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Lakes, Bay & Region • January 26, 2019

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**LEONIE ON:** A TERRIBLE REGRET (OR TWO)

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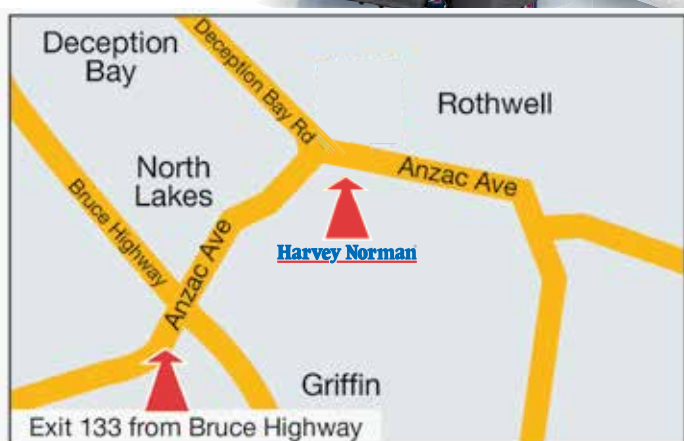
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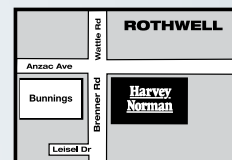
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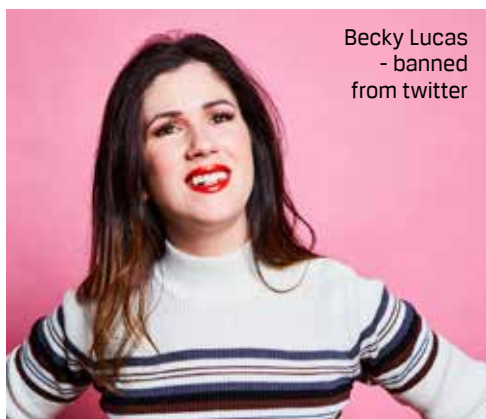
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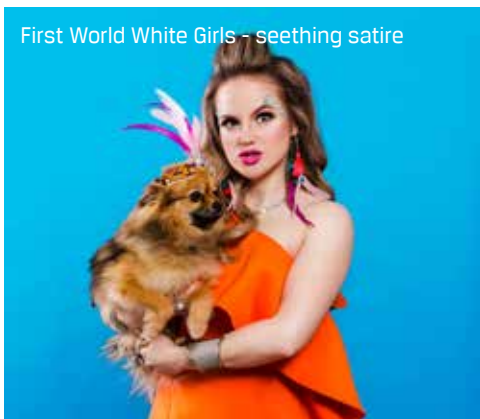
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Brisbane Comedy Festival 2019 returns Friday  
February 22 until Sunday March 24.



Becky Lucas  
- banned  
from twitter

First World White Girls - seething satire



Scared Weird Little Guys reform



Nazeem Hussain - Basic Idiot



# BRISBANE COMEDY FESTIVAL TURNS 10

**CELEBRATING WITH A FULL MONTH OF  
ENTERTAINMENT, 75 ACTS, AND THE  
RETURN OF LOCAL LEGENDS SCARED  
WEIRD LITTLE GUYS**

**L**ike to LOL? Great news comedy fans, Brisbane's biggest festival of funny returns with an ensemble of side-splitters across town in 2019.

Bad luck if you were hoping to see affable TV comic Charlie Pickering in his only BCF performance hosting the Opening Gala - it's already sold out - proving that if you really want to catch one of the acts this year, don't mess about, get your tickets now.

The full program holds something for anyone with a working funny bone. The four-week festival includes huge international humorists like Ross Noble, Jeff Green, Rod Kemp and DeAnne Smith to local and returning talents like Ronny Chieng, Felicity Ward, Dave Hughes, Tom Ballard, Tim Ferguson, Nazeem Hussain, Lawrence Mooney, Mel Buttle, and Nick Cody.

There's always been more to the Brisbane Comedy festival than solo standup and for its 10th anniversary organisers have put together

a program with variety, including comedic stage shows (don't miss First World White Girls, Tuesday 19 March - Sunday 24 March at Brisbane Powerhouse's Rooftop Terrace) and a roster of acts for younger audiences.

"This year, we're spreading the laughs far and wide and showing our unashamedly immature colours with a program just for families," Brisbane Powerhouse Artistic Director Kris Stewart said.

"We think kids' comedy is awesome and know even adults will get a laugh out of the weird, wonderful and ridiculous shows we have planned."

For slightly older kids, the dedicated family program - think PG-rated - holds improvised comedy with Around The Campfire, the Whimpy Chimpy game show, Mr Snot Bottom's Stinky Silly Show, The World According To Farts & Other Extraordinary Sounds Of The Human Body, and the Class Clowns competition for students in Years 9-12.

One act that should excite local readers is the reunion of The Scared Weird Little Guys, one half of which went to school locally at Caboolture (with Keith Urban no less).

The Scaredies - Caboolture funniest son Rusty Berther and John Fleming performed their last show in Brisbane in 2011 but return in March for a special reunion event at the Brisbane Comedy Festival.

Presented by Christopher Wayne Entertainment (The Naked Magicians, Two Man Tarantino), the Scared Weird Reunion Show will feature a selection of their Greatest Hits (for which they won a 'Best Comedy Album' ARIA award in 2004),

including such classics as 'Deadly Animals (Come to Australia)', 'Queensland', 'Underwear Song', 'Sex and Drugs and Leg Spin Bowl' as well as a fistful of new stunts, jokes and songs, which sound a bit like the old stuff, only funnier.

