

THE Messenger

Lakes, Bay & Region · April 28 2018

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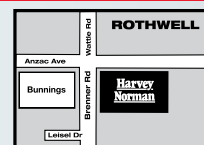
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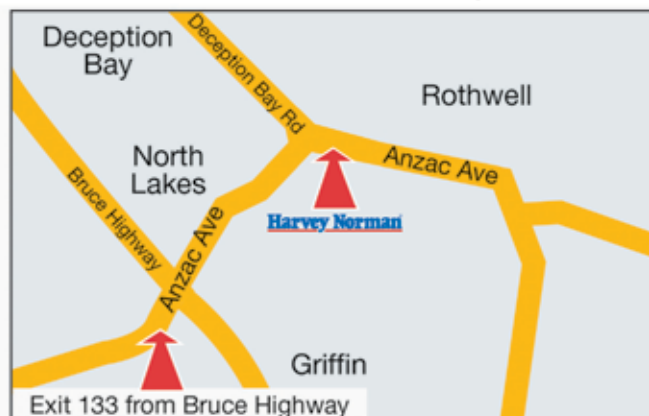
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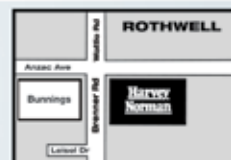
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ADVERTISING

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

Please note:

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

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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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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.

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

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DISNEY ON ICE CELEBRATES 100 YEARS OF MAGIC

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

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

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

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

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

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

WIN!

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

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

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

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

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



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ARTS & MINDS 2018

Queensland's leading artists put their art where their heart is for conversations about mental health, and we're all encouraged to join the discussion

What happens when you pair five leading Queensland artists with five emerging artists touched by mental health in the Bromley Room and give them a one word brief to create art? You get 10 incredibly diverse artworks by 10 incredibly talented artists and an important dialogue about mental health.

The paired artists worked at the same time, easel to easel and to the same brief to create their pieces. Conversation flowed, connections were made, confidence transferred, and friendships forged.

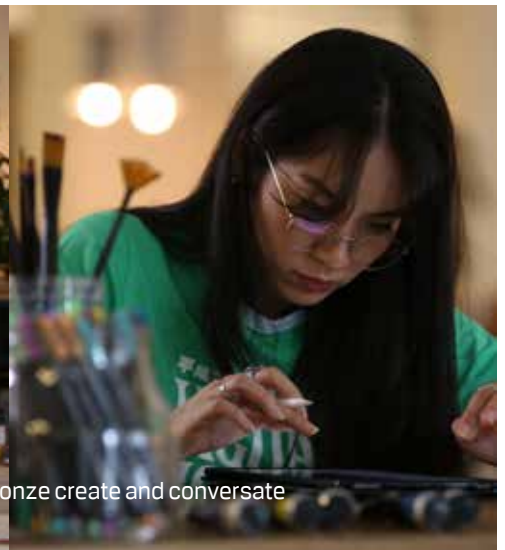
This wasn't just an experiment in art, it's Anglicare's award-winning mental health awareness campaign, Arts&Minds 2018, and it will ignite important conversations via a web series that premiered Monday April 23. You can also be a part of this conversation and have your say live via 35 goa billboards all over town. A bit like the Lowd signage you may have seen in your travels.

Emerging digital illustrator Spectator Jonze was paired with highly sought after large-scale-with-street-edge Brisbane artist Matt Stewart.

Born in Japan to a Taiwanese mother and an Australian father, artist Spectator Jonze moved to Brisbane when she was seven. She grew up in many different situations – not quite an orphan,



Matt Stewart & Spectator Jonze create and converse



not quite belonging anywhere; this meant she was often subject to demons, which pushed her into the safety of PTSD where suppression, depression and disassociation became a survival tactic. At 25 she tackled her mental health – and art became a vital medium for her. Her works of art now bring mental health to light by depicting individual battles using a colourful, comedic displays of imperfectly perfect beauty. She has been painting and illustrating for 10 years and has no professional training.

Brisbane-based contemporary fine artist Matt Stewart, who has works hanging in private collections around the world, had no hesitation when approached to be part of Arts&Minds.

"It was an immediate YES from me! What a creative and thoughtful way of raising

awareness for what is mostly looked upon as a 'taboo' subject in society today," he said.

"If we start these conversations around mental health and awareness by utilising an interesting and common medium, then all the better. This universal language of colour, shapes and for some people, their release from this illness, smartly brings us together for these conversations."

On Thursday May 31 a gala event will be held The Grove 480 Queen Street to celebrate and auction the artwork and raise funds for Anglicare programs. Tickets cost \$55 and are available at www.artsandminds.org.au/gala/

View the web series and have your say on this important topic via www.artsandminds.org.au/webseries/



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COUNCIL SAYS NO MORE TO STRAWS

Moreton Bay pledges to go to plastic straw-free

There's an anti-straw (of the plastic variety) movement happening on a global scale as government and consumers become aware to the damage they do to our environment, particularly waterways, so it was positive news last week when Moreton Bay Regional Council pledged to phase out the use of single-use plastic straws at its council-operated venues and events.

In what is believed to be a first for South-East Queensland councils, Moreton Bay councillors adopted a motion at their Coordination Committee Meeting on Tuesday, April 17, to remove single-use plastic straws from council's venues, like the Queensland State Equestrian Centre, and from local council-run programs.

Economic Development and Tourism Spokesperson Councillor Peter Flannery spearheaded the motion and said he was inspired by Queenslander Molly Steer and her Straw No More project.

"It's a simple measure, which will hopefully make a huge difference on the overall amount of single-use, non-biodegradable plastic straws being ending up in landfill or being littered in our waterways," Cr Flannery said.

"It might not seem like much when you use



a plastic straw to drink, but multiply that by the thousands of people who visit our venues every year, and you can start to see the scale.

Moreton Bay joins Cairns Regional Council in being among the first councils in Queensland to vote to remove single-use straws from its venues and events.

"Other areas across the country, including Cairns, are taking up the pledge to phase out single-use plastic straws, and we don't want Moreton Bay to lag behind everyone else.

"Our own name is a nod to one of the country's most important coastal resources: Moreton Bay, and with simple measures like this, we can ensure that it thrives for generations to come.

Single-use plastic straws can have a devastating impact on waterways, with marine animals easily being able to choke on the small pieces of plastic.

Cr Flannery hoped the move would also inspire local businesses to follow suit.

Moreton Bay Region Industry and Tourism will review the use of single-use plastic straws at its events and functions too.

"Already a number of businesses and cafes in Moreton Bay are taking up the push for greater sustainability through re-usable cups and biodegradable cutlery, and I hope this move encourages them to also ditch the single-use plastic straw from their menus."

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Greetings from "THE HAPPIEST LIONS CLUB in AUSTRALIA". Autumn is well and truly with us now and we're saying good-bye to our air-conditioners to get to sleep after a long hot Summer in North Lakes.

Grill'd North Lakes

After being nominated by Grill'd (that terrific Restaurant in the Westfield complex North Lakes) our Lions Club was presented with a cheque last week, as one of three organisations to take part in their community promotion. Assistant Manager Sean Goldsmith, President John Paul and Manager Jamie Hodgess, posed for a photograph to mark the occasion. Jamie was especially interested in our efforts at North Lakes Lions Club and our Community involvement and said that Grill'd would continue their high support in the future for groups in the vicinity such as ours. If you haven't ventured in and enjoyed the Grill'd experience yet, do so ASAP, you won't be sorry.



there into the community. You can pay on the day: Adults \$10, School age children \$5 and any pre-school-age walkers are free.

Trivia Night

After the resounding success of our North Lakes Lions Club Trivia night last year, I'm happy to announce that it's on again this September 1st at the North Lakes Community Centre Main Hall. The 3 recipients of the proceeds of this event have now been chosen and will be announced shortly. We would ask you to quickly gather your friends etc. to make up your tables and in the next article we'll have set up who to contact and where

you can pay on-line to secure your tickets to avoid disappointment.

Become a Member:

Don't forget, you can become a member of the North Lakes Lions Club. Call our Membership Officer Lion Greg Milne directly, on 0449 294 734. He'll answer any initial questions and invite you to our next Dinner meeting. Come and join our club and experience first hand how your individual skills can be utilized, integrate and make new friends in our community if you're new to the area and help us watch North Lakes grow.

Till next time, Lion Chris.

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BOUNTY'S NEW \$5 MILLION HALL OPEN

State's largest primary school now has a hall to call it's own

Bounty Boulevard State School's long awaited and much needed new hall officially opened in North Lakes last Thursday as well as 40 new car parking spaces, which as locals know, are also greatly needed. The hall was constructed between May and December 2017.

"I know this wonderful new hall has been a welcome addition for the school," Education Minister Grace Grace said as dignitaries officially opened the facility.

"Bounty Boulevard State School has grown in step with the surrounding local community, opening with 130 students in 2009 and growing to an enrolment today of more than 1400.

"Our Government is pleased to deliver this new facility to support the school community for many years to come."

Member for Bancroft Chris Whiting said the new hall incorporated a multipurpose sports court, stage area, storage rooms, amenities and change rooms.

"This new hall also includes kitchen facilities, a multipurpose area and an outside school hours care activity area and office, along with 46 car parking spaces," Mr Whiting said.

"The Palaszczuk Government is committed to delivering a world-class education to Queensland students and it's great to see North

Bounty's new hall is officially opened

Photo courtesy of Cameron Jameson



Lakes benefitting from this commitment."

Ms Grace said the new hall at Bounty Boulevard State School had been delivered under the Palaszczuk Government's Advancing Queensland Schools (AQS) program.

"Overall, AQS is supporting the investment of \$200 million into state school projects, which includes more than \$116 million to build new school halls and refurbish existing halls at 30 state schools across Queensland," she said.

Bounty Boulevard State School principal Paul McSwiney said the hall had been in use since February this year.

"This is a fabulous addition both for our school and for the local community," Mr McSwiney said.

"The hall is used for wet weather play and PE lessons, and enhances music, drama and sport in the school.

"Already the community is on board, with

basketball being played here two nights a week and the hall acting as a venue for church services on Sundays.

"Everyone at the school is very excited to have this latest addition officially opened."

"It's going to be a great asset for students and the community for years to come."



Principal Paul McSwiney, Minister Grace and Chris Whiting MP official open the new facility

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CALLING ALL CAKE BOSSES

The world's best cake artists are coming to town when Brisbane hosts the International Cake Show Australia, May 18-20



A Faye Cahill creation

The ACADA (Australian Cake Artists & Decorators Association) International Cake Show Australia (ICSA) has its basis in competition. This year the competition categories range from wedding cake artistry to cupcake bouquet design, sculpted busts, sugar-crafting, celebration cakes, edible art and buttercream cakes. The more adventurous artists and decorators can enter the architectural tribute cake (in 2018 the theme is an iconic Australian structure) category, geometric and abstract categories, gravity defying creations and stylised and edible flower designs.

