

THE Messenger

Lakes, Bay & Region · February 16, 2019

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A romantic couple is shown in profile, kissing in a field of tall, golden grass. The background is a soft, hazy sunset with warm orange and pink tones. The man is on the left, wearing a white t-shirt with a small pattern, and the woman is on the right, wearing a dark and light striped t-shirt.

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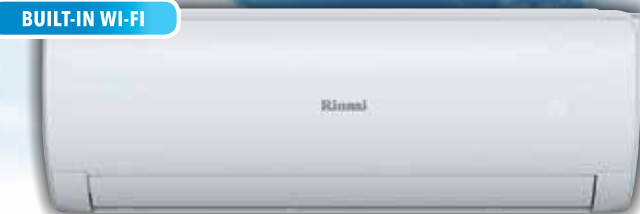
LEONIE ON: A TORTUROUS CHILDHOOD, ABUSER RETURNS

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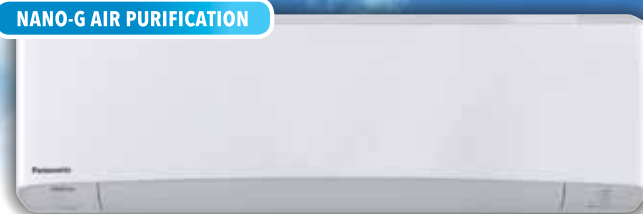
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Panasonic

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SET-ASTG09KMCA



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BRISBANE NORTHSIDE'S
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SECRET**

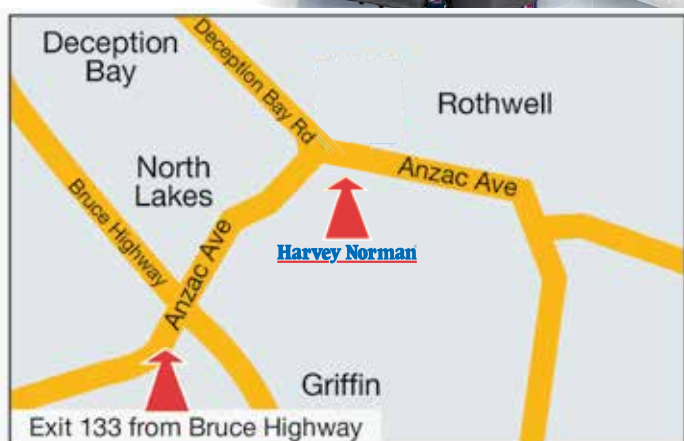
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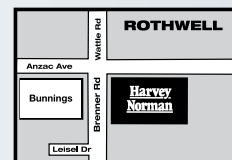
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A Road To

RESILIENCE

Written by Dalya Shaw

I may be stating the obvious when I say life happens to every single one of us. Sometimes it happens in a big way, sometimes not so much. In most cases, however, life's challenges catch us unprepared. Some have the power to shake us to our very core while others arrive as a series of smaller and annoying incidents.

I think it is a given that we will all experience challenging times regardless of our age, culture or location. It seems to be one thing that humans all over the world have in common. What is different from person to person, however, is the significance and the impact these events have on our lives and who we become as a result of experiencing them.

So, it got me thinking, how is it possible that two people can be presented with the same set of circumstances and each react very differently? And what is this word 'resilience' that gets bounced around today?

Let's take a significant event. Perhaps initially it flattens you. It is completely beyond language or words and totally incomprehensible. Now this same incident is what propels you to demand a heightened sense of meaning and significance. If we take this one step further, then every challenge therefore also presents an opportunity. This gives me incredible hope.

After lots of reading and some personal experience, I think that 'resilience' is the result of a process we go through after an event or series of events. Often it requires a huge shift in thinking to contain the new you. Certain events change who we are and force us into a new 'normal'. So, maybe resilience is not what happens when you 'get over' something but the process of becoming a greater and much stronger you by having moved through it.

So, what makes one person appear to be 'strong' or 'resilient' and not another? I believe the answer lies in the way we think. For me, it is

how we accept, process, and adapt to change. This presents another challenge however, which is in our perspective or view of events and our attitude towards what we see.

After doing some digging, I discovered there are numerous studies that show how our mind cannot distinguish between imagery and reality. So, essentially what we 'think' or what we 'tell ourselves' is happening, is what our mind takes as fact and reacts accordingly. I guess the bad news is that what we 'see' and what is 'real' are not necessarily the same. The good news is that we have a huge amount of control over our lives and that is exciting!

I found that it is not necessarily a change in the situation itself that makes the difference but a change in how we see it. I know I cannot control all the variables, but I can choose how I will react.

If we accept that things are going to happen, then we can now focus on what we can control and this is empowering. I love the phrase "We are stronger than we think we are ..." and I believe it is true.

If we were to monitor and be very deliberate about our self-talk and believe in ourselves enough to figure things out along the way and to trust on some level everything will be okay, our minds would take this as fact. Our thoughts need to be on the positive(s), and sometimes it may be only a single one sitting lonely all by itself, that we need to build on.

I know that we can never truly feel what someone else is going through as we are not them, we can only empathise. And I can only share with you what I have learnt and what has worked for me. At the end of the day, none of us are strangers to falling down but it is in the getting back up where the strength lies.

I am a big believer that everything happens for a reason and nothing in my life is random. I am also one of those crazy positive people that

sees the glass as always half full. I know that no matter how bad it is for me, there is always someone else out there that is worse off. I also know the feeling of relief and calm when I have taken the focus off myself and focussed on someone or something else.

So where does this really leave us? I wish I could say that simply changing the way we see a situation will make it all okay – it won't! But I believe it will help us move through the process to destination Resilient. If we can decide how we respond, then we get to choose who we are going to be as a result of our experience, and THIS is exciting!

It means that with every scenario comes an opportunity to grow and become a bigger, better and more wonderful version of our current selves. Knowing we have choices gives us a sense of control. We cannot avoid the bruises in life, but we can view the scars as us having shown up and participated.

We all have an incredible power and inner strength that we don't often need to tap in to, but it is there regardless. Sometimes it means having to dig deep, REALLY deep, into the depths of ourselves to find it. And when all is said and done, remember that your success rate for getting through tough times so far is 100%.

So, whatever you are facing at the moment or will face in the future, know that deep down **YOU'VE GOT THIS!**

Much love
Dalya ♥ xx



You can read more of Dalya's blogs at www.dalyashaw.com

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ABANDONED TROLLEY CLEANUP

LOCAL SUPERMARKETS WARNED TO CLEAN-UP ABANDONED TROLLEYS

Supermarket chains and other major retailers in the Moreton Bay Regional Council area have been warned to clean up their act and take responsibility for their abandoned trolleys.

Mayor Allan Sutherland said he had written to the worst offenders, threatening to increase fines.

"Discarded shopping trolleys represent a significant amenity issue right across the Moreton Bay Regional Council area," he said.

"In just the two months of August and September 2018 our Local Laws team impounded more than 200 abandoned shopping trolleys in the streets and waterways around the Caboolture area alone.

Spokesperson for Waste Cr Adam Hain said Council is committed to working with supermarkets, centre managers, retail chains and the local businesses that provide the use of shopping trolleys for customers to reduce the chances of them being dumped or abandoned throughout our communities.

"Despite Council's best efforts to have supermarkets collect their impounded trolleys, Council has had to dispose of a substantial number of impounded trolleys because the companies that own the trolleys simply refuse to collect them," he said.

"The current situation is untenable.

"Council's proactive efforts to engage with retailers concerning the local law requirements to prevent trolleys from being discarded or abandoned are not working and are not delivering on community expectations.

"To date Council has not opted to impose a retrospective requirement on retailers to install wheel-locking or coin-operated trolleys, however these options will now be considered in conjunction with future local law and planning scheme amendments.

"Something has to change and if the major retailers in our area don't lift their game, we will take action."

MATT PRESTON LIVE COOKING AT NORTH LAKES IKEA TODAY

Food icon and television personality, Matt Preston, will kick off a series of cooking workshops in North Lakes, today.

The workshops will take guests on a culinary journey of flavours around the globe featuring bespoke recipes created exclusively for IKEA. Mr Preston will even use one of IKEA's most famed ingredients to create the meatball taco.

Mr Preston will be sharing his trademark easy to create dishes using Swedish Food Market ingredients, and sharing pro-tips on how to make the most of your home and kitchen.

The event has two sessions on Thursday 14 February 2019: 10:15am - 12pm and 2:30pm - 4:15pm. The collaboration is exclusively for IKEA FAMILY members so jump online and register at www.events.ikea.com/au/en/events/#/store/north-lakes/

BRISBANE CITY POPS ORCHESTRA CONCERT MARCH 9

The much-loved Brisbane City Pops Orchestra is returning to the Redcliffe Cultural Centre Saturday



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BRIEFS

March 9 at 2pm with their *On Broadway* concert.

On Broadway, as its name suggests, will feature favourite melodies from the greatest musicals ever such as Phantom of the Opera, Les Mis, West Side Story, Fiddler on the Roof, Wizard of Oz and others.

Back by popular demand are two favourite soloists, soprano Leslie Martin-Nightingale and tenor Gregory Moore.

Tickets are \$35.00. Book online at www.redcliffeentertainmentcentre.com.au or ph one 3283 0407

PROBUS NORTH LAKES

PROBUS North Lakes is a community service club suitable for for active people who are retired or no longer working full time.

The club, currently seeking new members and welcoming visitors, gives people who join the opportunity to enjoy life with like-minded people. PROBUS North Lakes opens the door to new experiences and the fellowship of new friends.

If you would like to visit contact the Secretary at PO Box 519 North Lakes, or if you are interested in becoming contact Helen on 34805416.

COFFEE AND CRAFT MORNING AT QCWA MANGO HILL

QCWA Mango Hill group are hosting a relaxed morning of friendship, fun and craft. The group encourages you bring along your latest craft project on the day.

Mango Hill QCWA meet for social mornings on the

fourth Friday of each month at varying locations, the finer details can be found on the QCWA Mango Hill facebook page.

Their next social event will be held on 22 February 9:30am-11:30am at Starbucks Rothwell. Phone Fran 0414 183 296 or Ros 0400 801 654 for more information.

KING TIDE WARNING FOR MORETON BAY

Council is encouraging residents to prepare for king tides predicted to affect parts of Moreton Bay next week including White Patch, Scarborough, Toorbul and Bongaree.

Coastal areas in these locations may experience some impacts associated with the king tide, including road inundation, between Monday, 18 February and Thursday 21 February.

Tide levels of up to 2.76m are estimated in the region between 8:00am and midday during this period.

Residents are encouraged to remove small personal watercraft like kayaks and canoes from the water, avoid crossing flooded roads and monitor local conditions.

For more information about flood mapping and how to prepare your property go to council's website at www.moretonbay.qld.gov.au

CORRECTION: STREET SWAGS

In our last edition (*Messenger*, February 9, 2019) the Messenger reported incorrectly that Street Swags celebrated their first birthday. In fact, it was Revolution Sports Park's first birthday.

We apologise for any confusion caused by this error.