"Growing up, I recall sitting with my family watching these guys on TV. I still remember the first time I saw them perform on Hey Hey It's Saturday!" Christopher Wayne said.

"The Scared Weird Little Guys are Australian comedy legends and this show is going to be great for their old fans and introduce a whole new generation to their comedic genius!"

As for the Scaredies themselves, Rusty is stoked to be bringing their show back to the Brisbane Powerhouse.

"Brisbane was always my favourite city... in Queensland... apart from Toowoomba," He said.

Since retiring the act, Rusty has kept busy, in part by travelling to Antarctica to take part in the Ice Marathon, a 42-kilometre run through one of the most unforgiving places on Earth, then writing and releasing his debut book Scared Weird Frozen Guy.

The Scared Weird Reunion Show play SunPAC on March 7, then at the Brisbane Powerhouse from March 8 to 10. Three shows only.

Brisbane Comedy Festival 2019 runs Friday February 22 until Sunday March 24 across three venues; the Brisbane Powerhouse, Brisbane City Hall and SunPAC.

For more information and tickets visit [www.brisbanecomedyfestival.com.au](http://www.brisbanecomedyfestival.com.au) or call 3358 8600.





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BITE MARKETS OPENING DATE

## POLITICAL SIGNAGE CRACK DOWN

Reflecting the views of locals, Moreton Bay Regional Council has made steps to tighten its electoral signage laws and is calling for community feedback on the plan.

"Council regulates the display of certain advertising devices on public and private land, including election signage," Mayor Allan Sutherland said.

"We have a responsibility to deliver on community expectations and locals have told us loudly and almost unanimously that they want restrictions on political campaign materials."

"In fact they want to see stricter rules to prevent a proliferation of electoral material any time of the year".

Moreton Bay Regional Council proposes to regulate signage by tightening areas signs can set, restricting the number of election signs that can be used during a campaign, reducing the permissible size of signs on public land and ensuring signs are made of recyclable materials.

Whether you think the proposed amendments go too far or not far enough, you can have your say on political signage by visiting [www.moretonbay.qld.gov.au/subsite.aspx?id=178667](http://www.moretonbay.qld.gov.au/subsite.aspx?id=178667) before 04 February 2019.

## AQUASPLASH GOOD FOR BUSINESS

As well as being a great way for locals to cool down, inflatable fun park Aquasplash at Pelican Park, Clontarf has been great for local businesses as well.

Since the park arrived, Aquasplash has welcomed more than 10,000 patrons and with the trial to end in February, businesses have been enjoying the attraction as well.

The Groovy Groper has been selling fish and chips opposite Pelican Park for 13 years and owner Daphne Fricker said her business has never been busier.

"New opportunities like AquaSplash bring so much confidences to local businesses, we've been so busy we definitely want them to stay," she said.

Belvedere owner Chris Allison said the hotel had broken its own summer trading records this year.

"This initiative is a really good fit for our business as we trade as a waterfront venue so we're very supportive of the AquaSplash trial," he said.

Division 6 Councillor Koliana Winchester said AquaSplash had created 25 new local jobs and injected a renewed energy to the Redcliffe Foreshore.

"I know locals are excited to have an affordable attraction on our foreshore like AquaSplash but most exciting to me is that families from Brisbane and the Sunshine Coast have another reason to visit Redcliffe and relive their childhood memories," she said.

## DANIEL MORCOMBE FOUNDATION WINS UNITYWATER SPONSORSHIP

After a well-contested public vote, the Daniel Morcombe Foundation has been named the winner of Unitywater's Community Stories competition.



AQUASPLASH, GOOD FOR ALL

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# BRIEFS

The 18 local organisations that received support through Unitywater's Community Sponsorship Program in 2018 had the chance to receive a second round of funding this year. Each group told the story of their community project in a short video produced by Unitywater and the community was asked to pick their favourite.

The competition received 1364 votes and the Daniel Morcombe Foundation will now receive an additional \$10,000 towards their Grandparents Together Initiative, which was developed in response to a growing need to support grandparents who had become carers for children.

## CONTAINER REFUND SCHEME CRACKS THE 100 MILLION MARK

Queensland's Container Refund Scheme celebrated the New Year in style by cracking the 100 million returned containers mark in its first two months returning round \$10 million to the pockets of Queenslanders, community groups and charities.

Local drop-off points are Kallangur, Kippa-ring and Margate, for more information visit [www.containersforchange.com.au](http://www.containersforchange.com.au) or phone 13 42 42.

## QUEENSLAND'S MOST POPULAR BABY NAMES FOR 2018 REVEALED

Charlotte and Oliver reign supreme for the fourth year running as the most popular baby names in Queensland.

Although Leo, Archer and Theodore bumped Hudson, James and Hunter off the popular ranks

for boys, and new entry Willow was the new entry for girls, bumped Ivy out of the top ten for girls, the results showed we're a remarkably consistent bunch of baby-namers.

Charlotte has been the most popular girl's name for the past four years, Ava the second most popular girl's name, up from third last year, and William was again the second most popular boy's name, a place it has held since 2013.

