

THE Messenger

FREE WEEKLY also available online

Lakes, Bay & Region • January 19, 2019

HOW TO GET YOUR MONEY BACK

FEELING STRANDED BY
BESTJET COLLAPSE OR OTHER
HOLIDAY SERVICES PAID
FOR BUT NOT RENDERED?
PRACTICAL ADVICE FOR
CONSUMERS INSIDE

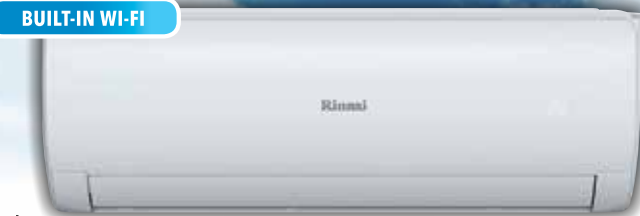
LEONIE ON: IN A RELATIONSHIP WITH A MASTER NARCISSIST AND MANIPULATOR

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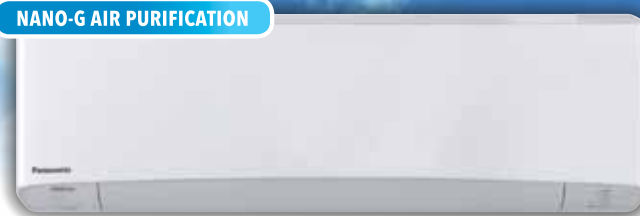


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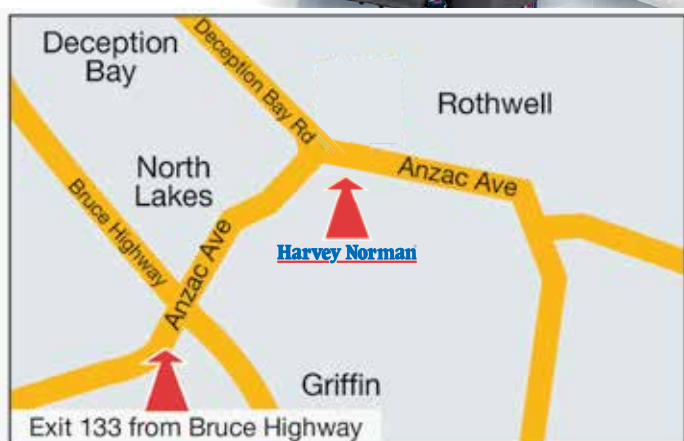
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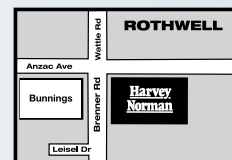
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BESTJET, HOW TO GET YOUR MONEY BACK

PRACTICAL ADVICE FOR CONSUMERS IMPACTED BY BESTJET COLLAPSE

When online travel agency Bestjet Travel Pty Ltd (Bestjet) entered voluntary administration on 18 December 2018 the timing couldn't have been worse. The peak holiday period saw many BestJet customers affected and unsure of their options for resolution for any issues relating to the collapse.

Now, the Australian Financial Complaints Authority (AFCA) - a free and independent ombudsman service that resolves complaints by consumers and small businesses - has offered practical advice for anyone affected. This advice, of course, can be applied to any service paid for but not delivered.

"This is a peak period for families and individuals going on holidays and we know that many people have been affected by Bestjet's collapse," said AFCA CEO and Chief Ombudsman David Locke.

"We want to make sure that these customers know what they can do to try and recover their payments to Bestjet."

"We understand that some Bestjet customers have either not received their airline ticket, or have had their ticket cancelled. Depending on how you paid for your airline ticket, there are different courses of action to get your money back," continued Mr Locke.

If you're unsure whether your ticket is valid, you should contact your airline directly for confirmation. Here is AFCA's advice for affected consumers:

IF THE TICKET WAS PURCHASED USING A CREDIT CARD

Customers that purchased their tickets via credit card may be able to get their money back by asking their financial institution to "chargeback" the transaction.

A chargeback is a process of reversing a charge made on a cardholder's credit card account. Credit card schemes (e.g. Visa, Mastercard and

DEPENDING ON HOW YOU PAID FOR YOUR AIRLINE TICKET, THERE ARE DIFFERENT COURSES OF ACTION TO GET YOUR MONEY BACK

AMEX) have rules outlining when a transaction can be charged back. One reason can be when goods or services are purchased but are not provided by the merchant, such as in this case.

Time limits do apply to when a chargeback can be raised. The time limit is usually 120 days from when the customer becomes aware the merchant will not provide the goods or services they purchased.

AZII customers who purchased tickets from Bestjet by credit card are encouraged to contact their financial institution as soon as possible to request the chargeback. Customers should note that it can take 4-6 weeks for the outcome of a chargeback to be finalised.

For customers who are unhappy with their financial firm's response, the next step is to

lodge a complaint with AFCA online, via email or by telephone.

IF THE TICKET WAS PURCHASED USING CASH

If the ticket was purchased using cash, customers may qualify as an unsecured creditor of Bestjet. For more information about what it means to be an unsecured creditor, please visit the Australian Securities and Investments Commission website.

Whether unsecured creditors receive their money back will depend on the outcome of Bestjet's administration.

We encourage all customers who paid Bestjet by cash and have not received their ticket or have had their ticket cancelled contact Bestjet's administrator, and complete a Proof of Debt or claim form.

IF YOU HAVE TRAVEL INSURANCE

Your travel insurance policy may provide cover for the insolvency or collapse of travel agents. Whether you are covered will depend on the policy type and wording, including any applicable exclusions. If you have travel insurance we encourage you to contact your insurance company directly to ensure you have the correct information for your situation.

If you have raised a complaint with your insurance company but have been unable to resolve the matter, the next step is to lodge a complaint with AFCA online, via email or by telephone.

Consumers and small businesses can lodge a complaint to AFCA online at www.afca.org.au, via email to info@afca.org.au or by phoning 1800 931 678.



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COMBINED RED AND SPEED CAMERAS

NEW COMBINED LIGHT AND SPEED CAMERAS

The Queensland Police Service and the Department of Transport and Main Roads (TMR) have installed new camera technology at eight high risk intersections across Queensland, twolocal and two likely to be on your work commute..

The combined red light and speed camera technology detects motorists who disobey the red traffic light, as well as motorists who speed through the intersection.

These intersections that have already, or will have the new cameras (full list):

- Anzac Avenue Road, Kippa-Ring at intersection with Boardman Road.
- Morayfield Road, Morayfield (intersection of Caboolture River Road)
- Lutwyche Road, Lutwyche (intersection of Norman Avenue)
- Lutwyche Road, Kedron (intersection of Kedron Park Road)
- Old Cleveland Road, Coorparoo (intersection of Cavendish Road)
- Smith Street, Southport (intersection of Kumbari Avenue)
- Bermuda Street, Burleigh Waters (intersection of Christine Avenue), and:
- Glenlyon Street, Gladstone Central at intersection with Tank Street; and

NORTH LAKES HOTEL OPEN MIC NIGHT

Starting Wednesday 30th January, North Lakes Hotel will host a weekly Open Mic Night for local musicians.

All ages and levels of experience are welcome,

whether you need to try out a new song or just to mingle and network with other musicians, or maybe play your first live set, this is a great night to get involved in and support. Music lovers and appreciators are encouraged to check out the aspiring local talent.

Basic PA and mics (vocal and guitar) are supplied. Food and drinks are on sale at the venue. Wednesdays 7-10pm, registration for your 15 minute set from 6.30 – first in best dressed.

Any queries please email events@northlakeshotel.com.au

NATIONAL PET ADOPTION DAY SATURDAY, 9 FEBRUARY

On Saturday February 9, PETstock stores around Lawnton, Keperra, Caboolture and North Lakes will be taking part in the fifth annual PETstock and PetRescue National Pet Adoption Day.

In the last four years the initiative has helped find forever homes for almost 2,000 pets and this year PETstock is hoping to help another 1,000 rescue animals find new homes. Every year around 200,000 animals remain unclaimed in Australian pounds.

PETstock is urging the community to visit their local store on the day to meet available pets and learn more about adoption and the rescue organisations behind them.

The initiative also aims to reduce the stigma around certain breeds by educating potential pet parents about the individual animal's personality and needs, to ensure every pet finds the perfect home.



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BRIEFS

U3A SOCIAL AND INFORMATION DAY FEBRUARY

U3A Pine Rivers will hold their monthly Social and Information Day on Friday 15 February 2019, at the Kallangur Memorial Bowls Club, 1351 Anzac Avenue, Kallangur, gathering at 9.30am for a 10am start. The event is free to attend.

The subject is "Men's Health" and guest speakers include Mr Peter Bennett of "The Men's Breast Cancer Forum" and Doctor Jim Taylor who will discuss all aspects of Men's Health.

For further information, call the U3A Kallangur Centre on 3880 6677.

REDCLIFFE WRITERS' GROUP OPEN MIC

Redcliffe Writers' Group hosts an Open Mic the fourth Friday of every month at Redcliffe Library. We invite published and unpublished authors to read a piece of their work. Published authors are welcome to sell their books on the night (pre-registration essential). Registrations for unpublished authors opens at 6pm on the night. For more information, visit www.facebook.com/RedcliffeWritersOpenMic

The next event is January 25, and published authors are: Nick White, author of The Legend of Kat of Klawbonia; Leslie McConnell; and Trish Springsteen.

Find more information at www.facebook.com/RedcliffeWritersOpenMic

CREATE AND EXPLORE THROUGH APT9 KIDS ON TOUR

Build patterns and designs from X-ray images and explore interactive artworks in council's latest offering, APT9 Kids on Tour.

The program runs in conjunction with the Queensland Art Gallery | Gallery of Modern Art's exhibition The 9th Asia Pacific Triennial of Contemporary Art (APT9) and includes a number of activities that explore key themes of life and natural resources, the importance of community and storytelling.

APT9 Kids on Tour is a free QAGOMA Touring program available to be held across the region's galleries and museums until early February.

For more information on location and dates head to www.moretonbay.qld.gov.au/galleries-museums/

NASA EXHIBITION BLASTS INTO QUEENSLAND MUSEUM

The Queensland Museum will be hosting its largest ever exhibition when NASA - A Human Adventure comes to town.

From space food to space suits, lunar cameras and moon boots, some of the highlights of the exhibition are several space-flown items, real rocket engines, and several full scale replicas including the front section of NASA's iconic Space Shuttle, Lunar Rover, Mercury, Gemini and Apollo space crafts and Soviet robotic lunar rover Lunokhod.

Showcasing the remarkable achievements of space travel, NASA - A Human Adventure will run at Queensland Museum from 15 March 2019.

More info at www.qm.qld.gov.au/



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NEW YEAR HEALTH AND WELLNESS RESOLUTIONS

HOW TO MAKE THEM STICK

If you're one of the thousands of Queenslanders who set a New Year's Resolution for 2019, Cancer Council Queensland is determined to help make them stick.

Cancer Council Queensland CEO Ms Chris McMillan said establishing a healthy lifestyle is one of the most important things you can do to reduce your cancer risk.

"Last year, health and fitness topped the list for New Year's Resolutions, and it's great to see people are setting goals to improve their wellbeing," Ms McMillan said.

"However, long-term change can be hard, and we know that not everyone actually achieves their resolutions."

Data by comparison website *Finder* showed that the top five resolutions for 2018 involved improving fitness, eating better, quitting smoking, quitting alcohol and learning a new skill.