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A TORTUROUS CHILDHOOD, ABUSER RETURNS

Hi Leonie,

After a torturous childhood and dreadful emotional abuse from my mother, I stopped seeing her and broke off all contact. That would be coming up to thirteen years ago now.

I moved away, got therapy to help me deal on all levels and have done well. She would not have a bar of professional help, so I got it on my own. I moved away and worked hard on my self-esteem and managed to get a new life, with a husband and two great kids and then I was free – so I thought.

This January she found me and just rocked up on my door step saying she would like to heal our relationship. I was trapped with my children right there I couldn't put her out on the street but wanted nothing to do with her and I was in shock, I think. I still don't want a bar of her and have now finally put her out of my house. I can't believe that after all the time and effort I spent getting away from her and her toxic ways, that within days I was back to feeling like a helpless child with no control again.

She has not changed, and she is still the master at mind games and promising to change. I don't love her, and I don't want her back in my life. Now my mother in law is giving me grief and my children just don't get it and of course I don't want to go into details with them.

Now I come to find out that Mum is in regular contact with my in laws and singing the sad old song that I have put her out in the cold but is spinning lies about why. This has made me sick and feeling like a scared child again like no time has passed at all and I'm battling her crap again. She has infected my

life again.

My husband is really supportive because I have told him all the deep, and frankly immoral treatment I received but I don't think that I should have to go into details with my in laws. So after not sleeping at all last night, I thought to myself - I love the Messenger and I love you and wonder what you would do? So, this is me reaching out for advice.

Claire/Burpengary East

Hi Claire,

Sadly, your story is a common one. We tend to live in a world that thinks that children should respect their parents no matter what and there is often great pressure and judgement from others to never disconnect from a mother.

Society often lays the blame at the feet of the children if they choose to disconnect from a parent but that does not mean that you must accept this unfair and often uninformed societal view.

The truth is that there are times when mothers are toxic and hazardous to our mental health and the only safe thing to do after trying everything else is to disconnect. I might point out that you have a higher calling now that you are a mother and if your mother has a history of mind games, toxic behaviours and emotional abuse, you need to protect your children from people with these behaviours – no matter what the genetic connection.

In my view, giving birth to a child and parenting are two very different things. No mother should assume rights or governance

over a child just because they gave birth to them. My research has indicated that the most common reason given for maternal divorce is emotional abuse. So, you can see that you are not alone.

Of course, we should try to reconcile difference if possible and you say that you have tried to get your mother to engage with professional help in the past with no success. My actions would be to tell my mother that there will be no reconciliation.

Then I would ask my husband to tell his family to disconnect from this woman. These people know you and they should know that you would never disconnect from your mother without a good reason.

I feel that in marriages, its always best to have any issues with in laws addressed by the parent's child. They have history and often can make headway where a daughter or son in law can't. Ask him to tell them to butt out and to not interfere with what is a very challenging emotional issue.

Be honest with the children. I would not go into details with them but rather say that it is your job to keep them safe and that you will choose whom they have contact with. Don't get into an argument with children in these kinds of matters. Kids can become little bush lawyers and it's important to not allow them to make a complicated issue much harder than it needs to be. Say this is our decision and that's it!

If all this happens, your mother should eventually see that there are indeed consequences for her abusive behaviours and move on.

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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Queenslanders looking for love via dating apps and websites are being reminded of their consumer rights by the Office of Fair Trading.

Under the Australian Consumer Law, it is an offence for a business to make a false or misleading claim, or one that is likely to mislead or deceive, such as advertising a service with an incorrect or partial price, and that applies to dating apps and services.

Attorney-General and Minister for Justice Yvette D'Ath said although love was in the air at this time of year, the devil could be in the details for those signing up for dating apps and websites to find romance.

"Although it may be free to sign up to some dating apps and websites, they may then offer increased functionality for a price," she said.

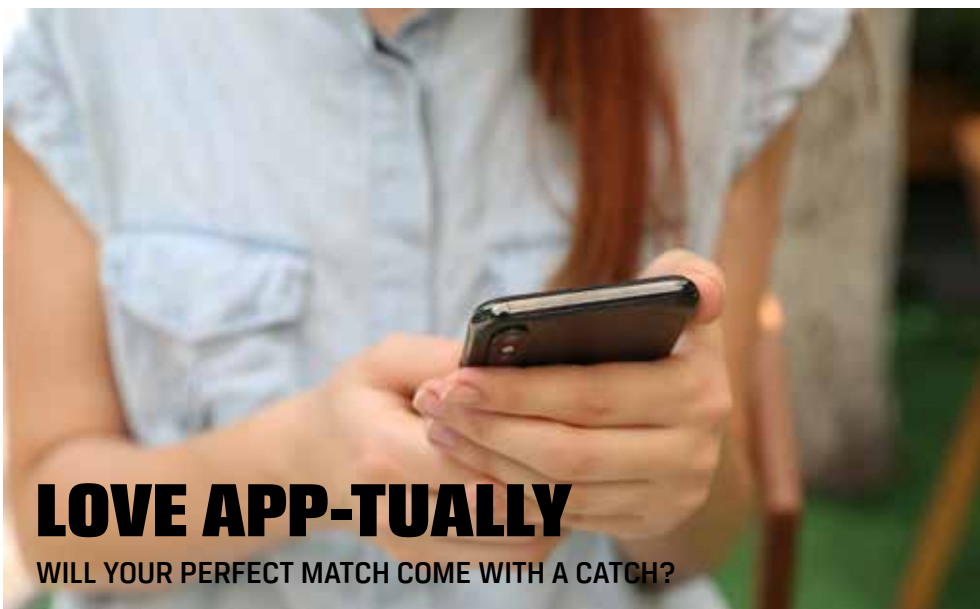
"For example, you may be able to view other people's profiles for free, but only be able to contact them or learn further details if you pay money.

"Before entering into a contract or paying any money, you should take the time to thoroughly read the associated terms and conditions to ensure you have a clear understanding of the services that will be available to you.

"Also take a moment to check whether there will be a fee payable if you end up cancelling the service."

Also a risk is scammers using dating apps and using various tricks to exploit people with fake profiles. According to Scamwatch, Australians lost more than \$24 million to dating and romance scams in 2018. Almost one-third of people who reported romance scams were also scammed financially as a result with people aged over 45 reporting the majority of the losses.

Think with your head as well as your heart this



Valentine's Day and protect yourself with these tips:

Be careful about how much personal information you share with strangers.

Don't open suspicious links, pop-up windows or click on attachments sent by unverified profiles or persons. These could infect your computer with malware.

Complete an image search through Google to ensure that the person has not simply stolen their profile photo from elsewhere.

If you agree to meet a romantic prospect in person, always tell your family and friends when and where you are going.

Avoid any arrangement with a stranger that asks for up-front payment via money order, wire transfer or international funds transfer.

If you have sent money or shared banking details with someone, contact your financial institution immediately. They may be able to stop or reverse a transaction, or close your account.

Any consumer who believes they have been misled by a dating service can lodge a complaint with the OFT and find information on their consumer rights at www.qld.gov.au/fairtrading.

More information on avoiding and reporting a scam is available at www.scamwatch.gov.au or www.qld.gov.au/fairtrading



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Not everyone is loved up for Valentine's Day. While many will celebrate their relationships, it can lead to mixed emotions for many others.

Valentine's Day can be especially tough for those still reeling from the fallout of a past relationship or a recent break up.

This time can be especially hard for young people, and it can spark emotions which can sometimes affect your mental health.

National Youth Mental Health Foundation headspace reminds young people that during these times it can be important to prioritise looking after yourself and offers some practical tips

There are things that you can do to make these hard times a little easier to handle.

1. Give yourself some space. You don't need to shut your ex out of your life but it might be helpful to try to spend some time apart for a while after the break-up – this can mean online, too.
2. Keep busy. You might find yourself with too much free time on your hands, especially on weekends. Plan ahead and do things that you usually enjoy.
3. Take time out for you. Do things that you find relaxing, like watching a movie, playing or listening to music, meditating, reading or playing sport.
4. Try not to use alcohol and other drugs to deal with the pain. While they might help you feel better at first, the after-effects are likely to leave you feeling much worse."

HOW TO COPE WITH VALENTINE'S DAY

IF YOU AREN'T FEELING THE LOVE

5. Give it time. Allow yourself time to cope with the change after a break-up and try and get regular sleep and exercise."
6. Break-ups are incredibly painful, and can feel like the end of the world. However, we know that young people are very resilient and commonly people can work through them in time, without any serious problems. Sometimes a break-up can lead to someone experiencing other problems such as depression.
7. These feelings can have a big impact on your daily life and stop you from doing the things

you enjoy. If it's been longer than two weeks and it's having a major impact, it's time to take action."

8. If you're struggling to move on after a break-up, or if you feel unsafe in any way, it's important to talk things through with someone you trust. This may be a friend or family member. If you'd prefer to talk to someone outside your family and friends, your general practitioner (GP), a counsellor, or someone at your local headspace centre can provide you with confidential support.

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LOCAL CONGESTION BUSTING PROJECTS GET FEDERAL FUNDING

PARENTS WILL BE ABLE TO GET HOME TO THEIR FAMILIES SOONER AND TRADIES WILL SPEND LESS TIME IN TRAFFIC JAMS FOLLOWING AN \$80 MILLION INJECTION FOR LOCAL CONGESTION BUSTING PROJECTS ACROSS BRISBANE'S NORTH

The cost of congestion has an actual dollar amount. In fact, Minister for Cities, Urban Infrastructure and Population Alan Tudge recently estimated the burden on Australia's capital cities to be \$25 billion per year. That figure is projected to grow to \$40 billion by 2030. Visiting last week, Prime Minister Scott Morrison said seven projects on the agenda will make a real difference to the lives of locals.

"I want people to spend less time stuck in traffic jams and more time at home with their families and working in their businesses – that is what matters," the Prime Minister said.

The investment includes \$50 million for upgrades on the Gympie Arterial Road to meet the significant increase in vehicle traffic and improve the connection to the southern end of the Bruce Highway.

New park and ride facilities will be created at Mango Hill and Ferny Grove train stations through an investment of \$15 million, helping more commuters to travel by train into the CBD.

Future flooding events at Youngs Crossing will be prevented through a \$7.75 million investment to help raise the level of the road.

Bracken Ridge residents and passers-through will benefit from \$7.5 million for three projects including: the upgrade of the Barbour Road and Norris Road intersection; upgrades to Norris Road between Telegraph Road and Bracken Ridge Road; and upgrades to Hoyland Street between Kluver Street and Bracken Ridge Road.

The funding forms part of a \$244.25 million investment in South East Queensland through the Federal Coalition's \$1 billion Urban Congestion Fund which was announced at the 2018-19 Budget.

Federal Member for Petrie Luke Howarth said he was pleased that the Federal Coalition Government is delivering for Mango Hill and Bracken Ridge residents.

"Because of our growing economy, we are able to deliver the services and infrastructure our community desperately needs."

The Liberal and Nationals' Government has invested more than \$20 billion in Queensland roads and rail since 2013, including over \$5 billion provided in last year's Budget.