Top Queensland baby names on the 2018 most popular baby names lodged through the Queensland Registry of Births, Deaths and Marriage:

### GIRLS:

1. Charlotte
2. Ava
3. Isla
4. Olivia
5. Amelia
6. Mia
7. Harper
8. Willow
9. Grace
10. Evelyn

### BOYS:

1. Oliver
2. William
3. Jack
4. Noah
5. Henry
6. Harrison
7. Thomas
8. Leo
9. Archer
10. Theodore

## BREAKING: BITE MARKETS AT NORTH HARBOUR TO OPEN

Moreton Bay Region's own answer to Eat Street, BITE Markets, is set to open at North Harbour on Friday March 1 boasting 40 Flavour Makers. In depth details next week.



QLD'S TRENDING BABY NAMES



\$10 MILLION FOR QLD'S CONTAINER SCHEME

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## SUMMER FLU NUMBERS RISING



**QUEENSLANDERS ARE BEING URGED TO REMAIN VIGILANT AND PRACTICE GOOD HYGIENE, WITH SUMMER FLU NUMBERS AT THE HIGHEST THEY HAVE BEEN IN THE LAST FIVE YEARS**

Queensland Health's A/Medical Director Communicable Disease Branch, Dr Jonathan Malo said while Queensland was on track to record a five-year low in influenza cases, confirmed cases in November and December 2018 were unusually high.

"During 2018 we had a mild flu season – not only did we avoid a repeat of 2017, which was one of the worst years for flu on record, but we are set to report the lowest number of cases since 2013," Dr Malo said.

"However, we have seen an increase in the number of confirmed cases usually reported for this time of year."

"While the flu is always circulating in our community, there were 1,361 confirmed cases in November 2018, compared to an average of 645 confirmed cases for the same period in the previous five years."

"In December 2018 there were 2028 confirmed cases, compared to an average of 534 confirmed cases for the same period in the previous five years."

"We must remain vigilant during 2019 because, as we've seen in the past, flu can occur at any time of the year and every flu season can be different."

"It's also important for pregnant women to get vaccinated against flu at any time of the year to protect themselves and their newborns."

"I'd also encourage people to continue practising good health hygiene like washing hands regularly, covering a cough with a tissue or arm, and staying at home if they're ill."

Dr Malo said while the number of confirmed cases in November and December of 2018 was higher than usual, Queensland reported the lowest number of cases in 2018 since 2013.

"More than 15,500 cases were confirmed for 2018, well down on previous years, including 2017 when more than 56,500 cases were notified," Dr Malo said.

"Queensland Health continues to offer free flu vaccine for children aged six months to less than five years old, one of the groups most susceptible to flu."

"There was extraordinarily high demand for the vaccine by people of all ages last year and that is what we want to see because vaccination is by far the best protection against influenza."

## GUT HEALTH DIET TO TACKLE OBESITY



**AUSTRALIA'S NATIONAL SCIENCE AGENCY, CSIRO, HAS LAUNCHED A NEW TOTAL WELLBEING DIET FOR GUT HEALTH PROGRAM. THE DIET COMES OFF THE BACK OF GROWING RESEARCH LINKING THE IMPORTANCE OF GUT HEALTH DURING WEIGHT LOSS**

According to a new CSIRO report, Gut Health and Weight Loss, people who are overweight or obese are more likely to experience gut health symptoms from poor dietary habits, which can negatively alter bacteria in the gut called our microbiota.

"Fifty per cent of Australians experience digestive upsets and one in seven experience distressing gut symptoms that can affect their quality of life," CSIRO Research Scientist and report co-author Dr Gilly Hendrie said.

"Including plenty of fibre from a diverse range of whole foods is vital for a healthy gut."

"People who are overweight or obese generally have less than the recommended amount of fibre in their diet. But they may actually need to eat much more fibre, especially readily fermentable types, to overcome the adverse effects of an unhealthy diet."

The symptoms of an unhealthy gut can include heartburn, excessive fullness, excessive burping, nausea, rumbling stomach noises, bloating, abdominal pain, abnormal bowel habits and excessive wind.

"Although most of us know that fibre helps improve gut health, the research shows 83 per cent of Australians aren't getting enough fibre in their diet and a high proportion of their fibre intake is coming from junk food," Dr Hendrie said.

"However, simply eating more fibre won't help you lose weight if the rest of your diet is high in energy-dense, low-nutrient foods that are highly processed."

The report stated that eating a diverse range of fibres from wholefood sources such as wholegrain cereals, legumes, vegetables and fruit could also help improve overall health by lowering cholesterol and blood sugar levels.

"If you're looking to lose weight, listening to your gut and eating a balanced diet high in fibre and protein will help relieve your gut symptoms and reduce your waistline without feeling ravenously hungry," Dr Hendrie added.

The new 12-week online Total Wellbeing Diet for Gut Health program includes a higher fibre menu plan, combined with protein and low GI carbohydrates which are important for appetite control.

"The Total Wellbeing Diet has been developed through years of scientific research and its format of menu plans, shopping lists, and at home exercises can really help people who might feel overwhelmed or confused about how to lose the weight," Dr Hendrie said.

To help Australians understand their gut health and how it influences weight and other symptoms, the CSIRO has created a free gut health quiz.

Find the free Gut Health Check for Weight Loss quiz and more information about the Total Wellbeing Diet for Gut Health 12-week online program at [www.totalwellbeingdiet.com](http://www.totalwellbeingdiet.com)



# Sleep through your dental treatment!!

Have you been putting off dental treatment because you are nervous or have had a bad experience in the past? We have a solution for.