But there's a lot more to it, especially for those of us on this side of the cake counter. Kids love it, naturally, besides an opportunity to hassle parents for sweet treats; the show provides spaces for kids to create, and for hobbyist cakes fans to learn new skills. For home bakers and professional creators the show also provides a space to learn from the pros in hands-on workshops and an opportunity to swap tips with likeminded creatives.

Indeed, the opportunities to learn from the pros are enormous as the world's best cake artists head to Brisbane for the show. These are such big names in the cake world that a two-day cake-off challenge on the main stage will be televised live. Cake celebrities include six of the world's most famous cake artists including Paul Bradford, Dorothy Klerck, Timbo Sullivan, Verusca Walker, Margie Carter and Paul Delaney.

One of the world's most inspiring cake artists Karen Portaleo will be in attendance as one of the celebrity judging team (seriously, do a google images search on her name).

The international event will feature celebrity cake artists, chocolatiers, chefs and bakers appearing throughout the three days, the live international superstar cake-off on the main stage, a Haute Couture Wedding Marquis featuring Australia's most awarded wedding cake designers, hands-on make create, make and take zones and classes.

There will also be epically grammable world class statement pieces to see and selfie with as well as serious learning opportunities, feature booths where cake artists/chocolatiers will be building live installations and industry pop up shops where everything you need for your home or business baking needs will be available.

The three day show runs from Friday 18th to Sunday 20th May at the Brisbane Showgrounds Exhibition Building in Bowen Hills.

Adult One Day Entry costs \$24, there are student and pensioner concessions available (\$15) and a three day pass at \$50.

Full program, more info and tickets are available now from www.acada.com.au

Win Tickets

We have 4x three day passes to the **International Cake Show Australia** that we're going to split into two prizes. So, if you win, you can take along cake-minded friend. It's a sweet prize.

The tickets are valid for entry for the entire three days of the show, for a total prize pool value of \$200.

To enter simply email comp@northlakesmessenger.com.au with "cake comp" in the subject line and your contact details in the body of the email. Easy as cake.

The two winners will be chosen at random and entries close Friday April 4, 2018 at 5pm.

Hurry and good luck!



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

The International Cake Show Australia is once again coming to Brisbane in May and the second local outing promises all things cake, bake and decorating on a much grander scale in 2018.



The Management & Staff wish to invite you and your family to our

Mother's Day

MEMORIAL SERVICE

to be held in our Chapel on Friday 11th May at 6.00 pm for a 6.30 pm start

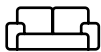
Light refreshments will be served following the service.

Please RSVP by Wednesday 9th May 2018 on
07 3888 6622 for catering purposes.



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SPENDING MONEY ON "STUFF" = HAPPINESS?

Hello Ms Schilling,

I have been meaning to write in to you for years but have been self conscious to do so. Finally after meeting a man at work who has been talking about you I have sat down with my computer and coffee to begin to explain my issues.

Although I have a good life with a lovely home and a brand new car and have been on some really beautiful holidays, I never seem to be able to relax and be happy. Some years ago, I was diagnosed with a condition called generalised anxiety disorder.

I was told that this is the reason that I constantly worry and why I don't enjoy life. The psychologist who diagnosed me said that there was nothing that I could do about it and that this was part of my personality. She offered me medication but said it would be a bandaid solution at best and that I really just need to accept that I have generalised anxiety in the same way that I had to accept that my father had died.

Seeing this woman was a bad experience for me in 2003 and I found no help at all. I am 58 years old now.

I am always trying to make myself happy through travel, buying clothes and planning outings and such but this never works.

Anyway, long story short, I have met a man at work who has said that you have seen him and given him lots of ways to improve his anxiety and his constant fretting which is me all over, and he now feels that he has much better control of his life and his fretting.

This has made me wonder if I could have been helped and what you did to help this man who claims to be totally different now even though it has been over two years since he saw you. He said that he had six sessions with you and I have to wonder what went on in those six sessions because he won't tell me. I can't afford counselling and wonder if you would give some pointers here for me to start to do.

Margaret/Halpine Lakes.

Hello Margaret,

Hmmmn, let's see, you claim to not be able to afford counselling but you travel constantly, have a new car and buy yourself all manner of things to try to fill the happiness void. Why am I having trouble believing you about the affordability of counselling? It always amazes me that some people will spend inordinate amounts of money on "Stuff" to try to make themselves feel better but may be reluctant to prioritise their mental and psychical health.

I have treated a great many clients with anxiety issues and I tailor treatment plans to each particular individual as this is what personal counselling is all about - treating the individual. There are very many strategies that I employ; drawing from many different therapies depending on what is driving the anxiety, the client's personality, their preferred way of receiving information and their cognitive abilities. So you can see that this type of treatment is not a one size fits all approach.

I am concerned that you sought help from one therapist and then just gave up. As with finding a good medical doctor, I feel that it is very important to get a second or third opinion and to keep looking until you find someone you trust and have a good rapport with.

The other thing that I feel is very important is that the client must be ready for change and willing to do the work. I am sure that this gentleman you met worked just as hard as me on his issues by employing the strategies, doing his allocated homework and making sure that kept using the strategies and thought correction techniques designed for him. You may very well be able to achieve similar results but you must first prioritise this issue by seeking help yourself with a treatment plan that is tailored to you and your particular type of anxiety.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

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

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

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



ABOUT LEONIE

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





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PUB POLITICS

Locals enjoy a Q & A with their MP and Foreign Minister

Recently, locals had the opportunity to meet with the Minister for Foreign Affairs the Hon Julie Bishop MP, following an invitation from Luke Howarth MP Federal Member for Petrie.

Luke Howarth MP said "I am really proud of my electorate and always welcome the opportunity for Ministers to visit the area so they can meet and listen to locals about the things that matter to them".

The visit was split over two days and included a morning tea with residents at Peninsula Palms Retirement Village, a walk through at a local shopping centre and finished off with Politics in the Pub at Bracken Ridge Tavern on Sunday night.

"The Minister marks her twenty years in federal parliament and it was great to hear her share with some of the locals about her insights and lessons learnt in politics over the years", Mr Howarth said.

The main feature of Politics in the Pub was 'questions without notice' - questions from the floor included infrastructure, aged care, superannuation and travel.

"It was also great to have Senator Amanda Stoker at the event and for her to meet some of the people she will be representing in her role as Patron Senator for Petrie. Amanda



has replaced former Senator the Hon George Brandis", Mr Howarth said.

Politics in the Pub has been a signatory event of Mr Howarth's. Speakers have included the Treasurer, Ministers for Communications and Agriculture as well as the Prime Minister.

"I want to give residents the opportunity to speak directly with the highest levels of government and local visits and Politics in the Pub is a great platform for that" Mr Howarth said.

Pictured: Julie Bishop Luke Howarth with guest - photo courtesy of BRT

A campaign poster with a blue background. At the top, there is a photograph of Luke Howarth and another man in white shirts and ties standing outdoors. A road sign in the background reads "55 GYMNESE RD Strathpine 4 Brisbane 24". In the top right corner is the "LNP LIBERAL NATIONAL PARTY" logo. Below the photo, the text reads: "Luke Howarth and the Coalition Government securing better Education and Jobs right here in Moreton Bay." Below this is a yellow box with the text "University of Sunshine Coast Petrie Campus DELIVERED!". Underneath are three green checkmarks with text: "✓ \$121 million for foundation building works", "✓ \$35 million for site work", and "✓ \$70 million for student places". At the bottom of this section is a white box with the text "Opens in 2020". The footer contains contact information: "40 Hornibrook Esplanade, Clontarf QLD 4019", "3284 8008", "Luke.Howarth.MP@aph.gov.au", "LukeHowarth.com.au", and "LukeHowarthMP". At the very bottom, in small text, it says "Authorised by Luke Howarth MP, Liberal National Party, 40 Hornibrook Esplanade, Clontarf QLD 4019".

Luke Howarth and the Coalition Government
securing better **Education and Jobs** right here in **Moreton Bay.**

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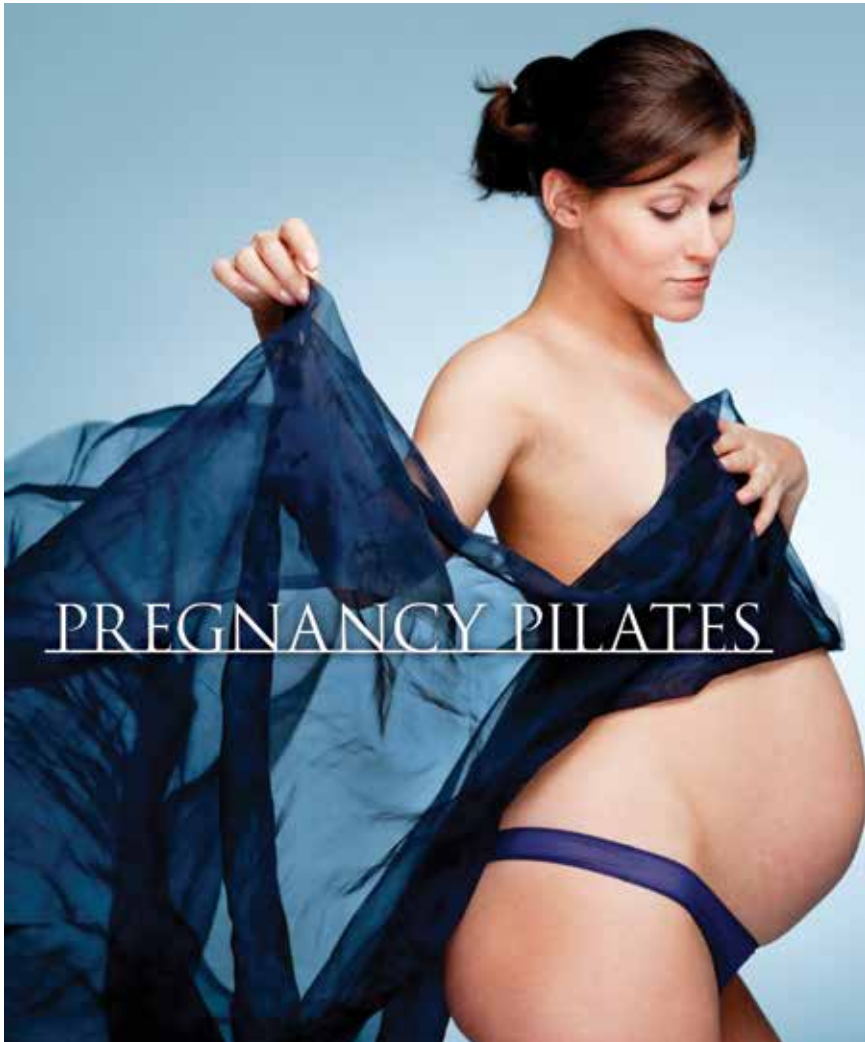
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UPCOMING EVENTS

Walk for an Aussie Kid event

Sunday 20 May 2018 (registration
7.30am, start 8.00am)

North Lakes Town Park, Lake Eden

Come and support the Australian Lions Children's Mobility Foundation by taking part in either the 5km or 2km walks. Entry fee is \$10 Adults, \$5 child, under school age free. Morning Tea provided. Hosted by the North Lakes Lions Club, all funds will be used to purchase walking devices for Australian children. For more information go to Lions Club North Lakes facebook page.