Federal Member for Petrie Luke Howarth discusses the project with a local commuter last week



Major urban infrastructure projects already underway across South East Queensland include: the Gateway Upgrade North; M1 upgrades between Brisbane and the Gold Coast; and the Ipswich Motorway upgrade between Rocklea and Darra.

This is in addition to major future planned investments such as Brisbane Metro and Gold Coast Light Rail Stage 3A.

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LATE VALENTINES CELEBRATION?

SAMFORD'S MUSIC UNDER THE STARS THIS SATURDAY

Not all of us can find time to be romantic on the actual day. If the pressures of modern parenting or work or any other (reasonable) excuse sees you putting off the romance until the weekend, then how about a loved-up drive with funky live music, twilight markets and gourmet treats and the destination?

Samford's Music Under the Stars is a celebration of the hip township's gourmet foods, locally crafted products and enviable lifestyle this Saturday 16 February at John Scott Park from 4.30pm-7.30pm.

If baby-sitting is an issue, no matter, despite the romantic setting it's also a family friendly event perfect for packing a picnic rug, indulging yourself in the gourmet treats and finishing with a sweet treat.

If packing a picnic requires too much organisation for you, then Graze at Samford has you covered.

"We are curators of gourmet grazing boxes, grazing tables and personalised food experiences, inspired and sourced from the Samford Valley region," says company owner Rebecca Worton says.

"We believe in sharing the taste of the region



with locals and visitors seeking the benefits of fresh air, green spaces and local produce - it's the perfect way to entertain and we offer a variety of solutions to suit any occasion."

Explore the twilight markets and browse everything from pottery to macramé, leather goods and fair trade handmade items.

Highly acclaimed RedTie Band get Samford grooving to hits from Elvis, Stevie Wonder, Michael Jackson and Bruno Mars to mention a few.

They'll be joined throughout the afternoon by Mt Nebo's own a cappella ensemble, Peace 'n' Choir, and the chilled hits of acoustic duo Johanna and Jayden.

Samford Music Under the Stars is proudly presented by Moreton Bay Regional Council and proudly supported by Councillor Darren Grimwade.

For more information visit: www.moretonbay.qld.gov.au/events/council-community

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LAST MINUTE, LOCAL, VALENTINE'S DAY

THURSDAY 14TH FEBRUARY AT NORTH LAKES SPORTS CLUB!

If you haven't made plans for Valentines day yet... you're slack... but don't worry, North Lakes Sports Club will play cupid as their Valentine's Day Dinner and there are still tickets available.

The Dinner will provide an intimate setting for couples to enjoy Valentine's Day with live entertainment in the Discovery Room.

"Couples are spoilt with a four-course a-la-carte dinner including tapas and a dessert platter to share, along with a drink on arrival plus a rose adorning each table," said the General Manager Mr Sartori.

"The chefs have put an enormous amount of effort into creating a delicious selection for patrons to indulge in on the night with doors

opening from 6pm and dinner service commencing from 6.30pm.

"Darren Lawrence, one of our regular performers, will set the scene for the romantic dinner."

While it's best to book ahead for popular events like this, there are still some spaces at the four-course dinner which starts at \$45 per member and non-member's pricing at \$49.

The club is also running their first Diamond Daze draws on the night with up to \$50,000 worth of cash and diamonds to be won throughout the month of February.

Six lucky winners will each win up to \$1,100 in cash and diamonds on Valentine's Day night, and one lucky member will get to take home either \$5,000 cash or a diamond ring in the Diamond Daze major draw on Thursday 21st March.

Don't leave it to the last minute, shine bright like a diamond this Valentine's Day at North Lakes Sports Club and book tickets today.

Dinner tickets for Valentine's Day can be secured through the Foyer or online at www.northlakessports.com.au. To find out more, visit www.northlakessports.com.au or call North Lakes Sports Club on 1300 006 572.



what's on

DIAMOND DAZE

WIN A SHARE OF UP TO
\$50,000
IN CASH & DIAMONDS!

WEEKLY DRAWS FROM 6:30PM

THURS 14 FEB | THURS 21 FEB | THURS 28 FEB
THURS 7 MAR | THURS 14 MAR

6 X WINNERS EACH WEEK WILL WIN
UP TO \$1,100 WORTH OF CASH
& DIAMONDS!

MAJOR DRAW

THURSDAY 21ST MARCH FROM 6:30PM
ONE LUCKY MEMBER WILL WIN THEIR
CHOICE OF \$5,000 CASH OR
A DIAMOND RING!
PLUS \$2,000 IN RUNNER UP PRIZES!

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Fri 22 Feb
8PM - 1.30AM

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ALL NIGHT LONG

PLUS PRIZES FOR BEST DRESSED!

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Weekly Meal Deals

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<p>SUNDAY NIGHTS BUY 1 GET 1 FREE ROAST DINNER</p> <p>Roast of the day served with roasted vegetables, scalloped potatoes & beef jus</p> <p>\$19.90 members \$23.90 non-members</p>	<p>MONDAY NIGHTS BARRA MONDAYS *KIDS EAT FREE*</p> <p>Grilled or pan-fried crumbed barramundi with chips, salad & house made tartare</p> <p>\$14.90 members \$18.90 non-members</p>
<p>TUESDAY NIGHTS PARM A RAMA</p> <p>Beef, chicken or pork schnitzel served with ham, Napoli sauce & mashed potatoes, served with chips & salad</p> <p>\$14.90 members \$18.90 non-members</p>	<p>WEDNESDAY NIGHTS RUMP and PRAWNS</p> <p>250gms Rump & garlic prawns, served with chips, salad & choice of sauce</p> <p>\$14.90 members \$18.90 non-members</p>

Terms and conditions apply. Gamble Responsibly.

www.northlakessports.com.au



The Federal Court has ordered Optus pay a \$10 million penalty for its treatment of customers who unknowingly purchased games, ringtones and other digital content through its third-party billing service, following action by the ACCC.

Optus admitted that the company misled consumers and breached the ASIC Act when it billed customers for third party-produced content which they mistakenly bought or subscribed to through its "direct carrier billing" (DCB) service.

The \$10 million penalty is one of the highest imposed by the Court after ACCC action on a consumer matter, and equals the penalty paid by Telstra last year after it admitted to similar conduct.

Optus admitted that it did not properly inform customers that the DCB service was a default setting on their accounts, and that they would be billed directly by Optus for any content bought through the service, even unintentionally.

Optus, which earned commissions on items sold through the DCB service, also admitted that it knew from at least April 2014 that many customers were being billed for DCB content they had mistakenly or unknowingly signed up for.

The DCB service allowed a purchase or subscription to be confirmed and charged to a customer's bill after just one or two clicks on a web browser.

Despite receiving over 600,000 enquiries about the service, Optus failed to put in place appropriate identity verification safeguards,

and referred customers who sought to query DCB service charges to third parties.

Many customers then encountered significant difficulties in cancelling the purchases and obtain refunds from the third parties.

"In many cases, Optus customers had no idea they were buying anything, and certainly did not need or want the content for which they were being charged," ACCC chair Rod Sims said.

"Optus failed to take appropriate action, choosing instead to continue to charge customers and collect commissions on these sales, even after numerous complaints.

About 240,000 Optus customers have so far been refunded. The ACCC understands Optus has paid about \$8 million in refunds and third party providers another \$13 million.

Optus has committed to contacting potentially impacted customers who complained about the services and have not already received a refund, as well as those customers who Optus identifies as having been incorrectly charged. Optus will also review any future complaints in light of this action and deal with those customers in good faith.

Given the volume of enquiries to Optus about the service there are likely to be many affected customers that have not yet received a refund.

Customers are encouraged to check their Optus mobile account and, if they believe unauthorised charges have been applied under the DCB service, they should contact Optus on 13 39 37.



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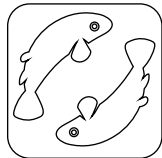
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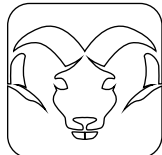
YOUR STARS



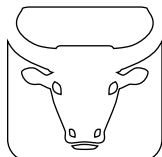
AQUARIUS. (Jan. 21- Feb. 19): The new moon in your sign signals a future full of new faces. One of these will become a very important person in your life.



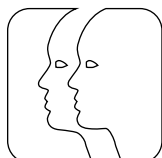
PISCES. (Feb. 20-March 20): Just because others miss what's important doesn't mean you should clue them in. Don't penalize yourself for being savvy. Press your advantage.



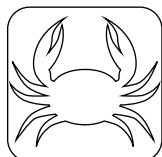
ARIES. (March 21-April 20): You and a partner both feel like square pegs being pushed into round holes, but you don't have to break up. Just change the geometry.



TAURUS. (April 21- May 21): Heated speculation about what's amiss is much ado about nothing. Accent the positive and things will turn out that way.



GEMINI. (May 22- June 21): Can you trust a loved one's promise to reform? Maybe. The onus is on this person, not you, so adopt and wait-and-see attitude.



CANCER. (June 22- July 23): You need the support of a curmudgeonly manager if you want a project to move forward. Make your pitch. S/he's not the hard sell you think.



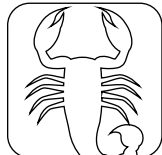
LEO. (July 24- Aug. 23): An agreement you enter into quickly will wind up having more staying power than expected. Your instinct is spot-on.



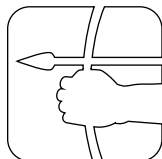
VIRGO. (Aug. 24-Sept. 23): Used to doing things moment-to-moment, it's sometimes hard to get a grasp of the big picture. Let events guide you rather than vice-versa.



LIBRA. (Sept. 24-Oct. 23): This is an amazing time when you'll regain a lot of lost ground. It's exciting, but don't push. You don't want to overstretch your reach.



SCORPIO. (Oct. 24-Nov. 22): It's time to seek assistance with something you've been struggling with. What looks intimidating one-on-one is infinitely manageable with the right back-up.



SAGITTARIUS. (Nov. 23-Dec. 21): Those who pledged support need some reminding. A gentle nudge here or a follow up text there is all that's needed to get them to keep their end of the bargain.



CAPRICORN. (Dec. 22-Jan. 20): Don't mistake a thick hide for indifference. The person you're talking to cares, but you need to speak to him in a way he understands.