Intravenous sedation in dentistry is very safe, highly effective and will make your dental visit a relaxing, sleepy and comfortable experience. It is also known as twilight sedation, sleep dentistry or twilight anaesthesia. A combination of intravenous anaesthetic, sedative and pain-relieving medications are administered by a qualified anaesthetic specialist to create a very sleepy and pleasant dream-like state for the whole procedure so that you will be relaxed, comfortable and unaware of your surroundings, while still maintaining the ability to breathe on your own, move and be able to respond to direction. The vast majority of people have no memory of the procedure and patients often comment that the whole procedure has passed in only a few minutes when in reality it may have been several hours.

Intravenous sedation also allows patients to avoid the risks, cost and time involved with having a general anaesthetic in hospital. It allows your dentist to care for you our clinic and allows you to recover quickly with minimal side effects compared to undergoing a general anaesthetic

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During IV sedation you are not asleep but rather in a more comfortable "semi awake" state of reduced anxiety. You are still able to respond to verbal instructions, or to a light physical touch. You need no

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The fee for IV sedation is charged directly by the Anaesthetist and will depend on the length of treatment but is still significantly cheaper than having the treatment done in a hospital visit. Medicare rebates are available to assist with the cost. The dental treatment costs remain exactly the same as your treatment plan quote regardless of whether it is done using IV sedation.

If you have dental treatment that needs to be done, consider talking to us about the option of IV sedation. Call the practice on 07 3491 8131 to schedule your new patient consultation or email us at [info@anzacavenuedental.com.au](mailto:info@anzacavenuedental.com.au) or book on line at [www.anzacavenuedental.com.au](http://www.anzacavenuedental.com.au)

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## A TERRIBLE REGRET (OR TWO)

Hi Leonie,

I welcome any advice you can give me on my terrible regret. I have so much regret over two personal issues.

The first and biggest is that I left my family to live overseas for two years and in this time my father got blood cancer and they didn't tell me. He is still with us, but I just feel that if I were at home, they would have told me, and they wouldn't have had to go through everything on their own.

I could have helped both of my parents immensely especially my Mum with all the driving and specialists' appointments. I think about this a lot because my Mums health has really dropped down, and she is a shadow of her former self.

When I say I think about his all the time, I am not exaggerating.

The other regret is the way I ended things with my fiancé that I left overseas. I cheated on him with someone else and thought I loved the other guy, but it was all a fantasy and ended in disaster.

My fiancé has moved on since I came back to Australia and I find myself punishing myself daily for giving him up the way I did. We can't even say we are friends now it was all just so horrible.

I have thought about hypnotism to get this regret out of my head. What can I do?

Name withheld/Burpengary

Hi,

Everyone will experience regret at some time in their lives. Regret can be a powerful, all consuming emotions and is particularly cruel because the nature of regret is that the event you are remorseful about is in the past and we only have the present.

So we can feel helpless and this adds to this painful emotion and many people often describe their regret as a sensation of being pulled down into despair from inside their stomach.

When we have regret, we find that not only are we on an emotional roller coaster and what's more we are not alone. We may have passengers on the ride that accompany regret. These passengers are often guilt, despair and self-hatred.

People experiencing strong regret often play unhelpful games in their head such as the "If only" game. If only I had done this or that "If only I had been given better advice" "If only I knew" and so on. They may replay how things should have gone like a play being acted out in their heads.

A good strategy is to try to see regret as a positive thing where you have learned and grown.

If you spend time really unpacking why you left your fiancé, you may find that there were other competing reasons apart from the new love interest that

created conditions that saw step outside the relationship.

In the case of your parents, I feel that you need to understand that they know their daughter. They surely knew that if they asked you to come home to help, you would have. They had their reasons and they chose to work through this on their own and I would encourage you to accept this.

Unless there is retrospective analysis done in a healthy way, there is often limited growth from a difficult and painful event that caused a person strong regret. So here I am saying that you really need to take the lesson and move on and really understand that it was never as simple as the "If only" equation.

I would encourage you to actively regulate your emotions and not allow them to become overwhelming.

Now I know that sometimes we can't stop a thought from dogging us. However, there is a big difference between having a thought come into your head and then taking steps to focus on something else and having a painful regretful thought come into your head and then deciding to sit and spend time with the thought.

Self-regulation is something I feel you could start doing immediately.

Til next week, Leonie

E-mail: [leonieschilling@bigpond.com](mailto: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](http://www.northlakescounsellingservices.com.au)

CATCH LEONIE'S RADIO SHOW ALTERNATE MONDAYS AT 11.00AM ON 99.7 BRIDGE FM



### ABOUT LEONIE

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







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# QUEENSLAND SYMPHONY ORCHESTRA IN 2019

## MAESTRO SEASONS OPENS WITH *HEAVENLY*

### WIN TICKETS

As one of Queensland's most celebrated cultural icons, Queensland Symphony Orchestra - through its diverse 2019 offerings - prove that art, like culture, is ever-evolving.

Queensland Symphony Orchestra's 2019 is crowded with special events of modern appeal like popular movies live-scored by the famed symphony that attract a varied audience. Other outings like the relaxed Music on Sundays and Chamber Players programmes offering five outstanding concerts each this year, with the traditional leaning Choral Program and the experimental WAVE Festival returning alongside Kid's programme Excite, proving Orchestral music is for everyone.