Annual Bush Poetry Charity Concert

Sunday 27 May 2018 - 1.30pm-3.30pm

Kallangur Community Centre, 1480
Anzac Avenue Kallangur

Come and hear tales of Australia performed by local, old, young, interstate and award-winning bush poets. Tickets are \$15 at the door and includes light refreshment. Proceeds will support the Redcliffe and District Kidney Support Network.

The Moreton Bay Region has many events and activities on offer, for a variety of ages.

Visit www.moretonbay.qld.gov.au to start exploring the Moreton Bay Region.

Hello everyone.

The year is flying by and Council has commenced Budget deliberations for the 2018/19 financial year so my schedule will be very busy for the next couple of months. I will be able to provide more details about the 2018/19 budget in an upcoming newsletter.

ANZAC Day 2018

I recently attended the ANZAC Day March and Memorial Service held by the Pine Rivers RSL Sub-Branch at Kallangur as well as the service at Bounty Boulevard State School where I participated in the wreath laying ceremonies in honour of our fallen soldiers. It is wonderful to see our young people learning about the history of this very significant event and participating in the commemorative services.

New Walking Group

A new Heart Foundation Walking Group has started in Westfield North Lakes. The group will be walking weekly on Wednesday at 7am, meeting at the Coffee Club from 11 April. For more information and to register your interest go to <https://walking.heartfoundation.org.au/walking/group/westfield-north-lakes-shopping-centre>.

Free MBRC Composting Workshops

In celebration of International Composting Awareness Week, three (3) composting and worm farming workshops are free for residents. Workshops are available on Saturday 12 May 2018 at:

- 8.00am - 9.30am Kumbartcho Sanctuary Environmental Education Centre, 15 Bunya Pine Court, Eatons Hill
- 11am - 12.30pm Redcliffe Botanical Gardens, George Street entrance, Redcliffe
- 2.00pm - 3.30pm CREEC Environmental

Education Centre, 150 Rowley Rd, Burpengary

Book your seat at www.moretonbay.qld.gov.au/compostweek and find out how to reuse food and garden waste by composting or worm farming to improve the soil in your gardens and pot plants. Save these nutrients and to grow healthy plants, fruit and vegetables at home. Save water by improving the health of your soil.

Salvation Army Red Shield Appeal - 26 & 27 May 2018

Once again the Salvation Army is asking for 100,000 volunteers to assist in their annual Doorknock Appeal. To volunteer to collect donations in your neighbourhood please phone 13 SALVOS (13 72 58) or visit www.salvationarmy.org.au. If you can't volunteer, I encourage all Division 4 residents to please give generously when volunteers call. Money raised this year will be used for local and world disaster relief. You can also donate online.

My next visit to the North Lakes Library will be on Wednesday 2 May from 10am - 11am. Come along if you have any Council issues you would like to discuss with me.

If I can assist any resident further with any matters please call me.



JULIE GREER

COUNCILLOR FOR DIVISION 4
MORETON BAY REGIONAL COUNCIL

P O BOX 159 CABOOLTURE QLD 4510

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HAVE YOU GOT A FUSSY EATER?

Meal times don't need to be a battleground, here's how

An analysis of the worries of parents driven to desperation over their child's 'fussy' eating who called the Child Health Line has revealed many parents view child feeding time as a battleground.

Holly Harris conducted and published one of the first studies of parents' thoughts and actions 'at the point of crisis' as part of her PhD research into 'fussy eating' at QUT's School of Exercise and Nutrition.

"I studied real-time descriptions of young children's fussy eating at a time of crisis that initiated the parents' calls for help," said Ms Harris who conducted the analysis of eating behaviours of children aged from six months to four years.

"I found parents felt their child's mealtimes were a battle of wills, certainly a conflict zone, in which they viewed their child's growing autonomy in choosing the amount and/or type of foods eaten as 'bad' or 'wrong'."

"This study identified the importance of

education and emotional support for parents across the period of introducing solids."

Ms Harris said parents' fussy eating concerns were different depending on the child's age.

*"PARENTS FELT
THEIR CHILD'S
MEALTIMES WERE
A BATTLE OF WILLS,
CERTAINLY A
CONFLICT ZONE"*

"In the infant group of children under 12 months, the main concerns were the child's refusal of solid or textured food," she said.

"Parents framed the problem positively such as the child was having trouble adjusting to solid food, or negatively that the child was 'whingeing', and sought strategies from the nurse call-taker.

"Parents of toddlers, on the other hand, were worried about the quantity and variety of

foods their child ate and took the view that the child's eating preferences were their responsibility."

"Some expressed guilt about giving in to their child with what they viewed as unhealthy food just so they had 'eaten something'."

Ms Harris said worry was driving parents' to use counter-productive feeding practices.

"If a child is pressured to eat 'just one more bite of broccoli' or rewarded for eating food it teaches them to eat for reasons other than appetite and to gravitate towards 'reward' food that is high in fat and sugar.

Ms Harris said strategies to introduce new foods and avoid making mealtimes a conflict zone include:

- Providing a variety of food but allow the child to choose the amount they eat
- Repeating exposure to a new food over several days with a neutral face – it might take a few tries
- Not showing stress or giving in with unhealthy food if the child refuses the food or spits it out
- Parents can eat their meal in the presence of the child and not focus on what the child eats.



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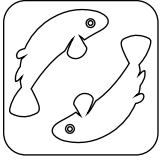
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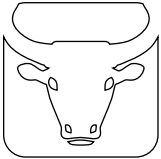
Aquarius Jan 21- Feb 19: Thinking of renovating or remodelling? Now's the time to do it. The moneys there for the asking as long as you invest it in your home.



Pisces Feb 20-March 20: A rival becomes an ally when you both want the same thing. Put aside differences and work together. You'll be happy with the outcome.



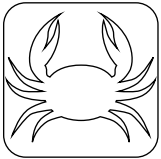
Aries March 21-April 20: How many bridges did you burn lately? Probably more than you wanted too. An apology is the first step to rebuilding them.



Taurus April 21- May 21: You should feel centred, grounded and at peace with yourself. So no need to revisit a certain romantic decision in haste.



Gemini May 22-June 21: Accept that offer on the table. It's not everything you wanted but finding ways to improve on it gets the creative juices flowing.



Cancer June 22-July 23: After weeks of feeling under the gun, there is a ray of hope. It only gets better from here.



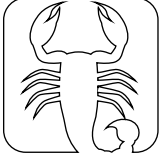
Leo July 24-Aug 23: No matter how difficult things get, there's always someone around to help out in a pinch. Look for a friend to resurface after a long absence.



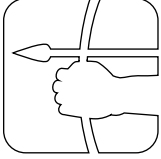
Virgo Aug 24-Sept 23: Your love life gets more loving. It's been a battle of the sexes since late Feb. You're ready to make love, not war.



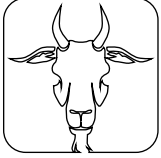
Libra Sept 24-Oct 23: The emotional roller coaster comes to a complete stop today. 3 weeks of loop de loop was all you could take. Feel free to kiss the ground.



Scorpio Oct 24-Nov 22: Could a loved one have been right all along? It's beginning to look that way. It's good for you to be wrong once in a while. It builds trust.



Sagittarius Nov 23-Dec 21: You've been at logger heads for a while and nothing has come of it. The other side is just as exhausted. It's the perfect time to extend the olive branch.



Capricorn Dec 22-Jan 20: Good news ahead for your finances. Profit will increase over the next few weeks and this makes you pleasant to live with again.



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NINE

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Cybershock. (PG) **12.30** Destination WA. **1.00** Rugby League. Intrust Super Cup. Round 8. Mackay Cutters v Tweed Heads Seagulls. **3.00** Netball. Super Netball. Round 1. Melbourne Vixens v Collingwood Magpies. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** The Voice. (PG) **8.30** The Voice. (PG) **10.00** The Voice. (PG) **11.30** Movie: Parenthood. (M) (1989) Steve Martin, Rick Moranis, Tom Hulce. An over-protective dad dotes on his son. **2.00** TV Shop. **2.30** Step Dave. (M) **3.30** Getaway. (PG) **4.00** Cybershock. (PG) **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Power Rangers Super Ninja Steel. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Over The Garden Wall. (PG) **3.00** Gumball. **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: The Pink Panther. (PG) (2006) **7.00** Movie: The Mummy. (PG) (1999) **9.30** Movie: Hansel & Gretel: Witch Hunters. (MA15+) (2013) **11.15** 2 Broke Girls. (M) **12.15** Adult Swim. (M) **12.20** Robot Chicken. (MA15+) **12.30** Squidbillies. (MA15+) **12.45** Superjail! (MA15+) **1.15** Total Divas. (M) **2.05** Best Ink. (M) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **1.30** To Be Advised. **3.00** To Be Advised. **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Wreck-It Ralph. (PG) (2012) John C. Reilly, Sarah Silverman. **9.00** Movie: Captain America: Civil War. (M) (2016) Chris Evans, Robert Downey Jr, Scarlett Johansson. When another incident involving the Avengers results in collateral damage, it leads to conflict between Iron Man and Captain America. **12.00** Code Black. (M) A love triangle begins to develop. **1.00** The Great Outdoors. **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** Harry's Practice. **10.00** The Great Outdoors. **11.00** Room For Improvement. **11.30** NBC Today. **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** SA Weekender. **5.00** Building The Dream. **6.00** To Be Advised. **7.00** M*A*S*H. **7.30** Inside King's Cross: The Railway. (PG) **8.30** Escape To The Country. Jules Hudson helps a couple to leave London and find a dream home in the Somerset countryside. **10.30** Escape To The Continent. **11.45** M*A*S*H. **12.15** Vasil's Garden. **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 The Home Team. **6.30** The Renovation King. **7.00** RPM. **7.30** Cook's Pantry. **8.00** Family Feud. **8.30** GCBC. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** The Living Room. **1.00** A Taste Of Travel. **1.30** Places We Go. **2.00** Life Inside The Markets. (PG) **2.30** Travels With The Bondi Vet. (PG) **3.00** Pooches At Play. **3.30** Jamie's Thirty Minute Meals. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** Bondi Rescue. (PG) Maxi puts his life on the line. **6.30** David Attenborough's Puerto Rico: Islands Of Enchantment. (PG) **7.30** Ambulance UK. (M) **8.45** To Be Advised. **9.45** To Be Advised. **10.45** To Be Advised. **11.45** To Be Advised. **12.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** The Doctors. (PG) **11.00** Star Trek: Voyager. (PG) **12.00** Diagnosis Murder. (PG) **2.00** Motor Racing. Porsche Carrera Cup Championship. Round 3. Highlights. **3.00** The Offroad Adventure Show. (PG) **4.00** MacGyver. (PG) **5.00** Operation Repo. (PG) **5.30** Hogan's Heroes. **6.00** Scorpion. (PG) **7.00** Soccer. A-League. Second semi-final. **10.00** NCIS. (M) **11.00** 48 Hours. (M) **12.00** Highlander. (M) **1.00** Operation Repo. (PG) **1.30** RPM. **2.00** Motorcycle Racing. MotoGP. Round 3. Grand Prix of the Americas. Race. Replay. From Circuit of the Americas, Austin, Texas. **3.30** Monster Jam. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Slow Train Through Africa With Griff Rhys Jones. **1.25** Inspector George Gently. (PG) **3.00** Kakadu. (PG) **4.00** Landline. **4.30** Jilaroo School. (PG) **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** Back Roads. **7.00** ABC News. **7.30** Father Brown. (M) **8.15** The Good Karma Hospital. (M) **9.05** Prime Suspect 1973. (M) Final. **9.50** The Level. (M) **10.35** Wentworth. (MA15+) **11.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.40** Noddy Toyland Detective. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Melbourne Comedy Festival Upfront: The Queens Of Comedy. (M) **10.30** Comedy Up Late. (M) **11.00** Comedy Next Gen. (MA15+) **12.00** The Librarians. (M) **12.30** The Librarians. (M) **12.55** Inside Amy Schumer. (MA15+) **1.20** An Idiot Abroad. (M) **2.05** The Office. (M) **2.35** The Office. (PG) **3.05** News Update. **3.10** Close. **5.00** Lily's Driftwood Bay. Final. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Gymnastics. FIG World Cup. Individual all-around competition. **4.30** Million Dollar American Princesses. (PG) **5.30** Supervet. (PG) **6.30** News. **7.30** Dippy And The Whale. **8.30** Travel Man. **9.00** Soccer. EPL. Liverpool v Stoke City. **11.50** Movie: The Last Elvis. (M) (2012) **1.25** Movie: The Past. (M) (2013) **3.50** Frisky Business. (MA15+) **4.45** France Bitesize. **4.55** Spice Journey Turkey Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Jungletown. (PG) **1.55** Earthworks. (PG) **2.45** Dead Set On Life. (PG) **3.10** Rivals. (PG) **3.40** Flight 920. (PG) **4.30** Motherboard. (PG) **5.00** Motherboard. (PG) **5.25** Magic The Gathering. (PG) **5.55** Are Video Games Really That Bad? (PG) **6.55** Chinese Dating With The Parents. (PG) Final. **8.25** Movie: Arbitrage. (M) (2012) **10.30** Movie: Easy Money. (MA15+) (2010) **12.45** The Movie Show. **1.15** The Movie Show. **1.45** Hamilton's Pharmacopeia. (M) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Marie Antoinette (2006) Biographical. Kirsten Dunst, Rose Byrne. (PG) **Masterpiece** **8.30pm** Ali's Wedding (2017) Comedy. Osamah Sami, Don Hany. (M) **Premiere**