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NINE

6.00 Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination WA. **12.30** World's Greatest Islands. (PG) **1.30** The Truth About Alcohol. (PG) **2.45** Movie: Yours, Mine And Ours. (PG) (2005) **4.30** Explore TV Far East Discovery Cruise. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News Saturday. **7.00** David Attenborough's Dynasties. (PG) **8.10** Movie: Crocodile Dundee II. (PG) (1988) Paul Hogan, Linda Kozlowski. Mick Dundee's girlfriend is kidnapped. **10.25** Travel Guides. (PG) **11.25** Cold Case. (M) **12.15** Cold Case. (M) **1.05** The Hold Down. (PG) **1.30** Destination WA. **2.00** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **11.00** Fanshew & Crudnut. **11.30** Heidi. **12.00** Pirate Express. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Basketball. NBL. Round 18. Sydney Kings v Cairns Taipans. **4.00** Uncle Grandpa. (PG) **5.00** Movie: Teenage Mutant Ninja Turtles III. (PG) (1993) **7.00** Movie: The Lord Of The Rings: The Return Of The King Pt 1. (PG) (2003) **8.30** Movie: The Lord Of The Rings: The Return Of The King Pt 2. (M) (2003) **11.10** Kevin Can Wait. (PG) **12.00** Adult Swim. (MA15+) **1.00** Total Divas. (M) **2.00** Tattoo Fixers. (MA15+) **3.00** Most Terrifying Places In America. (M) **4.00** Uncle Grandpa. (PG) **4.50** My Little Pony: Friendship Is Magic. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.30** Horse Racing. Lightning Stakes and Apollo Stakes. **4.00** Crash Investigation Unit. (PG) **4.30** News. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Day After Tomorrow. (PG) (2004) Dennis Quaid, Jake Gyllenhaal. **9.30** Movie: 10 Cloverfield Lane. (M) (2016) Mary Elizabeth Winstead, John Goodman, John Gallagher Jr. A woman wakes up in a bunker. **11.30** The Goldbergs. (PG) Lainey asks Erica for help. **12.00** Grey's Anatomy. (M) **1.00** Grey's Anatomy. (M) **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** The Great Outdoors.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** NBC Today. **11.30** Harry's Practice. **12.30** Selling Houses Aust. **1.30** To Be Advised. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** SA Weekender. **4.30** Cruise Ship Adv. (PG) **5.30** Air Crash Investigation. (PG) **7.30** The Yorkshire Vet. (PG) Follows vets Julian Norton and Peter Wright. **8.30** Escape To The Country. Jules Hudson heads to Dorset, and attempts to help a couple who have a generous budget. **11.30** Air Crash Investigation. (PG) **1.30** Vasil's Garden. (PG) **2.00** Qld Weekender. **2.30** The Great Day Out. **3.00** Escape To The Country. **4.00** Crash Investigation Unit. (PG) **4.30** Travel Oz. (PG)

TEN

6.00 What's Up Down Under. **6.30** Australia By Design: Innovation. **7.00** RPM: Summer Series. **7.30** Escape Fishing. **8.00** iFish Summer. **9.00** WhichCar. **9.30** St10. (PG) **12.00** Luxury Escapes. **12.30** The 48-Hour Destination. **1.00** Everyday Gourmet. **1.30** Cook's Pantry. **2.00** The Renovation King. **2.30** The Home Team. **3.00** The Living Room. (PG) **4.00** What's Up Down Under. **4.30** 15-Min Meals. **5.00** News. **6.00** To Be Advised. **7.30** To Be Advised. **8.30** Ambulance. (M) Ambulance officers do their best to help a homeless teenager, before treating a suicidal woman. **9.45** NCIS: New Orleans. (M) **10.45** NCIS: New Orleans. (M) **11.45** Sherlock Holmes: Elementary. (M) **12.30** Shopping. **5.00** Hour Of Power.

10 BOLD

6.00 Shopping. **8.00** Cheers. (PG) **9.00** Hogan's Heroes. **10.00** Mission: Impossible. (PG) **11.00** iFish Summer. **11.30** The 48-Hour Destination. **12.00** Snap Happy. **12.30** Jake And The Fatman. (PG) **1.30** Diagnosis Murder. (PG) **2.30** Reel Action. **3.00** Undercover Boss. (PG) **4.00** WhichCar. (PG) **4.30** Planes Gone Viral. (PG) **5.30** Escape Fishing. **6.00** Cops. (PG) **6.30** Soccer. A-League. Round 19. Adelaide United v Western Sydney Wanderers. **9.30** Movie: Universal Soldier: Day Of Reckoning. (MA15+) (2012) Scott Adkins, Dolph Lundgren, Jean-Claude Van Damme. **11.45** Scorpion. (PG) **12.45** 48 Hours. (M) **1.45** Cops. (PG) **2.15** RPM: Summer Series. **2.45** Monster Jam. **3.40** The Doctors. (M) **5.30** Hogan's Heroes.

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.10** Catalyst Bytes. **11.30** ABC News. **12.00** Golf. Women's Australian Open. Third round. From The Grange Golf Club, Adelaide. **5.00** Escape From The City. **6.00** Anh's Brush With Fame. (PG) **6.30** Back Roads. Final. **7.00** ABC News. **7.30** Death In Paradise. (M) **8.30** Agatha Raisin. (PG) **9.20** Miniseries: The Cry. (M) **10.20** Miniseries: The Ice Cream Girls. (M) **11.10** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.05** Noddy Toyland Detective. **5.15** Peter Rabbit. **5.40** Peppa Pig. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Live At The Apollo. (M) **9.15** Live From The BBC. (M) **9.45** Comedy Up Late. (M) **10.15** Comedy Next Gen. (MA15+) **11.10** Judith Lucy: Nothing Fancy. (MA15+) **12.25** Penn & Teller: Fool Us. (PG) **1.10** Live At The Apollo. (M) **1.55** Live From The BBC. (M) **2.25** News Update. **2.30** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** BBC News. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU Grand Prix. Final. **4.30** This Is Greece With Michael Scott. **5.25** Who Do You Think You Are? **6.30** News. **7.35** Aerial Asia. **8.30** Forbidden Lie\$. **10.30** The Wolfpack. **12.15** Movie: Safety Not Guaranteed. (M) (2012) Aubrey Plaza, Mark Duplass. **1.50** Movie: The Bridge On The River Kwai. (PG) (1957) Alec Guinness, William Holden. **4.50** SBS Flashback. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. **1.30** Rivals. (PG) **1.55** Abandoned. (PG) **2.45** Needles And Pins. (PG) **3.40** Cyberwar. (PG) **4.05** PBS News. **5.05** Black Market. (PG) **5.35** Back In The Soviet Bloc. **6.05** Chinese Dating With The Parents. (PG) **7.30** If You Are The One. (PG) **8.30** Movie: Curse Of The Golden Flower. (M) (2006) **10.35** Movie: Young Detective Dee: Rise Of The Sea Dragon. (M) (2013) **1.00** Movie: Weekend. (MA15+) (2011) **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm 12 Strong (2018) Action. Chris Hemsworth, Michael Shannon. (MA15+)

Premiere

8.30pm Mother!

(2017) Horror. Jennifer Lawrence, Javier Bardem. (MA15+) **Masterpiece**

10.40pm The Intern

(2015) Comedy. Robert De Niro, Anne Hathaway. (M)

Romance

GENERAL

8.30pm American

Pickers: Best Of.

(PG) **A&E**

9.30pm Crashing.

(MA15+) **FOX**

Showcase

10.00pm High

Maintenance.

(MA15+) **FOX**

Showcase

DOCUMENTARY

7.30pm Fatal

Attraction. (M)

Crime & Investigation

8.30pm Someone

You Thought You

Knew. (M) **TLC**

10.30pm Rome.

(MA15+) **History**

SPORT

11.00am Basketball.

NBA All-Star

Celebrity Game.

ESPN

4.30pm Soccer.

W-League.

Grand Final. **Fox**

Sports 505

9.55pm Rugby

Union. Super Rugby.

Round 1. Sunwolves

v Sharks. **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.

1602

NORTHS

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WHAT'S ON

EASILY SUBMIT YOUR EVENT ON OUR HOMEPAGE WWW.NORTHLAKESMESSENGER.COM.AU Please direct questions about this free service to editor@northlakemesseenger.com.au



BRISBANE COMEDY FESTIVAL

Date: February 22 to March 24, 2019

Location: Various

Brisbane will be plunged into hysterics when the city's largest ever lineup of the best Aussie and international acts lay comical siege to three venues – Brisbane Powerhouse, Brisbane City Hall and new venue SunPAC – as part of Brisbane Comedy Festival 2019.

The tenth outing of Australia's fastest growing comedy festival will bring more than 75 stellar comedians to Brisbane. Leading the pack of internationals are Ross Noble, Jeff Green and Rod Kemp; Scotsmen Danny Bhoy, Daniel Sloss and Larry Dean; Canadian DeAnne Smith; New Zealander Paul Williams; and Venezuelan Ivan Aristeguieta.

Aussie exports Ronny Chieng and Felicity Ward are flying in and national treasures and hometown heroes including Dave Hughes, Tom Ballard, Tim Ferguson, Nazeem Hussain, Lawrence Mooney, Mel Buttle, Damien Power and Becky Lucas also sharpening their razor wit for audiences.

Complementing a strong roster of stand-up shows, squads of funny people will gang up for a series of hilarious stage shows while a dedicated family program will provide laughs for all ages.

Tickets are on sale now via www.brisbanecomedysfestival.com

**22 FEB
- 24
MAR**



ROAR ACADEMY, MADAGASCAR JR

Date: February 1 - 3, 2019

Location: Redcliffe Entertainment Centre

Take a journey out of the zoo and onto the stage with your favourite crack-a-lackin' friends from the blockbuster DreamWorks film.

Join Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the hip hip Hippo and, of course, those hilarious, plotting penguins as they bound onto your stage in the musical adventure of a lifetime. Based on the smash DreamWorks animated motion picture, Madagascar – A Musical Adventure Jr. follows all of your favourite crack-a-lackin' friends as they escape from their home in New York's Central Park Zoo and find themselves on an unexpected journey to the madcap world of King Julien's Madagascar.

Running for four shows only, tickets are on sale now via www.roaracademy.com

**1-3
MAR**



CIRCUS PARADISE MUSIC FESTIVAL

Date: Sunday March 10, 2019

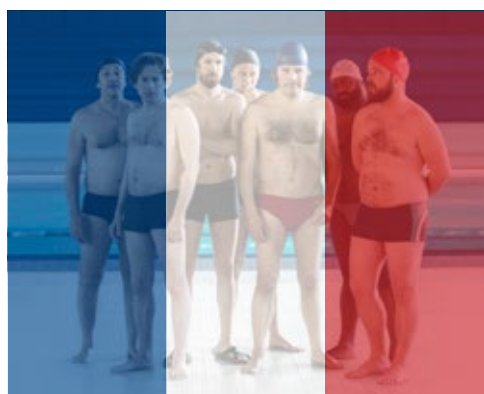
Location: Broadwater Parklands, Gold Coast

Circus Paradise will deliver 35+ carefully selected acts covering all spectrums of electronic dance music. It will feature world class international artists and DJs as well as many local acts performing live across four stages.

Headed up by the world's number one female DJ, Belgian techno giant Charlotte de Witte. Co-headlining is party starter Hot Dub Time Machine plus, for the first time in Queensland, Sydney's Bag Raiders will perform their brand new 5-piece live show. Also featuring is Aria chart topper Dom Dolla, veteran German techno producer Oliver Huntemann, Adelaide via Baghdad and Sweat It Out alumni Motez, and a DJ set from UK electronic legends Leftfield.

Tickets are on sale now : www.outix.co/tickets/event/circus-paradise-music-festival-2019

**10
MAR**



BRISBANE FRENCH FILM FESTIVAL

Date: March 14 to April 14

Location: Palace Barracks and Palace James Street

Screening at Palace Cinemas across Brisbane, the 30th anniversary of Australia's most tantalising multi-cultural movie event is the Alliance Française French Film Festival.