But it's the Maestro series that draws the attention from true music appreciators, offering audiences a chance to hear some of the world's most acclaimed music expertly interpreted by our hometown heroes and their special guests.

This year will see Queensland Symphony Orchestra and friends present classics like Romeo & Juliet, Dreamscapes, Cathedral of Sound, Soulful Journeys, The Great Symphony, The New World, Romance and Revolution, and more.

The Maestro (literally, 'Master') season opens on February 16 with *HEAVENLY*, featuring the music of Mozart and Mahler with Artist-in-Residence Paul Lewis and local star-soprano Morgan England-Jones under the baton of superstar conductor Alondra de la Parra.

At the close of Mahler's Symphony No.3. last year, the audience erupted with cheering, whistling, a thunder of stomping feet and a full standing ovation, so opening 2019's Maestro season with Mahler's Symphony No.4. is a fitting start to the season.

Where Mahler 3 celebrates divine love, Mahler's 4th approaches the celestial from the point of view of a child. Shorter and lighter in tone than a lot of his other symphonies, it is full of carefree moments, aching beauty and a beautiful soprano aria at the end. It's an excellent piece for symphony orchestra fans or new-comers.

*HEAVENLY*, the official season 2019 opening maestro concert, is on Saturday 16 February at 7.30pm at QPAC's Concert Hall. Tickets are available at [www.qso.com.au](http://www.qso.com.au), calling direct on 07 3833 5044 or through QPAC on 136 246

Or you could enter and win our tickets>>



## MOVE TOWARDS A BETTER FUTURE

with Leonie Schilling's

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Counselling Services*

*Leonie has turned our relationship around and we are going in a great direction with both of us much happier. Should have done it years ago*

*Professional, kind and compassionate. She helped clear my hazy perception and set positive goals towards moving forward in my life*

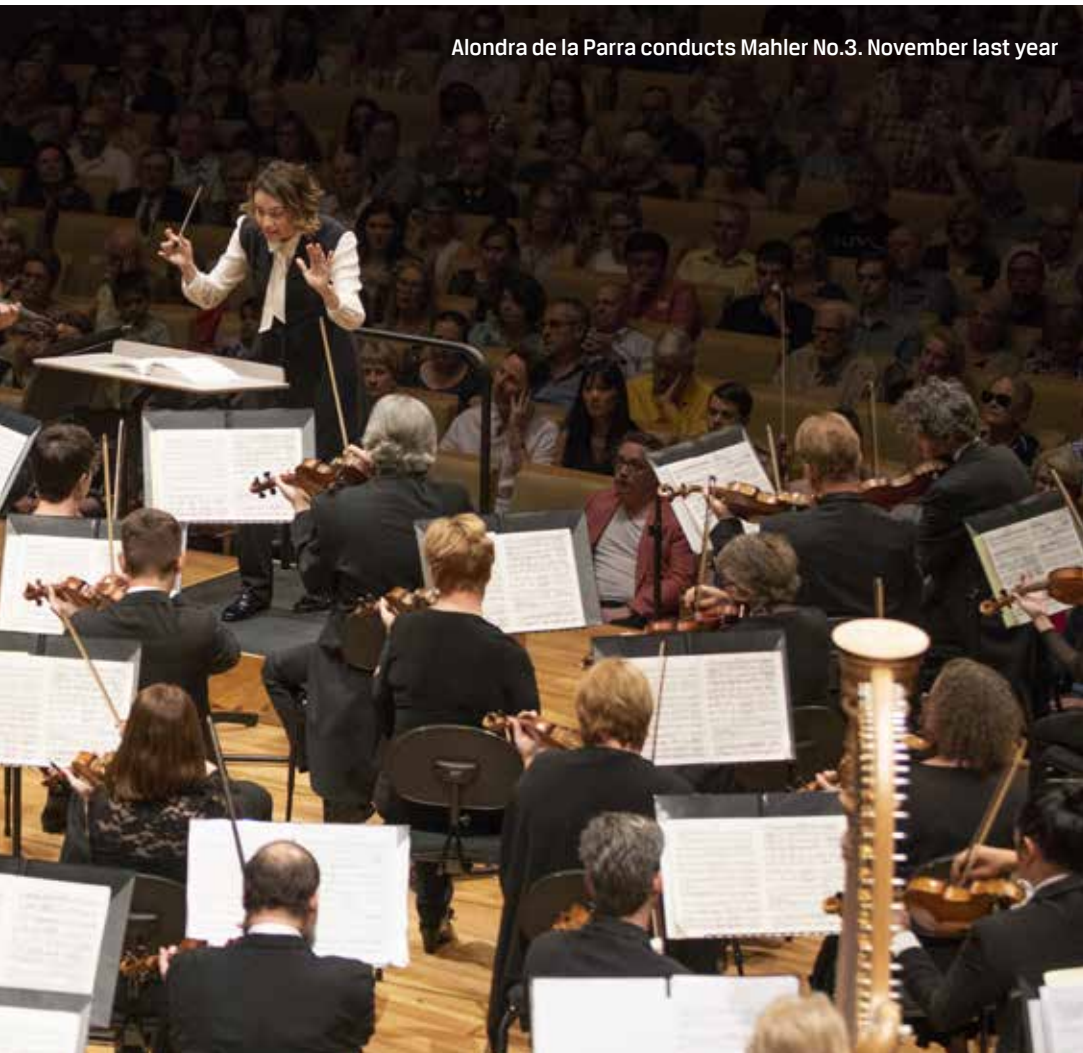
*Incredibly grateful to Leonie for her spot-on advice regarding my highly emotional, anxious child.*

*After being very sceptical of the process, this lady made me feel very at ease and was very gentle with my feelings of grief.*

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Alondra de la Parra conducts Mahler No.3. November last year



# WIN HEAVENLY TICKETS

The Messenger has a double pass to Queensland Symphony Orchestra's official Maestro season opening, **HEAVENLY** to give away.