Ms McMillan said research showed people are more likely to reach a goal if it's specific and attainable.

"Making too many changes too quickly or becoming discouraged after initial setbacks can cause people to throw in the towel and resume old unhealthy habits," Ms McMillan said.

"Planning and setting realistic expectations are key. It's important that people start with small changes and develop a great support base of friends and family to encourage them to make long-term changes for their health."

"We want to keep all Queenslanders motivated to achieve their health goals, as at least one-third of all cancer cases are preventable with simple

lifestyle changes, including limiting alcohol, quitting smoking, maintaining a healthy weight, eating well, keeping active and being SunSmart."

Cancer Council Queensland offers the following five New Year's resolutions to inspire your good intentions.

IT'S NOT JUST ABOUT LOSING WEIGHT, THE TOP THE TOP FIVE RESOLUTIONS FOR 2018 INVOLVED IMPROVING FITNESS, EATING BETTER, QUITTING SMOKING, QUITTING ALCOHOL AND LEARNING A NEW SKILL

ONE, achieve a healthy weight. Reaching and maintaining a healthy weight is good for your overall wellbeing, but we know from The Health of Queenslanders Report 2018 (available online) that this is a challenge for many Queenslanders, with two in three adults overweight and obese. For adults, a quick way to check weight status is your Body Mass Index (BMI) and waist measurement. Balancing physical activity with a nutritious diet will not only help your waistline but reduce your risk of illness and chronic disease. In 2019, establish a lifelong system of staying accountable, such as keeping a food and physical activity diary.

TWO, quit smoking. If you smoke, your body is constantly working to try and repair the damage done by regularly inhaling more than 7000 toxic chemicals. There are so many good reasons to quit and the sooner you do, the more you can reduce your cancer risk. Benefits include improvements to your health, your looks, your sense of taste and smell, your fitness and finances. And if

someone you love smokes, encourage them to do the same, remembering that second-hand smoke can be just as lethal for you, your friends and family members. Call Quitline on 13 QUIT (13 7848) for free information, practical assistance and support to quit.

THREE, cut back on alcohol. Drinking alcohol can increase your risk of alcohol-related cancers and other chronic diseases. If you choose to drink alcohol, stick to the National Health and Medical Research Council guidelines for alcohol consumption of no more than two standard drinks per day. Keep in mind that many alcoholic drinks are kilojoule heavy, so cutting back on alcohol could also help with maintaining a healthier weight.

FOUR, get up-to-date with your screening. Is there a screening test that you've been putting off? The New Year is the perfect time to set a date and get checked – it just might save your life. Find out about the three national screening programs for bowel cancer, breast cancer and cervical cancer at <http://www.cancerscreening.gov.au>.

FIVE, get to know yourself. When it comes to cancer, in most cases the earlier it is detected, the better. This is because finding cancer early can increase the likelihood of successful treatment. Without fretting or worrying, make it another resolution to get to know the regular look and feel of your body, keep an eye out for unusual changes, and commit to seeing a GP if you notice any changes.

This January, put your health first and put steps in place to learn about cancer and reduce your risk.

More information is available at www.cancerqld.org.au or via 13 11 20.

Specialist knowledge boosts ability to alleviate chronic pain

Pine Rivers Private Hospital is increasingly investing in an emerging medical specialty to tackle the debilitating effects of chronic pain.

QPain's Dr Michelle O'Brien, who has consulted at the hospital for the past year, is one of only around 250 pain specialists across the country, and supports a multidisciplinary approach to help patients better manage their pain.

"As a relatively small and newish specialty, a lot of patients and sometimes even general practitioners and other specialists have not heard of a pain specialist," she said.

"It's actually a misleading title because we are of course 'anti-pain'. We're about trying to help patients manage their pain more effectively, and a real need for this type of service in the north of Brisbane has been identified."

Chronic pain is believed to affect up to 30 per cent of the population and it is associated with contributing to significant costs to the community and high levels of mood disorders such as anxiety and depression.

Despite such prevalence, Dr O'Brien said chronic pain remained poorly understood as medical conditions.

"As pain is a purely subjective experience, it is complex and difficult to define," she said.

"Each of our patients will define their pain uniquely and that will be based on the context of their pain, life experiences, beliefs and expectations.

"What is certain is the devastating impact chronic pain can have on one's life, with mental health issues often tightly intertwined with the condition.

"For example, advocacy group Pain Australia has found one in five Australian adults with severe or very severe pain also suffer depression or other mood disorders, while physical health problems have been implicated in more than 20 per cent of suicides.

"Caring for such patients can be incredibly challenging but is also very rewarding."

Dr O'Brien who started her career as an anaesthetist, and trained further as a pain specialist, said "Drugs alone are not a realistic approach. Likewise, psychological approaches or physical therapies or interventions alone are unlikely to deliver best results. A combination of management strategies is more likely to result in improvement. Allied health (psychology,

physiotherapy, occupational therapy) involvement is often pivotal, and referral to other medical specialists such as psychiatrists may be needed.

"When it comes to chronic pain, it can be a slowish process to assess improvements and our patients are often encouraged to track and record their progress to allow more accurate reflection of their clinical course.

"Chronic pain is undoubtedly a condition that robs people of lots of things but it is also rewarding when we can help patients improve their function and improve their lives."

Dr O'Brien, who studied medicine at the University of Queensland, commenced training in pain management at the Professor Tess Cramond Multidisciplinary Pain Centre (Royal Brisbane and Women's Hospital) and St Vincent's Private Hospital.

In 2017 she joined QPain, one of the country's leading specialist pain clinics that is actively involved in ongoing research and multi-centre clinical trials and specialises in the latest advancements in pain medicine.

Dr O'Brien consults for outpatient appointments on Tuesdays at Pine Rivers Private Hospital, to discuss an appointment please contact QPAIN on 07 3391 7111

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IN A RELATIONSHIP WITH A MASTER NARCISSIST AND MANIPULATOR

Hi Leonie,

I have just gotten out of a terrible relationship with a master narcissist and manipulator.

I have had three long term relationships over a 25-year period and I seem to be attracting the same kind of guy who firstly tells me everything I want to hear and really puts me on a pedestal and I fall deeply in love only to have it all go to absolute crap.

It starts off with me feeling wonderfully supported and ends up with me doubting myself and being told I'm crazy, imagining things and basically that I am the one who has issues. I always get the clarity of knowing that I was manipulated once I'm out of the relationship and looking back and I feel such a fool.

This latest fiasco of 7 years has cost me my house, most of my savings and a good bit of my sanity. I don't want to be on my own, but I don't want to get involved with another guy who does this to me. So, I wonder why I have and what I can do to not let it happen again.

I love your column in the Messenger and can't wait to read your replies. I just hope that you can give me the help I see you give others each week. Please don't print my name.

Name withheld/Mango Hill

Hi,

Firstly, I would suggest that you stop looking to be adored and have someone put you on a pedestal. In fact, if you see this type of worshiping forming, see it as a huge red flag. Relationships should be a

two-way street and feel anchored firmly in reality and not some fantasy that makes you feel validated and wooed. This need to be worshiped may play a part in your history of attracting the same kind of man.

It sounds to me that you have become a victim of Gaslighting. Gaslighting is a behavior towards another that uses constant manipulation and a form of brain washing with the aim of having their victim doubt themselves and yes at times seem like the crazy one.

The term Gaslighting may have begun with the 1942 Movie starring Ingrid Bergman and Charles Boyer called Gaslight where the female lead is led to believe that she is going insane through the purposeful manipulation of her love interest. This is a well-established trick of the Gaslighter to escape accountability for anything and do exactly what they want unchallenged.

Often when confronted by solid hard facts and evidence that they are lying, cheating or have done something dishonest they may immediately up the ante by deflecting, misdirecting, refuting absolute proof, blaming and shaming you and any number of other attacks. Their modus operandi is to create doubt and confusion and have you lose your confidence.

Gaslighting creates a power imbalance with the victim being painted as forever in the wrong. The usual pattern is that you will hear some of the following phrases from a Gaslighter:

"There is something very wrong with you"

"Your imagining things"

"Don't deflect your BS on to me"

"You are paranoid"

"I don't know what makes you like this"

"I'm not lying. Its all in your head"

"If you don't believe that then you're the one with the problem"

"You need help and there is nothing wrong with me"

"I feel sorry for you that you can't understand that you are the problem"

"This is why you can't keep a relationship"

Gaslighting can be powerful or subtle but make no mistake: either way it is abuse and its destructive to self-esteem.

The bottom line is that healthy people won't tolerate it and will very soon kick the Gaslighter to the kerb and this is what you need to do in the future if you see any of the red flags in others you meet.

Often times, when a Gaslighter feels all is lost and you are going to break free from the relationship, they will offer hope by saying sorry, I'll change, and things will get better.

When this happens, as with all final declarations, you should ask yourself "Why now? why are you suddenly going to behave better? Is it just because you need to rescue this situation or have you really seen the problem and are going to work on it?"

You know how it has gone and you know how it will go in the future, so trust your higher self to give you the answer.

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.



New Year's Resolutions and Your Family

Written by Alecia Connor, Associate at Best Wilson Buckley Family Law

For many people the New Year is a time to reflect on family and relationships. This can result in people committing to trying to make a relationship work, or alternatively to finally accepting the inevitable and parting ways. I know resolutions can often seem overwhelming, and so here are some tips on other resolutions you may make:

I will separate, I need to move on.

Build a Support Team – Making this decision can be the hardest step in the process. The first thing you need to do is to build a support team. This support team will consist of a range of people. Obviously friends and family are the first people and often your best sounding board. You should also consider enlisting help from a counsellor or psychologist and engaging a solicitor.

Get legal advice – Who moves out of the house? Where will the children stay? How will the day-to-day expenses be paid? Unfortunately, there is no set rule in regards to each of these questions. Each situation is different and therefore it is important that you get legal advice at an early stage.

I will legally formalise my property arrangements.

If you have reached an agreement in regards to how

you will divide your property, written it down on a piece of paper and both signed it, great. This is a good start, however this should not be the end. This "agreement" does not protect you legally in any way.

If you purchase or acquire assets in the future and your ex decides they want some of that, then if your agreement is not formalised they may make a claim to it. By formalising this agreement into either a consent order or a binding financial agreement it is unlikely that any future application to the court would be successful.

"We need to do a better job of putting ourselves higher on our own 'to do' list."

I will protect my children from this dispute.

Consider your actions – Children can sometimes be affected in ways that parents do not even know. Consider how your children are being affected; are they witnessing hostility between yourself and your ex, are they being used as carrier pigeons for information between Mum and Dad, are they



suffering as a result of your increased stress levels? Children are often more perceptive than we realise, so be careful what they are exposed to.

Obtain assistance – Consider seeking some form of counselling for the children. This could be in the form of seeing a psychologist or counsellor who specifically deals with children, or alternatively attending family therapy in which a therapist works with all members of the family.

I will look after myself during this process.

Your relationship has failed, but you are not a failure. Don't punish yourself. Get counselling, take a break, don't put pressure on yourself to resolve all of the issues right now, and be realistic in your expectations. In the words of Michelle Obama, "We need to do a better job of putting ourselves higher on our own 'to do' list." You will get through it, but you need to look after yourself on the journey.

I wish you all the best for your 2019.



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NOMINATE OUTSTANDING PEOPLE OR ORGANISATIONS WHO HAVE HELPED SHAPE OUR STATE

The Queensland Greats Awards recognise the efforts and achievements of remarkable individuals and institutions making a positive difference in Queensland communities.