Artistic Director, Philippe Platel, has lovingly selected a superlative line-up of 54 features and documentaries – the biggest in the Festival's proud history.

In addition to the film screenings there will be four ticketed Special Events throughout.

Tickets for screenings, the special events and full festival details are available at www.affrenchfilmfestival.org

**14 MAR
- 14
APR**

NINE

6.00 Great Escapers. (PG) **7.00** Weekend Today. **10.00** The Hold Down. **10.30** To Be Advised. **11.30** Al McGlashan's Fish'n With Mates. (PG) **12.00** Women's Footy. (PG) **1.00** Kevin Can Wait. (PG) **1.30** World's Greatest Journeys. (PG) New. **2.30** Airport 24/7. Miami. (PG) **3.00** Ultimate Airport Dubai. (PG) **4.00** The Embassy. (PG) **4.30** Helloworld. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.30** 60 Minutes. **9.30** Murder, Lies And Alibis. (MA15+) **10.40** Killer On The Line. (M) **11.40** Cold Case. (M) **12.35** Major Crimes. (M) **1.30** The Hold Down. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** Great Escapers. (PG) **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **9.30** Teen Titans Go! (PG) **10.00** Ben 10. (PG) **10.30** Gumball. **11.00** Ninjago. (PG) **11.30** Nexa Knights. (PG) **12.00** My Little Pony: Friendship Is Magic. **12.30** Polly Pocket. (PG) **1.00** Beyblade Burst Evolution. **1.30** Basketball. NBL. Round 18. Melbourne United v Perth Wildcats. **4.00** Uncle Grandpa. (PG) **5.00** American Ninja Warrior. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Doctor Strange. (M) (2016) **11.00** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **1.00** Cold Water Cowboys. (M) **2.00** Ghost Adventures. (M) **3.00** Most Terrifying Places In America. (MA15+) **4.00** Uncle Grandpa. (PG) **4.50** My Little Pony: Friendship Is Magic. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Motor Racing. Bathurst 12 Hour. Highlights. **1.00** Cricket. Big Bash League. Final. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **8.30** Sunday Night. Return. Current affairs program, hosted by Melissa Doyle. **9.30** Andrew Denton: Interview. (M) Andrew Denton interviews comic actor, author and activist Magda Szubanski. **10.30** The Blacklist. (M) Return. The task force pursues a plastic surgeon. **11.30** Never Seen A Doctor. (M) **12.30** Dr. Ken. (PG) **1.00** Dr. Ken. (PG) **1.30** Travel Oz. (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** Hour Of Power. **9.00** Shopping. **9.30** Mums At The Table. (PG) **10.00** The Great Outdoors. **11.00** NBC Today. **12.00** Jump Off. (PG) **1.00** Vasil's Garden. **1.30** One Road. **2.00** To Be Advised. **4.00** Escape To The Country. **5.00** The Yorkshire Vet. (PG) **6.00** Mighty Ships. (PG) **7.00** Motorway Patrol. (PG) **7.30** Highway Cops. (PG) **8.00** Border Security. (PG) **9.30** River Monsters Go Tribal. (PG) **10.30** Mighty Ships. (PG) **11.30** Motorway Patrol. (PG) **12.00** Border Security. (PG) **1.00** The Great Outdoors. **3.00** World's Richest Dogs. (PG) **4.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Moxing Out. (PG) **9.00** Places We Go. **9.30** St10. (PG) **12.00** Foodie Adventures With Ash Pollard. (PG) **12.30** Cook's Pantry. **1.00** Everyday Gourmet. **1.30** To Be Advised. **3.00** I'm A Celebrity... Get Me Out Of Here! **4.00** WhichCar. (PG) **4.30** RPM: Summer Series. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! Final. Hosted by Julia Morris and Dr Chris Brown. **9.00** NCIS. An old family friend pleads with Gibbs to join him on a road trip to search for a missing military ID. **10.00** NCIS. (M) **11.00** The Sunday Project. **12.00** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Shopping. **7.30** Key Of David. (PG) **8.00** Rugby Union. Super Rugby. Week 1. Brumbies v Melbourne Rebels. **10.00** Escape Fishing With ET. **10.30** The Home Team. **11.00** To Be Advised. **12.00** Escape Fishing With ET. **12.30** Pooches At Play. **1.00** The Doctors. (PG) **2.00** Monster Jam. **3.00** Bondi Rescue. (PG) **4.00** Fishing Edge. **4.30** Fishing Australia. **5.00** What's Up Down Under. **5.30** iFish Summer Series. **6.00** Planes Gone Viral. (PG) **7.00** Sea Patrol UK. (PG) **8.00** Medics On Call. (M) **9.00** Movie: Crimson Tide. (M) (1995) Denzel Washington, Gene Hackman, Matt Craven. **11.25** NCIS. (M) **12.25** Diagnosis Murder. (M) **2.30** RPM: Summer Series. **3.00** Medics On Call. (M) **4.00** The Doctors. (M)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** ABC News. **11.30** Songs Of Praise. **12.00** Golf. Women's Australian Open. Final round. From The Grange Golf Club, Adelaide. **5.00** Landline. **6.00** Allergy Clinic: A Catalyst Special. **7.00** ABC News Sunday. **7.40** Magical Land Of Oz. **8.40** Miniseries: The Cry. (M) **9.40** Miniseries: Mrs Wilson. (M) **10.40** Death In Paradise. (M) **11.40** Silent Witness. (MA15+) Final. **12.40** Rage. (MA15+) **2.15** The Traffickers. (PG) **2.55** Silent Witness. (MA15+) Final. **4.00** Crash Test Mummies And Daddies. (M) Final. **4.30** Tony Robinson's Time Walks. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Penn & Teller: Fool Us. (PG) **9.10** Kitty Flanagan: Charming And Alarming. (M) **10.15** Adam Hills: The Last Leg. **10.55** Would I Lie To You? (PG) **11.30** Upstart Crow. (M) **12.00** WTA. (M) **12.30** Black Books. (PG) **12.55** Absolutely Fabulous. (M) **1.25** Alan Partridge's Mid-Morning Matters. (PG) **1.40** News Update. **1.45** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Speedweek. **3.00** Cycling. 2018 Port To Port MTB. Highlights. **4.00** Cycling. 2018 Cape To Cape MTB. Highlights. **5.00** Railway Journeys UK. **5.35** Hitler's World: The Post War Plan. **6.30** News. **7.35** Sinkholes: Deadly Drops. **8.30** The Kennedys: A Fatal Ambition. **9.25** The Kennedys: A Fatal Ambition. **10.20** Deep Water: The Real Story. (MA15+) **12.00** Movie: Three Seasons In Hell. (M) (2009) **2.10** Movie: The Impossible. (M) (2012) **4.15** SBS Flashback. (PG) **4.25** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** PopAsia TV. (PG) **1.00** Front Up. **1.30** Vs Arashi. **2.25** 10,000 BC. (PG) **3.20** The Mindy Project. (PG) **3.50** The Mindy Project. (PG) **4.30** Tough Young Teachers. (PG) **5.35** The Business Of Travel. **6.05** All Governments Lie. (PG) **7.40** Ultimate Airport Dubai. (PG) **8.30** Movie: Seventeen. (2017) **10.30** Movie: First Girl I Loved. (M) (2016) **12.10** Dark Net. (M) **12.40** Dark Net. (MA15+) **1.15** Dark Net. (MA15+) **1.50** Dark Net. (M) **2.25** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm Blockers (2018) Comedy. Leslie Mann, John Cena. (MA15+) **Premiere**
8.30pm Go With Me (2015) Thriller. Anthony Hopkins, Julia Stiles. (MA15+) **Thriller**

10.10pm The Greatest Showman (2017) Drama. Hugh Jackman, Michelle Williams. (PG) **Premiere**

GENERAL

7.30pm 2 Dope Queens. (MA15+) **Comedy Channel**

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

9.30pm Chicago Fire. (M) **FOX8**

DOCUMENTARY

6.00pm

The World From Above. *History*

8.30pm The Secret Life Of 4 And 5 Year Olds. (PG) *Lifestyle*

8.30pm Inside The Mind Of A Serial Killer. (M) *Crime & Investigation*

SPORT

4.20pm Cricket. Big Bash League. Final. *Fox Cricket*

4.30pm Football. AFL Women's. Round 3. Brisbane Lions v Melbourne. *Fox Footy*

5.00pm Soccer. A-League. Round 19. Sydney FC v Central Coast Mariners. *Fox Sports 505*

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Bad Mothers. (M) New. **10.00** Millionaires' Ex-Wives Club. (M) **11.10** Chicago Justice. (M) **12.05** Cold Case. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Young Sheldon. (PG) **1.00** Xena: Warrior Princess. (M) **2.00** Hercules. (M) **3.00** Children's Programs. **4.05** Be Cool, Scooby-Doo! (PG) **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: Rambo: First Blood. (M) (1982) **11.00** Big Bang. (PG) **12.00** Meet The Hackers. (M) **12.30** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **2.00** China, IL. (MA15+) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** Pokémon. **4.50** Barbie: Dreamhouse Adventures. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** To Be Advised. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Return. Ross presents Colby with an awful choice. **7.30** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **9.00** Instant Hotel. (PG) Mother-and-son team Debbie and Justin hope their beach penthouse with stellar views will get them a high score. **10.15** Crazy On A Plane. (M) New. Documents dramatic mid-air stories. **11.15** The Latest: Seven News. **11.45** To Be Advised. **12.45** Mistresses. (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** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Vasil's Garden. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Doc Martin. (PG) **8.30** Lewis. (M) The body of a man is discovered, lying beneath a car, the day after he was released from prison. **10.30** To Be Advised. **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. A look at the day's news. **7.30** Dancing With The Stars. New. Aussie celebrities are partnered with professional dancers in a ballroom dancing competition. **9.30** The Graham Norton Show. (M) Guests include James McAvoy, John C. Reilly, Westlife, Sarah Paulson, Richard E. Grant and Steve Coogan. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **8.00** RPM: Summer Series. **8.30** Monster Jam. **9.30** iFish Summer Series. **10.00** Cheers. (PG) **11.00** Sea Patrol UK. (PG) **12.00** Mission: Impossible. (PG) **1.00** Nash Bridges. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** Law & Order: SVU. (M) **10.30** 48 Hours. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **1.00** Home Shopping. **2.00** Mission: Impossible. (PG) **3.00** Nash Bridges. (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** Fake Or Fortune? **12.00** ABC News At Noon. **1.00** Landline. **2.00** Parliament Question Time. **3.00** The Cook And The Chef. **3.25** Gardening Australia. **5.00** Grand Designs. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. Return. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.30** Magical Land Of Oz. **12.25** Miniseries: The Cry. (M) **1.30** Rage. (MA15+) **2.30** Stargazing Live. **3.30** Back To Earth: Stargazing Live. (PG) **4.00** Tony Robinson's Time Walks. **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** The Agony Of Modern Manners. (M) **8.30** The Office. (PG) **8.50** The Office. (PG) **9.15** The Good Place. (PG) **9.55** The Good Place. (M) **10.20** Idiotsitter. (M) **10.45** 30 Rock. (M) **11.05** Parks And Recreation. (PG) **11.30** Reno 911! (M) **11.50** The Office. (PG) **12.15** The Office. (PG) **12.35** 30 Rock. (PG) **12.55** Parks And Recreation. (PG) **1.20** Reno 911! (M) **1.40** Shaun Micallef's MAD AS HELL. (M) **2.15** News Update. **2.20** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** My Sister's Wedding In War-Torn Syria. (PG) **2.25** Mirusia: This Time Tomorrow. **4.05** The Supervet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. Final. **6.30** News. **7.30** The Queen's Mother In Law. (PG) **8.30** Michael Mosley Vs The Superbugs. (PG) **9.40** 24 Hours In Emergency. (M) **10.35** SBS News. **11.05** The World Game. **11.35** Home Ground. (MA15+) **12.35** Paris. (M) **1.30** Paris. (M) **2.25** Paris. (M) **3.20** Paris. (M) **4.25** Poh's On The Road. **4.55** Destination Flavour China Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Thirst. (M) (2012) **1.45** Starting From... Now! (M) **2.15** Starting From... Now! (M) **2.50** Lee Lin Chin's Fashionista. **3.00** PopAsia TV. (PG) **4.00** Vs Arashi. (PG) **4.55** If You Are The One. (PG) **6.10** The Ice Cream Show. (PG) **6.35** MythBusters. (PG) **7.30** RockWiz Backstage At The Bluesfest. **8.35** Housos. (MA15+) **9.05** Adam Looking For Eve VIP. (MA15+) **9.55** The Girlfriend Experience. (M) **10.25** The Girlfriend Experience. (MA15+) Final. **10.55** You're The Worst. (M) **11.25** You're The Worst. (MA15+) **11.55** Raised By Wolves. (M) **12.20** Raised By Wolves. (M) **12.50** Raised By Wolves. (MA15+) **1.15** King Of The Road. (MA15+) **2.05** Dark Net. (M) **2.35** WorldWatch.



