream of becoming an astronaut some chance of possibility.

PETSTOCK MICROCHIP BLITZ

In Queensland, all cats and dogs must be microchipped prior to sale or transfer of ownership, regardless of their age. To ensure more local pets are chipped, PETstock North Lakes, Caboolture, Lawnton and Keperra will provide affordable and accessible microchipping for just \$10 during the blitz, a fraction of the usual cost.

Microchipping ensures pets can be easily and quickly reunited with their families when they stray, and reduce pressure on rescue organisations caring for unclaimed family pets.

Owners are encouraged to bring in dogs, cats and small animals including rabbits and guinea pigs.

Pet parents can visit www.petstock.com.au/assist/the-great-microchip-blitz to find out if their local store is participating and book a time slot. Times will vary from store to store.



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LOCAL THEATRE COMPANY CHANGING THE RULES With gender-reversed touring cabaret

Moreton Bay Theatre Company (MBTC) are changing the rules of theatre with their gender-reversed cabaret 'Backwards Broadway', touring South-East Queensland throughout October.

The show based on the annual Broadway Backwards in New York is raising money to give back to the community through Headspace Redcliffes's mental health and LGBTQ+ support groups.

Founder of MBTC, Sharon Bapty, says that Backwards Broadway is a show run by young people, to support young people.

"Our aim with Backwards Broadway is to encourage and develop young people."

"We are striving to create an all-inclusive theatre and performing experience, integrating people of all abilities and ages," Sharon said.

Featuring a diverse cast of performers, the youngest only 13, includes drag-queen, Jenny Vennom who will ignite the stage with her rendition of Poor Unfortunate Souls. Backwards Broadway will bring to life popular Broadway hits from musicals such as Chicago, Aladdin, Hamilton and Jesus Christ Superstar all performed gender reversed and all sure to entertain.

Director of the show, Matthew Bapty, says that he hopes audiences walk away from Backwards Broadway with an open mind.

"The vision is to show all the aspects of theatre

that we know and love in the most unrestrained way possible; where our performers aren't limited in any way by their sex or background or by what is traditionally presented in society.

"Everyone deserves to feel welcomed and appreciated in the world and we wanted to represent that on stage," Matthew Bapty said.

Venues include The J, Noosa, The Lind Lane, Nambour, The Princess Theatre, Woolloongabba and Moreton Bay Theatres new premises in Burke Crescent North Lakes.

Tickets can be purchased from MBTC's website mbtc.com.au or from participating venues.

The show is Parental Guidance recommended set in and is sure to be a fun and entertaining night out.



what's on

\$3,000 CASH GIVEAWAYS

\$3,000 CASH GUARANTEED TO BE WON!

THURSDAY 20TH SEPTEMBER

DRAWS EVERY 20 MINS FROM 6.30PM - 9.10PM

ENTER FROM 5PM ON THE DAY WITH \$10 PLAY ON THE GAMING MACHINES OR \$5 SPEND ON FOOD OR BEVERAGE.

DISCOVERY NIGHTCLUB'S 90s CLUB PARTY

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FRIDAY 28TH SEPTEMBER, 8PM - 1.30AM

DJ LES-BOSS

90'S POP ROCK, R&B, HIP HOP & DANCE

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SCHOOL HOLIDAY ACTIVITIES

SEP/OCT 2018

SUNDAY 23RD SEP - 3.30PM TO 5.30PM

KIDS LEGO PARTY

Fully supervised with free popcorn!

DISCOVERY LOUNGE

Tickets \$10 Kids Club Members \$15 non-members

FRIDAY 28 SEP - 11AM TO 3PM

CRAFT DAY - PHOTO FRAMES

11am - 3pm in the Kids Club while craft items last

EXPLORERS KIDS CLUB

WEDNESDAY 3RD OCT - 10AM TO 11.30AM

MUMS & BUBS MORNING

Reserved area, on the deck, lucky door prizes, table service

BANYAN RESTAURANT

FRIDAY 5TH OCT - 11AM TO 3PM

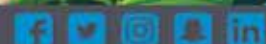
CRAFT DAY - JAR CANDLES

11am - 3pm in the Kids Club while craft items last

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KIDS DIG IT!

Family Fun Week at Abbey Museum is sharing stories about the ancient and mystical cultures of the Orient

The Orient has an aura of exotic mysticism about it which arouses wonder and curiosity across the world. Home to some of the most ancient cultures of the world, the Orient, meaning Easterly has a special geographical connection with Australia being a close neighbour.

The rich and fascinating history of the Orient will be presented in this holiday's 'Kids Dig It! Oriental Family Fun' week from September 24-28th offering families and children aged between 3 to 13, an affordable, immersive, educational experience based on the wonders of the ancient Orient at Abbey Museum

The Museum is the custodian of some amazing Oriental artefacts including water pots, bowls, snuff bottles, jars, chess pieces, a Chinese cast iron bell dated between 200BC-200AD, an array of knives and swords from Japan and a Museum favourite - Chinese Tan-era tomb artefact of a female musician dated from 6-9th century.

The 'Kids Dig It! Oriental Family Fun Week tells the stories of this unique Oriental collection fulfilling the vision of the Abbey Museum 'enhancing lives through the stories created from our collection'. The well-loved series of Kids Dig It! family fun weeks take place each school holidays and in addition to Oriental, also includes Viking and Egyptian, Medieval and Stoneage cultures.

These educational programs also support the Australian curriculum goal of helping 'students become successful learners, confident and



creative individuals, and active and informed citizens', by enabling children to learn consistently even during school holidays.

Ms. Melanie De Regt, Small Events Manager at the Abbey Museum and former school teacher commented on the event's aims.

'We want to create a unique and enriching experience for the children in the community, something that is affordable and does not separate fun from learning because we believe one goes with the other,' she said.

'We are also noticing with delight that the accompanying adults seem to enjoy the Kids Dig It! learning experience just as much as the children!' Families can expect to participate in

ancient Oriental games and join in activities including creating a Terracotta warrior, an Indian Diya lamp, a Japanese Noh mask, Origami, a paper-making workshop while learning about the origin of paper, as well as the Abbey favourites of archery and archaeological digs.

Tickets are available on the Abbey Museum website www.abbeymuseum.com.au/events/kids-dig-oriental-family-fun/ with entrance free of charge for those under four years and many free activities available. Paid activities start from two dollars and the event runs from 10.00am - 3.00pm each day. Visitors are welcome to bring their own lunch or visit the Abbey Cafe, open from 10.00-1.30pm.

Save North Lakes Golf Course Community Campaign



Telling the Prime Minister about the campaign to SNLGC

Thank you to everyone who has joined the campaign to **"Save the North Lakes Golf Course"**.

North Lakes was built around the Golf Course and the environment and local wildlife depend on it remaining a golf course.

Rezoning the land would be detrimental not just to the North Lakes suburb but all of Moreton Bay.

I am 100% committed to seeing the golf course remain.

This week I wrote to the **Village Retirement Group** asking them not to submit the DA.



40 Hornibrook Esplanade, Clontarf Beach QLD 4019 07 3284 8008

luke.howarth.mp@aph.gov.au lukehowarth.com.au [lukehowarthmp](https://www.facebook.com/lukehowarthmp)

Authorised and printed by Luke Howarth MP, Liberal National Party, 40 Hornibrook Esplanade, Clontarf Beach QLD 4019.

LUKE HOWARTH MP
Federal Member for Petrie

FREE, CHEAP AND LOCAL SCHOOL HOLIDAY FUN

Active Holidays presents an unprecedented range events for children and teenagers these holidays

From the exploring the great outdoors to the indoors to the digital world council has set a program to keep your kids engaged these holidays and fuss free way for you to organise the fun.

Running from September 22 to October 7 as part of its Active Holidays program. Libraries, Galleries, Museums and Environment centres are also having events for children on the school holidays.

Spokesperson for Parks, Recreation and Sports and Division 6 Councillor Koliana Winchester said there was no reason for local kids to be bored.

"Seeing kids physically active, enjoying the outdoors and socialising with other children is such a joy and we've tried to provide enough options to get even the most nonchalant teen excited," Cr Winchester said.

"Our holiday program is a great way for kids to learn new skills and challenge themselves by doing an activity they haven't tried before - in fact I'd like to see parents getting involved!"

All activities in the broad ranging program are suitable for participants 3 to 17 years with

the cost starting from free to \$5 per person. Bookings are required for all activities are open now.

Spokesperson for Lifestyle and Amenities and Division 7 Councillor Denise Sims said there would also be plenty of fun activities on offer at council libraries, galleries and museums across the region.

"High schoolers can choose from a wide range of workshops from survival skills, making furry cosplay ears, applying make-up for formal occasions, to picking up tips from pro authors at creative writing workshops," Cr Sims said.

"Primary school kids can see The Street Science Show, meet YouTube influencer Elly Awesome and talk about what's OK and not OK online.

"All six of our art galleries and museums are offering activities for children and teens of all ages throughout the holidays such as photography using film, discovering and creating your own solar system, creating a 3D diorama, while exploring the streets we live in.

"If you love nature, check out the options at council's Environment Education Centres, Osprey House, Caboolture Region Environmental Education Centre (CREEC) and Kumbartcho Sanctuary, which are open every weekday during the school holidays.

"The grounds at each centre are also open down to dusk for DIY walks through the bush and along boardwalks."