GENERAL

5.00pm The Fosters. (M) **FOX8** **9.35pm** Bliss. **BBC First** **10.30pm** Sleepy Hollow. (M) **FOX8**

DOCUMENTARY

7.30pm Fatal Attraction. (M) **Crime & Investigation** **9.30pm** Gear Dogs. (PG) **Discovery Turbo** **10.30pm** River Monsters. (PG) **Animal Planet**

SPORT

1.30pm Football. AFL. Round 6. Geelong v Sydney. **Fox Footy** **4.30pm** Football. AFL. Round 6. GWS Giants v Brisbane Lions. **Fox Footy** **5.30pm** Rugby League. NRL. Round 8. Gold Coast Titans v Cronulla Sharks. **Fox League** **7.00pm** Soccer. A-League Finals. Semi-final. **Fox Sports 501**

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

2804

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MENDELSSOHN MAGIC

Date: 28 April 2018, 2pm

Location: Clontarf Beach State High School Hall, Isobel Street, Clontarf Beach, QLD

The Moreton Bay Symphony Orchestra, Youth Symphony & Junior Strings present a concert comprising the works of German composer Felix Mendelssohn. This concert features Mendelssohn's Violin Concert in E Minor, Op. 64 played by solo violinist Andre Allavena.

Tickets Cost: \$20 Adult, \$15 Student, \$10 School Age Children

APR 28

12TH NIGHT (QUEENSLAND THEATRE)

Date: 28 Apr to 19 May 2018

Location: The Playhouse Southbank

A shipwreck sets in motion a wild and whimsical tale of mistaken identities, separated twins, rebellious servants, unrequited love and a pair of ridiculous yellow stockings. After the twelfth night, the land of Illyria will never be the same.

Washed ashore and separated from her twin brother, the plucky Viola must learn to survive alone in an exotic foreign country. Disguising herself as a man, she quickly becomes entangled in a web of amorous pursuits gone awry. As Cupid's arrows send dukes and countesses running in disastrous directions, a wacky entourage of servants and drunken freeloaders watch on in amusement. All the while, Viola must fight to ensure nothing blows her cover.

Shakespeare's hilarious and lovable characters are brought to life through all new songs by legendary composer Tim Finn (Ladies in Black, Split Enz, Crowded House) and a cast of comedic greats including Jason Klarwein, Christen O'Leary and Jessica Tovey.

More info and tickets via www.qpac.com.au

APR 28
-MAY 19

PANIYIRI GREEK FESTIVAL

Date: Saturday May 19 - Sunday May 20

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

Brisbane's famous Paniyiri Greek Festival will take over the city in a haze of haloumi-flavoured smoke and Zorba-inspired high kicks, organisers have promised a two-day celebration of authentic flavours, faces and culture with free public transport to and from the event!

So, calling all fans of food, fun, dance, music and flavour-driven festival vibes: diarise May 19 and 20 for the most authentic celebration of the year.

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

Tickets are available now online at www.paniyiri.com

MAY 19-
MAY 20

INTERNATIONAL CAKE SHOW

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

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

Cost: Early Bird Online Booking \$24 per day

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

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

For more info and tickets visit www.acada.com.au

MAY
18-20

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

NINE

6.00 Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Netball. Super Netball. Round 1. Giants v Sunshine Coast Lightning. From Qudos Bank Arena, Sydney. **3.00** Sunday Football Preview. **4.10** Rugby League. NRL. Round 8. Parramatta Eels v Wests Tigers. From ANZ Stadium, Sydney. **6.00** Nine News. **7.00** The Voice. **8.30** 60 Minutes. **9.30** I Shot My Parents. (M) **10.50** Killer On The Line. (M) **11.50** Major Crimes. (M) **12.50** Cold Case. (M) **1.50** South Aussie With Cosi. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yo-Kai. (PG) **3.00** Gumball. (PG) **3.30** Teen Titans. (PG) **4.00** Be Cool, Scooby-Do! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Big Bang. (PG) **9.00** Movie: London Has Fallen. (MA15+) (2016) **11.00** Big Bang. (PG) **12.00** Adult Swim. (M) **12.05** Robot Chicken. (MA15+) **12.15** Mike Tyson Mysteries. (MA15+) **12.30** China, IL. (MA15+) **1.00** Tattoo Fixers. (MA15+) **2.00** Most Terrifying Places In America. (MA15+) **3.00** Yo-Kai. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** Bewitched. **2.00** To Be Advised. **3.30** To Be Advised. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) **8.30** Sunday Night. Hosted by Melissa Doyle. **9.30** Crimes That Shook The World. (MA15+) Documents the hunt for the Suffolk Strangler, a serial killer responsible for the deaths of five prostitutes in Ipswich, England. **10.30** Criminal Confessions. (M) **11.30** Blindspot. (M) **12.30** The Windsors. (M) **1.00** The Windsors. (M) **1.30** Grandfathered. (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** It Is Written. (PG) **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** Australia's Best Backyards. **11.30** NBC Today. **12.30** Room For Improvement. **1.45** Escape To The Continent. **3.00** Escape To The Country. **5.00** The Hairy Bikers' Northern Exposure. (PG) **6.00** Mighty Ships. (PG) **7.00** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) **9.30** Gold Coast Medical. (PG) **10.30** Border Security: Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** The Hairy Bikers' Northern Exposure. (PG) **4.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Australia By Design: Innovation. **9.30** St10. (PG) **12.00** Photo Number 6. (PG) **1.00** To Be Advised. **2.00** To Be Advised. **2.30** To Be Advised. **3.00** Bondi Vet. (PG) **4.00** RPM. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** Bachelor In Paradise. (PG) Hosted by Osher Günsberg. **8.30** NCIS. (M) The team in Washington, D.C. continue to search for a missing Gibbs and McGee. **9.30** SEAL Team. (M) Jason leads the SEAL Team on a dangerous daytime mission that sees Sonny wounded. **10.30** The Sunday Project. **11.30** 48 Hours. (M) **12.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 11. Brumbies v Crusaders. **10.00** Operation Repo. (PG) **10.30** Escape Fishing. **11.00** Life Inside The Markets. (PG) **11.30** Air Racing. Red Bull Series. Highlights. **12.00** Air Racing. Red Bull Series. Highlights. **12.30** Reel Action. **1.00** Pat Callinan's 4x4 Adventures. **2.00** Cruise Mode. **3.00** The Doctors. (PG) **4.00** Places We Go. **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Bondi Rescue. **6.30** Scorpion. (PG) **7.30** NCIS: Los Angeles. (PG) **8.30** Ambulance UK. (M) **9.45** CSI: NY. (MA15+) **11.45** VF Confidential. (M) **12.45** Highlander. (M) **1.45** RPM. **2.45** Operation Repo. (PG) **3.45** The Doctors. **4.45** Highlander. (M) **5.45** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Aust. **2.30** Ask The Doctor. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.25** Children's Programs. **4.50** David Attenborough's Micro Monsters. **5.15** Father Brown. (PG) **6.00** The Checkout: Factory Seconds. (PG) **6.25** Hard Quiz. (PG) Final. **7.00** ABC News Sunday. **7.40** Grand Designs. **8.30** Midsomer Murders. (PG) **10.00** Miniseries: National Treasure. (M) **10.50** Harrow. (M) **11.45** Silent Witness. (MA15+) **12.45** Miniseries: National Treasure. (M) **1.35** Doctor Who. (PG) **2.25** Rage. (MA15+) **4.00** Antiques Roadshow. **5.00** Insiders.