Associate Professor within the Office of Indigenous Engagement, Central Queensland University, and 2018 Queensland Great, Ms Henrietta Marrie AM said the awards turned the spotlight on the tireless efforts of everyday Queenslanders who dedicated their lives to making a difference.

"There are thousands of remarkable Queenslanders whose efforts to improve their communities deserve to be recognised and celebrated," Ms Marrie said.

"It could be a friend, family member, colleague or even a community organisation—if you think they are helping to nurture the progress and development of our great State, I encourage you to nominate them."

The Premier said since the program's inception in 2001, 90 individuals, 14 institutions and four



Dr Sallyanne Atkinson AO was honoured in 2014 as a community leader who has made an outstanding contribution to Queensland not only in government but in international trade, community and the arts

posthumous recipients have been honoured as Queensland Greats

"Along with Ms Marrie, the 2018 Queensland Greats Awards celebrated the achievements of Founder of Woodfordia Mr Bill Hauritz AM, equality activist Ms Gail Ker OAM, Queensland baseball legend Mr David Nilsson and pioneering parenting academic Professor Matthew Sanders FASSA," she said.

Member for Bancroft, Chris Whiting MP, would like to see locals nominated.

"If there is an individual or institution in community who has demonstrated a long-term commitment to Queensland, we want to see their name up in lights," Mr Whiting said.

Moreton Bay Regional Mayor Allan Sutherland also wants to see a local take out the top honour.

"We are the home of legends like Artie Beetsen, Petero Civoniceva, Jessicah Schipper and of course music legends the Bee Gees," he said.

As a lasting tribute, each Queensland Great is honoured with a commemorative plaque displayed at Roma Street Parkland, Brisbane.

The 2019 Queensland Greats will be announced at a ceremony in Brisbane in June 2019.

Nominations can be registered at www.qld.gov.au/qldgreats until 5 pm, Friday 22 February 2019.

For more information email QldDay@premiers.qld.gov.au or phone 07 3003 9200.



Happy New Year to you from AFA North Lakes!

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FREE UNI COURSE, BUILD SKILLS, GROW OPPORTUNITIES IN 2019

A FREE USC COURSE OFFERS MORETON BAY ADULTS THE CHANCE TO START 2019 BY UPGRADING THEIR ACADEMIC SKILLS, EXPLORING PATHWAYS TO HIGHER EDUCATION AND MAPPING OUT NEW CAREER PLANS

USC will run the University Skills For Community (US4C) course at North Lakes Library on 18-19 January. Further rounds will be offered in June and November, ahead of USC opening its Moreton Bay campus in 2020.

USC spokesperson Veronica Sanmarco said the two-day program would be facilitated by experienced USC advisers and was designed for adults of all ages who have not studied formally for some years or had not finished high school.

"This is the ideal course for people to sample higher education and discover what career and study options are open to them," Ms Sanmarco said.

"It will help to demystify university and provide a supportive environment to build their confidence and develop essential academic skills."



"They will have the opportunity to turn formal and informal learning gained from work and life experience into academic reading, writing, speaking and critical thinking skills."

The course aims to:

- introduce participants to key concepts and structures of writing for a higher education environment
- enhance capacity around career pathway decision-making
- demystify higher education
- Create a cooperative group environment for learning
- build your confidence and skills in a

supportive environment

- turn your current formal and informal learning abilities gained from work and life experience into academic reading, writing, speaking and listening skills

The program also gives guidance around career decision making. At the end of the course, participants can arrange to have individual sessions with USC career advisors to help develop study and career plans.

Workbooks are provided free of charge and there are no tuition costs. To register email: pathways@usc.edu.au, telephone (07) 5430 2893, or go to www.usc.edu.au/us4c

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WINTER 2019 SPORTS GRANTS

**APPLICATIONS FOR NLSC'S 2019
WINTER SPORTING GRANTS CLOSE
ON FRIDAY 1ST FEBRUARY 2019**

Since 2017 local sporting clubs from across the North Lakes and surrounding regions have been benefitting from a range of community grants offered by North Lakes Sports Club. Now, the club has opened its application process for the 2019 Winter Season Sports Grants.

CSC Group Sports & Community Manager, Tony Clarke said the club was looking for local sporting clubs and associations that need support for their upcoming 2019 winter season.

"If your club considers the North Lakes region as its primary catchment area (then we are keen to see your application," Mr Clarke said.

"Generally speaking, we consider this to be sporting clubs and associations that operate within Moreton Bay Regional Council Divisions Four and Seven."

"We're seeking applications from clubs who primarily operate during the winter season and they must be an affiliated, not-for-profit sporting club or an association."

"Previous Summer Grants recipients for mid-2018 are excluded from applying for this round



of sponsorship, to allow us to open up funding to other sporting groups."

Since opening its doors in 2017, North Lakes Sports Club has provided a total of 32 seasonal sporting sponsorships across four rounds of sporting development funding, covering more than 5,000 participants.

For the 2018 calendar year, this totalled over \$60,000 in grants to sporting clubs, as well as maintenance costs for sporting complexes

leased by CSC Group to further support local sport in North Lakes.

Applications for the 2019 winter sporting grants close on Friday 1st February 2019 with the announcement of successful clubs expected to take place in early February.

For more information or to apply visit www.northlakesports.com.au or phone the club on 1300 006 572.

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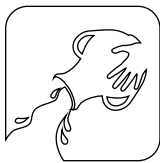
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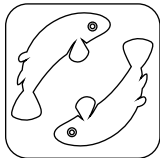
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YOUR STARS



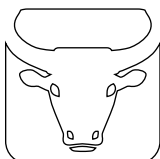
AQUARIUS. (Jan. 21 - Feb. 19): Believe it or not even faultfinders want to believe in you. Address concerns in a cooperative spirit and you will win unflagging support.



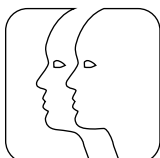
PISCES. (Feb. 20 - March 20): You resent having to bow to authority, but in the future you will certainly pick over the details, wording, and clauses in a contract before signing.



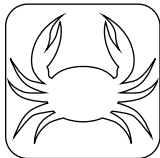
ARIES. (March 21 - April 20): Opportunity comes winging its way to you thanks to fleet-footed Mercury. Act fast because its shelf life is short.



TAURUS. (April 21 - May 21): This is not the time to be choosy about what kind of cavalry arrives (and when) because you could certainly use a helping hand. You can always work out the particulars later.



CANCER. (June 22 - July 23): Things aren't as far along as they should be, but it could be worse. Challenges are steep, but doable. Roll up your sleeves and go to it.



LEO. (July 24 - Aug. 23): The pieces of the puzzle will come together, but you have to be willing to find a fit. Keep an open mind and heart.



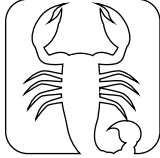
VIRGO. (Aug. 24 - Sept. 23): It's when you're close to locking in commitments that people start to shift their stance. Don't get derailed by their waffling. Focus and they will too.



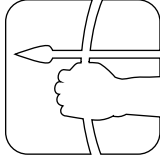
LIBRA. (Sept. 24 - Oct. 23): A simple misunderstanding may not be as simple as all that. If it were then you'd have no problem clearing it up. There's more going on than meets the eye.



SCORPIO. (Oct. 24 - Nov. 22): Don't let pride get in the way of asking for help. Advice, support, or a much-needed favor is yours for the asking, so ask!



SAGITTARIUS. (Nov. 23 - Dec. 21): Don't let critics co-opt your metanarrative. Come up with your own spin on events and sell it. You'll be surprised by how far it goes.



CAPRICORN. (Dec. 22- Jan. 20): It's time to explore the coulds instead of sticking with the shoulds. You've been riding the brake for too long.

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NINE

6.00 Weekend Today. **9.00** Australian Open Tennis Pre-Show. **10.00** Tennis. Australian Open. Day 6. Round 3. From Melbourne Park. **6.00** Nine News Saturday. **7.00** Tennis. Australian Open. Night 6. From Melbourne Park. The prize money for the 2019 Australian Open is a tournament record-breaking \$62.5 million, a 14% increase from 2018. The winners of both the men's and women's singles competitions will be awarded \$4.1 million each, while runners-up will take home \$2.05 million. **11.00** House. (M) **12.00** Major Crimes. (M) **1.00** 2 Broke Girls. (M) **1.30** 2 Broke Girls. (M) **2.00** TV Shop: Home Shopping. **4.30** Global Shop. **5.00** TV Shop: Home Shopping. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **8.00** Movie: Pokémon The Movie: Black – Victini And Reshiram. (G) (2011) **10.00** Children's Programs. **12.30** Surfing. World League. Women's Championship Tour. Round 10. Beachwaver Maui Pro. Highlights. **1.30** Basketball. NBL. Round 14. Sydney Kings v Adelaide 36ers. **4.00** Children's Programs. **6.00** Tennis. Australian Open. Night 6. **7.00** Movie: The Hobbit: The Desolation Of Smaug Pt 1. (PG) (2013) **8.30** Movie: The Hobbit: The Desolation Of Smaug Pt 2. (M) (2013) **10.35** Movie: Underworld. (MA15+) (2003) **1.00** Adult Swim. (M) **2.00** Tattoo Fixers. (MA15+) **3.00** Science Of Stupid. (M) **4.00** Yu-Gi-Oh! (PG) **4.30** Clarence. (PG) **4.50** My Little Pony. **5.10** Children's Programs.

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **9.30** Cricket. Women's Big Bash League. First Semi-Final. Sydney Thunder v Brisbane Heat. **12.30** Cricket. Women's Big Bash League. Second Semi-Final. Sydney Sixers v Melbourne Renegades. **4.00** Border Security. (PG) **4.30** News. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Peanuts Movie. (G) (2015) **8.50** Movie: Mike And Dave Need Wedding Dates. (MA15+) (2016) **11.00** Cycling. Santos Tour Down Under. Stage 5. Adelaide To Strathalbyn. 149.5km. Highlights. **12.00** Grey's Anatomy. (M) **1.00** Harry's Practice. **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** NBC Today. **11.30** Harry's Practice. **12.30** Selling Houses Aust. **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** Cruise Ship Adv. **5.30** Air Crash Investigation. (PG) **7.30** The Yorkshire Vet. (PG) **8.30** Escape To The Country. Alistair Appleton is in the Cotswolds on an unusual house-hunting mission with a couple. **11.30** Air Crash Investigation. (PG) **1.30** Harry's Practice. **2.30** Sydney Weekender. **3.00** The Great Australian Doorstep. (PG) **3.30** Vasil's Garden. **4.00** Crash Investigation Unit. (PG) **4.30** Travel Oz. (PG)

TEN

6.00 Morning Programs. **8.30** Luxury Escapes. (PG) **9.00** Places We Go. **9.30** St10. (PG) **12.00** Cook's Pantry. **12.30** Everyday Gourmet. **1.00** The Renovation King. **1.30** The Home Team. **2.00** The Living Room. (PG) **3.00** Try Time In Kyushu. Japan. New. **3.30** The 48-Hour Destination. **4.00** What's Up Down Under. **4.30** 15-Min Meals. **5.00** News. **6.00** David Attenborough's Natural Curiosities. (PG) **6.30** David Attenborough's Natural Curiosities. **7.00** I'm A Celebrity... Get Me Out Of Here! Saturday Schoolies. New. **8.00** Movie: Madagascar. (PG) (2005) **9.45** NCIS: New Orleans. (MA15+) **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** iFish Summer. **8.30** The 48-Hour Destination. **9.00** Cheers. (PG) **10.00** Hogan's Heroes. **11.00** MacGyver. (PG) **12.00** Snap Happy. **12.30** Jake And The Fatman. (PG) **1.30** Diagnosis Murder. (PG) **2.30** Fishing. Australian Championships. Replay. **3.00** Camper Trailer Lifestyle. **4.00** Which Car? **4.30** Operation Repo. (PG) **5.00** All 4 Adventure. (PG) **6.00** Cops: AO. (PG) **6.30** Soccer. A-League. Round 14. Melbourne City v Perth Glory. **9.30** Movie: Blitz. (MA15+) (2011) Jason Statham, Paddy Considine, Aidan Gillen. **11.30** Scorpion. (PG) **12.30** 48 Hours. (M) **1.30** Countdown To Murder. (MA15+) **2.30** Operation Repo. (PG) **3.30** The Doctors. (PG) **5.30** Hogan's Heroes.