For more information about what's on see www.moretonbay.qld.gov.au/healthy-active/active-holidays



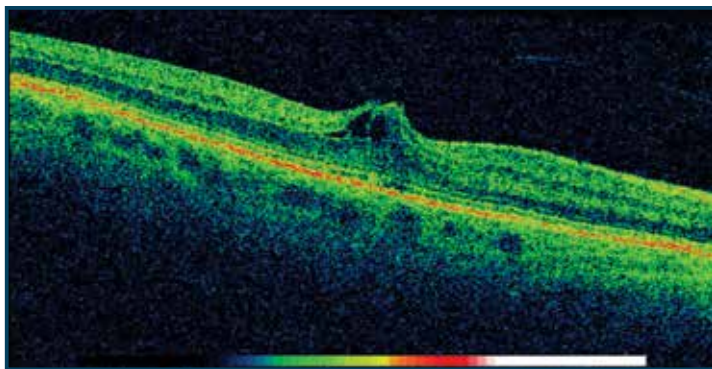
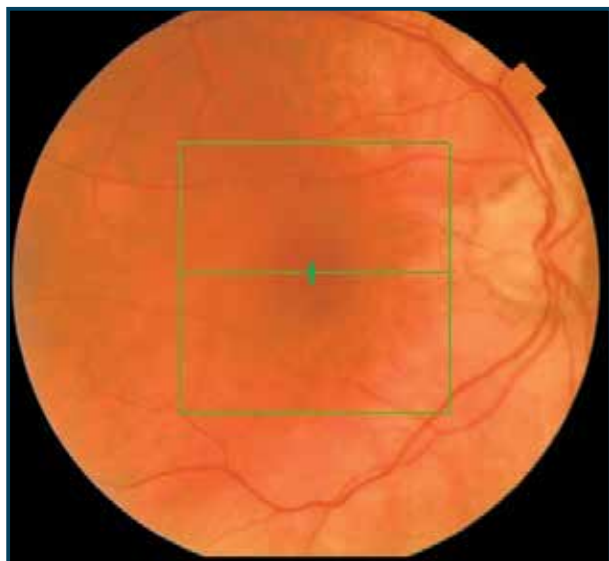
Optical Coherence Tomography (OCT) & Digital Retinal Photography

by Dr Simon Little

A Retinal Photograph can be very useful in documenting the state of the back of the eye during an eye examination. However, there are many important conditions and disease processes that cannot be seen on a Retinal Photograph.

Example: A Macular condition: Vitreo-macular traction - VMT

Retinal photograph: Right eye - 75 year old patient. The small vertical green line across the middle horizontal line indicates the centre of the macula. Vision was normal. No symptoms.



OCT B-Scan: The same eye - taken at the same time. The image shows Vitreo Macular Traction (VMT), one of many macular conditions and diseases.

The position of this corresponds to the centre of the macula.

This is a potentially sight threatening condition, which should be monitored closely. There are surgical options for treatment if needed, though many resolve spontaneously.

It is important to note that the VMT can only be seen on the OCT scan and not on the Retinal Photograph! Significant knowledge and experience is required to interpret these images.

So for an in depth macular exam, have an OCT scan done by an eye care practitioner experienced with this technology. It is quick and as safe as having a photograph taken, but can reveal very much more.

Dr Simon Little owns **North Lakes Optometry** - the only 100% Optometrist owned and operated Optometry Practice in North Lakes. Location: 4/12 North Lakes Drive (opposite St George Bank, parking available behind the building) **Phone 3491 6786** www.northlakesoptometry.com.au



north lakes
optometry

Dr Simon Little

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NEW IMMIGRANT: I HAVE A JOB AND BUY NICE THINGS BUT STILL I AM SAD

Hello Leonie,

I am from Fiji and immigrated to Melbourne two years ago. I had two wonderful holidays in Australia before deciding to move here permanently but I find that I am badly sad and regret coming here.

I left my family and friends behind thinking I could make friends with other Fijians but no that is not what my life is about. Everyone is on top of each other here and the weather is bad. It always seems heavy and not happy.

Many people told me move to Queensland the Sunny state, but it's been raining here as much, and I get so down with no happiness. I had to go through a lot to move here to Australia and if I go home it will all be for nothing.

The homes are much better, and I have a job and buy nice things but still I am sad. When we get some good weather, I feel better, but I do feel that my happiness is very much set to the weather and the people here are not happy and friendly. What do you say please? Please print my name.

Thanks, Aala/Mango Hill

Hi Aala,

There could be a few things to consider here. Firstly, you may be home sick and

missing the visibility of your culture and your cultural practices. You may be having difficulty getting used to the differences in stress and community ideals. Many travellers to Fiji often remark about how happy the locals are even though they may have very little in the way of material assets.

Often, we can get to a point in our lives where our possessions own us because we are always stressed and worried about work and finances rather than just enjoying life and you may be reacting to the differences between Fiji and Australia.

Ongoing grief for your country of origin can be referred to as PIH which stands for Persistent Immigration Homesickness. The theory is that like most things, our way of being in the world is formed in childhood. This information about where we should be geographically and culturally may be hard wired into us in our formative years and therefore we may not find happiness outside our own country with a constant yearning to go home where we feel a part of the landscape.

The other consideration is Seasonal affective disorder (SAD) which is depression that we may experience when we are not getting enough sunlight – SAD may be cyclical and come at the same time of year and for some

people it comes with the rain and overcast skies that last more than a couple of days. SAD may be managed through a treatment called light therapy (phototherapy), medications and psychotherapy.

The other thing to consider is that you may be missing the support and love of family and friends. The support of family is very different from the support of friends and there is a life long understanding of family members personalities both good and bad. With family, we have history, and this is something that is constant in our lives and can be relied upon. Consider putting out a call for friendship on your local Social network pages as this has worked well for many of my clients. I would truly explore your options to live a happy life including going home.

It is quite short sighted to stay in a country where you are not happy because you had to jump through hoops to get here. It's a bit like staying in a toxic marriage because you spent so much time, money and stress on the wedding.

Do what is right for you and if you have trouble sorting through your thoughts or exploring your options, I suggest you get some professional guidance.

Till 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.



Racing Season WITH Hello Duckie

With Spring well underway it's time to get out the horses, gather your hats and giddy up! Racing fever has hit and there's no better time to don a fancy outfit and have some fun. Our top tips for Racing Season are:

- Find an outfit which is elegant, a bit quirky and still easy to wear for a full day of food, bubbles and laughing.
- Host a luncheon with your besties! Add a racing inspired touch to your table setting with toy horses, apples or straw. Wear a lovely frock and hold a sweep. So much enjoyment may be had around the table.
- Scent your home with lovely fresh fragrances and bunches of flowers. Coming home will be a delight.
- And always remember to be kind and gracious, especially to loved ones and reward them with smiles.

Happy Days Duckie's!

xo Jodie



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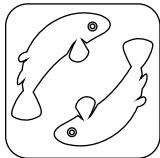




YOUR STARS



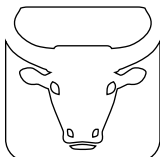
AQUARIUS. (Jan. 21 - Feb. 19): "Forgive and forget" is your mission statement for today. Help someone who's fumbling with an apology or an awkward confession.



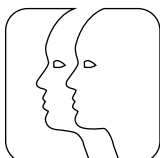
PISCES. (Feb. 20 - March 20): All you need is one ringing endorsement and the masses will come running. Thank heavens you made the right impression with the right influential person.



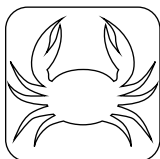
ARIES. (March 21 - April 20): You and the party are killing each other with kindness. Make life easy and just tell it like it is. That way you can both relax.



TAURUS. (April 21 - May 21): You'll rarely cut a slacker some slack, but you're right to do this and will benefit from your own clemency.



GEMINI. (May 22 - June 21): It's been a long, hard road, but the disparate pieces of your life are finally coming together - albeit in a way you never could imagine.



CANCER. (June 22 - July 23): Bring the focus back to friendship. This will do more to rekindle loyalty than trundling out that tired list of grievances. You want to accent the positive; not harp on the negative.



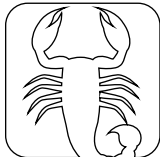
LEO. (July 24 - Aug. 23): Don't volunteer an opinion until you know exactly where you stand. You're entering a loaded situation already in progress.



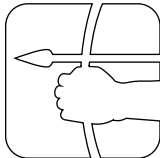
VIRGO. (Aug. 24 - Sept. 23): Remind colleagues that their interests are at stake as much as yours. Everyone should be putting their best foot forward.



LIBRA. (Sept. 24 - Oct. 23): Today may be your last chance, so don't stonewall or play hard-to-get. Take what you can get and remember that you can always build on this.



SCORPIO. (Oct. 24 - Nov. 22): The person blocking your way can't say no forever. Continue watering down his defenses and he'll eventually yield.



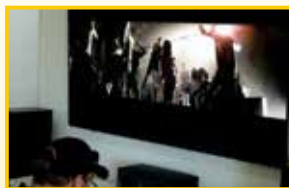
SAGITTARIUS. (Nov. 23 - Dec. 21): News from afar brightens your day. It's nice to know you're respected in other quarters. Now if only some of that good press could make its way closer to home.



CAPRICORN. (Dec. 22 - Jan. 20): Don't worry about calling in favors because people are only too glad to help. In fact, they've been wondering what took you so long.



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Spring Clean your Pests Away

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A professional pest control treatment is the safest way to eradicate unwanted pests from your home.

Local, family owned company, Sandgate Pest Control, have been established since 1968. Their team of highly trained, professional, experienced technicians will use a variety of different products and techniques when servicing your home. These products are safe for your family and pets.