ABC COM

6.00 Children's Programs. **6.35** Movie: Fireman Sam: Alien Alert. (G) (2016) **7.35** Children's Programs. **5.55** The Hive. Final. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Floogals. **6.40** Play School. Final. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Penn & Teller: Fool Us. (PG) **8.40** Judith Lucy: Nothing Fancy. (MA15+) **9.55** Alan Davies: As Yet Untitled. (M) **10.45** Adam Hills: The Last Leg. (M) **11.20** W1A. (M) **11.55** Plebs. (M) **12.25** Idiotsitter. (M) **12.50** Free Agents. (MA15+) **1.15** The Thick Of It. (M) **1.45** Dirty Laundry. (MA15+) **2.35** News Update. **2.40** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **9.30** Soccer. EPL. Liverpool v Stoke City. Replay. **12.00** WorldWatch. **1.00** Speedweek. **3.00** Cycling. Liège-Bastogne-Liège. Highlights. **4.00** Motorcycle Racing. Superbike World Championship. Round 4. Highlights. **4.30** FIFA 2018 World Cup: Road To Russia. **5.05** Small Business Secrets. **5.35** After Hitler. (PG) **6.30** News. **7.30** The Celts. (PG) **8.35** Movie: Capitalism: A Love Story. (M) (2009) **11.00** Exodus: Our Journey. **12.10** Inside The Desert City. **1.20** Movie: Hero. (M) (2002) **3.10** Movie: Vargas: A Dubious Place. (M) (2010) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. (PG) **1.30** 10,000 BC. (PG) **2.20** Earthworks. (PG) **3.10** Gaycation Presents: Orlando. (PG) **4.00** Corruption, Cocaine And Murder In Trinidad. (PG) **4.30** VICE. (PG) **5.05** The Therapist. (PG) **5.30** Trump: 100 Days. (PG) **6.20** Vs Arashi. **7.20** If You Are The One. **8.30** 24 Hours In Police Custody. (M) **9.30** Mutiny. (M) **10.25** Date The World. **10.35** Adam Looking For Eve. (MA15+) **11.30** Adam Looking For Eve. (MA15+) **12.25** Sex Box USA. (M) **1.20** Weediquette. (PG) **1.45** Hamilton's Pharmacopeia. (MA15+) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.20pm The Power Of One (1992) Drama. Stephen Dorff, Morgan Freeman, John Gielgud. (PG) **Masterpiece** **6.30pm Jack Reacher: Never Go Back** (2016) Action. Tom Cruise, Cobie Smulders. (M) **Action** **9.05pm Gnomeo & Juliet** (2011) Animated. Voices of James McAvoy, Emily Blunt. (G) **Family**

GENERAL

6.40pm Grey's Anatomy (MA15+) **Showcase** **8.00pm The Mick**. (M) **FOX8**

DOCUMENTARY

7.30pm The Investigator: A British Crime Story. Premiere. (M) **Crime & Investigation** **7.30pm Rocky Mountain Railroad**. (PG) **Discovery** **8.30pm 90 Day Fiance: Before The 90 Days**. (PG) **TLC**

SPORT

3.00pm Football. AFL. Round 6. Collingwood v Richmond. **Fox Sports 503** **4.10pm Rugby League**. NRL. Round 8. Parramatta Eels v Wests Tigers. **Fox League**

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

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** The Voice. **3.00** News
 Now. **4.00** Afternoon News. **5.00**
 Millionaire Hot Seat. **6.00** Nine
 News. **7.00** A Current Affair. **7.30**
 The Voice. **9.00** Sam Smith Live In
 London. (PG) **10.10** 100% Footy.
 (M) **11.10** Two And A Half Men.
 (PG) **11.40** Two And A Half Men.
 (PG) **12.05** The Bible. (M) **1.00**
 Postcards. (PG) **1.30** TV Shop:
 Home Shopping. **2.00** Extra.
2.30 Global Shop. **3.00** Skippy
 The Bush Kangaroo. **3.30** Good
 Morning America. **5.00** News Early
 Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00**
 Car SOS. (PG) **12.00** Total Divas.
 (M) **1.00** Dawson's Creek. (PG)
2.00 Children's Programs. **2.30**
 Yu-Gi-Oh! (PG) **3.00** Pokémon
 The Series: Sun & Moon. **3.30**
 Ninjago. (PG) **4.00** Kids' WB. (PG)
4.05 Teen Titans. (PG) **4.30** Ben
 10. (PG) **5.00** Clarence. (PG) **5.30**
 Adv Time. (PG) **6.00** Friends. (PG)
7.00 Big Bang. (PG) **8.30** Movie:
 The Cable Guy. (M) (1996) **10.30**
 Big Bang. (PG) **12.00** 2 Broke
 Girls. (M) **12.30** Friends. (PG) **1.30**
 Clarence. (PG) **2.00** Yu-Gi-Oh!
 (PG) **2.30** Pokémon The Series:
 Sun & Moon. **3.00** Ben 10. (PG)
3.30 Beyblade Burst Evolution.
4.00 Teen Titans. (PG) **4.30** Adv
 Time. (PG) **4.50** Power Rangers
 Dino Super. (PG) **5.10** Regal
 Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00**
 Movie: Deceit. (M) (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) Ben goes back to work. **7.30**
 My Kitchen Rules. (PG) Teams have
 a third chance to advance to the
 semi-finals, and they deliver some
 of their best cooking. Hosted by
 Pete Evans and Manu Feildel. **9.00**
 The Mentor. (PG) Mark Bouris
 visits small business owner Kim,
 who is struggling to juggle her
 Cronulla florist and parenthood.
10.00 The Resident. (M) Nic
 is under investigation. **11.00**
 The Blacklist. (M) **12.00** Talking
 Footy. **1.30** Travel Oz. (PG) **2.00**
 Shopping. **4.00** NBC Today. **5.00**
 News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Get Arty. **7.30** Kitty
 Is Not A Cat. **8.00** Jay's Jungle.
8.30 Million Dollar Minute. **9.30**
 Auction Squad. **10.30** Mighty
 Ships. (PG) **11.30** Room For
 Improvement. **12.00** NBC Today.
1.00 NBC Press. **2.00** Million
 Dollar Minute. **3.00** Harry's
 Practice. **3.30** Auction Squad.
4.30 Animal Rescue. **5.00** Medical
 Emergency. (PG) **5.30** Escape To
 The Country. **6.30** Bargain Hunt.
 (PG) **7.30** Rosemary & Thyme.
 (PG) **8.30** Lewis. (M) **10.30** Blue
 Murder. (M) **11.30** Bargain Hunt.
 (PG) **12.30** Harry's Practice. **1.00**
 Auction Squad. **2.00** France:
 Soaring With The Senses. (PG)
3.00 Escape To The Country. **4.00**
 Million Dollar Minute. **5.00** Animal
 Rescue. **5.30** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent.
 Tonight. **7.30** Bold. (PG) **8.00**
 Family Feud. **8.30** Studio 10. (PG)
12.00 Dr Phil. (PG) **1.00** To Be
 Advised. **2.00** Ent. Tonight. (PG)
2.30 Neighbours. **3.00** Judge Judy.
 (PG) **3.30** My Market Kitchen.
4.00 GBC. **4.30** Bold. (PG) **5.00**
 News. **6.00** Family Feud. **6.30** The
 Project. **7.30** Bachelor In Paradise.
 (PG) Final. **9.00** Roseanne. (PG)
 Return. Roseanne and Dan
 adjust to living under the same
 roof with Darlene and her two
 children when Darlene loses her
 job. **9.30** 2017 Montreal Comedy
 Festival. (M) Tommy Little presents
 highlights of the 2017 Montreal
 Comedy Festival. **10.30** The
 Project. **11.30** Stephen Colbert.
 (PG) **12.30** Shopping. **4.30**
 CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM.
9.00 iFish. **9.30** A Taste Of Travel.
10.00 Healthy Homes Australia.
10.30 Bondi Rescue. (PG) **11.00**
 Cheers. (PG) **12.00** Get Smart.
 (PG) **1.00** The Doctors. **2.00**
 Matlock. (M) **3.00** Diagnosis
 Murder. (PG) **5.00** Star Trek:
 Voyager. (PG) **6.00** Bondi Rescue.
6.30 The Greatest Wildlife Show
 On Earth. (PG) **7.30** Walker,
 Texas Ranger. (M) **8.30** NCIS. (M)
10.30 Motor Racing. Formula 1.
 Round 4. Azerbaijan Grand Prix.
 Highlights. From Baku City Circuit.
 Baku, Azerbaijan. **11.30** Super
 Rugby Extra Time. **12.30** Home
 Shopping. **2.00** Matlock. (M)
3.00 Diagnosis Murder. (PG) **5.00**
 The Doctors.

ABC

6.00 News Breakfast. **9.00** ABC
 News Mornings. **10.00** Antiques
 Roadshow. **11.00** Grand Designs.
12.00 ABC News At Noon. **1.00**
 Landline. **2.00** Seven Types Of
 Ambiguity. (M) **3.00** Gardening
 Australia. **3.25** Doctor Who. (PG)
4.15 Pointless. **5.00** ABC News At
 Five. **5.10** The Drum. **6.00** Think
 Tank. (PG) **7.00** ABC News. **7.30**
 7.30. **8.00** Australian Story. **8.30**
 Four Corners. **9.15** Media Watch.
 (PG) **9.35** Q&A. **10.40** ABC Late
 News. **11.10** The Business. **11.25**
 Golf. PGA Tour. Classic Of New
 Orleans. Highlights. From TPC of
 Louisiana, Avondale, Louisiana.
12.20 Doctor Who. (PG) **1.10**
 Rage. (MA15+) **3.25** Antiques
 Roadshow. **4.25** Murder, She
 Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.35**
 Floogals. **6.45** The Justine Clarke
 Show! **6.55** Andy's Baby Animals.
7.05 Ben And Holly. **7.20** Shaun
 The Sheep. **7.30** Spicks And
 Specks. (PG) **8.00** The Librarians
 (PG) **8.30** The Librarians (M)
9.00 Tonightly With Tom Ballard.
 (M) **9.30** Free Agents. (MA15+)
9.55 Judith Lucy: Nothing Fancy.
 (MA15+) **11.05** The Office. (PG)
11.30 30 Rock. (M) **11.50** Parks
 And Recreation. (PG) **12.10**
 Tonightly With Tom Ballard.
 (M) **12.40** Inside Amy Schumer.
 (MA15+) **1.05** Other People's
 Problems. (M) **1.10** The Office.
 (PG) **1.35** 30 Rock. (M) **1.55**
 Parks And Recreation. (PG) **2.20**
 News Update. **2.25** Close. **5.00**
 The Hive. **5.05** Arthur. **5.30**
 Curious George.