ABC

6.00 Rage. (PG) **10.00** Rage: Retro Month. (PG) **11.05** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Shetland. (M) **1.30** Movie: Endeavour: The Young Morse. (M) (2012) Shaun Evans, Roger Allam, Danny Webb. In 1965, Detective Constable Morse investigates the disappearance of a missing schoolgirl. **3.00** Father Brown. (PG) **3.45** Kevin McCloud's Escape To The Wild. (PG) **4.35** Griff's Great Britain. **5.00** Escape From The City. **6.00** Anh's Brush With Fame. (PG) **6.30** Bad Roads. **7.00** ABC News. **7.30** Miniseries: Little Women. (PG) **8.30** Miniseries: Agatha Christie's Ordeal By Innocence. (M) **9.30** Miniseries: Howards End. (PG) **10.30** Wolf Hall. (M) **11.30** Rage: Retro Month. (PG) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.15** Timmy's Seaside Rescue. **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 Prehistoric Adv. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? **8.30** Live At The Apollo. (M) **9.15** Live From The BBC. (M) **9.45** Comedy Mooney: Lawrence Of Suburbia. (MA15+) **11.35** Would I Lie To You? (PG) **12.05** Penn & Teller: Fool Us. (PG) **12.45** Live At The Apollo. (M) **1.30** Live From The BBC. (M) **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. **2.00** VICE World Of Sports. (PG) **2.30** VICE World Of Sports. (PG) **3.00** Figure Skating. ISU Grand Prix. Round 6. Internationaux de France. Replay. **5.00** Figure Skating. ISU Grand Prix. Round 6. Internationaux de France. **5.30** Greater Mekong. **6.00** Greater Mekong. **6.30** News. **7.30** My Second Restaurant In India. **8.30** The Family Law. **9.00** The Family Law. **9.30** Monty Python: Almost The Truth. **10.30** Movie: A Month Of Sundays. (M) (2015) **12.30** Soccer. EPL. Manchester United v Brighton. **3.15** 24 Hours In Emergency. (M) **4.10** Cyberwar. (PG) **4.40** SBS Flashback. (PG) **4.45** Peter Kuruvita's Mexican Fiesta Bitesize. **4.55** Peter Kuruvita's Mexican Fiesta Bitesize. **5.00** WorldWatch.

SBS VLND

6.00 The Kimberley Cruise: The Full Journey. **6.10** The Kimberley Cruise: The Full Journey. **7.45** The Kimberley Cruise: The Full Journey. **10.05** The Kimberley Cruise: The Full Journey. **12.10** The Kimberley Cruise: The Full Journey. **3.20** The Kimberley Cruise: The Full Journey. **5.40** The Kimberley Cruise: The Full Journey. Final. **8.30** The Family Law. **9.00** The Family Law. **9.30** Movie: The Connection. (MA15+) (2014) Jean Dujardin, Gilles Lellouche, Céline Sallette. **12.00** Movie: Blood Ties. (MA15+) (2013) Clive Owen, Marion Cotillard. **2.20** The Movie Show. **2.50** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

7.30pm Isle Of Dogs (2018) Animated. Bryan Cranston. (PG) **Masterpiece** **7.30pm Waterworld** (1995) Sci-fi. Kevin Costner, Jeanne Tripplehorn. (M) **Action** **9.20pm Ingrid Goes West** (2017) Comedy. Aubrey Plaza, Elizabeth Olsen. (MA15+) **Masterpiece**

GENERAL

1.30pm Classic Car Rescue. (PG) **A&E** **5.30pm The Amazing Race**. (PG) **FOX8** **7.30pm American Pickers: Best Of**. (PG) **A&E**

DOCUMENTARY

6.30pm Fatal Attraction. (M) **Crime & Investigation** **7.30pm Weather Top Ten**. (PG) **Discovery Science** **7.30pm Lakefront Luxury Lifestyle Home**

SPORT

1.45pm Cricket. Women's Big Bash. Second Semi-final. **Fox Cricket** **4.30pm Soccer**. A-League. Round 14. Sydney FC v Newcastle Jets. **Fox Sports 505** **6.50pm Basketball**. NBL. Round 14. Brisbane Bullets v Cairns Taipans. **Fox Sports 506**

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

1901

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WHAT'S ON

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DISNEY'S ALADDIN JUNIOR AT THEATRE 102

Date: January 11-13. Fri at 7pm, Sat at 2pm and 7pm, Sund twilight show at 6pm.

Location: Theatre 102, 102 Anzac Avenue, Redcliffe

The story you know and love has been given the royal treatment! Aladdin and his three friends, Babkak, Omar, and Kassim, are down on their luck until Aladdin discovers a magic lamp and the Genie who has the power to grant three wishes. Wanting to earn the respect of the princess, Jasmine, Aladdin embarks on an adventure that will test his will and his moral character. With expanded characters, new songs, and more thrills, this new adaptation of the beloved story will open up "a whole new world" which the entire family will enjoy!

4 shows only at THEATRE 102 TICKETS cost \$15 Adults / \$12.50 Concession / \$10 Child / \$45 Family.

Tickets: www.roaracademy.com/whats-on.html or call 0488 103 759

11-13
JAN



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



AUSTRALIA DAY CARPARK PARTY

Date: Saturday January 26, 2019, 3pm - 8pm

Location: North Lakes Sports Club, through the club's Discovery Lounge.

NLSC's Australia Day pop-up carpark party will see the club's carpark transformed with free kids attractions, food trucks, live entertainment and a pop-up bar.

There will be a relaxed dress code, Australiana is encouraged, and pack your togs, towels, hats & sunscreen for a day of fun, food and entertainment. Celebrations continue into the night with the free Inexcess Tribute Show from 8.30pm and DJ after the show.

To find out more, visit www.northlakessports.com.au or call North Lakes Sports Club on 1300 006 572 today.

26
JAN

AUSTRALIA DAY @ REDCLIFFE

Date: Saturday January 26, 2019, 3pm - 8pm

Location: Suttons Beach Redcliffe

Sutton's Beach at Redcliffe will once again play host to Australia Day revellers so head down to the sand. Families can relax to live bands or explore the beach activities and competitions. To finish the night with a bang, there will be an impressive fireworks display launching from 8pm.

Please note that there is very limited parking available at Suttons Beach. Free parking is available in surrounding streets.

26
JAN

AUSTRALIA DAY @ BRIBIE ISLAND

Date: Saturday January 26, 2019, 3pm - 8pm

Location: Brennan Park, Bribie Island

For those that don't mind a short drive on the day you can rock out at the Aus-sie Beach Party this Australia Day featuring local artists, beach-themed activities, a variety of food vendors. There will be plenty of family fun, beach activities, lamington and icecream eating comps and fireworks finale at 8pm.

26
JAN

NINE

6.00 Weekend Today. **9.00** Australian Open Tennis Pre-Show. Day 7. From Melbourne Park. **6.00** Nine News. **7.00** Tennis. Australian Open. Night 7. Round 4. From Melbourne Park. Currently played at the world-class facility Melbourne Park, the first match of what would become the Australian Open was played at the humble Warehouseman's Cricket Ground in St Kilda. Due to its remoteness, the tournament did not have foreign players until 1946 when several US players travelled to Australia by plane. **11.00** House. (M) **12.00** Major Crimes. (M) **1.00** 2 Broke Girls. (M) **1.30** 2 Broke Girls. (M) **2.00** Shopping. **4.00** News Early Edition. **4.30** Today.

GO!

6.00 Children's Programs. **8.00** Movie: Pokémon The Movie: White – Victini And Zekrom. (G) (2011) **10.00** Children's Programs. **12.00** My Little Pony: Friendship Is Magic. **12.30** Polly Pocket. (PG) **1.00** Beyblade Burst Evolution. **1.30** Basketball. NBL. Round 14. Perth Wildcats v Melbourne United. **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **5.00** To Be Advised. **7.00** Movie: The Phantom. (PG) (1996) **9.00** Movie: Collateral. (MA15+) (2004) **11.30** Kevin Can Wait. (PG) **12.00** Adult Swim. (MA15+) **1.00** Tattoo Fixers On Holiday. (MA15+) **2.00** Cold Water Cowboys. (M) **3.00** Science Of Stupid. (M) **4.30** Clarence. (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** Cycling. Santos Tour Down Under. Final stage. McLaren Vale to Willunga Hill. 151.5km. **3.00** Cycling. Santos Women's Tour Down Under. Highlights. From South Australia. **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Cricket. Big Bash League. Game 36. Sydney Sixers v Brisbane Heat. **9.30** The Latest: Seven News. **10.00** Sunday Night. Current affairs program, hosted by Melissa Doyle. **11.15** Cycling. Santos Tour Down Under. Highlights. **12.15** Dr. Ken. (PG) Allison considers life insurance. **12.45** Dr. Ken. (PG) **1.15** Harry's Practice. **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** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Jump Off. (PG) **1.00** Australia's Best Backyards. **2.00** House Of Wellness. (PG) **3.00** Escape To The Country. (PG) **5.00** The Yorkshire Vet. (PG) **6.00** Britain's Busiest Airport: Heathrow. (PG) **7.00** Motorway Patrol. (PG) **8.00** Coastwatch Oz. (PG) **8.30** Border Security. (PG) **9.00** Gold Coast Medical. (PG) **10.00** Hospital. (M) **11.00** Brit Cops. (M) **12.00** Coastwatch Oz. (PG) **12.30** Border Security. (PG) **1.00** Brit Cops. (M) **2.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Living Room. (PG) **9.00** Try Time In Kyushu, Japan. **9.30** St10. (PG) **12.00** The Offroad Adventure Show. **1.00** Everyday Gourmet. **1.30** David Attenborough's Natural Curiosities. (PG) **2.00** David Attenborough's Natural Curiosities. **2.30** To Be Advised. **4.00** Which Car? **4.30** RPM: Summer Series. **5.00** News. **6.00** David Attenborough's Natural Curiosities. **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.15** NCIS. (M) Palmer tries to save a suicidal stranger. **10.15** NCIS. (M) **11.00** The Sunday Project. **12.00** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **7.30** Key Of David. (PG) **8.00** Hogan's Heroes. **9.00** The Home Team. **9.30** Pooches At Play. **10.30** Escape Fishing With Et. **11.00** Fishing Edge. **11.30** Epic Meal Empire. (PG) **12.00** Undercover Boss. (PG) **1.00** The Doctors. **2.00** Monster Jam. **3.00** Bondi Rescue. (PG) **4.00** Reel Action. **4.30** Fishing Australia. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Wonders Of Life. Final. **7.30** Medics On Call. (PG) **8.30** Movie: I.T. (M) (2016) Pierce Brosnan, James Frecheville, Anna Friel, Stefanie Scott. **10.30** NCIS. (M) **11.30** Countdown To Murder. (M) **12.30** 48 Hours. (M) **1.30** RPM: Summer Series. **2.00** Operation Repo. (PG) **3.00** Medics On Call. (PG) **4.00** The Doctors. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **10.00** Offsiders: Summer Edition. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** ABC News At Noon. **12.30** Landline Summer. Final. **1.00** Wolf Hall. (M) **2.00** Miniseries: Agatha Christie's Ordeal By Innocence. (M) **3.00** Miniseries: Howards End. (PG) **4.00** Fake Or Fortune? **5.00** Miniseries: Little Women. (PG) **6.10** Joanna Lumley's Nile. **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. **8.30** Vera. (M) **10.00** Barracuda. (M) **10.55** Miniseries: Kiri. (M) **11.45** Silent Witness. (M) **12.45** Poldark. (M) **1.45** Vera. (M) **3.15** Silent Witness. (M) **4.15** Crash Test Mummies And Daddies. (M) **4.50** Catalyst. **5.30** Gardening Aust.