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NINE

6.00 Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination Happiness. **12.30** Surfing Australia TV. **1.00** Two And A Half Men. (PG) **1.30** Who Do You Think You Are? (M) **2.30** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News Saturday. **7.00** Rugby League. NRL. Preliminary final. Sydney Roosters v South Sydney Rabbitohs. **10.45** True Story. (PG) **11.15** Movie: The Call. (MA15+) (2013) Halle Berry, Evie Thompson. **1.05** Destination Happiness. **1.30** Surfing Australia TV. **2.00** TV Shop. **2.30** Filthy Rich. (M) **3.30** Getaway. (PG) **4.00** Skippy. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.30** Surfing. World League. Ranch Open. Preview. **1.30** Children's Programs. **2.00** Beyblade Burst Evolution. **2.30** Turning Mecard. (PG) **3.00** Gumball. (PG) **3.30** Clarence. (PG) **4.00** Teen Titans Go! (PG) **4.30** Uncle Grandpa. (PG) **5.00** Movie: The Tale Of Despereaux. (G) (2008) **7.00** Movie: Alvin And The Chipmunks: Chipwrecked. (G) (2011) **8.45** Movie: Evan Almighty. (G) (2007) **10.45** Kevin Can Wait. (PG) **11.40** 2 Broke Girls. (M) **12.10** Adult Swim. (MA15+) **12.55** Frisky Dingo. (MA15+) **1.10** Total Divas. (M) **2.00** Step Dave. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.50** Little Charmers. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Horse Racing. Naturalism Stakes Day and Golden Rose Day. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Night At The Museum: Secret Of The Tomb. (PG) (2014) Ben Stiller, Robin Williams. A security guard embarks on an epic journey. **9.00** Movie: Thor: The Dark World. (M) (2013) Chris Hemsworth, Natalie Portman, Tom Hiddleston. Thor battles to save Earth and all the Nine Realms from a shadowy enemy that predates the universe itself. **11.15** To Be Advised. **1.00** To Be Advised. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** NBC Today. **11.30** Harry's Practice. **12.30** Bargain Hunt. **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** The Zoo. **5.30** Air Crash Investigation. (PG) **7.30** Mighty Cruise Ships. A look at the flagship for one of the world's largest cruise lines, the Carnival Vista. **8.30** Escape To The Country. Prospective buyers find their dream homes in the country, to suit their budget and lifestyle. **11.30** Air Crash Investigation. (M) **12.30** The Zoo. **1.30** House Of Wellness. (PG) **2.30** Hawkins River. **3.30** Harry's Practice. **4.30** Travel Oz. (PG)

TEN

6.00 Escape Fishing. **6.30** Reel Action. **7.00** Tales By Light. **8.00** Pointless. (PG) **8.30** GCBC. **9.00** Sammy And Bella's Kitchen Rescue. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The 48 Hour Destination. **1.30** Everyday Gourmet. **2.00** Healthy Homes. Return. **2.30** Travels With The Bondi Vet. **3.00** Pooches At Play. **3.30** Cook's Pantry. **4.00** What's Up Down Under. **4.30** Foodie Adventures With Ash Pollard. **5.00** News. **6.00** Luxury Escapes. **6.30** David Attenborough's Africa. **7.30** Ambulance. (M) **8.45** Law & Order: S.V.U. (M) **9.45** Law & Order: S.V.U. (M) **10.45** To Be Advised. **11.45** Bull. (PG) **12.45** Sherlock Holmes: Elementary. (M) **1.30** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Cheers. **8.30** Australian Survivor. **9.30** Australian Survivor. **11.00** Industry Leaders With Janine Allis. **11.30** Fishing Edge. **12.00** Diagnosis Murder. **1.00** Motor Racing. Dunlop Super2 Series. Round 5. Highlights. **2.00** Motor Racing. SuperUtes Series. Round 5. Highlights. **3.00** Star Trek: Voyager. **4.00** Reel Action. **4.30** Operation Repo. **5.00** The Life Of Mammals. **6.00** Scorpion. (PG) **8.00** MacGyver. **9.00** Movie: Universal Soldier: Day Of Reckoning. (MA15+) (2012) **11.20** Movie: Legendary. (M) (2013) **1.15** Motor Racing. Formula 1. Race 15. Singapore Grand Prix. Replay. **2.15** Epic Meal Empire. **2.45** Operation Repo. **3.45** The Doctors. **5.35** Whacked Out Sports.

ABC

6.00 Rage. (PG) **10.00** Rage: Top 50 Australian Albums Of The 1990s. (PG) **11.10** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Father Brown. (PG) **1.20** The Wanderers. (PG) **1.35** Our Zoo. (PG) **2.30** Catalyst. **3.30** Todd Sampson's Life On The Line. (PG) **4.00** Landline. **4.30** Tony Robinson's Time Walks. (PG) **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** Back Roads. **7.00** ABC News. **7.30** The Split. (PG) Final. **8.30** Miniseries: Apple Tree Yard. (MA15+) **9.25** Rake. (M) **10.20** The Last Post. (M) **11.25** Rage: Top 50 Australian Albums Of The 1990s. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.35** Peter Rabbit. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adv. **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** Mock The Week. **9.00** Live At The Apollo. (M) **9.45** Chris Ramsey's Stand Up Central. (MA15+) **10.10** Comedy Next Gen. (MA15+) **11.10** Comedy Up Late. (M) **11.40** Michael McIntyre: Showtime. (M) **12.35** Penn & Teller: Fool Us. (M) **1.20** Live At The Apollo. (M) **2.05** Chris Ramsey's Stand Up Central. (MA15+) **2.30** News Update. **2.40** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** BBC News. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Wild Brazil. **3.30** Gymnastics. FIG Rhythmic World Challenge Cup. Round 4. **5.30** Eating History: Italy. (PG) **6.30** News. **7.30** Drain The Bermuda Triangle. **8.30** Amy Winehouse: Back To Black. **9.30** Sugar Crash. (PG) **10.30** Grand Tours. **11.00** Grand Tours. **11.30** Soccer. EPL. Manchester United v Wolverhampton. **2.20** Movie: The Innocents. (M) (2016) **4.25** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Insight. **1.00** Adam Ruins Everything. (PG) **1.25** Adam Ruins Everything. (PG) **1.50** Adam Ruins Everything. (PG) **2.15** Adam Ruins Everything. (PG) **2.45** Adam Ruins Everything. (PG) **3.10** Adam Ruins Everything. (PG) **3.35** Adam Ruins Everything. (PG) **4.00** Adam Ruins Everything. (PG) **4.30** WorldWatch. **5.30** MythBusters. (PG) **6.30** MythBusters. (PG) **7.30** If You Are The One. (PG) **8.30** Movie: A.I. Artificial Intelligence. (2001) **11.10** Movie: Godzilla: Resurgence. (M) (2016) **1.25** Ibiza: Spring Breakers In Europe. (MA15+) **2.15** Shot By Kern. (MA15+) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** WorldWatch.



MOVIES

7.30pm Paddington 2 (2017) Family. Ben Whishaw, Hugh Grant. (G) **Family** **8.30pm** Blade Runner 2049 (2017) Sci-Fi. Ryan Gosling, Harrison Ford. (MA15+) **Premiere** **8.30pm** Roman J. Israel, Esq. (2017) Drama. Denzel Washington, Colin Farrell. (M) **Masterpiece** **GENERAL** **5.00pm** Young & Hungry. (M) **FOX8** **7.55pm** The Hype. (PG) **E!** **11.30pm** Tattoo Fixers. (MA15+) **A&E**

DOCUMENTARY

7.30pm Nightmare Next Door. (M) **TLC** **9.30pm** Fishing For Giants. (PG) **National Geographic Wild** **9.30pm** Warren Jeffs: Prophet Of Evil. (M) **Crime & Investigation** **SPORT** **6.00am** Tennis. Laver Cup. Team Europe v Team World. Day 1. **ESPN2** **7.50pm** Football. AFL Finals. Week 3. **Fox Footy** **8.00pm** Rugby League. NRL. Finals Series. Week 1. **Fox League**

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

2209



There are other
North Lakes residents affected by
the proposed VRG development.
Will you speak for them?

Contact: savenorthlakes@gmail.com



SCHOOL HOLIDAY ACTIVITIES IN MORETON BAY REGION

Date: September 22 to October 7

Location: Various across the region

Get your kids energised and motivated these school holidays with a range of exciting free and cheap activities across the region for kids of all ages.

From rock climbing and archery, to making your own 3D world or even learning how to roll sushi, Council is hosting an array of engaging and exciting events for children and teenagers as part of its Active Holidays program. Libraries, Galleries, Museums and Environment centres are also having events for children on the school holidays.

All activities are provided by qualified instructors in local parks and facilities across the region, providing new challenges for a fun-filled school holiday.

For bookings and more information visit: www.moretonbay.qld.gov.au/schoolholidayfun/

**22
SEP- 7
OCT**



TOOWOOMBA CARNIVAL OF FLOWERS

Date: 21 to 30 September 2018

Location: Toowoomba park and Gardens

Toowoomba Carnival of Flowers is a spring time celebration of unique events and experiences including internationally acclaimed musical acts, award winning parks, some of the best food and wine to be found in Southern Queensland and a multitude of cultural adventures, stars, celebs.

The Grand Central Floral Parade is to be held on Saturday September 22, 2018, the 69th annual parade will host over 70 floats.

The Heritage Bank Festival of Food & Wine will host over 50 food and wine stalls, beer and BBQ demonstrations, foodie experiences and cooking demonstrations.

Tickets and more information via: www.tcof.com.au

**21-30
SEPT**



BRISBANE FESTIVAL

Date: Saturday 8 - Saturday 29 September 2018

Location: Various locations throughout Brisbane

Each September, Brisbane explodes with a thrilling program of entertainment, both free and ticketed.

The Brisbane Festival aims to connect artists and audiences in ways that lift the spirit, disrupt the conventional and open our city to the world.

A major annual since 2009, but in that time it's been embraced by the city and admired by the world. This year's Brisbane Festival delivers a program brimming with big-name acts, more world premieres than ever, and a spectacular new light-and-laser show on the river that will see Brisbane illuminated for 22 days of celebration from 8 September.

The massive program boasts almost 600 performances – 100 of them free – of almost 70 shows across 17 venues. More than 1,000 artists are involved.

With a program full of theatre, dance, music, circus, comedy, cabaret and family entertainment, Brisbane Festival is one of Australia's major international arts festival and Queensland's largest cultural event.

Tickets and more information via: www.brisbanefestival.com.au

**8-29
SEPT**



WALKING TOUR OF CITY HALL AND ROMA STREET PARKLAND

Date: until 31 October 2018

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

During these free, daily guided tours you'll learn the history, architecture and garden design of these two iconic Brisbane destinations in a winter walking tour of Brisbane City Hall and Roma Street Parkland.

Built between 1920 and 1930, you'll be accompanied by a professional guide who will provide a unique insight into City Hall.

Roma Street Parkland offers designer gardens and sprawling lawns across 16 hectares of stunning parklands.