SBS

6.00 WorldWatch. **12.30** Turkish
 News. **1.00** Al Jazeera. **2.00** Celtic
 Woman: The Greatest Journey.
3.00 Cancer: The Emperor Of
 All Maladies. (PG) **4.00** The
 Ganges With Sue Perkins. (PG)
5.00 I Heart My People. (PG)
5.30 Letters And Numbers. **6.00**
 River Cottage Australia. (PG) **6.30**
 News. **7.30** Elizabeth. (M) **8.30**
 Michael Mosley: Trust Me, I'm
 A Doctor. (PG) **9.30** 24 Hours In
 Emergency. (M) **10.25** SBS News.
10.55 The World Game. **11.25**
 Agatha Christie's Criminal Games.
 (M) **1.10** Mammón. (M) **2.10**
 Mammón. (M) **3.10** Mammón.
 (M) **4.10** Food Lover's Guide.
4.40 France Bitesize. **4.50** France
 Bitesize. **5.00** CGTN English News.
5.15 NHK World English News.
5.30 Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK
 Japanese News. **11.35** Hindi News.
12.00 Movie: Wolf Children. (PG)
 (2012) **2.05** Fashionista. **2.15**
 It's Supertime! (PG) **2.40** It's
 Supertime! (PG) **3.05** Vs Arashi.
4.00 The Mindy Project. (PG) **4.30**
 The War On Kids. (PG) **4.55** If You
 Are The One. **6.10** Brooklyn Nine-
 Nine. (PG) **6.35** MythBusters. (PG)
7.35 The Feed. **8.05** Travel Man.
 (PG) **8.35** Movie: 50/50. (MA15+)
 (2011) **10.25** Movie: After Hours.
 (M) (1985) **12.15** From Dusk
 Till Dawn. (MA15+) **1.05** From
 Dusk Till Dawn. (MA15+) **1.55**
 Epicly Later'd. (M) **2.45** CGTN
 English News. **3.00** Thai News.
3.30 Bangla News. **4.00** Punjabi
 News. **4.30** Sri Lankan Sinhalese
 News. **5.00** Korean News. **5.30**
 Indonesian News.



MOVIES

8.30pm The Mummy (2017)
 Action. Tom Cruise,
 Sofia Boutella. (M)
Premiere
8.30pm The Young Victoria (2009)
 Biographical. Emily
 Blunt, Miranda
 Richardson. (PG)
Masterpiece
10.25pm Split
 (2016) Thriller. James
 McAvoy, Anya Taylor-
 Joy. (M) *Premiere*

GENERAL

1.30pm Fear The Walking Dead.
 (MA15+) *Showcase*
8.30pm Tin Star.
 (MA15+) *BBC First*
8.30pm The Coroner. (PG) *UKTV*

DOCUMENTARY

7.30pm Food Factory USA. (PG)
Discovery Science
8.30pm Jamie & Jimmy's Food Fight Club. (PG) *Lifestyle Food*

SPORT

6.00am Soccer.
 Major League.
 Colorado Rapids v
 Orlando City SC.
ESPN2
6.00am Basketball.
 NBA Playoffs. *ESPN*
10.00am Baseball.
 Major League. Los
 Angeles Angels of
 Anaheim v New York
 Yankees. *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. **1.00** Extra. **1.30** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.00** Diana To Meghan: Royal Wedding Secrets. **10.00** Beauty And The Beach. (M) **11.00** Mom. (M) **11.30** Mom. (M) **12.00** 20/20. **12.50** The Closer. (M) **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **12.30** Auction Hunters. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Science Of Stupid: Sports. (M) **8.30** Movie: Super 8. (M) (2011) **10.45** Big Bang. (PG) **11.15** 2 Broke Girls. (M) **12.15** Friends. (PG) **1.15** Aqua Teen Hunger Force. (M) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Perfect Husband. (M) (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) **8.00** News. **8.30** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **9.00** Interview. (M) Andrew Denton interviews a range of fascinating people in an effort to find out what makes them tick. **10.00** Grey's Anatomy. (M) **11.00** Grey's Anatomy. (M) An immigration officer visits Grey Sloan. **12.00** Cosmetic Coffee. (M) **12.30** The Windsors. (M) **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** Inspector Morse. (M) A journalist's murder is investigated. **10.30** Suspects. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** France: Soaring With The Senses. (PG) **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** GCB. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bondi Rescue. (PG) **8.00** Bondi Rescue. (PG) There are tens of thousands of people on the beach when the lifeguards are called out on a large-scale rescue. **8.30** Hughesy, We Have A Problem. Host Dave Hughes is joined by Lawrence Mooney, Kate Langbroek, Tommy Little and Becky Lucas. **9.30** NCIS: LA. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

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

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Seven Types Of Ambiguity. (M) **3.00** Surfing The Menu: The Next Generation. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** The Checkout: Factory Seconds. (PG) **8.30** Monash And Me. **9.30** Judi Dench: My Passion For Trees. **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Doctor Who. (PG) **1.15** Judi Dench: My Passion For Trees. **2.15** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Office. (M) **8.30** The Office. (PG) **9.00** Tonightly With Tom Ballard. (M) **9.30** Plebs. (M) **9.55** Idiotsitter. (M) Final. **10.20** Red Dwarf. (PG) **10.50** The Office. **11.15** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **12.00** Tonightly With Tom Ballard. (M) **12.25** Red Dwarf. (PG) **12.55** The Office. (PG) **1.20** 30 Rock. (PG) **1.40** Parks And Recreation. (PG) **2.00** News Update. **2.05** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Off The Record. (PG) **2.30** Good Listening. (PG) **3.00** Kylie Kwong: My China. Final. **3.30** How To Find Love Online. **4.35** Hitler's Secret Attack On America. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** Kim Jong-Un: The Man Who Rules From North Korea. **10.30** SBS News. **11.00** Spiral. (MA15+) **12.05** Spiral. (MA15+) Final. **1.10** Prison Dogs. (M) **2.30** The Tribe. (M) **3.25** Grand Tours. **4.00** Grand Tours. **4.30** Soccer. UEFA Champions League. Semi-final. Real Madrid v Bayern Munich. Second leg.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Black Heaven. (M) (2010) **1.50** 7 Days In Hell. (M) **2.45** PopAsia TV. (PG) **3.40** Billy On The Street. (PG) **4.05** The Mindy Project. (PG) **4.30** News. **4.55** If You Are The One. **6.05** Brooklyn Nine-Nine. (PG) **6.30** MythBusters. (PG) **7.30** The Feed. **8.00** Going Deep With David Rees. (PG) **8.30** Housos. (MA15+) **9.00** Housos. (MA15+) **9.30** Hate Thy Neighbour. (MA15+) **10.20** Perv Park. (M) **11.45** Mukbang. **12.35** News. **1.00** Desus And Mero. (M) **1.30** Black Market: Dispatches. (M) **1.55** The Feed. **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.

AUSTAR

MOVIES
6.50pm The Beguiled (2017) Drama. Nicole Kidman, Kirsten Dunst. (M) *Masterpiece*
6.50pm Death At A Funeral (2007) Comedy. Matthew Macfadyen, Rupert Graves. (M) *Comedy*
8.30pm The Great Wall (2017) Action. Matt Damon, Willem Dafoe. (M) *Premiere*

GENERAL
4.00pm The Mindy Project. (M) *Universal Channel*
7.30pm Doctor Who. (M) *Syfy*
8.30pm Frankie Drake Mysteries. (PG) *13th Street*

DOCUMENTARY
7.30pm Undercover High. (M) *Crime & Investigation*
7.30pm Genius. (M) *National Geographic*
7.30pm BattleBots. (PG) *Discovery*

SPORT
10.00am Ice Hockey. NHL Playoffs. *Fox Sports 503*
10.00pm Motorcycle Racing. Motocross World Championship. Round 6. MX2. Race 1. *Eurosport*

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

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NINE

6.00 Today. **10.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. **1.00** Extra. **1.30** The Voice. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.00** Young Sheldon. (PG) **8.30** Britain's Got Talent. (PG) Return. **10.00** Young Sheldon. (PG) **10.30** Young Sheldon. (PG) **11.00** Embarrassing Bodies Down Under. (MA15+) **12.00** Mom. (M) **12.30** House Husbands. (PG) **1.30** Murder In The First. (M) **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Regular Show. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Top Gear. (PG) **9.00** Movie: Riddick. (MA15+) (2013) **11.30** Street Outlaws. (M) **12.30** Friends. (PG) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: No Way Back. (M) (1995) **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** My Kitchen Rules. (PG) Hosted by Manu Feildel and Pete Evans. **9.00** Modern Family. (M) Return. Jay forces the family to spend their holiday on a houseboat on a lake in an effort to create memories. **9.30** Back With The Ex. (PG) When the ex-couples move in together, some find they are brought closer together. **10.40** Hell's Kitchen USA. (MA15+) **11.40** Big Kitchens. (PG) **12.10** Heroes Reborn. (M) **1.05** Heroes Reborn. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** A Touch Of Frost. (M) Frost investigates when a couple return from holiday to find a stranger's body in their bed. **10.30** Autopsy USA. (MA15+) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bondi Rescue. (PG) **8.00** Bondi Rescue. (PG) With throngs of tourists flocking to the beach, the lifeguards sound the shark alarm. **8.30** The Graham Norton Show. Irish comedian Graham Norton chats with Orlando Bloom, Stephen Merchant and SuRie. **9.30** This Is Us. (M) **10.30** Hawaii Five-O. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. **11.00** Cheers. (PG) **12.00** Echo: The Unforgettable Elephant. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. **6.30** Elsa: The Lioness That Changed The World. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **9.30** CSI: Miami. (MA15+) **10.30** CSI: NY. (MA15+) **11.30** VF Confidential. (MA15+) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Seven Types Of Ambiguity. (M) **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Julia Zemiro's Home Delivery. Return. **8.30** Gruen. Return. **9.10** The Weekly. Return. **9.40** Corey White's Roadmap To Paradise. New. **9.55** Tonightly With Tom Ballard. (M) **10.25** ABC Late News. **10.55** The Business. **11.10** Four Corners. **11.55** Media Watch. (PG) **12.15** Doctor Who. (PG) **1.00** Rage. (MA15+) **2.25** Press Club. **3.25** Louis Theroux: Gambling In Las Vegas. (M) **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.10** Go Jetters. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** To Be Advised. **8.30** To Be Advised. **9.00** Tonightly With Tom Ballard. (M) **9.30** An Idiot Abroad. (M) **10.15** Red Dwarf. **10.45** The Office. (PG) **11.10** 30 Rock. (M) **11.30** Parks And Recreation. (PG) **11.50** Tonightly With Tom Ballard. (M) **12.20** Red Dwarf. **12.50** The Office. (PG) **1.15** 30 Rock. (M) **1.35** Parks And Recreation. (PG) **2.00** News Update. **2.05** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 Soccer. UEFA Champions League. Semi-final. second leg. Continued. **7.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? (PG) **3.00** Dateline. **3.30** Insight. **4.30** I Bought My Own Rainforest. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Great Continental Railway Journeys. **8.35** Clean Eating: The Dirty Truth. **9.35** The Good Fight. (M) **10.40** Chance. (MA15+) **11.30** SBS News. **12.00** Movie: A Little Chaos. (2014) **2.10** Miniseries: The Hollow Crown. (M) **4.50** Gourmet Farmer Afloat Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: How I Ended This Summer. (M) (2010) **2.20** Bangladeshi Gang Rape. (M) **2.45** Over The Black Dot. **3.40** Billy On The Street. (PG) **4.05** The Mindy Project. (PG) **4.30** News. **5.00** If You Are The One. **6.10** Brooklyn Nine-Nine. (PG) **6.35** MythBusters. (PG) **7.35** The Feed. **8.05** Brooklyn Nine-Nine. (M) **8.30** The Crystal Maze. (PG) **9.30** Movie: 8 Mile. (MA15+) (2002) **11.40** Movie: All Is By My Side. (M) (2013) **1.45** News. **2.10** Desus And Mero. (M) **2.35** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.35pm Monster's Ball (2001) Drama. Billy Bob Thornton, Halle Berry. (MA15+) *Masterpiece*
8.30pm Get Out (2017) Thriller. Daniel Kaluuya, Allison Williams. (MA15+) *Premiere*
8.30pm The Edge Of Seventeen (2016) Drama. Hailee Steinfeld, Woody Harrelson. (M) *Comedy*