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 Prehistoric Adv. **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** Peter Helliar: Snazzy. (MA15+) **10.20** Adam Hills: The Last Leg Down Under. (M) **11.05** Would I Lie To You? **11.35** Upstart Crow. (PG) **12.05** V.I.A. (M) **12.40** Black Books. (PG) **1.05** Absolutely Fabulous. (PG) **1.35** The Catherine Tate Show. (M) **2.05** Alan Partridge's Mid-Morning Matters. (PG) **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 France 24 English News. **6.30** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Manchester United v Brighton. Replay. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Speedweek. **3.00** Figure Skating. ISU Grand Prix. Round 6. Internationaux de France. **5.00** Railway Journeys UK. **5.30** After Hitler. (PG) **6.30** News. **7.30** All Aboard The Canal Trip. **9.45** Meteor Strike: Fireball From Space. (PG) **10.40** Gypsy Kids: Our Secret World. (PG) **11.35** Filthy Rich And Homeless. (M) **12.35** Valkyrien. (M) **1.30** Valkyrien. (M) **2.20** Valkyrien. (M) **3.15** Valkyrien. (M) **4.05** Treasures Of Ancient India. (PG) **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** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** PopAsia TV. (PG) **1.05** Front Up. **1.35** Vs Arashi. (PG) **2.30** Room 101. (PG) **3.00** 10,000 BC. (PG) **3.50** The Mindy Project. (PG) **4.15** The Mindy Project. (PG) **4.45** Earthworks. (PG) **5.35** Batman. (PG) **6.10** Batman. (PG) **6.40** How To Start An Airline. **7.35** Ultimate Airport Dubai. (PG) **8.30** Movie: Menace II Society. (MA15+) (1993) **10.20** Movie: Colors. (1988) **12.35** Movie: I Love You Phillip Morris. (MA15+) (2009) **2.20** VICE Guide To Film. (MA15+) **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

5.10pm Kingsman: The Golden Circle (2017) Action. Taron Egerton, Colin Firth. (MA15+) **Premiere** **7.30pm Black Panther** (2018) Action. Chadwick Boseman, Lupita Nyong'o. (M) **Premiere** **9.15pm Knocked Up** (2007) Comedy. Seth Rogen. (MA15+) **Comedy** **GENERAL** **5.30pm Fresh Off The Boat** (PG) **FOX8** **7.30pm Superstore**. (PG) **FOX8** **8.30pm Chicago Fire**. (M) **FOX8** **DOCUMENTARY** **5.00pm The World From Above**. (PG) **History** **5.30pm This Is Greece With Michael Scott**. (PG) **History** **7.30pm The Secret Life Of 4 And 5 Year Olds**. (PG) **Lifestyle** **SPORT** **6.30am Basketball**. NBA. Philadelphia 76ers v Oklahoma City Thunder. **ESPN** **2.00pm Golf**. Japan Tour. Singapore Open. Final round. **Fox Sports 503** **4.00pm Soccer**. A-League. Round 14. Melbourne Victory v Wellington Phoenix. **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** Australian Open Tennis Pre-Show. **10.00** Tennis. Australian Open. Day 8. From Melbourne Park. **6.00** Nine News. **7.00** Tennis. Australian Open. Night 8. Round 4. From Melbourne Park. With the 2015 addition of Margaret Court Arena as a third retractable-roof stadium at Melbourne Park, the Australian Open is the only Grand Slam in the world with three retractable-roof venues, making it a truly weatherproof tournament. **11.00** House. (M) **12.00** Major Crimes. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** News Early Edition. **4.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Top Gear: The Perfect Road Trip. (PG) **12.00** Robot Wars. (PG) **1.00** The Middle. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **4.30** Teen Titans Go! (PG) **5.00** Clarence. (PG) **5.30** Uncle Grandpa. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Gran Torino. (M) (2008) **11.00** Big Bang. (PG) **12.00** Science Of Stupid. (M) **12.30** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **2.00** Clarence. (PG) **2.30** Uncle Grandpa. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** Yu-Gi-Oh! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **4.50** Barbie: Dreamtopia. **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: A Perfect Day. (PG) (2006) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Cricket. Big Bash League. Game 37. Adelaide Strikers v Hobart Hurricanes. **9.30** The Latest: Seven News. **10.00** Modern Family. (PG) The children are left traumatised. **10.30** Modern Family. (PG) **11.00** The Goldbergs. (PG) Erica tells Murray she has made a final decision about her future at university. **12.00** The Astronaut Wives Club. (PG) Final. The wives are interviewed for a TV documentary. **1.00** Travel Oz. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** 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** Sydney Weekender. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) Sleepless nights are taking their toll on Doc Martin. **8.30** Lewis. (M) **10.30** Kingdom. (PG) **11.30** Medical Emergency. (PG) **12.00** Jump Off. (PG) **1.00** The Great Outdoors. **3.00** House Calls To The Rescue. **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. **2.45** 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. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Murphy Brown. (PG) During Corky's "National Adopt a Pet Day" segment, she guilts Murphy into adopting a dog. **9.30** The Graham Norton Show. (PG) Music by English singer-songwriter Cheryl. **10.30** Hughies. We Have A Problem. (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** RPM: Summer Series. **8.30** Monster Jam. **9.30** iFish. **10.00** Cheers. (PG) **10.30** Wonders Of Life. **12.00** Mission: Impossible. (PG) **1.00** MacGyver. (PG) **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** CSI: Miami. (M) **12.30** Home Shopping. **2.00** Mission: Impossible. (PG) **3.00** MacGyver. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs: House Of The Year. **11.00** Joanna Lumley's Nile. **12.00** ABC News At Noon. **1.00** Keeping Australia Safe. (M) **2.00** Poldark. (M) **3.00** The Cook And The Chef. **3.30** Gardening Aust. **4.30** Aust Story. **5.00** ABC News At Five. **5.30** Summer Drum. **6.10** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. (PG) **8.30** Hawke: The Larrikin And The Leader. (PG) **9.30** War On Waste: The Battle Continues. (PG) **10.30** ABC Late News. **11.00** Employable Me Australia. (M) **12.00** Afghanistan: Inside Australia's War. (M) **1.00** Poldark. (M) **2.00** Rage. (MA15+) **4.00** The New Inventors. **4.30** Compass. **5.00** Catalyst. **5.30** Gardening Aust.

ABC COM

6.00 Children's Programs. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Prehistoric Adv. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Adam Hills: The Last Leg. (M) **8.45** The Office. (PG) **9.05** The Office. (PG) **9.30** The Good Place. (PG) **9.50** The Good Place. (PG) **10.15** Idiotsitter. (M) **10.40** 30 Rock. (M) **11.00** Parks And Recreation. (M) **11.25** Inside Amy Schumer. (MA15+) **11.45** Reno 911! (M) **12.10** The Office. (PG) **12.30** The Office. (PG) **12.55** 30 Rock. (M) **1.15** Parks And Recreation. (M) **1.35** Inside Amy Schumer. (M) **2.00** Reno 911! (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 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** The Story Of Egypt. (PG) **3.05** Celtic Woman: Songs From The Heart. **4.05** The Supernet. (PG) **5.00** Letters And Numbers. **5.30** Rick Stein's Long Weekends. New. **6.30** News. **7.30** Queen Elizabeth's Secret Agents. **8.35** The Obesity Myth. (M) **9.35** E-Cigarettes: Welcome Back, Big Tobacco. **10.30** SBS News. **11.00** The World Game. **11.30** Nox. (MA15+) **12.30** The Five. (M) **1.25** The Five. (MA15+) **2.20** The Five. (MA15+) **3.10** The Five. (M) **4.00** Poh's On The Road. **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. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** The Gadget Show. (PG) **2.15** The Gadget Show. (PG) **2.40** It's Supertime! (PG) **3.10** PopAsia TV. (PG) **4.05** Vs Arashi. **5.05** If You Are The One. (PG) **6.15** The Ice Cream Show. (PG) **6.40** Britain's Greatest Bridges. **7.30** Rockwiz. (M) **8.30** Housos. (MA15+) **9.05** Miniseries: Butterfly. **10.00** The Girlfriend Experience. **10.35** The Girlfriend Experience. **11.00** You're The Worst. (M) **11.25** You're The Worst. (M) **11.55** Movie: Circumstance. (MA15+) (2011) **1.45** Spotless. (MA15+) **2.50** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



MOVIES

5.40pm Love, Simon (2018) Drama. Nick Robinson, Jennifer Garner. (M) **Premiere**
7.30pm The Greatest Showman (2017) Drama. Hugh Jackman, Michelle Williams. (PG) **Premiere**
9.00pm The Inbetweeners Movie (2011) Comedy. James Buckley, Blake Harrison. (MA15+) **Comedy**
GENERAL
5.30pm Outlander. (MA15+) **FOX Showcase**
7.30pm True Detective. (MA15+) **FOX Showcase**
8.00pm The Big Bang Theory. (M) **Comedy Channel**
DOCUMENTARY
5.00pm Killer In Plain Sight. (M) **Crime & Investigation**
6.30pm Coast New Zealand. (PG) **History**
8.30pm Hell's Kitchen USA. (MA15+) **Lifestyle**
Food
SPORT
6.00am Gridiron. NFL Playoffs. **NFC** Championship Game. **ESPN**
6.15pm Cricket. Big Bash League. Game 37. Adelaide Strikers v Hobart Hurricanes. **FOX Cricket**