Bookings are essential and require one week's notice for groups of 10 or more via: www.museumofbrisbane.com.au

**UNTIL
OCT 31**

NINE

6.00 World's Greatest Cities. (PG) **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Netball. Quad Series. Game 6. Australia v New Zealand. From Melbourne Arena. **3.00** Rugby League. QRL. Intrust Super Cup. Grand Final. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** City Of Evil. (MA15+) **10.30** See No Evil. (M) **11.30** Conspiracy. (M) **12.30** Cold Case. (M) **1.30** Getaway. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** Cyndi Lauper: Still So Unusual. (PG) **4.30** Cyndi Lauper: Still So Unusual. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.30** Scooby-Doo! Mecha Mutt Menace. **11.00** Children's Programs. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Uncle Grandpa. (PG) **2.00** Clarence. (PG) **2.30** Over The Garden Wall. (PG) **3.00** Gumball. (PG) **3.30** Power Rangers Super Ninja Steel. (PG) **4.00** American Ninja Warrior. (PG) **6.00** Two And A Half Men. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Superman Returns. (M) (2006) **11.45** Big Bang. (PG) **12.15** Adult Swim. (MA15+) **12.45** Frisky Dingo. (MA15+) **1.00** Moral Orel. (MA15+) **1.15** Harvey Birdman, Attorney At Law. (M) **1.30** Balls Of Steel. (M) **3.30** Thunderbirds. **4.30** Beyblade Burst. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Jabba's School Holiday Movie Special. (PG) **1.30** To Be Advised. **2.30** To Be Advised. **3.30** Coastwatch Oz. (PG) **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Sunday Night. Hosted by Melissa Doyle. **8.00** The Story Of The Royals. (PG) Part 1 of 2. Explores pivotal moments in the history of the royal family. **10.00** Crime Investigation Australia: Most Infamous. (MA15+) A look at the Truro murders. **11.15** Criminal Confessions. (M) **12.15** Black-ish. (PG) **12.45** Black-ish. (PG) **1.15** Black-ish. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Sydney Weekender. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Free Range Cook. **1.30** Travel Oz. (PG) **2.00** Escape To The Country. **5.00** Mighty Cruise Ships. A look at the cruise ship, the Carnival Vista. **7.00** Border Security: Int. (PG) A traveller has suitcases full of surprises. **8.00** Border Security. (PG) Narrated by Grant Bowler. **1.00** Free Range Cook. **3.00** Sydney Weekender. **3.30** The Great Australian Doorstep. (PG) **4.00** Vasilis's Garden. **4.30** Qld Weekender. **5.00** The Great Day Out. **5.30** Creek To Coast.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Living Room. **9.00** Foodie Adventures With Ash Pollard. **9.30** St10. (PG) **12.00** Luxury Escapes. **12.30** Cook's Pantry. **1.00** Everyday Gourmet. **1.30** GCB. **2.00** Food Fight Club. **3.00** Australia By Design: Landscapes. **3.30** The 48 Hour Destination. **4.00** RPM. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** The Sunday Project. **7.30** Movie: Happy Feet. (G) (2006) Elijah Wood. **9.50** When Corden Met Paul McCartney. James Corden chats, and sings, with Paul McCartney as they drive around Liverpool. **10.50** Sports Tonight. **11.35** Sherlock Holmes: Elementary. (M) **12.30** The Sunday Project. **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** All 4 Adventure. (PG) **10.00** Industry Leaders With Janine Allis. **10.30** Escape Fishing. **11.00** Fishing Edge. **11.30** Reel Action. **12.00** Snap Happy. **1.00** Nature's Great Events. (PG) **2.00** The Doctors. (PG) **3.00** Monster Jam. **4.00** Healthy Homes. **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Scorpion. (PG) **7.00** Attenborough's The Life Of Mammals. **9.00** Bondi Rescue. (PG) **9.30** Motorcycle Racing. MotoGP: Race 14. Aragon Grand Prix. From Motorland Aragón, Alcañiz, Spain. **11.00** Car Crash Britain. (M) **12.00** Sports Tonight. **12.45** RPM. **1.45** Epic Meal Empire. (PG) **2.40** Operation Repo. (PG) **3.40** The Doctors. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. (PG) **11.30** Songs Of Praise. (PG) **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Building Australia. (PG) **2.55** Antiques Roadshow. **4.00** The Mix. **4.30** The Split. (PG) Final. **5.30** Hard Quiz. (PG) **6.00** Catalyst. Final. **7.00** ABC News Sunday. **7.40** Joanna Lumley's Silk Road Adventure. **8.30** Rake. (M) **9.30** Vera. (M) **11.00** Miniseries: Apple Tree Yard. (MA15+) **11.55** Indian Summers. (M) **12.45** Rage. (MA15+) **2.55** Building Australia. (PG) **3.20** Indian Summers. (M) **4.10** Doc Martin. **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.50** Little Roy. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adv. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Penn & Teller: Fool Us. (PG) **9.05** Tom Gleeson At Enmore Theatre. (MA15+) **10.05** Alan Davies: As Yet Untitled. (M) **10.50** Would I Lie To You? (PG) **11.20** Absolutely Fabulous. (PG) **11.50** The Catherine Tate Show. (PG) **12.20** Blackadder The Third. (PG) **12.50** The IT Crowd. (M) **1.15** The Inbetweeners. (MA15+) **1.40** Dynamo: Magician Impossible. (M) **2.25** Troy. (M) **3.10** News Update. **3.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. Manchester United v Wolverhampton. Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** The Bowls Show. **4.00** Motor Racing. FIM Superbike World Championship. Round 10. Highlights. **5.00** Small Business Secrets. **5.30** The Day Hitler Died. (PG) **6.30** News. **7.30** Rome's Invisible City. **8.30** 20 Years On Death Row. **9.35** 20 Years On Death Row. **10.40** Fourth Estate: The NY Times And Trump. (M) **11.45** Fourth Estate: The NY Times And Trump. (M) **12.50** O.J. Simpson: Made In America. (M) **2.40** Trawlermen: The Catch. (MA15+) **3.35** Trawlermen: The Catch. (M) **4.30** Late Programs.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** Vs Arashi. **2.30** The Business Of Life. (PG) **2.55** MythBusters. (PG) **3.55** Cycling. UCI World Tour. La Vuelta a España. Highlights. **5.00** The Mindy Project. (PG) **5.30** MythBusters. (PG) **6.30** Testing Teachers. **7.35** The Gadget Show. **8.00** The Gadget Show. **8.30** Movie: Black Sea. (M) (2014) **10.40** Movie: Piranha 3DD. (MA15+) (2012) **12.10** Hate Thy Neighbour. (M) **1.00** Epicly Later'd. (MA15+) **1.50** Balls Deep. (MA15+) **2.15** Last Chance High. (M) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.00pm Star Wars: Episode VIII – The Last Jedi (2017) Action. Daisy Ridley, Mark Hamill. (M) *Premiere*
10.30pm The Limehouse Golem (2017) Thriller. Bill Nighy, Olivia Cooke. (MA15+) *Premiere*
11.00pm The Dinner (2017) Drama. Richard Gere, Laura Linney. (M) *Masterpiece*
GENERAL
6.30pm The X Factor UK. (PG) FOX8
7.30pm Superstore. (PG) FOX8
8.30pm A Place To Call Home. (M) *Showcase*
DOCUMENTARY
9.30pm This Old House. *Lifestyle Home*
9.30pm 24 Hours In Emergency. (M) *Lifestyle Home*
10.00pm This Old House. *Lifestyle Home*
SPORT
8.30am Rugby Union. Premiership Rugby. Round 4. Bath Rugby v Northampton Saints. *Fox Sports 503*
2.00pm Cricket. JLT One Day Cup. New South Wales v Victoria. *Fox Cricket*
5.00pm Football. AFL. *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.

2309



Easily submit your event on our homepage www.northlakesmessenger.com.au Please direct questions about this free service to editor@northlakesmessenger.com.au



FESTITALIA

Date: Sunday October 14

Location: Spencer Park at Newmarket

This year's famed celebration of all thing Italian includes the internationally acclaimed Gruppo Storico Fivizzano Flagthrowers direct from Italy, the Brisbane Tarantella Dancers, swordsmen Prima Spada, historical re-enactment specialists Pax Romana, Italian tenor Raffaele Pierno, Italian-Australian songstress Cosima de Vito and Diletta Luna from Brisbane, famed pizza acrobat Youssef Ben-Touati and over 30 flavour-makers. The event is a celebration of local and national Italian artists, entertainers, dancers, singers and performers and will be hosted by James Liotta, the award-winning stage, screen and television performer.

Festitalia, Queensland's only official Italian Festival will again be held at Spencer Park at Newmarket.

Tickets and more information via: www.festitalia.com.au

14
OCT

PETER GRIMES

Date: Thursday 20 September & Saturday 22 September

Location: Concert Hall, QPAC

Peter Grimes is the opera event of the year, with internationally acclaimed Grammy-nominated Australian heldentenor Stuart Skelton returning to Australia this September to headline Benjamin Britten's supreme opera, Peter Grimes.

Peter Grimes paints a vivid picture of a small community convulsed by rumour and mob rule. It is opera for our times – and the greatest music drama in English. Benjamin Britten's masterpiece will be headlined by Grammy-nominated Australian heldentenor Stuart Skelton – the greatest singer of the role in the world right now – alongside a cast of international soloists, the Queensland Symphony Orchestra and the Opera Queensland Chorus.