MOVIES

6.45pm Suburbicon (2017) Drama. Matt Damon, Julianne Moore. (MA15+) **Premiere**
8.30pm Downsizing (2017) Comedy. Matt Damon, Christoph Waltz. (M) **Premiere**
10.45pm Stronger (2017) Biographical. Jake Gyllenhaal, Tatianna Maslany. (MA15+) **Premiere**

GENERAL

4.00pm The Return Of Shelby The Swamp Man. (PG) **A&E**

8.30pm Last Week Tonight With John Oliver. (M) Comedy Channel

8.30pm Supergirl. (M) **FOX8**

DOCUMENTARY

7.30pm Hannibal: A March On Rome. (PG) **History**

8.30pm Jamie & Jimmy's Food Fight Club. (PG) **Lifestyle**

Food

8.30pm Casualty

24/7. (M) **Lifestyle**

SPORT

6.00am Golf. USPGA Tour. Genesis Open.

Final round. **Fox Sports 503**

6.00am Rugby

League. World Club Challenge. Wigan Warriors v Sydney Roosters. **Fox League**

12.00pm Basketball.

NBA All-Star Game.

ESPN

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Travel Guides. (PG) **10.00** True Story With Hamish & Andy. (PG) **10.30** Better Late Than Never. (PG) **11.30** Chicago Justice. (M) **12.20** Cold Case. (M) **1.10** Cold Case. (M) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Xena: Warrior Princess. (M) **2.00** Hercules. (PG) **3.00** Children's Programs. **4.05** Be Cool, Scooby-Doo! (PG) **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Young Sheldon. (PG) **8.30** Movie: The Island. (M) (2005) **11.15** Big Bang. (PG) **11.45** Meet The Hackers. (PG) **12.15** Friends. (PG) **1.15** Aqua Teen Hunger Force. (MA15+) **2.00** China, IL. (MA15+) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** Pokémon. **4.50** Barbie: Dreamhouse Adventures. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** To Be Advised. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) **9.00** The Good Doctor. (M) Shaun's bluntness with the mother of an ill newborn baby causes the new chief of surgery to question keeping him on. **10.00** The Resident. (M) Mina and Devon try to figure out why their seemingly healthy neighbour suddenly passed away. **11.00** The Latest: Seven News. **11.30** The Family. (M) **12.30** Movie: Crimes Of Passion: Sleepwalker. (M) (1997) Hilary Swank. **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) **8.30** Crime Investigation Australia: Most Infamous. (MA15+) Takes a look at the murder of several young backpackers. **10.30** To Be Advised. **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Ambulance Australia. (M) **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) Hosted by Mark Humphries and Dr Andrew Rochford. **6.30** The Project. **7.30** Ambulance Australia. (M) Return. **8.30** Hughesy. We Have A Problem. (M) Guests include Amanda Keller, Ivan Aristeguieta, Kate Langbroek and Peter Helliar. **9.30** NCIS: LA. (M) Hetty is tortured by her captors. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** Mission: Impossible. (PG) **1.00** Nash Bridges. (M) **2.00** Jake And The Fatman. (PG) **3.00** Super Rugby Extra Time. **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** CSI: Miami. (M) **10.30** The Mentalist. (PG) **11.30** The Mentalist. (M) **12.30** Home Shopping. **2.00** Mission: Impossible. (PG) **3.00** Nash Bridges. (M) **4.00** Cheers. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Parliament. **3.00** Poh's Kitchen. **3.25** Dream Gardens. (PG) **4.00** Think Tank. **5.00** Grand Designs New Zealand. (PG) **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Correspondent. **8.30** Catalyst. **9.30** Forces Of Nature With Brian Cox. (PG) **10.30** ABC Late News. **11.00** The Business. **11.20** Q&A. **12.25** Rage. (MA15+) **1.30** Stargazing Live. (PG) **2.30** Back To Earth: Stargazing Live. (PG) **3.00** Forces Of Nature With Brian Cox. (PG) **4.00** Tony Robinson's Time Walks. (PG) **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Adam Hills: The Last Leg. **8.40** Black Books. (PG) **9.05** The Office. (PG) **9.25** The Office. (PG) **9.45** In The Long Run. (PG) **10.10** Man Like Mobeen. (M) **10.35** 30 Rock. (PG) **10.55** Parks And Recreation. (PG) **11.20** Reno 911! (M) **11.40** The Office. (PG) **12.05** The Office. (PG) **12.25** 30 Rock. (M) **12.45** Parks And Recreation. (PG) **1.10** Reno 911! (M) **1.35** News Update. **1.40** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Chinese New Year: Biggest Celebration On Earth. **3.00** Who Do You Think You Are? **4.10** The Supervet. (PG) **5.05** Letters And Numbers. **5.35** Restaurant SOS. New. **6.30** News. **7.35** Michael Portillo's Abandoned Britain. **8.30** Insight. Return. **9.30** 8 Out Of 10 Cats Does Countdown. **10.30** SBS News. **11.00** Ride Upon The Storm. **12.10** Modus. (MA15+) **1.00** Miniseries: The Secret. (M) **2.00** Miniseries: The Secret. (M) **2.55** Miniseries: The Secret. (MA15+) **3.50** Miniseries: The Secret. (M) **4.50** Spice Journey Turkey 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. **12.00** Movie: The Weather Station. (M) (2010) **1.30** Mr Tachyon On The Edge Of Science. (M) **1.55** Royal Navy School. (M) **2.50** It's Suppertime! (PG) **3.15** States Of Undress. (PG) **4.05** WorldWatch. **5.05** If You Are The One. (PG) **6.15** The Ice Cream Show. (PG) **6.40** Rockwiz Salutes. (PG) **7.45** The Business Of Video Games. (PG) **8.10** Tiny Home Rebel. **8.45** Mary Janes. (M) **9.35** Scientology And The Aftermath. **10.35** Dopesick Nation. (MA15+) **11.25** Wild Ride. (M) **11.55** Wild Ride. (M) **12.5+** Movie: I Want You. (MA15+) (2012) **2.40** 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** WorldWatch.



MOVIES
8.30pm Sweet Country (2017) Crime. Bryan Brown, Sam Neill. (MA15+) *Masterpiece*
10.25pm Roman J. Israel, Esq. (2017) Drama. Denzel Washington, Colin Farrell. (M) *Masterpiece*
10.50pm Avengers: Infinity War (2018) Action. Robert Downey Jr, Chris Hemsworth. (M) *Premiere*
GENERAL
7.30pm Sally4Ever. (MA15+) FOX *Showcase*
8.00pm Camping. (MA15+) FOX *Showcase*
8.30pm Shameless. (MA15+) FOX *Showcase*
DOCUMENTARY
8.30pm Vanity Fair Confidential. (M) *Crime & Investigation*
8.30pm Plane Resurrection. (PG) *History*
9.30pm Expedition Unknown. (PG) *Discovery*
SPORT
11.30am NRL Try Time. Fox League
11.30am The A-League Hour. Fox Sports 505
1.00pm Basketball. Women's College. Oregon State v Oregon. ESPN2

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** New Amsterdam. (M) **10.00** To Be Advised. **11.00** Rizzoli & Isles. (M) **11.50** Cold Case. (M) **12.45** Cold Case. (M) **1.35** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Mom. (M) **1.00** Xena: Warrior Princess. (M) **2.00** Hercules. (M) **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Be Cool, Scooby-Doo! (PG) **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: The Taking Of Pelham 123. (MA15+) (2009) **11.10** Big Bang. (PG) **12.00** BattleBots. (PG) **1.00** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **2.00** China, IL. (MA15+) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** Pokémon. **4.50** Shopkins. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** To Be Advised. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Alf reaches out to an old friend. **7.30** My Kitchen Rules. (PG) Cricket mates Matt and Luke are hoping to bowl everyone over with their spin on Modern Australian cuisine. **9.00** Undercurrent: Real Murder Investigation. (M) The continued investigation into the January 27, 2009 disappearance of Bob Chappell. **10.10** Criminal Minds. (M) **11.10** The Latest: Seven News. **11.40** The Family. (M) **12.40** Marvel's Agent Carter. (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** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. A cat is stranded up a tree. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. Presented by Tim Wonnacott. **7.30** Pie In The Sky. (PG) A police officer is murdered. (PG) **8.30** The Inspector Lynley Mysteries. (M) Lynley and Havers investigate the death of a paparazzi photographer. **10.30** Hospital. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Changing Rooms. Couples transform each other's houses with the help of two new designers. Hosted by Natalie Bassingthwaite. **9.00** Law & Order: S.V.U. Stone prosecutes a case involving a woman who killed her abusive husband. **10.00** Law & Order: S.V.U. (M) A girl is held captive. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** Mission: Impossible. (PG) **1.00** Nash Bridges. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** NCIS: Los Angeles. (M) **10.30** NCIS. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Mission: Impossible. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (PG)