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

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NINE

6.00 Today. **9.00** Australian Open Tennis Pre-Show. **10.00** Tennis. Australian Open. Day 9. From Melbourne Park. **6.00** Nine News. **7.00** Tennis. Australian Open. Night 9. Quarter-finals. From Melbourne Park. The Australian Open is the first of the four Grand Slam tennis tournaments held over the year. It's followed by the French Open, held in late May and early June, Wimbledon in July, and the US Open in late August and early September. **11.00** House. (M) **12.00** Major Crimes. (M) **1.00** 2 Broke Girls. (M) **1.30** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** News Early Edition. **4.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Robot Wars. (PG) **1.00** The Middle. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **5.30** Uncle Grandpa. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** American Ninja Warrior. (PG) **9.15** Movie: Cop Land. (MA15+) (1997) **11.20** Big Bang. (PG) **11.45** Science Of Stupid. (M) **12.15** Friends. (PG) **1.15** China, IL. (MA15+) **1.30** Aqua Teen Hunger Force. (MA15+) **2.00** Clarence. (PG) **2.30** Uncle Grandpa. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** Yu-Gi-Oh! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **4.50** Barbie: Dreamtopia. **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: Ike: Countdown To D-Day. (PG) (2004) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Cricket. Big Bash League. Game 38. Sydney Thunder v Melbourne Renegades. **9.30** The Latest: Seven News. **10.00** World's Deadliest Weather: Caught On Camera. (PG) A look at the Boxing Day tsunami, which caught tourists unprepared as waves crashed into 14 countries, killing 250,000 people. **11.00** The Illusionists. (PG) A showcase of seven illusionists. **12.00** The Catch. (M) Ben agrees to help Rhys. **1.00** Harry's Practice. **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** 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** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Jonathan Creek. (M) **8.30** Crime Investigation Australia: Most Infamous. (MA15+) **9.30** The Suspects: True Australian Thrillers. (M) **10.30** Crimes That Shook The World. (MA15+) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. (PG) **1.00** The Great Outdoors. **3.00** House Calls To The Rescue. **4.00** Million Dollar Minute. **5.00** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (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) Contestants compete for a jackpot by finding the most obscure answers they can across a variety of topics. **6.30** The Project. A look at the day's news. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) **9.00** NCIS: LA. (M) The team investigates after the chief of logistics for a naval weapons station collapses on the job. **10.00** NCIS: LA. (M) **11.00** NCIS: LA. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** 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** MacGyver. (PG) **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** CSI: Miami. (MA15+) **10.30** The Mentalist. (M) **12.30** Home Shopping. **2.00** Mission: Impossible. (PG) **3.00** MacGyver. (PG) **4.00** Cheers. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Time Walks. (PG) **11.30** Hatch, Match And Dispatch. (PG) **12.00** News. **1.00** Keeping Australia Safe. (M) **2.00** Poldark. (M) **3.00** Short Cuts To Glory: Matt Okine Vs Food. **3.30** Gardening Aust. **4.25** Aust Story. **5.00** ABC News At Five. **5.30** Summer Drum. **6.10** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Corre. **8.30** The Human Body: Secrets Of Your Life Revealed. **9.30** Fake Or Fortune? **10.30** ABC Late News. **11.00** How To Stay Young. (PG) **12.00** Trigger Point. (MA15+) **1.00** Poldark. (M) **2.05** The Human Body: Secrets Of Your Life Revealed. **3.05** How To Stay Young. (PG) **4.05** New Inventors. **4.35** Compass. **5.00** Late Programs.

ABC COM

6.00 Children's Programs. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Prehistoric Adv. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** The Agony Of... (M) **8.30** Black Books. (PG) **8.55** The Office. (PG) **9.20** The Office. (PG) **9.40** In The Long Run. (M) **10.00** Timewasters. (M) **10.25** 30 Rock. (PG) **10.50** Parks And Recreation. (M) **11.10** Inside Amy Schumer. (MA15+) **11.35** Reno 911! (M) **11.55** The Office. (PG) **12.20** The Office. (PG) **12.40** 30 Rock. (M) **1.00** Parks And Recreation. (M) **1.25** Inside Amy Schumer. (MA15+) **1.45** Reno 911! (M) **2.10** News Update. **2.15** 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. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** The Story Of Egypt. (PG) **3.00** Who Do You Think You Are? (PG) **4.05** The Supervet. (PG) Final. **5.00** Letters And Numbers. **5.30** Rick Stein's Long Weekends. **6.30** News. **7.30** US Railroad Journeys. **8.40** Mediterranean With Simon Reeve. **9.50** Building The Tube. **10.45** SBS News. **11.15** Agatha Christie's Criminal Games. (M) **12.55** Modus. (M) **1.50** Modus. (M) **2.40** Modus. (M) **3.30** Modus. (M) **4.25** Poh's On The Road. **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** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** The Gadget Show. **2.15** The Gadget Show. **2.40** It's Suppertime! (PG) **3.10** States Of Undress. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.15** The Ice Cream Show. (PG) **6.40** Britain's Greatest Bridges. (PG) **7.30** Rockwiz. (PG) **8.30** 8 Out Of 10 Cats Does Countdown. **9.30** City Porn. (MA15+) **10.20** Dopesick Nation. (MA15+) **11.15** Undressed Italy. (M) **11.45** Undressed Italy. (PG) **12.20** Movie: Ages Of Love. (MA15+) (2011) **2.35** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

5.00pm Batman Begins (2005) Action. Christian Bale, Michael Caine. (M) Action **7.30pm Blockers** (2018) Comedy. Leslie Mann, John Cena. (MA15+) **Premiere** **9.10pm Caddyshack** (1980) Comedy. Chevy Chase, Rodney Dangerfield. (M) **Movie Greats**

GENERAL **11.00am WWE Raw.** (M) FOX8 **6.20pm Coronation Street.** (PG) UKTV **7.30pm The Russell Howard Hour.** (MA15+) Comedy Channel

DOCUMENTARY

6.30pm Misfit Garage. (PG) Discovery Turbo **6.30pm The Nineties.** (PG) History **7.30pm World's Deadliest Weather: Caught On Camera.** (PG) Discovery Science

SPORT

11.00am Basketball. NBA. Philadelphia 76ers v Houston Rockets. ESPN **1.30pm Basketball.** NBA. Los Angeles Lakers v Golden State Warriors. ESPN **6.50pm Soccer.** A-League. Round 15. Melbourne City v Western Sydney Wanderers. Fox Sports 505

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NINE

6.00 Today. **9.00** Australian Open Tennis Pre-Show. **10.00** Tennis. Australian Open. Day 10. From Melbourne Park. **6.00** Nine News. **7.00** Tennis. Australian Open. Night 10. Quarter-finals. From Melbourne Park. While the Australian Open was historically played on grass, the iconic "True Blue" acrylic courts currently in use were designed to meet the Melbourne tournament's specific requirements for speed and durability. They are capable of handling extreme weather, including on-court temperatures which can reach 63 °C. **11.00** House. (M) **12.00** Major Crimes. (M) **1.00** 2 Broke Girls. (M) **1.30** Extra. **2.00** Shopping. **3.00** TV Shop: Home Shopping. **4.00** News Early Edition. **4.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Top Gear. (PG) **1.30** Deals, Wheels And Steals. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **5.30** Uncle Grandpa. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** BattleBots. (PG) **8.30** Big Bang. (M) **9.00** Pedestrian Movie Of The Week. **11.00** Big Bang. (PG) **12.00** Science Of Stupid. (M) **12.30** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **2.00** Clarence. (PG) **2.30** Uncle Grandpa. (PG) **3.30** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** Yu-Gi-Oh! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **4.50** Barbie: Dreamtopia. **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** Better Homes And Gardens Summer. **1.30** Cricket. Big Bash League. Game 39. Melbourne Stars v Adelaide Strikers. **5.00** The Chase Aust. **6.00** News. **7.00** Cricket. Big Bash League. Game 40. Sydney Sixers v Hobart Hurricanes. **9.30** The Latest: Seven News. **10.00** Criminal Minds. (M) A mother steps forward with valuable information about a suspect known as the Bone Crusher. **11.00** Killer Tapes. (M) Documents major crimes, including the case of serial killer John Cooper. **12.00** Quantico. (M) Alex does not know who to trust. **1.00** Travel Oz. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** 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** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) Fisher's daughter leaves with a group of travellers. **8.30** The Inspector Lynley Mysteries. (PG) Lynley locks horns with DI Brennan. **10.30** Hospital. (M) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** House Calls To The Rescue. **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. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) The pressure is on for the celebrities to bring home the stars in order to feed the camp. **9.00** Law & Order: S.V.U. The investigation into the murder of a promising teen author leads to a decades-old secret. **10.00** Law & Order: S.V.U. (M) An infant goes missing. **11.00** Hawaii Five-O. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** 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** MacGyver. (PG) **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. **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 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Tony Robinson's Time Walks. (PG) **11.30** Hatch, Match And Dispatch. (PG) Final. **12.00** News. **1.00** Keeping Australia Safe. (M) **2.00** Poldark. (M) **3.00** The Cook And The Chef. **3.30** Gardening Aust. **4.30** Aust Story. **5.00** News At Five. **5.30** Summer Drum. **6.10** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (M) **8.30** Stop Laughing... This Is Serious. (M) **9.30** Would I Lie To You? (PG) **10.05** Adam Hills: The Last Leg. **10.50** News. **11.20** American Valhalla. (M) **12.40** Poldark. (M) **1.40** Rage. (MA15+) **3.00** QI. (M) **3.30** Would I Lie To You? (PG) **4.00** New Inventors. **4.30** Compass. **5.00** Catalyst. **5.30** Gardening Aust.

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. (PG) **8.30** The Catherine Tate Show. (M) **9.00** The Office. (PG) **9.20** The Office. (PG) **9.45** Asian Provocateur. (M) **10.15** 30 Rock. (PG) **10.35** Parks And Recreation. (PG) **11.00** Inside Amy Schumer. (MA15+) **11.20** Reno 911! (M) **11.45** The Office. (PG) **12.05** The Office. (PG) **12.25** 30 Rock. (PG) **12.50** Parks And Recreation. (M) **1.15** Inside Amy Schumer. (MA15+) **1.35** Reno 911! (M) **1.55** News Update. **2.00** 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** PBS News. **2.00** The Story Of Egypt. **3.05** David Attenborough's Wild Singapore. **4.05** The Supertv: Bionic Stories. (PG) **5.00** Letters And Numbers. **5.30** Rick Stein's Long Weekends. **6.30** News. **7.30** Destination Flavour China. (PG) Final. **8.00** Railway Journeys UK. **8.35** Dying To Live. **9.40** Miniseries: Butterfly. **10.35** Berlin Station. (M) **11.35** SBS News. **12.00** Movie: The Fool. (MA15+) **2.20** Movie: In Times Of Fading Light. (M) (2016) **4.20** Poh's On The Road. **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. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** The Gadget Show. **2.20** The Gadget Show. (PG) **2.45** It's Supertime! (PG) **3.10** Huang's World. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.10** The Ice Cream Show. (PG) **6.35** Britain's Greatest Bridges. (PG) Final. **7.30** RockWiz. **8.30** Love And Sex In An Age Of Pornography. (MA15+) **9.30** Movie: The Thing. (MA15+) (1982) **11.30** Movie: Spring. (MA15+) (2014) **1.30** Spotless. (MA15+) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

5.35pm High Fidelity (2000) Drama. John Cusack, Iben Hjejle. (M)
Movie Greats
7.30pm Spider-Man: Homecoming (2017) Action. Tom Holland, Michael Keaton. (M) *Action*
10.50pm Schindler's List (1993) Drama. Liam Neeson, Ben Kingsley. (M) *Masterpiece*

GENERAL

6.30pm Empire. (MA15+) *FOX Showcase*

8.30pm Ray Donovan. (MA15+) *FOX Showcase*

DOCUMENTARY

6.30pm Man Vs Puma. (PG) *National Geographic Wild*

6.30pm Alaska: The Last Frontier. (PG) *Discovery*

7.30pm Nazi Megastructures: America's War. (PG) *National Geographic*

SPORT

2.00pm Cricket. Big Bash League. Game 39. Melbourne Stars v Adelaide Strikers. *Fox Cricket*
6.50pm Basketball. NBL. Round 15. Melbourne United v Illawarra Hawks. *Fox Sports 506*
9.00pm Soccer. A-League. Round 15. Perth Glory v Adelaide United. *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** Australian Open Tennis Pre-Show. **10.00** Tennis. Australian Open. Day 11. Women's singles semi-final. From Melbourne Park. **6.00** Nine News. **7.00** Tennis. Australian Open. Night 11. Men's singles semi-final. From Melbourne Park. While Swiss champion Martina Hingis is the youngest woman to win the championship, aged 16 in 1997, Australia can boast the youngest male, Ken Rosewall, who won at the age of 18 in 1953 before having signed as a professional player. **11.00** House. (M) **12.00** Major Crimes. (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** Top Gear. (PG) **1.30** Deals, Wheels And Steals. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **5.30** Uncle Grandpa. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Young Sheldon. (PG) **8.30** Movie: RV: Runaway Vacation. (PG) (2006) **10.30** Big Bang. (PG) **11.00** Kevin Can Wait. (PG) **11.30** Science Of Stupid. (M) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **2.00** Clarence. (PG) **2.30** Uncle Grandpa. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** Yu-Gi-Oh! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **4.50** Barbie: Dreamtopia. **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** Cricket. First Test. Australia v Sri Lanka. Day 1. Afternoon session. **6.00** News. **7.00** Cricket. First Test. Australia v Sri Lanka. Day 1. Evening session. **8.30** Cricket. Big Bash League. Game 41. Perth Scorchers v Sydney Thunder. From Optus Stadium, Perth. **12.00** Grey's Anatomy. (M) Jo faces her abusive husband Paul Stadler. **1.00** Travel Oz. (PG) Greg Grainger visits NSW's Taste Riverina Festival and takes a look at the Barellan Tribute to Teams. **1.30** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise. News, sport and weather.