Tickets and more information via: www.brisbanefestival.com.au

20 &
22
SEPT

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** The Block. (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** The Block. (PG) **8.40** Doctor Doctor. (PG) **9.40** Dr Christian Jessen Will See You Now. (M) **10.40** 100% Footy. (M) **11.40** Two And A Half Men. (PG) **12.10** Two And A Half Men. (M) **12.35** Rizzoli & Isles. (M) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** Deals, Wheels And Steals. (PG) **1.00** Big Bang. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon The Series: Sun & Moon - Ultra Adventures. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: Gamer. (MA15+) (2009) **11.00** Big Bang. (PG) **12.00** Bad Robots. (M) **12.30** Friends. (PG) **1.30** Squidbillies. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **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: Perfect Romance. (PG) (2004) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) An extremely drunk driver puts herself and others at risk, and can barely stand after being pulled over. **8.00** Highway Patrol. (PG) A man who decides the law does not apply to him, is pulled over by the police. **8.30** Movie: Captain Phillips. (M) (2013) Tom Hanks, Barkhad Abdi, Michael Chernus. A cargo ship captain surrenders himself to pirates. **11.20** Life Sentence. (M) **12.20** Blood & Oil. (M) **1.20** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Vasil's Garden. **12.00** Mighty Cruise Ships. **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) **8.30** Foyle's War. (M) A young woman dies in an explosion. **10.30** To Be Advised. **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** Foyle's War. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Australian Survivor. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. **6.30** The Project. **7.30** Australian Survivor. **8.00** Have You Been Paying Attention? (M) Denise Scott, Wil Anderson and Celia Pacquola compete to see who can remember the most about the week. **9.30** Street Smart. (PG) Hung gets an idea for a criminal caper. **10.00** The Graham Norton Show. (M) **11.00** Man With A Plan. (PG) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Whacked Out Sports. (PG) **8.15** RPM. **9.15** Sports Tonight. **10.00** Scorpion. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **11.30** CSI: Miami. (MA15+) **12.30** Home Shopping. **2.00** Motorcycle Racing. MotoGP. Race 14. Aragon Grand Prix. Replay. From Motorland Aragón, Alcañiz, Spain. **3.30** Hogan's Heroes. **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Joanna Lumley's Silk Road Adventure. **11.00** Gardening Aust. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Landline. **2.00** Pulse. (M) **2.55** Murder, She Wrote. (PG) **3.45** Silvia's Italian Table. (PG) **4.10** Doc Martin. **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** David Attenborough's Flying Monsters. **10.45** ABC Late News. **11.15** The Business. **11.30** Golf. PGA Tour. Tour Championship. Highlights. **12.25** David Attenborough's Flying Monsters. **1.35** Rage. (MA15+) **4.40** New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Adam Hills: The Last Leg. (M) **8.40** Josh. (PG) **9.10** Schitt's Creek. (M) **9.30** Alan Davies: As Yet Untitled. (M) **10.15** Peep Show. (M) **10.45** Workaholics. (MA15+) **11.05** Archer. (M) **11.25** 30 Rock. (M) **11.50** Parks And Recreation. (PG) **12.10** Schitt's Creek. (M) **12.35** Peep Show. (M) **1.00** Workaholics. (M) **1.20** Archer. (M) **1.45** 30 Rock. (PG) **2.05** Parks And Recreation. (PG) **2.30** The Office. (PG) **3.00** Extras. (M) **3.30** News Update. **3.35** Close. **5.00** The VowTweets. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Heston's Feasts. (PG) **2.50** Lost Songs Of St Kilda. **3.20** Raising The Curtain. (PG) **4.25** Dancing Cheek To Cheek. (PG) **5.30** Letters And Numbers. **6.00** Chef's Line. **6.30** News. **7.30** The Other Prince William. (PG) **8.30** Hugh's Fat Fight. **9.40** 24 Hours In Emergency. (M) **10.35** SBS News. **11.05** The World Game. **11.35** Modus. (M) **12.25** Modus. (M) **1.20** Gangland Undercover. (MA15+) **2.15** Gangland Undercover. (M) **3.05** Gangland Undercover. (MA15+) **3.55** Gangland Undercover. (M) **4.50** SBS Flashback. (PG) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.00** Dutch News. **10.30** Tamil News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **1.00** Rex In Rome. (PG) **1.55** Cyberwar. (PG) **2.25** Cyberwar. (PG) **2.55** PopAsia TV. (PG) **4.00** Vs Arashi. **5.00** Inhuman Kind. (PG) **5.30** If You Are The One. **6.35** Seconds From Disaster. **7.35** The Feed. **8.05** Travel Man: Rebel Wilson In Florence. (PG) **9.00** The Orville. New. **9.55** The Orville. **10.50** Pornocracy. (MA15+) **12.15** Spotless. (MA15+) **1.20** Orphan Black. (MA15+) **2.10** Last Chance High. (M) **2.35** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Battle Of The Sexes (2017) Biographical. Emma Stone, Steve Carell, Sarah Silverman. (PG) *Premiere* **6.30pm Breathe** (2017) Drama. Andrew Garfield, Claire Foy. (M) *Masterpiece* **8.30pm Home Again** (2017) Comedy. Reese Witherspoon. (M) *Premiere* **GENERAL** **8.30pm Last Week Tonight With John Oliver**. (M) Comedy Channel **8.30pm Siren**. (M) FOX8 **9.30pm Mr Mercedes**. (MA15+) *Showcase* **DOCUMENTARY** **8.30pm Marcia Clark Investigates The First 48**. (M) *Crime & Investigation* **9.30pm My Floating Home**. Lifestyle *Home* **9.30pm DIY SOS: The Big Build**. (PG) Lifestyle **SPORT** **6.00am Football**. AFL Finals. Week 3. Fox Footy **7.30am Rugby League**. NRL. Finals Series. Fox League **10.15am Gridiron**. NFL. Week 3. Detroit Lions v New England Patriots. ESPN

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Doctor Doctor. (PG) **2.00** The Block. (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** The Block. (PG) **8.40** True Story With Hamish & Andy. (PG) **9.10** True Story With Hamish & Andy. (PG) **9.40** Kath & Kim. (PG) **10.15** Kath & Kim. (PG) **10.50** Mom. (M) **11.20** Mom. (M) **11.45** The Closer. (M) **12.35** Extra. **1.00** Cyndi Lauper: Still So Unusual. (PG) **1.30** Cyndi Lauper: Still So Unusual. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: American Sniper. (MA15+) (2014) **11.45** Big Bang. (PG) **12.15** Friends. (PG) **1.15** Harvey Birdman: Attorney At Law. (M) **1.30** Squidbillies. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **5.40** Wild Kratts. **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: Liz & Dick. (PG) (2012) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Take Me Out. (M) Three hopefuls, including a professional entertainer, a church boy and a vlogger, vie for a date. **8.45** 800 Words. (PG) George and Shay grow further apart. Shay gives Katie a serve after the fallout with Joe Cettino. **9.45** Ramsay's 24 Hours To Hell And Back. (MA15+) Gordon tries to save Patrick Molloy's. **10.45** Chicago Fire. (M) **11.45** Life Sentence. (M) **12.45** The Player. (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** ZooMoo. **7.30** Get Clever. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Mr Selfridge. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Mrs Brown's Boys. (M) **8.30** The Inspector Lynley Mysteries. (M) An eminent playwright is found dead. **10.30** Air Crash Investigation. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** The Inspector Lynley Mysteries. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Australian Survivor. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. **6.30** The Project. A look at the day's news. **7.30** Australian Survivor. A test of agility and balance sees two of the game's biggest players come head to head. **9.00** Bull. (M) Bull helps a man who changed his identity after unwittingly assisting in a robbery. **10.00** Bull. (M) Bull represents a domestic abuse survivor. **11.00** NCIS: LA. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **10.30** CSI: NY. (MA15+) **11.30** 48 Hours. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Cheers. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Pulse. (M) **3.00** Murder, She Wrote. (PG) **3.45** Making Child Prodigies. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Corre. Final. **8.30** Exposed: The Case Of Keli Lane. (M) **9.30** Conquest Of The Skies. **10.25** ABC Late News. **10.55** The Business. **11.10** Ka-Ching! Pokie Nation. (PG) **12.05** Conquest Of The Skies. **1.00** The Art Of Australia. **2.00** Rage. (MA15+) **4.40** New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Mock The Week. **8.35** The IT Crowd. (M) **9.00** Schitt's Creek. (M) **9.25** Back Seat Drivers Shorts. (M) **9.30** The Inbetweeners. (MA15+) **9.55** Peep Show. (M) **10.20** Workaholics. (M) **10.45** Archer. (M) **11.05** 30 Rock. (M) **11.25** Parks And Recreation. (PG) **11.45** Schitt's Creek. (M) **12.10** Peep Show. (M) **12.40** Workaholics. (MA15+) **1.00** Archer. (M) **1.25** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.05** The Office. (M) **2.40** Extras. (M) **3.10** News Update. **3.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Heston's Feasts. (PG) **2.55** Kylie Kwong: My China. **3.25** Who Do You Think You Are? (PG) **4.25** Dancing Cheek To Cheek. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** The Feed. **10.30** SBS News. **11.00** The Son. (M) **11.55** Cardinal. (MA15+) **12.45** Movie: Warriors Of The Rainbow: Seediq Bale. (MA15+) (2011) **3.35** Egyptian Vice. (M) **4.25** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.55** Balls Deep. (PG) **2.25** Balls Deep. (PG) **2.55** Tough Young Teachers. (PG) **4.00** News. **4.30** PBS News. **5.30** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Adam Ruins Everything. (PG) **8.30** 8 Out Of 10 Cats Does Countdown. **9.25** Post Radical. (M) **10.20** Sex In The World's Cities. (MA15+) **11.20** World Of VICE. **11.45** Drunk History. (MA15+) **12.10** Drunk History. (M) **12.35** News. **1.00** The Feed. **1.30** Orphan Black. (MA15+) **2.25** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Goodbye Christopher Robin (2017) Drama. Domhnall Gleeson, Margot Robbie. (PG) **Masterpiece** **6.35pm American Made** (2017) Action. Tom Cruise, Sarah Wright. (MA15+) **Premiere** **6.55pm Christmas In Angel Falls** (2017) Romance. Rachel Boston, Paul Greene. (PG) **Romance**

GENERAL **8.30pm Alone**. (PG) **A&E**

8.30pm Pose. (MA15+) **Showcase** **9.30pm Final Appeal**. (M) **13th Street**

DOCUMENTARY

7.30pm The Stuarts: A Bloody Reign. (PG) **History**

8.30pm Iron Resurrection. (PG) **Discovery Turbo**

8.30pm Deadly Intelligence. (M) **History**

SPORT

10.15am Gridiron. NFL. Week 3. Tampa Bay Buccaneers v Pittsburgh Steelers. **ESPN**