The double pass includes two tickets for a total value of \$198 to **HEAVENLY** on Saturday 16 February at 7.30pm at QPAC's Concert Hall.

To enter, email [comp@northlakemessenger.com.au](mailto:comp@northlakemessenger.com.au) with "Heavenly" in the subject line for your chance to win.

Get your entries in before midday, Wednesday February 6, 2019 to win.

The winning entry will be chosen at random, don't forget to include your contact details so we can let you know if you win.

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







## Happy New Year to you from **AFA North Lakes!**

Now might be the perfect time to review your finances, take stock of your assets & liabilities, consider your future plans, and get any debt under control including the mortgage.

Control your cash flow- control your financial destiny. It's not about what you earn, it's about what you spend.

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# RECIPE

## CHEF DAVID TSIREKAS' PORK BELLY BAKLAVA

Embodying that sense of celebrated greek hospitality Chef Tsirekas has generously shared his famed Pork Belly Baklava recipe with Messenger readers. Requiring a decent breadth of skill in the skill in the kitchen and some preparation, the belly is steamed, vinegar-soaked, roasted, sliced then layered with mustard, date puree, pistachios and pastry. Salty tiles of crackling on top work nicely with the sweetness of the dates, the whole dish served with a light date and mastic sauce.

### FILLING INGREDIENTS

- Full side pork belly, skin on and bone out
- 500g pitted dates
- 500g pistachio kernels
- Dijon mustard
- Sea salt
- 1 litre white vinegar
- Salt and cracked pepper to season

### FILLING METHOD

1. Fill a large stockpot with water, place pork belly in and bring to the boil.
2. Boil for one hour, remove pork belly and place into a bowl or container with white vinegar and allow to soak for one hour.
3. Place pork belly skin up on a baking or wire rack into a baking tray.
4. Criss cross score the skin lightly being careful not to cut too deep into the skin and then rub sea salt crystals all over skin.
5. Place in the oven at 200 degrees until skin is crisp.
6. Once crisp set aside in fridge to cool. Preferable as long as possible (minimum 6 hours) – it gives the pork belly enough time to set which makes it easy to portion and rip off the skin/crackling.
7. Once chilled, using a filleting knife cut around the skin to where it joins the pork and slowly work around the edges working the knife underneath the crackled skin. The skin may peel off in one piece if you work the knife nicely between the layer of crackling and the hardened fat layer.
8. Once the skin has been separated from the pork meat, slice the pork belly into thin strips about 2cm thick like a strip of pancetta and set aside.
9. Whilst doing these steps you can prepare the date and pistachio filling. Rehydrate pitted dates in boiled water until soft.
10. Strain, pat dry and then blend in processor until smooth.
11. Separately, crush pistachios – try to get some different textures, some fine and some a little chunkier.
12. Mix pistachios, date puree and the Dijon mustard together. Season with salt and pepper. (Note: If you want a nuttier date/pistachio mix layer, add more pistachios to your liking.

### ASSEMBLY OF PORK BELLY INGREDIENTS

- 2 x boxes of thick sheet filo (Antoniou brand is best)

- Date pistachio mix
- Pork belly slices
- 500g butter

### ASSEMBLY OF PORK BELLY METHOD

1. Melt butter.
2. Place filo flat on a dry surface with a moist tea towel to cover.
3. Butter the baklava tray liberally. Place a sheet of filo on the base of the tray. (Note: Filo should fit the tray neatly, not come up the sides, but you can overlap. If overlapping.
4. Repeat this step five times with six layers of filo on the base, always butter between the sheets.
5. On the next layer place the pork belly strips so it covers the layers of filo. Once again fit in so it's a level later.
6. Repeat step 3
7. Repeat step 5
8. Repeat step 3
9. Next layer is the date and pistachio mix – spread evenly over filo layer.
10. Repeat step 3
11. Repeat step 5
12. Repeat step 3
13. Repeat step 5
14. Finish off with another layer of filo with 6 sheets like the bottom. Butter the top liberally and then chill.

### DATE MASTIC SAUCE INGREDIENTS

- 500ml of water
- 500g of pitted dates
- 5g mastic powder
- 100ml extra virgin olive oil
- 1 tablespoon Dijon mustard
- Salt and pepper to season

### DATE MASTIC SAUCE METHOD

1. Place all ingredients in a saucepan. Bring to simmer and simmer for about one hour. Note: Always stir to make sure the dates don't sink to the bottom and burn.
2. Using a stick blender or food processor, blend all together until smooth.

### TO FINISH

1. When baklava is cool, cut into top later of filo and make a diamond pattern. Cut down through the top layer of filo – this will make the top layer rise, so you can get that flaky finish.
2. Cut pork crackling into diamond shapes to fit within the pattern.
3. Preheat oven to 200 degrees. Place in oven.
4. Remove when top layer is golden brown.
5. Brush with melted butter when it comes out of the oven.
6. Serve with warm date mastic sauce.