GENERAL

7.00pm Making A Model With Yolanda Hadid. (PG) *E!*
8.30pm Shetland. (M) *BBC First*

DOCUMENTARY

7.30pm Something's Killing Me. (M) *Crime & Investigation*
7.30pm One Strange Rock. (PG) *National Geographic*
9.30pm Heroin Triangle: Intervention. (M) *Crime & Investigation*

SPORT

9.00am Baseball. Major League. Houston Astros v New York Yankees. *ESPN*
10.00am Ice Hockey. NHL Playoffs. *Fox Sports 503*

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Britain's Got Talent. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Thursday Night Football Preview. **7.50** Rugby League. NRL. Round 9. Brisbane Broncos v Canterbury Bulldogs. From Suncorp Stadium, Brisbane. **9.45** The NRL Footy Show. (M) **11.00** The AFL Footy Show. (M) **12.30** Al McGlashan's Fish'n With Mates. (PG) **1.00** My Surf TV. **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: The Whole Ten Yards. (M) (2004) **11.30** WWE Raw. (MA15+) **12.30** Friends. (PG) **1.30** Clarence. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Murder Pact. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Justin risks losing his business. **7.30** My Kitchen Rules. (PG) In the second semi-final, two teams compete for the one remaining spot. Hosted by Manu Feildel and Pete Evans. **9.00** First Dates UK. (M) Singles experience the thrills of dating, including a bank manager who is back for a third chance at love with a teacher. **10.00** To Be Advised. **12.20** Code Black. (M) **1.20** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. (PG) **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Father Brown. (M) A criminal tries to steal an artefact. **8.30** Murdoch Mysteries. (M) After a man is shot during a burlesque performance, Murdoch is surprised to discover a familiar face in the audience. **11.30** Bargain Hunt. **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. (PG) **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Bold. (PG) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** Show Me The Movie! Rove McManus is joined by special guests Gyton Grantley, Fiona O'Loughlin, Natalie Bassingthwaite and Eddie Perfect. **8.30** Joel Creasy: Fame Whore. **9.30** Law & Order: S.V.U. (M) Rollins races to rescue a girl being held captive by her father. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. **11.00** Cheers. (PG) **12.00** Elsa: The Lioness That Changed The World. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. **6.30** David Attenborough's The Tree Of Life. **7.30** Walker, Texas Ranger. (M) **8.30** Cops: Adults Only. (M) **9.00** Movie: Over The Top. (PG) (1987) Sylvester Stallone, Robert Loggia, Susan Blakely. **11.00** SEAL Team. (M) **12.00** Highlander. (M) **1.00** Home Shopping. **2.00** The Doctors. (M) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG) **5.00** Highlander. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** Howard On Menzies: Building Modern Australia. (PG) Final. **2.00** Seven Types Of Ambiguity. (M) **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Miniseries: Kiri. (M) **8.50** Wentworth. (M) **9.40** QI. (M) **10.10** ABC Late News. **10.40** The Business. **10.55** Louis Theroux: The Most Hated Family In America. (M) **11.55** Doctor Who. (PG) **12.45** Rage. (MA15+) **2.30** Golf. PGA Tour. Classic Of New Orleans. Highlights. **3.25** Louis Theroux: Under The Knife. (PG) **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Frontline. (PG) **8.30** Frontline. (M) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Dead Boss. (M) New. **9.55** Comedy Up Late. (M) **10.25** Red Dwarf. (PG) **10.55** The Office. (PG) **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. (PG) **1.05** The Office. (PG) **1.25** 30 Rock. (M) **1.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Marngrook Footy Show. **3.25** Skies Above Britain. (PG) **4.30** Building The Ancient City. **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Luke Nguyen's Food Trail. (PG) **8.35** The Handmaid's Tale. **9.40** Next Of Kin. New. **10.35** The Night Manager. **11.40** SBS News. **12.15** Movie: The Snows Of Kilimanjaro. (M) (2011) **2.15** The Island: Women's Island. (M) **3.10** The Island. (M) **4.05** The Island. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Medianeras. (M) (2011) **1.40** 7 Days In Hell. (M) **2.30** Unicorns. (M) **3.00** Dead Set On Life. (PG) **3.30** Billy On The Street. (PG) **3.55** The Mindy Project. (PG) **4.25** News. **4.55** If You Are The One. **6.05** Brooklyn Nine-Nine. (PG) **6.30** MythBusters. (PG) **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Homecoming Queens. **10.25** Stoned. **11.20** UEFA Champions League Highlights. **12.20** News. **12.45** Desus And Mero. (M) **1.10** Ice Man. (M) **2.00** The Feed. **2.30** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.35pm The Trip To Spain (2017) Comedy. Steve Coogan, Rob Brydon. (M) **Masterpiece 7.30pm Paddington** (2014) Family. Hugh Bonneville, Nicole Kidman. (G) **Family 8.30pm Transformers: The Last Knight** (2017) Action. Mark Wahlberg, Josh Duhamel. (M) *Premiere*

GENERAL

6.00pm American Dad! (MA15+) **FOX8 8.00pm Flipping Boston**. (PG) **A&E 8.30pm Archer**. (MA15+) *Comedy Channel*

DOCUMENTARY

7.30pm Rock Poet: Jim Morrison. (PG) *Foxtel Arts* **7.30pm History's Greatest Lies**. (PG) *History* **8.30pm Michael Mosley's Meet The Humans**. Part 2 of 5. (PG) *BBC Knowledge*

SPORT

10.00am Softball. College. Regular Season. Oklahoma v Oklahoma State. *ESPN2* **10.00am Baseball**. Major League. Houston Astros v New York Yankees. *ESPN*

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



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Silk. (M) (2007) Michael Pitt, Sei Ashina. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Friday Night Football Preview. **7.55** Rugby League. NRL. Round 9. Penrith Panthers v North Queensland Cowboys. From Carrington Park, NSW. **10.45** Movie: Gangster Squad. (MA15+) (2013) Sean Penn, Ryan Gosling, Emma Stone, Josh Brolin. During the '40s, a squad of cops in Los Angeles pursues a ruthless mobster and his gang. **1.00** Mom. (M) **1.30** TV Shop. **2.00** Filthy Rich. (M) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** GMA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexō Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Clarence. (PG) **5.30** Adv Time. (PG) **6.30** Movie: Agent Cody Banks 2: Destination London. (PG) (2004) **8.30** Movie: The Hobbit: An Unexpected Journey. (M) (2012) **12.10** WWE Smackdown. (MA15+) **1.10** Total Divas. (M) **2.00** Yu-Gi-Oh! (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Night Stalker. (M) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh meets with Adelaide chef Poh Ling Yeow. Adam visits Gumeracha in South Australia and builds a wooden rocking horse. **8.30** Movie: RED. (M) (2010) Bruce Willis, Mary-Louise Parker, Morgan Freeman. After a retired CIA agent is attacked by a hit squad, he reassembles his old team to uncover his enemy's identity. **10.45** To Be Advised. **11.45** The Goldbergs. (PG) **12.15** Code Black. (M) **1.15** 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** Get Art. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** Auction Squad. **10.30** House Of Wellness. (PG) **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Border Security: Int. (PG) **8.30** Islands Of Britain. Part 3 of 3. **9.30** Building The Dream. Charlie helps a Royal Navy helicopter pilot. **10.30** The House That 100K Built. **11.30** Bargain Hunt. **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Medical Emergency. (PG)

TEN

6.00 The Talk. (PG) **7.00** Bold. (PG) **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. (PG) **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Two families try to win big prizes by guessing the most popular responses to a survey of the public. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** The Living Room. The team presents the latest gizmos and gadgets for the annual Hot or Not special. **8.30** To Be Advised. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Round 4. Azerbaijan Grand Prix. Highlights. **8.30** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Weekly. **8.30** Gruen XL. **9.10** Tonightly With Tom Ballard. (M) Final. **9.40** W1A. (M) **10.10** The Thick Of It. (M) **10.40** Red Dwarf. (PG) **11.15** The Office. (PG) **11.35** 30 Rock. (M) **12.00** Parks And Recreation. (PG) **12.20** Tonightly With Tom Ballard. (M) Final. **12.50** Red Dwarf. (PG) **1.20** The Office. (PG) **1.45** 30 Rock. (M) **2.05** Parks And Recreation. (PG) **2.30** News Update. **2.35** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **1.55** Miniseries: Kiri. (M) **2.55** Hatch, Match And Dispatch. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Harrow. (M) **9.25** Silent Witness. (M) **10.25** ABC Late News. **10.55** The Business. **11.15** The Weekly With Charlie Pickering. **11.45** Planet America. **12.30** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Weekly. **8.30** Gruen XL. **9.10** Tonightly With Tom Ballard. (M) Final. **9.40** W1A. (M) **10.10** The Thick Of It. (M) **10.40** Red Dwarf. (PG) **11.15** The Office. (PG) **11.35** 30 Rock. (M) **12.00** Parks And Recreation. (PG) **12.20** Tonightly With Tom Ballard. (M) Final. **12.50** Red Dwarf. (PG) **1.20** The Office. (PG) **1.45** 30 Rock. (M) **2.05** Parks And Recreation. (PG) **2.30** News Update. **2.35** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Poh's Kitchen. **4.00** Poh's Kitchen. **4.35** Jonathan Phang's Gourmet Express. **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Railway Journeys UK. (PG) **8.00** Railway Journeys UK. (PG) Final. **8.30** Movie: The Blues Brothers. (M) (1980) **11.00** Homeland. (MA15+) Final. **12.00** SBS News. **12.30** Movie: Thanks For Sharing. (MA15+) (2012) **2.30** Riviera. (MA15+) **3.25** Riviera. (M) **4.20** Food Lover's Guide. **4.50** Destination Flavour. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Names Of Love. (M) (2010) **1.50** 7 Days In Hell. (M) **2.40** Abandoned. (PG) **3.30** Billy On The Street. (PG) **4.00** The Mindy Project. (PG) **4.25** News. **4.55** If You Are The One. (PG) **6.10** Brooklyn Nine-Nine. (PG) **6.35** The Classic Car Show. (PG) **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve VIP. **9.25** Atlanta. (M) **10.00** The Handmaid's Tale. **11.05** Queer As Folk. (MA15+) **11.55** Date The World. **12.05** News. **12.30** Desus And Mero. (M) **12.55** Cocaine Of The Poor. (MA15+) **1.45** PopAsia TV. (PG) **2.45** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



MOVIES

6.10pm King Arthur: Legend Of The Sword (2017) Action. Charlie Hunnam, Astrid Bergès-Frisbey. (PG) **Premiere**
8.30pm What Happened To Monday? (2017) Sci-Fi. Noomi Rapace, Willem Dafoe. (MA15+) **Premiere**
8.30pm Little Miss Sunshine (2006) Comedy. Abigail Breslin, Toni Collette. (M) **Masterpiece**

GENERAL

7.25pm Holby City. (PG) **BBC First**
8.30pm Merciless. (MA15+) **Showcase**

DOCUMENTARY

7.30pm Life After: Chernobyl. (PG) **Animal Planet**
7.30pm Adventures Of Dr Buckeye Bottoms. (PG) **National Geographic Wild**
8.30pm The Incredible Dr Pol. (PG) **National Geographic Wild**

SPORT

7.50pm Rugby League. NRL. Round 9. Penrith Panthers v North Queensland Cowboys. **Fox League**
7.50pm Football. AFL. Round 7. Geelong v GWS. **Fox Footy**

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



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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Our doors opened early this morning as we set up for a Fashion Parade hosted by Atrium Boutique at Sandgate. A few of our very own ladies modelled some of the delightful fashions and accessories lovingly made in Australia. After the show was over there was plenty of time to purchase what our models had so elegantly paraded.