6.00pm Cricket. JLT One Day Cup. New South Wales v Tasmania. **Fox Cricket**

7.30pm Soccer. FFA Cup. Quarter-final. **Fox Sports 505**

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Kevin Can Wait. (PG) **2.00** The Block. (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** The Block. (PG) **8.40** Bite Club. (M) **9.40** Inside Crime. (MA15+) **10.55** Lethal Weapon. (M) **11.50** Rizzoli & Isles. (M) **12.40** Extra. **1.05** Cyndi Lauper: Still So Unusual. (PG) **1.30** Cyndi Lauper: Still So Unusual. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon The Series: Sun & Moon - Ultra Adventures. **3.30** Nexō Knights. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: Point Break. (M) (1991) **11.30** Big Bang. (PG) **12.00** 2 Broke Girls. (M) **12.30** Friends. (PG) **1.30** Squidbilies. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **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: Back To School Mom. (PG) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) **8.00** Motorbike Cops. (PG) A truck goes through a red light. **8.30** 9-1-1. (M) The first responders race to help a homeless man who has been crushed in a garbage truck. **9.30** Criminal Minds. (M) The CDC calls on the team for help when they suspect bioterrorism is behind a series of deaths in Virginia. **10.30** Criminal Minds. (M) **11.30** Deception. (M) **12.30** Talking Footy. **1.30** Quantico. (M) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Lovejoy. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) **8.30** Judge John Deed. (M) After a woman is killed and a man confesses, the police are convinced they have their man. **10.30** Cities Of The Underworld. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** House Calls To The Rescue. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Bachelor Aust. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. **6.30** The Project. Join the hosts and guest panellists for a look at the day's news, events and hot topics. **7.30** The Bachelor Aust. Hosted by Osher Günsberg. **8.30** Playing For Keeps. (M) Following a tragedy, the players and their families try to wrap their heads around the events. **9.30** Movie: The Switch. (2010) Jennifer Aniston. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** Star Trek. (PG) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS: Los Angeles. (M) **11.30** CSI: NY. (MA15+) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. (PG) **11.00** Gardening Australia. **12.30** Julia Zemiro's Home Delivery. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Pulse. (M) **3.00** Murder, She Wrote. (PG) **3.45** The Cook And The Chef. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Back In Very Small Business. (M) **9.30** Black Comedy. (M) **10.00** Miniseries: Bucket. (M) **10.30** ABC Late News. **11.00** The Business. **11.15** Four Corners. **12.05** Media Watch. (PG) **12.20** Miniseries: Bucket. (M) **12.50** The Art Of Australia. **1.50** Rage. (MA15+) **3.40** Late Programs.

ABC COM

6.00 Children's Programs. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** The Catherine Tate Show. (M) **9.00** Schitt's Creek. (M) **9.25** To Be Advised. **9.30** The Moaning Of Life. (M) **10.10** Peep Show. (M) **10.35** Workaholics. (MA15+) **11.00** Archer. (M) **11.20** 30 Rock. (PG) **11.40** Parks And Recreation. (PG) **12.05** Schitt's Creek. (M) **12.25** Peep Show. (M) **12.50** Workaholics. (M) **1.15** Archer. (M) **1.35** 30 Rock. (M) **1.55** Parks And Recreation. (PG) **2.20** The Office. (M) **2.50** Extras. (M) **3.20** News Update. **3.25** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

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** Heston's Feasts. **3.00** Dateline. **3.25** Insight. **4.25** Dancing Cheek To Cheek. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Railway Journeys UK. **8.05** Food Safari Water. (PG) **8.35** Hidden Restaurants With Michel Roux Jnr. **9.30** Deep State. (MA15+) **10.30** Bosch. Return. **11.30** SBS News. **12.00** Movie: The Bloom Of Yesterday. (MA15+) (2016) **2.20** Miniseries: The Heavy Water War. (M) **3.55** Inquisition. (MA15+) **4.55** Destination Flavour Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **1.00** Rex In Rome. (PG) **1.55** Hipsters. (PG) **2.30** Hipsters. (PG) **3.00** Over The Black Dot. **4.00** News. **4.35** PBS News. **5.30** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Hunt For The Trump Tapes. **8.30** Movie: Imperium. (MA15+) (2016) **10.30** Movie: Blood Glacier. (M) (2013) **12.20** News. **12.50** The Feed. **1.20** Orphan Black. (MA15+) **2.10** Last Chance High. (M) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.00pm Roman J. Israel, Esq. (2017) Drama. Denzel Washington. (M) **Masterpiece** **6.40pm Dunkirk** (2017) War. Mark Rylance. (M) **Premiere** **8.30pm John Wick: Chapter 2** (2017) Action. Keanu Reeves, Ruby Rose. (MA15+) **Premiere** **GENERAL** **7.30pm Childhood's End.** (M) **Syfy** **8.30pm White Dragon.** (MA15+) **BBC First** **9.30pm The Daily Show With Trevor Noah.** (M) **Comedy Channel** **DOCUMENTARY** **7.30pm The Ascent Of Civilization.** (PG) **History** **8.30pm Hairy Bikers' Mediterranean Adventure.** (PG) **Lifestyle Food** **8.30pm Love It Or List It Australia.** (PG) **Lifestyle** **SPORT** **9.45am Cricket.** JLT One Day Cup. Victoria v Western Australia. **Fox Cricket** **5.30pm Rugby Union.** Mitre 10 Cup. Week 7. Hawke's Bay v Northland. **Fox Sports 503** **10.00pm Judo.** World Championships. Day 7. **Eurosport**

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

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Who Do You Think You Are? (PG)
2.00 The Block. (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** Driving Test. (PG) **8.00** RBT. (PG)
8.30 The NRL Footy Show. (M)
10.30 True Story With Hamish & Andy. (PG) **11.00** The AFL Footy Show. (M) **2.00** TV Shop: Home Shopping. **2.30** Global Shop.
3.00 TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG)
1.00 Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG)
5.00 Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** The Middle. (PG) Return. **8.30** Survivor: David Vs Goliath. (PG) Return. **10.00** Movie: Into The Blue 2: The Reef. (MA15+) (2009) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **1.30** Squidbillies. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG)
3.30 Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Patron Saint Of Liars. (PG) (1998) **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) Colby is forced to confront his issues with Chelsea. Mason attacks Brody's relationship with Maggie.
8.30 Movie: The Shawshank Redemption. (M) (1994) Morgan Freeman, Tim Robbins, James Whitmore, William Sadler. A unique friendship develops between a banker convicted of murder and one of his fellow prisoners. **11.30** Autopsy USA. (MA15+) **12.30** Grey's Anatomy. (M) **1.30** Grey's Anatomy. (M) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Property Ladder UK Revisited. (PG) **1.00** Cities Of The Underworld. (PG) **2.00** Million Dollar Minute. **3.00** House Calls To The Rescue. **4.30** Animal Rescue. (PG) **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. (M) Murdoch chases a costumed criminal. **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Exotica & Erotica Of The Deep. **2.00** Bargain Hunt. **3.00** Property Ladder UK Revisited. (PG) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Bachelor Aust. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. **6.30** The Project. **7.30** The Bachelor Aust. **8.30** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **9.30** Blue Bloods. (M) Final. A string of drive-by shootings occurs after six wrongly convicted men are released from prison. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** Car Crash Global. (PG) **9.30** The Ultimate Fighter: Heavy Hitters. **10.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Cheers. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Aust. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Kids On Speed? (M) **2.00** Pulse. (M) **2.55** Murder, She Wrote. (PG) **3.45** The Cook And The Chef. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Grand Designs Aust. **8.50** Loch Ness. (M) **9.40** QI. (M) **10.10** ABC Late News. **10.40** The Business. **11.00** Exposed: The Case Of Keli Lane. (M) **12.00** Loch Ness. (M) **12.45** The Art Of Australia. (PG) **1.45** Rage. (MA15+) **3.45** Golf. PGA Tour. Tour Championship. Highlights. **4.40** New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Chandon Pictures. (M) **8.30** The Hollowmen. (PG) **8.55** Sammy J. **9.00** Schitt's Creek. (M) **9.30** Black Comedy. (M) **10.00** Back In Very Small Business. (M) **10.30** Peep Show. (M) **10.55** Workaholics. (MA15+) **11.15** Archer. (M) **11.35** 30 Rock. (M) **12.00** Parks And Recreation. (PG) **12.20** Schitt's Creek. (M) **12.45** Peep Show. (M) **1.10** Workaholics. (MA15+) **1.35** Archer. (M) **1.55** 30 Rock. (PG) **2.20** Parks And Recreation. (PG) **2.40** The Office. (PG) **3.10** Extras. (M) **3.40** News Update. **3.45** Close. **5.00** The VotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Living Black. **2.30** The Mangrook Footy Show. **4.00** My Restaurant In India. **4.30** Digging For Britain's Secrets. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Tony Robinson Down Under. (PG) **8.30** War And Peace. New. **9.25** War And Peace. **10.20** Outlander. Return. **11.25** SBS News. **11.55** The Missing. (M) **1.05** The Missing. (M) **1.05** The Missing. (M) **1.05** The Missing. (M) **3.20** Resistance. (M) **4.25** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **1.00** Rex In Rome. (PG) **1.55** Tattoo Age. (PG) **2.25** Tattoo Age. (PG) **2.50** Rivals. (PG) **3.40** Room 101. (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. (PG) **6.35** Seconds From Disaster. **7.30** The Feed. **8.05** Dateline. **8.35** Full Frontal. (MA15+) **9.05** Gameplay: The Story Of The Video Game Revolution. (PG) **10.45** Terror. (MA15+) **11.35** Apex Gang: Behind The Headlines. (M) **12.35** News. **1.00** The Feed. **1.30** Orphan Black. (MA15+) **2.20** Wild Ride. (M) **2.45** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Home Again (2017) Comedy. Reese Witherspoon, Candice Bergen. (M) *Premiere*
8.30pm Pork Pie (2017) Comedy. Dean O'Gorman, James Rolleston. (M)
Comedy
10.10pm The Mountain Between Us (2017) Action. Kate Winslet, Idris Elba. (M) *Premiere*
GENERAL
8.30pm American Horror Story: Apocalypse. (MA15+) *Showcase*
8.30pm Alone Together. (M) *Comedy Channel*
9.30pm The Daily Show With Trevor Noah. (M) *Comedy Channel*
DOCUMENTARY
8.30pm The World's Most Extraordinary Homes. (PG) *Lifestyle*
8.30pm Nostradamus: 21st Century Prophecies. (PG) *History*
9.30pm Jillian & Justin. *Lifestyle*
Home
SPORT
5.30pm Rugby Union. Mitre 10. Week 7. Bay of Plenty v Manawatu. Fox Sports 503
6.33pm NRL Tonight. Fox League
9.30pm AFL 360. 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.