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** Father Brown. (M) **8.30** Murdoch Mysteries. (M) After a librarian is killed and her body dragged into a forest, Murdoch is reunited with his former flame, Anna. **10.30** Houdini & Doyle. (M) **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. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** The Conners. (PG) Dan is injured on the job. **9.30** The Conners. When Ben offers Mark free piano lessons, Darlene uses it as an opportunity to test his parenting skills. **10.00** Blue Bloods. (M) Erin helps Anthony. **11.00** Blue Bloods. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** 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** MacGyver. (PG) **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) **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 News. **9.00** News. **10.00** Grand Designs. **11.00** Time Walks. (PG) **11.30** Brush With Fame. (PG) **12.00** News. **1.00** Keeping Australia Safe. (M) Final. **2.00** Poldark. (M) **3.00** The Cook And The Chef. **3.30** Gardening Aust. **4.30** Aust Story. **5.00** ABC News At Five. **5.30** Summer Drum. **6.10** Grand Designs NZ. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Escape From The City. **9.00** Grand Designs Aust. **9.50** The Tunnel: Sabotage. (MA15+) **10.40** ABC Late News. **11.10** Wentworth. (MA15+) **11.55** Death Or Liberty. (PG) **12.55** Poldark. (M) **1.55** Malala: Life After The Taliban. (PG) **2.25** The Tunnel: Sabotage. (MA15+) **3.15** Wentworth. (MA15+) **4.05** New Inventors. **4.30** Compass. (PG) **5.00** Late Programs.

ABC COM

6.00 Children's Programs. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Tomorrow Tonight. (PG) **8.35** Utopia. (PG) **9.05** The Office. (PG) **9.25** The Office. (PG) **9.45** Free Agents. (MA15+) **10.10** The Good Place. (PG) **10.35** The Good Place. (PG) **10.55** 30 Rock. (PG) **11.20** Parks And Recreation. (PG) **11.40** Inside Amy Schumer. (MA15+) **12.00** Reno 911! (M) **12.25** The Office. (PG) **12.50** The Office. (PG) **1.10** 30 Rock. (PG) **1.30** Parks And Recreation. (PG) **1.55** Inside Amy Schumer. (MA15+) **2.15** Reno 911! (M) **2.40** News Update. **2.45** 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** PBS News. **2.00** The Story Of Egypt. (PG) **3.05** Telemarkskanalen Boat Journey. **4.05** The Supernet: Bionic Stories. (PG) **5.00** Letters And Numbers. **5.30** Rick Stein's Long Weekends. **6.30** News. **7.30** Alex Polizzi: The Fixer. **8.35** Locked Up Abroad. (M) **9.35** Vikings. **10.30** Miniseries: The State. (MA15+) **11.30** SBS News. **12.00** Counterpart. (MA15+) **1.00** Counterpart. (M) **2.00** Spring Tide. (M) **2.55** Spring Tide. (M) **3.50** One Born Every Minute UK. (M) **4.50** SBS Flashback. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** The Gadget Show. (PG) **2.15** The Gadget Show. **2.40** It's Supertime! (PG) **3.05** Dead Set On Life. (PG) **3.30** Mr Tachyon On The Edge Of Science. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.15** The Ice Cream Show. **6.40** World's Greatest Bridges. (PG) **7.30** RockWiz. (PG) **8.30** Full Frontal. (MA15+) **9.00** Being Evel. (M) **10.55** The Rise And Rise Of Bitcoin. (M) **12.40** Movie: Vampire's Kiss. (MA15+) (1988) **2.35** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

5.35pm Escape From Alcatraz (1979) Action. Clint Eastwood, Patrick McGeehan. (M) **Movie Greats** **9.10pm Legally Blonde** (2001) Comedy. Reese Witherspoon, Luke Wilson. (PG) **Romance** **GENERAL** **1.30pm Project Runway All Stars**. (PG) **Arena** **7.30pm Suits**. (M) **Universal Channel** **8.00pm Future Man**. (MA15+) **Comedy Channel** **DOCUMENTARY** **6.30pm Homicide Hunter**. (M) **Crime & Investigation** **7.30pm Curiosity: X-Ray: Yellowstone**. (PG) **Discovery Science** **8.30pm Unlikely Animal Friends Compilations**. **National Geographic Wild** **SPORT** **1.00pm Cricket**. First Test. Australia v Sri Lanka. Day 1. **Fox Cricket** **6.30pm Soccer**. W-League. Round 13. Western Sydney Wanderers v Perth Glory. **Fox Sports 505** **8.40pm Cricket**. Big Bash League. Game 41. Perth Scorchers v Sydney Thunder. **Fox Cricket**

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

2401



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Julie Hadlum (area co-ordinator) will get a group together and find a suitable place to conduct the training & assessments there. If you are interested please contact Julie.

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NINE

6.00 Today. **10.00** Who Do You Think You Are? (PG) **11.00** Delish Destinations. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Kevin Can Wait. (PG) **2.00** Australian Open Tennis Pre-Show. **3.00** Tennis. Australian Open. Day 12. Women's doubles final. **5.00** Hot Seat. **6.00** Nine News. **6.30** Tennis. Australian Open. Night 12. Men's singles semi-final. From Melbourne Park. **10.00** Movie: Friends With Kids. (MA15+) (2011) Jennifer Westfeldt, Adam Scott, Maya Rudolph. Two best friends decide to have a child together while keeping their relationship platonic. **12.05** Chicago Justice. (M) **1.00** Extra. **1.30** TV Shop. **4.00** Global Shop. **4.30** Avengers. (PG) **5.30** It's All Greek To Me. (PG)

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Top Gear. (PG) **1.30** Deals, Wheels And Steals. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon. **3.30** Ninjabo. (PG) **4.00** Gumball. (PG) **4.30** Teen Titans Go! (PG) **5.00** Clarence. (PG) **5.30** Steven Universe. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Movie: Shrek 2. (PG) (2004) **9.30** Movie: Into The Blue. (M) (2005) **11.45** Big Bang. (PG) **12.10** WWE Smackdown. (MA15+) **1.10** Total Divas. (M) **2.00** Friends. (PG) **3.00** Turning Mecard. (PG) **3.30** Beyblade Burst Evolution. **4.00** Yu-Gi-Oh! (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **4.50** Barbie: Dreamtopia. **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** Cricket. First Test. Australia v Sri Lanka. Day 2. Afternoon session. **6.00** News. **7.00** Cricket. First Test. Australia v Sri Lanka. Day 2. Evening session. **8.30** Movie: U.S. Marshals. (M) (1998) Tommy Lee Jones, Wesley Snipes, Robert Downey Jr. A US Marshal, accompanying a group of convicts on a flight, pursues an escaped fugitive. **11.30** World's Deadliest Weather: Caught On Camera. (PG) Takes a look at the 2011 Japanese earthquake and tsunami which saw entire towns washed away. **12.30** Grey's Anatomy. (M) Meredith questions Alex and Jo's alibi. **1.30** Grey's Anatomy. (M) **2.30** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today.

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** House Of Wellness. (PG) **1.00** Australia's Amazing Homes. (PG) **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** M*A*S*H. (PG) **7.00** Better Homes And Gardens Summer. **8.00** Selling Houses Aust. **9.30** Honey I Bought The House. (PG) **10.30** Peter Andre's 60 Minute Makeover. (PG) **11.30** Medical Emergency. (PG) **12.00** Arctic Wonderland. **1.00** House Of Wellness. (PG) **2.00** Australia's Amazing Homes. (PG) **3.00** Late Programs.

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. **7.30** The Living Room. (PG) Peter helps a couple with spring-cleaning tips. Dr Chris gets to the bottom of some perplexing pet behaviour. **8.30** The Graham Norton Show. (M) Guests include Nicole Kidman, Stephen Fry, Joe Lycett and Geraint Thomas. **9.30** Movie: Chasing Comets. (PG) (2018) Dan Ewing, Isabel Lucas. A man dreams of playing in the NRL. **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** MacGyver. (PG) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs New Zealand. (PG) **11.00** Tony Robinson's Time Walks. **11.30** Anh's Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Foreign Correspondent. **2.00** Poldark. (M) **3.00** Poh's Kitchen. **3.30** Gardening Australia. **4.30** Australian Story. **5.00** ABC News At Five. **5.30** Summer Drum. **6.10** Grand Designs New Zealand. (PG) **7.00** ABC News. **7.30** Australian Of The Year Awards. The announcement of the recipients of the Australian Of The Year awards by PM Scott Morrison. **8.30** Father Brown. (PG) **9.20** Shetland. (M) **10.20** ABC Late News. **10.50** Wallander. (M) **12.25** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Gruen. (M) **9.10** The Office. (PG) **9.30** The Office. (PG) **9.55** Upstart Crow. (M) **10.25** W1A. (M) **10.55** Alan Partridge's Mid-Morning Matters. **11.10** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **11.55** Inside Amy Schumer. (MA15+) **12.20** Reno 911! (M) **12.40** The Office. (PG) **1.05** The Office. (PG) **1.25** 30 Rock. (PG) **1.45** Parks And Recreation. (PG) **2.10** Inside Amy Schumer. (MA15+) **2.30** Reno 911! (M) **2.50** News Update. **2.55** 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** PBS News. **2.00** The Point. **3.00** Made In Italy. **3.35** Made In Italy. **4.05** The Supertv: Bionic Stories. (PG) **5.00** Letters And Numbers. **5.30** Rick Stein's Long Weekends. **6.30** News. **7.35** Robson Green's Australian Adventure. (M) **8.30** Movie: Quartet. (M) (2012) Maggie Smith. **10.20** SBS News. **10.50** Movie: Eager Bodies. (MA15+) (2003) **12.40** Versailles. **1.45** Versailles. (MA15+) **2.50** Versailles. (MA15+) **3.50** Poh's On The Road. **4.20** Poh's On The Road. **4.50** Destination Flavour China Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **7.30** Polish News. **8.00** Bosnian News. **8.30** Macedonian News. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** Armenian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **1.35** The Gadget Show. (PG) **2.00** PopAsia TV. (PG) **3.00** Human Resources. **3.30** Legally Brown. (PG) **4.00** Soccer. W-League. Round 13. Brisbane Roar v Canberra United. **6.30** Lee Lin Chin's Fashionista. **6.30** PBS News. **7.30** RockWiz. (PG) **8.35** Brooklyn Nine-Nine. **9.05** The Orville. **9.55** South Park. (M) **10.20** South Park. **10.50** Vikings. **11.40** Post Radical. (M) **12.30** Spotless. (MA15+) **1.35** Spotless. (MA15+) **2.40** The Ghan: The Full Journey. **5.00** The Ghan: The Full Journey.