# LOCAL GREEK CUISINE TO BE CHAMPIONED IN GREECE



## BRISBANE GREEK CLUB'S MENU GOING INTERNATIONAL

Brisbane's Greek Club relaunched last year after a multi-million dollar renovation. Since then, the club's signature dining experience, Nostimo, with Chef-in-Residence David Tsirekas has been the talk of food and culture enthusiasts all over town.

Chef Tsirekas, via various ventures around the

country has been making waves by modernising Greek food. Locally at Nostimo, he's been updating menus with a particular set of goals; making new dishes from traditional flavours and high quality ingredients while being inspired by ancient methods.

Speaking to the Messenger, Chef Tsirekas suggests that point of reference is the issue. Many Greeks came out to Australia in the 60s and the every-kitchen version of Greek food that came with them has stuck with us. There's nothing wrong with the classics, but there can, and should, be more.

It's working. Chef Tsirekas' approach has had the net-effect of both raising eyebrows in the traditional scene and becoming the darling of local foodies and epicureans, those who eat Greek regularly and even those who don't. And he's done it all while wearing a cheeky smile, a good sense of humour, and a loud Hawaiian shirt. He's asking of his patrons and himself, if other cuisines can be fine dining, why can't Greek?

This approach is not just peaking the interest of local diners, word has spread internationally and now Nostimo's Chef-in-Residence has been invited by the Ambassador of Australia in Greece, Kate Logan, to promote Australian Greek cuisine by flying to Greece later this year and creating full dinner menu for the VIPs in attendance.

The theme of the dinner is the history of Greeks in Australia and how they have shaped the hospitality industry. From our earliest days as a nation, Australian Greeks are credited with being the first ethnic group to really influence flavours all over the country and revolutionising the Australian hospitality industry.

The dinner will showcase stories such as Arthur

Comino who introduced the first Oyster Saloon and then went on to open up a chain of them over rural NSW and Queensland, or the Paspaleys who went on to become pearl farmers after initially being in cafes in Western Australia, or how many Greeks would donate a week's wage to hospitals to have them built in the country towns. It will be a story of how Greeks through the ages have feed the souls, stomachs and spirituality of people through their innate need to feed them.

"Just like my mum," said David.

Many Australian star chefs' dishes will be showcased at the dinner with Chef Tsirekas cooking dishes from big names including Janni Kyrtis, George Calombaris, Jonathon Barthelme and of course David as the physical chef in attendance.

Nostimo's Chef-in-Residence David Tsirekas is acclaimed as a "game changing" chef. His Pork Belly Baklava, Ancient Salmon and Swordfish Kalamaki have become instant classics at Nostimo. He was behind the renowned 1821 restaurant in Sydney, and consults internationally with for mega-restaurateur Louie Alexakis who had heard about Australia's cutting edge approach to Greek food, met Tsirekas, tasted his dishes and signed him on the spot.

You can try Chef Tsirekas' famed dishes at The Greek Club's Nostimo Bar and Restaurant, open for lunch Monday to Sunday, dinner Monday to Saturday and available for exclusive bookings.

For more info and bookings visit [www.nostimorestaurant.com.au](http://www.nostimorestaurant.com.au) or [www.thegreekclub.com.au](http://www.thegreekclub.com.au).

For the more kitchen-savvy, try your hand at one of his recipes>>

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# WE WIN AGAIN!

## IF HAVING THE DEAREST FUEL COSTS IS A COMPETITION

**B**risbane is the dearest major capital city for fuel in 2018 with local drivers slugged more for fuel than those in the other major Australian capital cities last year.

A new report by the State's peak motoring body has revealed Brisbane drivers were slugged more for fuel than those in the other major Australian capital cities in 2018.

RACQ released its Annual Fuel Price Report Summary which found Brisbane's unleaded petrol (ULP) average was 143.9 cents per litre (cpl) in 2018 – 3.6cpl, 2.7cpl, 1.2cpl and 1cpl more expensive than the averages recorded in Adelaide, Sydney, Melbourne and Perth, respectively.

RACQ spokesperson Lucinda Ross said in 2018, Brisbane motorists had been charged almost 14cpl more for fuel than they had been in 2017.

"We saw Brisbane ULP prices soar last year, and that's largely attributed to an increase in the global price of oil, but there's simply no good reason for drivers here to be paying more for fuel than those in the other major capital cities," Ms Ross said.

"Unfortunately, in October, we also saw the highest ever price recorded in the River City of 169cpl.

"Diesel drivers in Brisbane also felt the hip pocket pain, with an average of 150.2cpl, a whopping



20.6cpl higher than in 2017. Diesel prices hit the highest daily average recorded in 10 years in October at 165.9cpl."

Ms Ross said October saw ULP price records tumble across the State as 25 of the 30 regional centres monitored by RACQ reached eye-watering highs.

"At 155.9cpl, folks in Mt Isa copped the highest ULP prices in the State last year," she said.

"There is some good news for drivers in the

south-west town of Miles though – they enjoyed the cheapest prices in Queensland, with an average of 141.6cpl."

Ms Ross said motorists should shop around and use apps like RACQ's Fair Fuel Finder, to ensure they only filled up at service stations which sold fuel at the lowest price in their area.

recently, Brisbane's petrol market had reached the cheap phase of the price cycle with an average of 111.5cpl.