2709

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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: Nancy Drew. (PG) (2007) Emma Roberts, Max Thieriot. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Vet On The Hill. (PG) **8.35** Movie: Deep Impact. (M) (1998) Morgan Freeman, Robert Duvall, Téa Leoni, Vanessa Redgrave. After a huge asteroid is spotted on a collision course with Earth, astronauts are sent to destroy it. **11.00** Movie: Haywire. (M) (2011) Gina Carano, Ewan McGregor, Michael Fassbender. After being betrayed during a mission, a black ops soldier seeks payback. **12.10** Extra. **1.30** TV Shop. **4.00** Global Shop. **4.30** Filthy Rich. (M) **5.30** ACA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Big Bang. (PG) **12.30** The Middle. (PG) **1.00** Airplane Repo. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** We Bare Bears. (PG) **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Movie: Dennis The Menace. (PG) (1993) **7.30** Movie: Daddy Day Care. (PG) (2003) **9.30** Movie: Ride Along 2. (M) (2016) **11.30** Kevin Can Wait. (PG) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Adv Time. (PG) **2.30** Rick And Morty. (MA15+) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** We Bare Bears. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **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: Can't Be Heaven. (PG) (2000) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh catches up with singer Aled Jones and his son Lucas, ahead of Aled's visit to Australia. **8.30** Movie: Captain America: The First Avenger. (M) (2011) Chris Evans, Hayley Atwell, Hugo Weaving. During World War II, a young man volunteers for a top-secret research project which turns him into a superhero. **11.00** To Be Advised. **12.10** The Great Outdoors. Take a look at St Petersburg, Russia. **1.05** Harry's Practice. **1.35** Harry's Practice. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** Better Homes. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** The World's Oddest Animal Couples. (PG) **8.30** Selling Houses Aust. **10.30** 60 Minute Makeover With Peter Andre. (PG) **11.30** The World's Oddest Animal Couples. (PG) **12.30** Medical Emergency. (PG) **1.00** House Calls To The Rescue. **2.00** Bargain Hunt. **3.00** Selling Houses Aust. **4.00** Million Dollar Minute. **5.00** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. **6.30** The Project. **7.30** The Living Room. **8.30** Have You Been Paying Attention? (M) Denise Scott, Wil Anderson and Celia Pacquola compete to see who can remember the most about the week. **9.30** Sports Tonight: Finals Preview. Coverage of the latest sporting news. **10.00** Street Smart. (PG) **10.30** Taylor Swift: The Road To Reputation. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 14. Aragon Grand Prix. Replay. From Motorland Aragón, Alcañiz, Spain. **9.30** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Foreign Correspondent. Final. **2.00** Pulse. (M) **3.00** Murder, She Wrote. (PG) **3.45** Teenage Boss. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Grand Designs. (PG) **7.00** ABC News. **7.30** Gardening Australia. **8.30** Father Brown. (PG) **9.15** Shetland. (M) **10.15** QI. (M) **10.45** ABC Late News. **11.15** The Business. **11.35** Shaun Micallef's MAD AS HELL. (M) **12.05** Planet America. **12.50** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Schitt's Creek. (PG) **9.25** Blackadder The Third. (PG) **9.55** Peep Show. (M) **10.20** Workaholics. (MA15+) **10.45** Archer. (M) **11.10** 30 Rock. (M) **11.30** Parks And Recreation. (PG) **11.50** Schitt's Creek. (M) **12.15** Peep Show. (M) **12.40** Workaholics. (MA15+) **1.05** Archer. (M) **1.25** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.10** The Office. (M) **2.40** Extras. (PG) **3.10** News Update. **3.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Nordlandsbanen Train Journey. **4.30** Digging For Britain's Secrets. (PG) **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.35** Extreme Railway Journeys. (PG) **8.30** Movie: Harry Brown. (MA15+) (2009) Michael Caine. **10.30** SBS News. **11.00** Movie: Barbarella. (M) (1968) **12.50** The Legacy. (M) **2.00** The Legacy. (M) **3.10** The Legacy. (M) **4.20** Poh's Kitchen. **4.55** Destination Flavour Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Room 101. (PG) **2.20** Room 101. (PG) **2.55** Room 101. (PG) **3.30** Dateline. **4.00** News. **4.30** WorldWatch. **5.30** If You Are The One. **6.30** Seconds From Disaster. **7.30** Speed With Guy Martin. **8.35** Sex Diaries. (M) **9.30** Nude. (MA15+) **10.00** Nude. (MA15+) **10.25** The Gang Crackdown. (MA15+) **11.25** The Girlfriend Experience. (MA15+) **12.00** The Girlfriend Experience. (MA15+) **12.30** The Girlfriend Experience. (MA15+) **1.00** The Girlfriend Experience. (MA15+) **1.30** News. **1.55** Orphan Black. (M) **2.50** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

7.30pm The Nut Job 2: Nutty By Nature (2017) Animated. Will Arnett, Maya Rudolph. (G) **8.30pm** Star Wars: Episode VIII – The Last Jedi (2017) Action. Daisy Ridley. (M) **Premiere** **11.00pm** American Assassin (2017) Action. Dylan O'Brien. (MA15+) **Premiere** **GENERAL** **1.35pm** Shahs Of Sunset. (M) **Arena** **8.30pm** Killer By The Lake. (M) **Showcase** **8.30pm** Amy Schumer Presents Sam Morril: Positive Influence. (MA15+) **Comedy Channel** **DOCUMENTARY** **7.30pm** Murder Made Me Famous. (M) **Crime & Investigation** **7.30pm** Ancient Tracks. (PG) **History** **8.30pm** Wild Uganda. (PG) **National Geographic Wild** **SPORT** **5.00pm** NRL **Tonight.** **Fox League** **6.00pm** AFL 360. **Fox Footy** **7.00pm** Basketball. **FIBA Women's World Cup.** First quarter-final. **Fox Sports 505**

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

2809

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CREEPTOWN
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Script and Music by
 Mark Bourgeois & Craig Chambers

TICKETS
 ADULT \$30
 SENIOR \$20
 CHILD \$10

SHOW TIMES
 SAT 6TH OCTOBER 6PM
 SAT 20TH OCTOBER 6PM
 SAT 27TH OCTOBER 6PM
 SUN 28TH OCTOBER 6PM
 SAT 10TH NOVEMBER 6PM

When a shy vegetarian vampire princess called Lucy meets an adventurous, outspiring human girl called Jane, she sees a chance to realise her dreams of escaping her vampire world and her 'monstrous' controlling parents. Meeting at the dental clinic recently opened by Jane's square and well-meaning parents, the two girls make plans to escape Creepytown forever. But when her evil Stepfather and his Hunchback discover their plan, Jane and Lucy must act quickly to thwart the uncompromising villains and ensure their escape. Will the girls find their route to freedom and adventure or will events ultimately unravel their plans? With a chorus of vampires, werewolves, zombies and witches, Creepytown is a fun and action-packed show which is sure to bring the house down.

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Our guest speaker today was Brian Herd, Partner at CRH Law. From the moment Brian took to the microphone the whole room was transfixed by his knowledgeable yet humorous presentation which focussed on decisions that need to be made by an aging generation. The importance of planning for our future aged care, as well as documenting estate decisions were all covered during the course of the morning.

Tuesday 25th September – Fashion Parade with morning tea followed by lunch at Old Petrie Town. Members only.

Tuesday 2nd October – General Meeting – Visitors welcome

Tuesday 9th October – Guest Speaker from the Kidney Foundation. Visitors welcome.

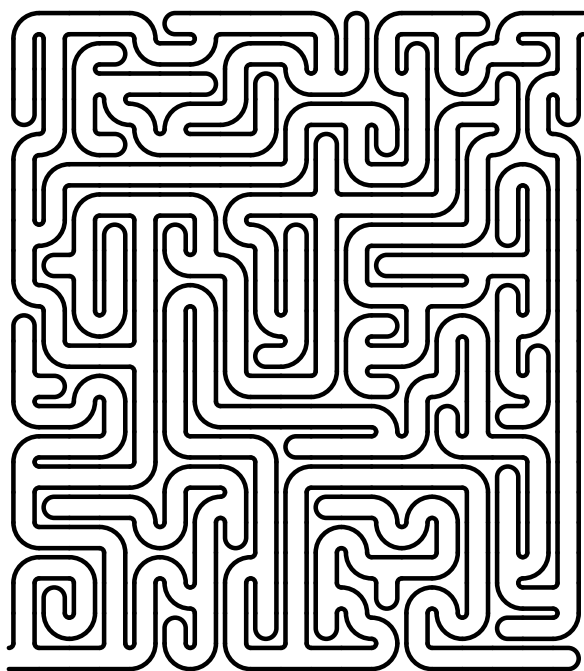
Tuesday 16th October – Guest Speaker – Diane Carter. Her presentation will be on Smoke and Mirrors.

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.