MOVIES

5.15pm The Blues Brothers (1980) Comedy. John Belushi, Dan Aykroyd. (M) **Movie Greats** **5.55pm Lady Bird** (2017) Drama. Saoirse Ronan, Laurie Metcalf, Tracy Letts. (M) **Premiere** **7.30pm John Wick: Chapter 2** (2017) Action. Keanu Reeves, Ruby Rose. (MA15+) **Action GENERAL** **12.35pm Top Chef**. (M) **Arena** **7.30pm Bar Rescue**. (M) **A&E** **7.30pm Broad City**. Comedy Channel **DOCUMENTARY** **6.30pm Leopard Kingdom**. (PG) **National Geographic Wild** **SPORT** **11.00am Basketball**. NBA. Washington Wizards v Golden State Warriors. **ESPN** **6.30pm Basketball**. NBL. Round 15. Brisbane Bullets v Sydney Kings. **Fox Sports 506** **6.50pm Soccer**. A-League. Round 16. Brisbane Roar v Western Sydney Wanderers. **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

The North Lakes Women's Group is an organisation comprising of over 100 women who live in North Lakes, Mango Hill and surrounding suburbs. The Group is open to all ladies who enjoy the company of other women and who wish to participate in interesting activities and outings.

The Group meets every Tuesday morning. The first three Tuesdays our gatherings are held at the Corso Community Centre in North Lakes. On the forth Tuesday we meet for a group lunch at a local restaurant, café, club or hotel. If there is a fifth Tuesday we have an outing. In the past we've done a tour of Parliament House, a boat cruise around Pumicestone Passage, a bus trip to Harbour Town, a bus trip to Maleny Dairy plus many more interesting outings.

Activities planned for the next few weeks:-

Tuesday January 22th – Lunch. Venue to be advised.

Tuesday January 29th – Outing. To be advised.

Tuesday February 5th. Monthly General Meeting. Visitors welcome.

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

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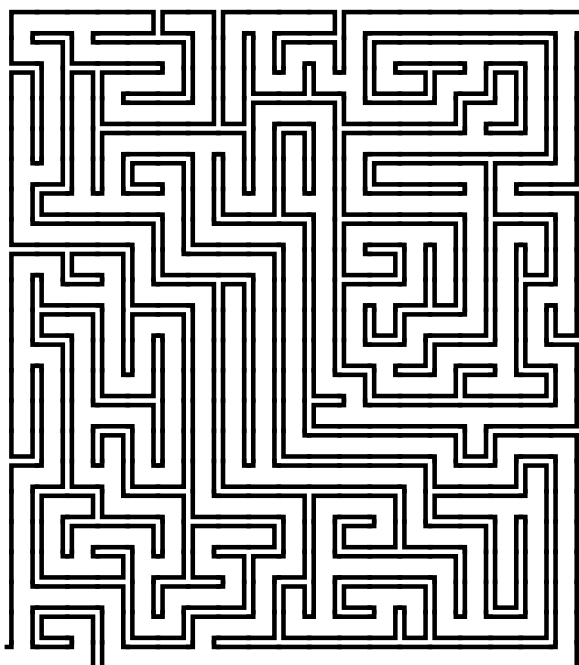
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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

Please note: Our final crossword for 2018 contained an error, the solution is below. We apologise for any inconvenience caused.

C	L	I	N	C	H		E	X	A	M	P	L	E
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CROSSWORD 6355

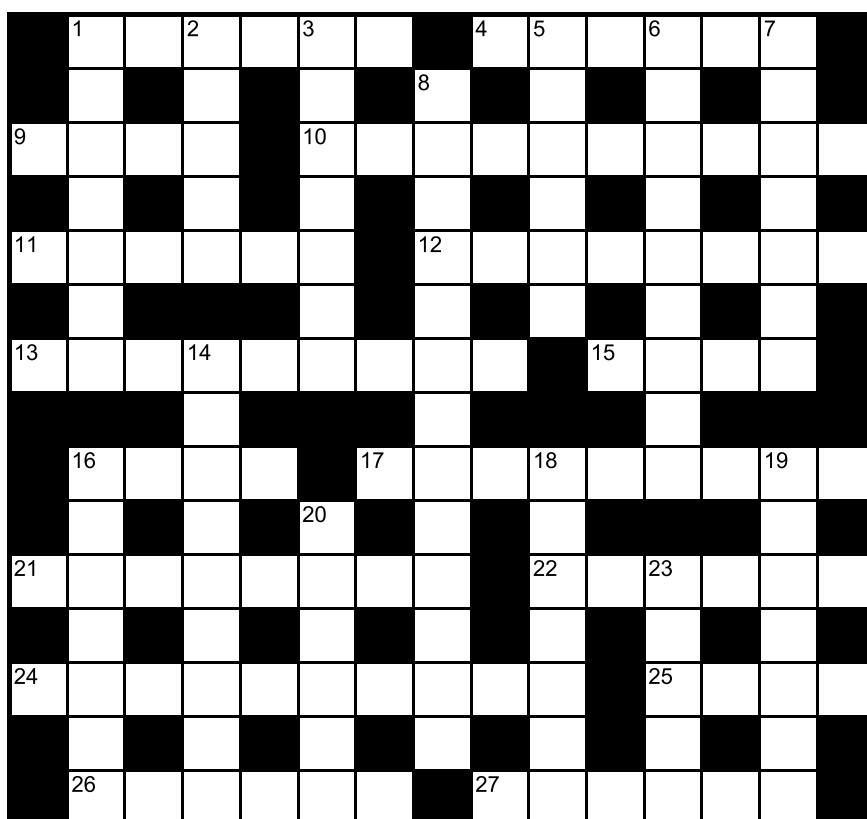
Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 1 Mariners
- 4 Subsist on meagre allowance
- 9 Eternally
- 10 Movement of people to safety
- 11 Monitor lizard
- 12 Compact (verb)
- 13 Prospicient
- 15 Metropolis
- 16 Weight of unladen vehicle
- 17 Else
- 21 Limit or hold back
- 22 Witch's maniacal laughter
- 24 Hoodwinked
- 25 Declare or affirm
- 26 Pin for holding meat in position
- 27 Momentous arrival or coming

DOWN

- 1 Rescuer from danger
- 2 Aircraft parking area
- 3 Green beryl gemstone
- 5 Associated on close terms
- 6 Consultation
- 7 In a devout manner
- 8 In a captivating manner
- 14 Authentic
- 16 Brain surgery implements
- 18 Converted info into cypher
- 19 Prominent, outstanding
- 20 Inveigle
- 23 Pursuit



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- Your submission will run ongoing until you notify us otherwise



BRISBANE CITY, FORTITUDE VALLEY AND SOUTH BRISBANE WERE ALL IN THE TOP 10 WORST OFF-THE-PLAN SUBURBS IN AUSTRALIA.

BUYER BEWARE

THE RED FLAGS OF HIGH RISK PROPERTIES IN THE CURRENT CLIMATE

The second half of 2018 saw the risks associated with the residential property market increase significantly and this is expected to continue into 2019.

Tighter lending standards, the results of the Royal Commission, the fear of the potential changes to negative gearing and capital gains tax, political uncertainty and unit oversupply, in conjunction with a sharp drop in dwelling commencements, will shape the entire landscape of residential property into 2020.

"And this means it is more important than ever to identify the red flags when it comes to buying property," RiskWise Property Research CEO Doron Peleg said.

"There's every chance the ALP will win this year's Federal election and implement changes to negative gearing and capital gains tax. In fact, we have already seen an impact on the market due to uncertainty and fear about these changes, with price reductions accelerating following the Liberal leadership spill of Malcolm Turnbull by Scott Morrison. In addition, auction clearance rates have dropped below 50 per cent in both Sydney and Melbourne.

"The risk of price reductions are likely to remain very high at least until the second half of 2020. This adds uncertainty and impacts buyer sentiment."

Mr Peleg said RiskWise had identified the red flags for high-risk dwellings that property investors should avoid and these included oversupply, poor economic growth, high unit-to-house ratios, high vacancy rates and units unsuitable for families.

He said areas with a large number of dwellings and building approvals in the pipeline were highly

likely to underperform the market and faced the trifecta of risk – settlement, equity and cashflow.

"There is a high possibility the value of an off-the-plan property may decrease between the original contract date and settlement. This will result in capital loss, as the equity in the home could be reduced," he said.

"The risk is further increased if a pre-settlement valuation for a mortgage loan is less than the original value, as there could be a shortfall in funds to complete the sale. If these funds are unavailable, the buyer might lose the deposit paid for the property."

This has been demonstrated in inner-city Brisbane where weakness in the market has led to lower valuations, rising defaults on settlements, major discounting, falling rents and considerable incentives to get buyers across the line.

Brisbane City, Fortitude Valley and South Brisbane were all named in the Top 10 of the RiskWise 2018 list of the 100 Worst Off-The-Plan Suburbs in Australia, as have Zetland and Epping in Sydney and Southbank in Melbourne, where oversupply of units is a huge issue.

In fact, Mr Peleg said the potential changes to negative gearing and capital gains tax put off-the-plan units at their highest risk ever.

In addition, areas which had poor or unsustainable economic growth were also highly likely to underperform the national benchmark.

The RiskWise and Wargent Advisory's report Impact Analysis: Negative Gearing, CGT & Australia's Residential Property Markets in June last year clearly demonstrated the impact the proposed changes would have on weaker economies if a blanket approach across Australia was taken to their implementation.

Mr Peleg said when buying property it was important to look for dwellings suitable for families with three bedrooms, parking, close to

schools and transport hubs, and avoid those in high vacancy rate areas, high unit-to-house ratios and low median prices.

"Our research clearly shows units in suburbs with a lower median price generally underperform those suburbs with a higher median price and if a unit costs more than 60 per cent of the median house price of the suburb, the capital growth is generally lower than units in suburbs where the median price is less than 50 per cent of the house price," he said.

"Also, the greater the ratio between units to houses, the greater the preference is for houses over units, and therefore, the risk associated with units is higher.

"Generally, it is understood there is a preference for houses over units to deliver solid capital growth. However, the risk associated with a unit or other property type depends on the specific suburb, which is why they should be assessed on a case-by-case basis."

RiskWise research shows high-rise buildings generally carry higher risk than small unit blocks from both a capital growth and cashflow perspective, although this risk depended on the specific suburb and other factors such as strata payment and specific property features, all of which should be assessed on a case-by-case basis.

When it comes to purchasing property and avoiding the potential risks it was essential to perform independent research and avoid taking advice from so-called "property professionals or wealth creators" who were not paid for their services.

"No one works for free in the housing industry. If you are not paying, you are not the client, and someone else is, for example a property developer, and that means there is an agenda to get you to buy whether it is for your benefit or not. In other words, you will pay in the long run," he said.



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