ABC

6.00 Morning Programs. **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Compass. (PG) **2.00** Parliament. **3.00** The Cook And The Chef. **3.25** Dream Gardens. Final. **4.00** Think Tank. **5.00** Grand Designs NZ. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. **8.30** Rosehaven. (PG) **9.00** Get Krack!n. (MA15+) **9.30** Would I Lie To You? (PG) **10.00** Adam Hills: The Last Leg. **10.40** ABC Late News. **11.10** The Business. **11.30** Four Corners. **12.15** Media Watch. (PG) **12.35** Rage. (MA15+) **2.00** Stargazing Live. **3.00** Back To Earth: Stargazing Live. (PG) **3.30** Would I Lie To You? (PG) **4.00** Tony Robinson's Time Walks. (PG) **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (M) **8.30** Upper Middle Bogan. (M) **8.55** The Office. (M) **9.20** The Office. (PG) **9.40** Sick Of It. (M) New. **10.00** Asian Provocateur: Mum's American Dream. (M) **10.30** 30 Rock. (PG) **10.55** Parks And Recreation. (PG) **11.15** Reno 911! (M) **11.40** The Office. (PG) **12.00** The Office. (PG) **12.25** 30 Rock. (PG) **12.45** Parks And Recreation. (PG) **1.10** Reno 911! (M) **1.30** Would I Lie To You? (PG) **2.00** News Update. **2.05** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

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** Hair Care Secrets. (PG) **3.00** Insight. **4.00** The Supvvet. (PG) **5.00** Letters And Numbers. **5.35** Restaurant SOS. **6.30** News. **7.30** Gourmet Farmer. (PG) **8.00** Railway Journeys UK. (PG) **8.35** Secrets Of The Chocolate Factory: Inside Cadbury. **9.30** McMafia. (M) **10.30** SBS News. **10.55** Berlin Station. (M) **11.55** Movie: White God. (MA15+) (2014) **2.05** Ride Upon The Storm. (MA15+) **3.10** Movie: Xingu. (M) (2012) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **8.00** Ukrainian News. **8.30** Macedonian News. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Big Wednesday. (M) (1978) **2.05** Release The Hounds. (M) **3.00** Huang's World. (PG) **3.50** PBS News. **4.50** If You Are The One. (PG) **6.05** News. **6.35** MythBusters. (PG) **7.30** RockWiz Salutes. (M) **8.30** Movie: Masters Of The Universe. (PG) (1987) **10.25** Movie: Howard The Duck. (M) (1986) **12.30** Movie: Three Metres Above Heaven. (MA15+) (2010) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Mother! (2017) Horror. Jennifer Lawrence, Javier Bardem. (MA15+) **Masterpiece** **6.40pm The Circle** (2017) Drama. Emma Watson, Tom Hanks. (M) **Premiere** **10.20pm The 15:17 To Paris** (2018) Drama. Alek Skarlatos, Anthony Sadler. The true story of three men whose brave act turned them into heroes during a high-speed railway ride. (M) **Premiere**

GENERAL

7.30pm Empire. (MA15+) **FOX Showcase** **8.30pm Strike Back.** (MA15+) **FOX Showcase** **10.30pm The Gifted.** (M) **FOX8 DOCUMENTARY** **7.30pm Unmasking A Killer.** (M) **Crime & Investigation** **8.30pm Venice: The Technological Challenge.** (PG) **History** **9.30pm The Hitler Chronicles.** (PG) **History** **SPORT** **7.00am NBA: The Jump.** **ESPN** **1.00pm Basketball.** College. Southeastern Conf. Net Flex. **ESPN** **3.30pm NFL Live.** **ESPN2**

2002

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.00** Young Sheldon. (PG) **8.30** Movie: Gladiator. (M) (2000) Russell Crowe, Joaquin Phoenix, Connie Nielsen, Oliver Reed. After a successful Roman general is betrayed and his family murdered by the emperor's heir, he seeks revenge. **11.35** Manifest. (M) **12.30** Imposters. (M) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Big Bang. (PG) **1.00** Xena: Warrior Princess. (M) **2.00** Hercules. (M) **3.00** Pokémon. **3.30** Ninjab. (PG) **4.00** Kids' WB. (PG) **4.05** Be Cool, Scooby-Do! (PG) **4.30** Tom and Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Survivor: Edge Of Extinction. (PG) Return. **8.30** To Be Advised. **11.00** Big Bang. (PG) **11.30** Kevin Can Wait. (PG) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **2.00** China, IL. (M) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** Pokémon. **4.50** Shopkins. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** To Be Advised. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Alf's past comes back to haunt him. Ryder fears retribution from the Morgan brothers. **8.30** Ms Fisher's Modern Murder Mysteries. (M) New. During the '60s, a woman inherits a fortune when the famous aunt she never knew, Phryne Fisher, goes missing. **10.30** The Latest: Seven News. **11.00** Autopsy USA. (M) A look at the death of Elizabeth Taylor. **12.00** The Family. (M) Nina closes in on Jane. **1.00** Powerless. (PG) **1.30** Powerless. (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** It's Academic. **7.30** The Deep. Final. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. Presented by Tim Wonnacott. **7.30** Father Brown. (M) Father Brown searches for a missing girl. **8.30** Movie: War Horse. (M) (2011) Jeremy Irvine, Peter Mullan. A horse and his rider are parted by war. **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) Hosted by Mark Humphries and Dr Andrew Rochford. **6.30** The Project. A look at the day's news. **7.30** Changing Rooms. **8.30** Gogglebox. Opinionated viewers discuss a week full of shows featuring celebrities. **9.30** Blue Bloods. (M) Nicky asks Erin for help when her friend is in jeopardy of losing his scholarship. **10.30** Blue Bloods. (MA15+) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** Mission: Impossible. (PG) **1.00** Nash Bridges. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** Hawaii Five-0. (M) **9.30** Madam Secretary. (PG) **10.30** NCIS. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Mission: Impossible. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Cheers. (PG)

ABC

6.00 Morning Programs. **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Agatha Raisin. (PG) **2.00** Parliament. **3.00** The Cook And The Chef. **3.25** Julia Zemiro's Home Delivery. (PG) **4.00** Think Tank. (PG) **5.00** Grand Designs NZ. **6.00** The Drum. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Escape From The City. (PG) **9.00** Grand Designs Aust. **9.50** The Tunnel: Sabotage. (MA15+) **10.40** ABC Late News. **11.10** The Business. **11.25** Wentworth. (M) **12.20** Press Club. **1.20** Children Of The Sex Trade. (MA15+) **2.20** The Tunnel: Sabotage. (MA15+) **3.10** Wentworth. (M) **4.00** Tony Robinson's Time Walks. (PG) **4.30** The Drum. **5.25** Sammy J. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Tomorrow Tonight. (PG) **8.30** Utopia. (M) **9.00** Sammy J. **9.05** The Office. (PG) **9.25** The Office. (PG) **9.45** Get Krackin'. (MA15+) **10.15** The Good Place. (PG) **11.00** The Good Place. (M) **11.20** 30 Rock. (M) **11.45** Parks And Recreation. (PG) **12.05** Reno 911! (M) **12.30** The Office. (M) **12.50** The Office. (PG) **1.15** 30 Rock. (PG) **1.35** Parks And Recreation. (PG) **2.00** Reno 911! (M) **2.20** News Update. **2.25** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Life On Us. (M) **3.00** Life On Us. (PG) **4.05** The Supernet. (PG) **5.05** Letters And Numbers. **5.35** Restaurant SOS. **6.30** News. **7.35** Inside Kensington Palace. (PG) **8.35** Secrets Of McDonalds: 50 Years Of The Big Mac. **9.30** Counterpart. (M) Return. **10.30** Counterpart. **11.35** SBS News. **12.00** The Good Fight. (M) **1.00** The Good Fight. (M) **2.00** The Good Fight. (M) **2.55** The Good Fight. (M) **3.55** Poh's On The Road. **4.25** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.30** Somali News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Rebellion. (M) (2011) **2.25** Mr Tachyon On The Edge Of Science. (M) **2.50** It's Suppermeal! (PG) **3.15** Dead Set On Life. (PG) **3.40** Woman With Gloria Steinem. (PG) **4.05** PBS News. **5.05** If You Are The One. (PG) **6.15** News. **6.40** MythBusters. (PG) **7.35** Rockwiz Salutes. (M) **8.35** The Feed. **9.35** Seconds From Disaster. (M) **10.25** Sex Diaries. (M) **11.25** Living With The Enemy. (PG) **12.30** Movie: Headhunters. (MA15+) (2011) **2.20** Dark Net. (M) **2.50** 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

6.40pm The Sense Of An Ending (2017) Drama. Jim Broadbent, Charlotte Rampling. (M) Masterpiece **8.30pm** Deep Blue Sea 2 (2018) Thriller. Danielle Savre, Rob Mayes. (MA15+) Thriller **10.15pm** Love, Simon (2018) Drama. Nick Robinson, Jennifer Garner. (M) Premiere **GENERAL** **8.30pm** Just For Laughs Australia. (MA15+) Comedy Channel **9.00pm** Future Man. (M) Comedy Channel **9.30pm** Ice. (MA15+) FOX Showcase **DOCUMENTARY** **7.30pm** Outdaughtered. (PG) TLC **8.30pm** 7 Little Johnstons. (PG) TLC **8.30pm** The Day The Rock Star Died. FoxTel Arts **SPORT** **11.00am** Basketball. College. Atlantic Coast Conference. Syracuse v Louisville. ESPN **7.00pm** Cricket. Second Test. South Africa v Sri Lanka. Day 1. Fox Cricket **11.45pm** Snooker. Shoot Out. Day 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.

2102

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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: While We're Young. (M) (2014) Ben Stiller, Naomi Watts, Adam Driver. A childless couple meet a free-spirited young couple. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Patriots Day. (M) (2016) Mark Wahlberg, John Goodman, Kevin Bacon, J.K. Simmons. In the wake of the Boston Marathon bombings, a community comes together to hunt the perpetrators. **11.10** New Amsterdam. (M) **12.10** Real Detective. (M) **1.05** Extra. **1.30** TV Shop: Home Shopping. **4.00** Global Shop. **4.30** The Avengers. (PG) **5.30** A Current Affair.

GO!