SUDOKU

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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 7007

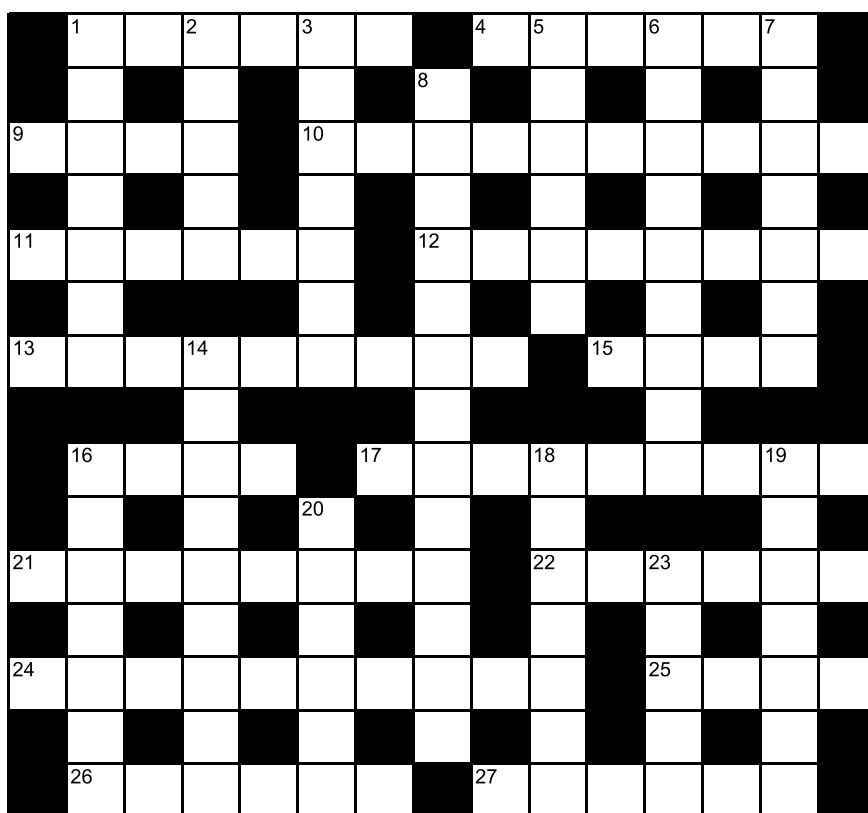
Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 1 Represent in boliday form
- 4 Anxiety disorder
- 9 Abominable Snowman
- 10 Aboriginal returning weapons
- 11 Material
- 12 Move to another place
- 13 Faithfully folling a religion
- 15 Feline house pets
- 16 Opposite to front
- 17 Metal made from bauxite
- 21 Response to a sneeze (5,3)
- 22 Group meeting
- 24 Realise beforehand
- 25 Advanced in years
- 26 Nevertheless (4,2)
- 27 Grievous

DOWN

- 1 Green transparent gem
- 2 Eurasian rose shrub
- 3 Fiasco
- 5 Donkey's laugh
- 6 Petty officer
- 7 Fishermen
- 8 Relating to plant growing
- 14 Beyond normal limits
- 16 Equilibrium
- 18 Canecutting blade
- 19 Small 4-stringed guitar
- 20 Those critical of others
- 23 Habitual practice



COMMUNITY NOTICE BOARD ONLINE

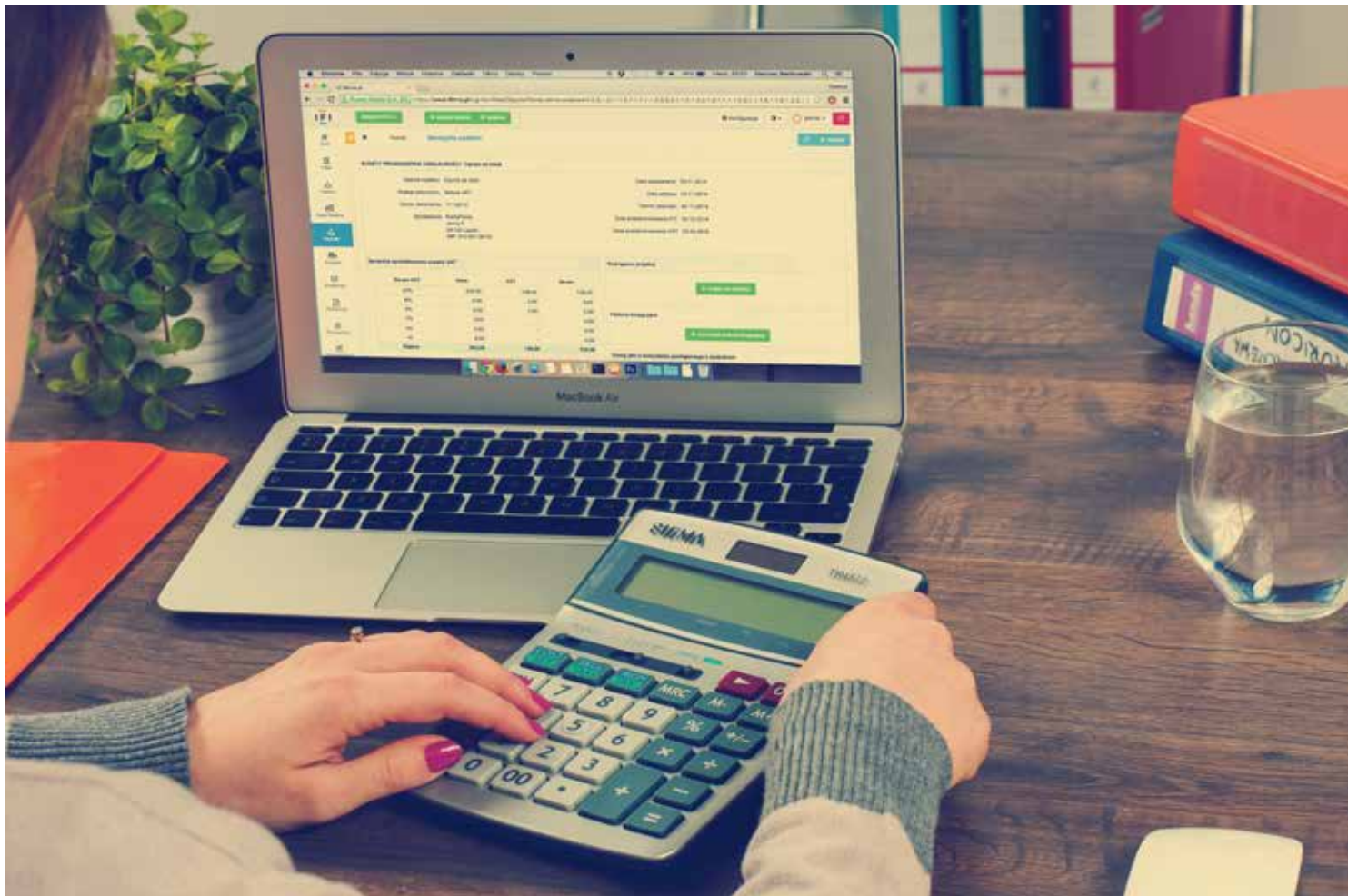
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- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



REFINANCING YOUR HOME LOAN

Home loan demand is rising partly due refinancing commitments, here's some solid advice getting a better deal

Home loan demand rose slightly in July, underpinned by an increase in refinancing commitments, according to new data from the Australian Bureau of Statistics (ABS).

The latest Housing Finance data from the ABS reveals that, in seasonally adjusted terms, 52,647 home loans were approved throughout July - an increase of 0.4% from June, which was supported by a 3% rise in refinancing commitments.

"The data indicates that Aussie borrowers are shopping around for a better deal," said Mortgage Choice Chief Executive Officer Susan Mitchell.

"In July we saw an increase in the number of home loans approved and an increase in the value of dwelling commitments," she said.

The data reveals that \$31.4 billion worth of dwelling commitments were made over July, an increase of 0.4% from the month prior and the value of owner-occupied housing loans rose 1.3% to \$21.1 billion.

"Looking ahead, I suspect we may see an increase in refinancing commitments as three of the nation's major lenders recently announced they would be increasing the interest rates charged on their variable rate home loan products."

Ms Mitchell said, the current downward trajectory

of national dwelling values could support home loan demand over the coming months.

According to CoreLogic national dwelling values fell 0.6% in July, led by a 0.6% drop in Sydney and a 0.9% drop in Melbourne, which together have a significant effect on the national housing market's performance, while REIA's Real Estate Market Facts report showed local prices in Brisbane stayed steady.

"LENDERS WILL ASK TO SEE A MINIMUM OF THREE MONTHS' WORTH OF SPENDING WHICH ALLOWS THEM TO DETERMINE AN APPLICANT'S ABILITY TO SERVICE A LOAN"

Ms Mitchell said she expected home loan demand to remain stable as easing property prices may encourage once cautious buyers to enter the market.

"The complex lending environment and rising interest rates makes now a perfect time to review your home loan. If you do not know the interest rate you are paying on your loan or are unsure as to whether you are in the right product for your needs, speak to a qualified mortgage professional."

"Borrowers should keep in mind that lenders will be competing for high-quality borrowers who satisfy new, stricter lending criteria. For this reason, I could urge anyone looking to secure housing credit to get financially fit in order to improve their chances of success when applying for a home loan."

"The impact of prudential measures on the cost and availability of housing credit has been

undeniable, with a major lender announcing last week it would raise rates on its variable home loan products by up to 14 basis points in a bid to offset rising wholesale funding costs. History tells us that other lenders are likely to follow suit," said Ms Mitchell.

"Moreover, our data reveals that home loans are taking longer to progress from application through to settlement, as lenders' qualification criteria becomes more onerous in order to comply with responsible lending standards.

"We have found that lenders are conducting a more thorough analysis of home loan applicants' monthly living expenses, requesting forensic detail on as many as 15 expense categories including clothing, entertainment, medical, transport, education, childcare and more."

"Lenders will ask to see a minimum of three months' worth of spending which allows them to determine an applicant's ability to service a loan. Some home loan applicants are having to justify their expenses in certain categories and are being told that they need to change their spending behaviour to increase their chances of getting a home loan.

"For this reason, I would encourage anyone who plans to apply for a home loan in the near future to review their spending habits and make a personal commitment to get financially fit by educating themselves now on what lenders are looking for."

"Moreover, when they are ready to apply for a loan, they should speak to a qualified mortgage professional who will be able to suggest an appropriate loan for their unique financial situation," Ms Mitchell concluded.

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- Ryan

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