And to commemorate Anzac Day next week, our Treasurer baked a vast quantity of Anzac Biscuits for us all to enjoy with our morning cuppa.

Tuesday 1st May - 9.45am May General Meeting. We will also be joined by a Guest Speaker from the Lions Club of North Lakes who will speak to us about how they are supporting the Australian Lions Children's Mobility Foundation by holding their inaugural "Walk for an Aussie Kid" event at Lake Eden. Visitors welcome.

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

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

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



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10 -12 MAY 2018

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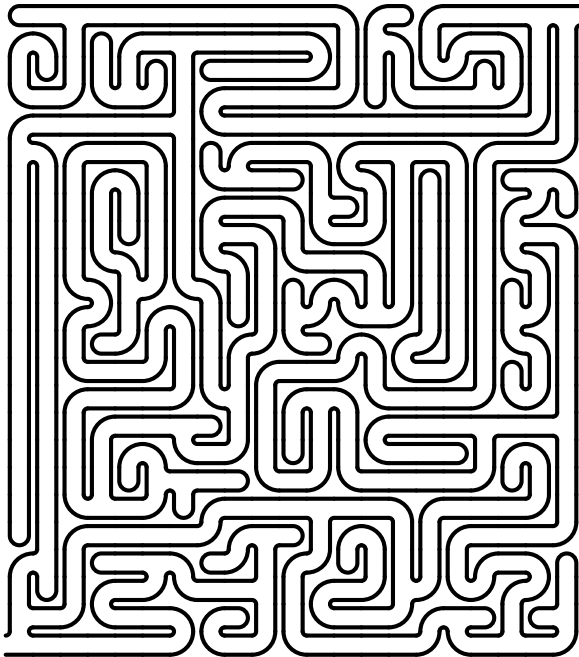
Phone 32034233



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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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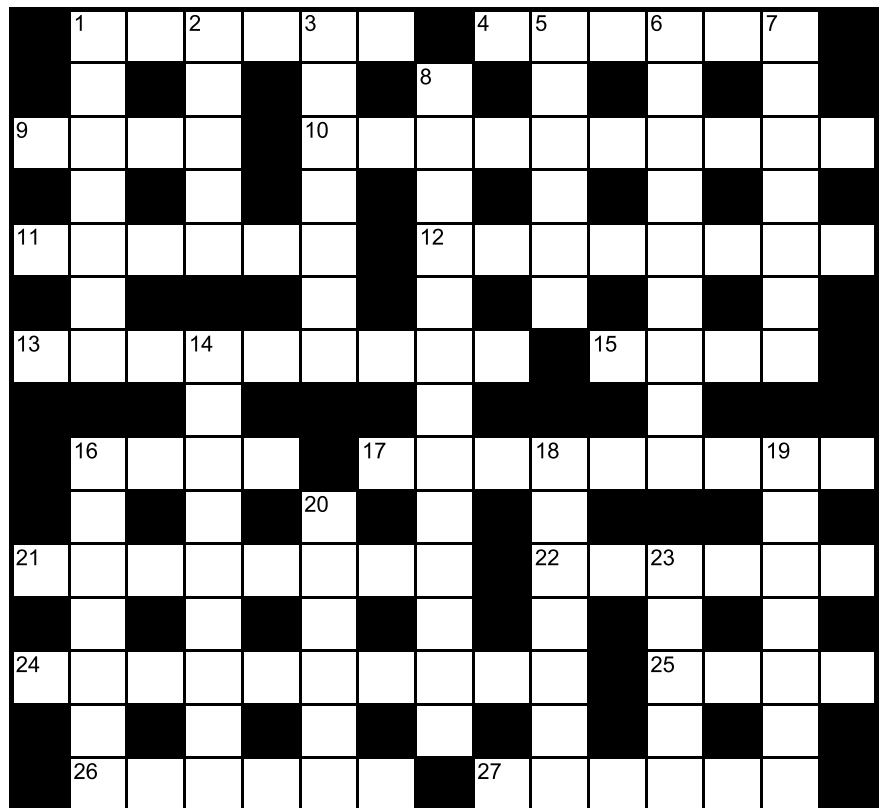
Global media megastar Laurie Stibbe creates these

ACROSS

- 1 A risk involving danger
- 4 Debated
- 9 In the middle of
- 10 Transparent plastic wrap
- 11 Cask, keg
- 12 Personal protection from rain
- 13 Military officer's assistants
- 15 Untamed
- 16 Enclosed conduit for fluid
- 17 Censure severely
- 21 Squid for food
- 22 Not as difficult
- 24 Increased illumination
- 25 Sheeite prayer leader
- 26 Musical composition of songs
- 27 Bell tower

DOWN

- 1 Authoritative instruction
- 2 Poisonous snake
- 3 Tube in the inner ear
- 5 Diamond-shaped objects
- 6 Paying little attention
- 7 Hung freely
- 8 Items of information
- 14 Not altered
- 16 Explanatory drawing
- 18 Foot pedal
- 19 Medical care
- 20 Palace
- 23 Firm, rigid



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To post email: community@northlakesmessenger.com.au

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

REAL ESTATE AGENT SELECTION SERVICES

REIA calls for funding transparency

Real estate agent selection agencies should be treated the same as financial advisers and directly remunerated by the vendor, according to the Real Estate Institute of Australia (REIA).

In a submission to the Royal Commission into Misconduct in the Banking Industry REIA President Malcolm Gunning said there has been a proliferation of businesses established to assist vendors selling their homes by choosing an agent for them.

"These businesses portray themselves as an impartial consumer advocate offering a free service to choose the most suitable agent for marketing their property," Mr Gunning said.

"On the surface this appears very attractive, the reality is however very different. Only those agents that are registered, or are, in some way associated with the selection service will be

referred to the vendor. The agent selection service is nothing more than a listing service for agents who subscribe to the service," he said.

Mr Gunning said whilst the service appears free to the vendor, the selection service is remunerated by the agent that it recommends.

"The selection services charge the agent a fee of around 20 per cent of their commission and the agent appointed will regularly seek a higher commission to off-set the costs of the selection service," he said.

"The vendor thus pays more and does not necessarily have the most appropriate agent," Mr. gunning said. In February of this year the commonwealth bank entered into a relationship with one of these selection services - localagentfinder.

"It is disappointing that the Commonwealth

Bank took this step knowing the obligations of financial advisers, including that they be transparently remunerated by the client," Mr Gunning said.

"Whilst REIA supports assisting vendors to select the agent that best responds to the vendor's specific needs when the service provider is remunerated by the agent that they select, there is a conflict of interest which should be addressed.

"Just as financial advisers are required to be remunerated by their client rather than the investment house where client's money is invested, REIA believes agent selection services should be remunerated transparently by the vendor," concluded Mr Gunning.

The Real Estate Institute of Australia (REIA) is the national professional association for real estate agents in Australia.

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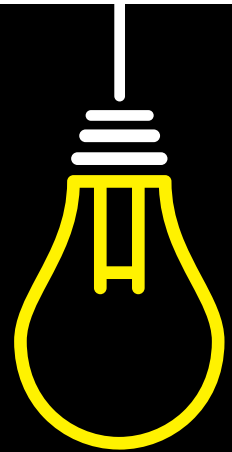
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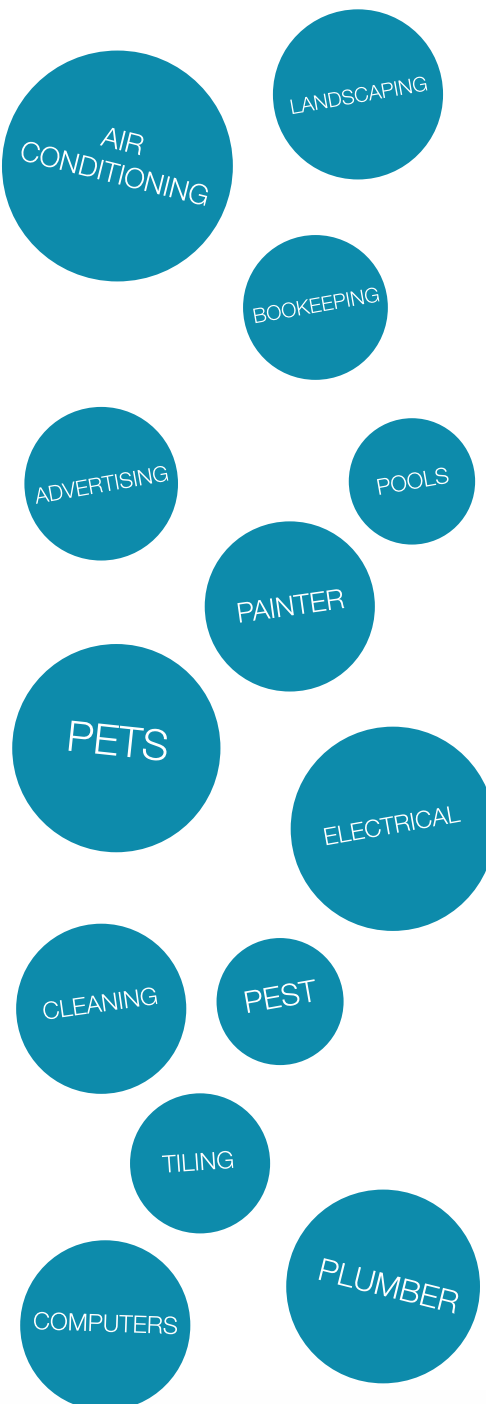
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