6.00 Children's Programs. **9.00** Shopkins. **9.30** Surprises. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Mom. (M) **1.00** Xena: Warrior Princess. (M) **2.00** Hercules. (M) **3.00** Pokémon. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Be Cool, Scooby-Doo! (PG) **4.30** Tom and Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Movie: Hotel Transylvania 2. (PG) (2015) **9.15** Movie: 22 Jump Street. (MA15+) (2014) **11.30** Big Bang. (PG) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Friends. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **4.00** Yu-Gi-Oh! (PG) **4.30** Pokémon. **4.50** Shopkins. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Wrong Neighbor. (M) (2017) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Johanna Griggs and the team demonstrate some terrific ideas for the house, garden and kitchen. **8.30** Movie: Hidden Figures. (PG) (2017) Octavia Spencer, Kevin Costner, Taraji P. Henson. Three African-American mathematicians play a vital role in NASA during the early years of the space program. **11.40** To Be Advised. **1.00** Grey's Anatomy. (M) The hospital enlists a crisis management team. **2.00** Shopping. **4.00** The Great Outdoors. Tom learns how to dance the tango. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** Match It. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **7.30** Border Security: Int. (PG) Engineering students decide to carry out an unusual experiment. **8.30** Selling Houses Aust. A family seeks to renovate and sell their multi-level pole home, after one of them develops severe rheumatoid arthritis. **10.30** Peter Andre's 60 Minute Makeover. (PG) The team heads to Littlehampton. **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **2.00** Australia's Amazing Homes. **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue. (PG)

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Show Me The Movie! Rove McManus is joined by team captains Brooke Satchwell and Joel Creasey for a movie-based quiz show. **8.30** The Graham Norton Show. Guests include Laura Linney, Saoirse Ronan, Timothee Chalamet, Stephen Mangan and The 1975. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

10 BOLD

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

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs New Zealand. **11.00** Ask The Doctor. (PG) **11.30** Back Roads. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Foreign Correspondent. **2.00** Miniseries: Mrs Wilson. (M) **2.55** Poh's Kitchen. **3.25** Julia Zemiro's Home Delivery. **4.00** Think Tank. (PG) **5.00** Grand Designs New Zealand. **6.00** The Drum. **7.00** ABC News. **7.30** Gardening Australia. **8.30** The Heights. (PG) New. **9.25** Father Brown. (M) Final. **10.10** ABC Late News. **10.40** The Business. **11.00** Rosehaven. (PG) **11.25** Planet America. **12.10** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Hard Quiz. **8.30** Rosehaven. (PG) **9.00** The Office. (M) **9.20** The Office. (PG) **9.45** Upstart Crow. (M) **10.15** W1A. (M) **10.50** Alan Partridge's Mid-Morning Matters. (M) **11.05** 30 Rock. (PG) **11.25** Parks And Recreation. (PG) **11.50** Reno 911! (M) **12.10** The Office. (PG) **12.35** The Office. (PG) **12.55** 30 Rock. (M) **1.20** Parks And Recreation. (PG) **1.40** Reno 911! (M) **2.05** News Update. **2.10** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** BBC News. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Back In The Soviet Bloc. **4.05** The Suprvet. (PG) **5.00** Letters And Numbers. **5.35** Restaurant SOS. **6.30** News. **7.30** Coast New Zealand. New. **8.30** Movie: The Hatful Eight. (2015) Samuel L. Jackson. **11.35** The Feed. **12.40** Movie: Farewell, My Queen. (M) (2012) **2.30** Versailles. (M) **3.30** Versailles. (MA15+) **4.30** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Desperately Seeking Susan. (M) (1985) **1.50** PopAsia TV. (PG) **2.50** Human Resources. (PG) **3.20** Legally Brown. (PG) **3.50** PBS News. **4.50** If You Are The One. (PG) **6.05** News. **6.30** Munchies Guide To Washington. **7.20** Monty Python's Flying Circus. **7.55** Monty Python's Flying Circus. **8.30** Brooklyn Nine-Nine. **9.00** The Orville. **9.55** 6 Days To Air: The Making Of South Park. (MA15+) **10.45** Caso Cerrado. **11.35** Caso Cerrado. **12.30** Spotless. (MA15+) **1.30** Spotless. (MA15+) **2.30** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Justice League (2017) Action. Ben Affleck, Gal Gadot. (M) *Premiere*
8.30pm Deadpool 2 (2018) Action. Ryan Reynolds, Josh Brolin. (MA15+) *Premiere*
10.15pm Annabelle: Creation (2017) Horror. Anthony LaPaglia. (MA15+) *Thriller*

GENERAL

8.30pm Broad City. (MA15+) *Comedy Channel*

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

9.30pm Gotham. (MA15+) *FOX8*

DOCUMENTARY

8.30pm Murder In Paradise. (M) *Crime & Investigation*

8.30pm Eight Days That Made Rome. (PG) *History*

9.30pm Car Crash Global. (PG) *Discovery Turbo*

SPORT

12.30pm Cricket. Women's One Day International Series. Australia v New Zealand. Game 1. *Fox Cricket*

2.30pm Basketball. NBA. Los Angeles Lakers v Houston Rockets. *ESPN*

7.50pm Soccer. A-League. Round 20. Central Coast Mariners v Brisbane Roar. *Fox Sports 505*

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

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

As this was our first meeting for the month we held our Monthly General Meeting. We discussed and planned our activities for the next few weeks plus locked in some other activities across the year.

We also agreed on the best way to use money collected from our fundraising activities.

Tuesday February 19th. Training Day for iPads, iPhones and Tablets. Visitors welcome

Tuesday February 26th. Lunch at Lawnton Tavern. Meals must be ordered in advance by 19th February. Members only

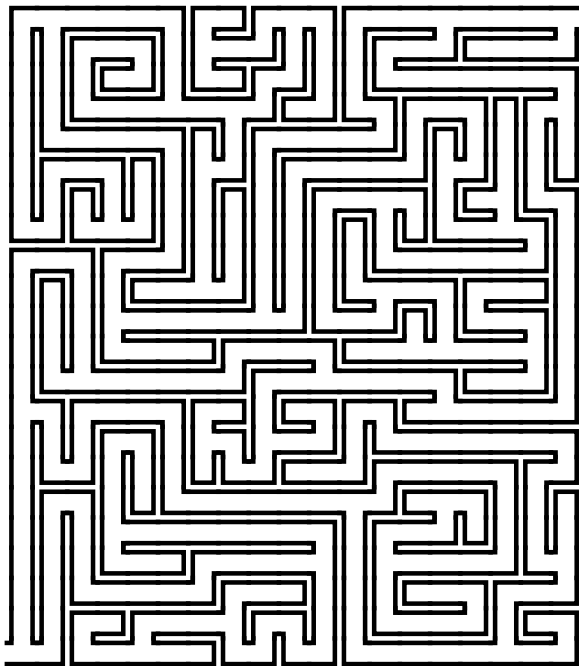
Tuesday March 5th. Monthly General Meeting. Shrove Tuesday Pancake Morning Tea. Visitors welcome.

For further information please contact Trish 0447 071 221 or Sue 0418 785 944.

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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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CROSSWORD 1903

Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 1 Greed
- 5 Canecutter's knife
- 9 Quantity obtained by adding
- 10 Nonparticipant spectator
- 11 Portable video camera
- 12 Large deciduous tree
- 13 Go in
- 15 Interfere in someone's speech
- 18 Educator of young people
- 19 Dress clothing loosely
- 21 State in North-eastern India
- 23 Gave testimony in court of law
- 25 Historical record
- 26 Unaccompanied
- 27 Put into a bank account
- 28 Braids of twisted hair

DOWN

- 1 Physical object
- 2 Tried unsuccessfully
- 3 Eskimo dwelling
- 4 Setting securely
- 5 Stingy hoarder of money
- 6 Climbed awkwardly
- 7 Give abilities to
- 8 Within hearing
- 14 Small army units
- 16 Smallest
- 17 All in complete agreement
- 18 Walked with a proud gait
- 20 Seemingly without end
- 22 Get undressed
- 23 Implied by
- 24 Picture

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COMMUNITY NOTICE BOARD ONLINE

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

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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



CONFIDENCE IS KEY TO REAL ESTATE

REIQ RESPONDS TO BANKING ROYAL COMMISSION REPORT

The Royal Commission has put the entire Australian banking and financial services sector under the microscope. The final report giving a total of 76 recommendations with the federal government and the opposition promising to support them.

The Royal Commission has identified significant failings in the manner in which the financial system treats consumers. The Commission emphasised that 'there can be no doubt that the primary responsibility for misconduct in the financial services industry lies with the entities concerned and those who managed and controlled those entities'. However, the Commission has also identified a range of areas where the regulation and supervision of financial institutions must be strengthened.

Among them were recommendations to strengthen the accountability and effectiveness, including a new, independent oversight authority for the Australian Prudential Regulation Authority (APRA) and the Australian Securities and Investments Commission (ASIC), and regular capability reviews of APRA and ASIC.

Locally, the Real Estate Institute of Queensland

(REIQ) has welcomed the finalisation of the Commission stating that it's important that the government and regulators now address the problems identified in the report without causing further damage to the property industry and broader economy.

The property industry is the backbone of the Australian economy. The residential property market is worth almost \$7 trillion which is 3.5 times the size of the Australian stock market.

THE PROPERTY INDUSTRY IS THE BACKBONE OF THE AUSTRALIAN ECONOMY. THE RESIDENTIAL PROPERTY MARKET IS WORTH ALMOST \$7 TRILLION WHICH IS 3.5 TIMES THE SIZE OF THE AUSTRALIAN STOCK MARKET.

In Queensland, real estate is the lifeblood of the local economy, employing around 50,000 people and providing some the state's largest revenue sources in the form of stamp duty and other property related taxes. A strong and stable real estate sector benefits all Queenslanders.

The property sector is already feeling the impact of the Royal Commission. Tightened lending criteria has seen borrowers locked out and

property values in the capital cities of Sydney and Melbourne falling at significant levels.

These falling property values represent falling earnings for real estate agents and lost revenue for the small businesses – real estate agencies – that employ around 50,000 Queenslanders.

CoreLogic estimates real estate agents would have earned \$1.28bn less in sales commissions last year, based on a 2.5 per cent commission rate.

This report is released at a time when consumer and business confidence in Queensland is already low. The looming federal election, with the threat of negative gearing changes and at a state level, the residential tenancies reforms, are all impacting buyer confidence and presenting a perfect storm for the Queensland property sector.

To maintain the health of the Queensland real estate sector – and the Queensland economy – it is important that Queenslanders are able to access finance so they can buy and sell property.

The REIQ is hoping for a balanced response from the finance sector, regulators and government, that ensures buyers with the capacity to service a mortgage are still able to access finance to buy property.

The report, which contains the results of the Commissioner's inquiry into the banking, superannuation and financial services industry, and his recommendations, can be viewed on the Royal Commission website alongside the interim report.

Properties for Sale



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Auction

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1/5 Mason Avenue, Kallangur

\$292,000

3 2 1



1/44 Duyvestyn Terrace, Murrumba Downs

\$299,000

3 2 2



28/10-22 Blyth Road, Murrumba Downs

Offers over \$249,000

3 2 1



1 Frank Street, Scarborough

Offers over \$449,000

2 2 1



15 Castle Court, Kallangur

Asking \$379,000

3 1 1



8 Finch Close, Dakabin

\$439,000 Negotiable

4 2 2



4 Cowal Court, Petrie

Offers over \$399,000

3 1 2



11 Maurice Street, Kallangur

Offers over \$410,000

3 1



19 Leslie Street, Kallangur

\$460,000

4 2 2



53 Dickson Crescent, North Lakes

Offers over \$429,000

4 2 2



4 Pandorea Circuit, North Lakes

Interest over \$419,000

4 2 2



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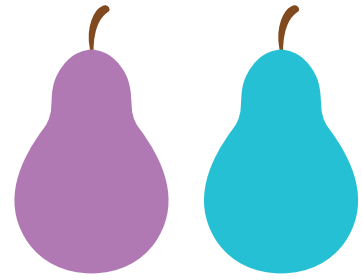
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Wade & Sarah

Sellers of 8 Pygme Street, North Lakes



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Anne & David

Buyers of 40 Liberty Circuit, North Lakes



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