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# HOW TO EAT CLEAN IN 2019

## MAGIC POTIONS DON'T WORK, THESE STEPS DO ACCORDING TO EXPERT

**H**ealthy eating is a lifelong commitment and if you are setting new goals for 2019 and want to get rid of the effects of Christmas/ New Year excess eating, QUT dietitian Dr Helen Vidgen has some indispensable tips.

"Summer in Australia means great access to local fresh food and we should make the most of it to support our farmers, the environment and especially our own health as well as cut waste and food miles," Dr Vidgen, from QUT's School of Exercise Science and Nutrition, says.

### KEY WAYS TO DO THIS ARE:

- To detox, only food can do this, magic potions don't work. Use the calmer holiday days to eat more lightly:
- Get back to wholegrains including seeds and nuts.
- Flush your body with water. Make it your drink of choice. Limit soft drink, ice teas, sports drinks and juices.
- Challenge yourself to eat two and a half cups of vegetables a day.
- Include legumes a couple of times a week.
- Have oily fish once a week.
- Limit processed meats and keep an eye on your portions of lean meat (a piece the size of the palm



of your hand is great).

- Add more plant foods – salads are the way to go either as a side or as a meal in themselves. Be creative and try new things: green beans and slivered almonds; roasted pumpkin and gremolata; rocket with pomegranate and feta.
- When filling your plate make sure it has at least two thirds plant and one third animal foods.
- Eat what's in season – it's fresher and better for you.

- Repurpose leftovers: mashed potato can be made into gnocchi; roast pork into pulled pork for picnic sandwiches; thinly sliced leftover barbecued steak for Thai salad. (Always refrigerate leftovers promptly).

"Make a commitment to make 2019 the year of eating healthily," Dr Vidgen said.

"Spend your money on fresh food, not supplements or powders, because the nutrients will be in a better form to be used by your body."

# NORTHS

### Summer CASH SPLASH

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Mon 28 Jan 7pm.

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Mon 28 Jan 10:30am

**\$8000 on offer**

1 x \$3000 treble, 1 x \$1000 in calls, 4 x \$400, 5 x \$200

### The Ultimate AUSSIE BBQ GIVEAWAY!

Mon 28 Jan 1:30pm

10 BARBEQUES MUST BE WON!

### BIG AUSSIE RAFFLE

Mon 28 Jan 5pm

**\$3000** worth of meat & seafood trays must be won!

**\$5** for 25 Numbers

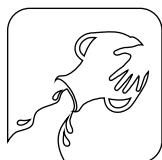
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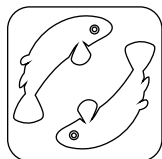
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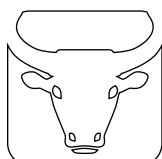
**AQUARIUS.** (Jan. 21 - Feb. 19): Avoid arguments with loved ones. You'll only end up apologizing anyway.



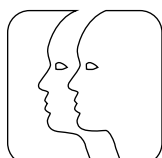
**PISCES.** (Feb. 20 - March 20): A cryptic reference sticks in your craw. Instead of wracking your brains over it, ask this person to explain.



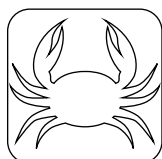
**ARIES.** (March 21 - April 20): Pointing out deficiencies never encouraged anyone. Talk to people about what they're doing that's right, and you will inspire them to go the distance.



**TAURUS.** (April 21 - May 21): Someone can make the introduction, but it's up to you to follow through. Don't delay. That open door will stay open for only so long.



**GEMINI.** (May 22 - June 21): You'll be surprised to learn you're the topic of wild speculation. You'll be even more surprised to discover that it's all positive.



**CANCER.** (June 22 - July 23): The sacrifice you have to make isn't as steep as you think. Considering how things were going, it could have been steeper. Take comfort in the fact you got off easy.



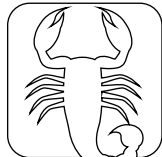
**LEO.** (July 24 - Aug. 23): You're not thrilled about owing anyone any favors, but you could use a helping hand today. Don't look at this as a debt of gratitude. Think of it as investing in goodwill.



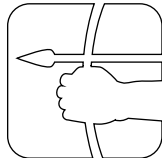
**VIRGO.** (Aug. 24 - Sept. 23): An intimate prevails upon you to re-consider matters in light of circumstances. Perhaps you did jump to a familiar conclusion.



**LIBRA.** (Sept. 24 - Oct. 23): Getting in touch with someone is turning into a major hassle, but persevere because a mutual acquaintance is right about the two of you hitting it off.



**SCORPIO.** (Oct. 24 - Nov. 22): You're too caught up in making the right impression. If you want the intimacy you crave, then take yourself off the hook and be who you really are.



**SAGITTARIUS.** (Nov. 23 - Dec. 21): You hate high-pressured situations. Yet you get more done with your feet held to the fire than when you are comfortably situated.



**CAPRICORN.** (Dec. 22 - Jan. 20): Time spent with an old friend or relative puts things in perspective. It helps to visit with others who have traveled down a similar road.

# THE Messenger

 messengermagazine

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## NINE

**6.00** The Ellen DeGeneres Show. (PG) **7.00** Weekend Today. **10.00** Today Extra Summer. (PG) **12.00** Destination WA. **12.30** Kevin Can Wait. (PG) **1.00** Australian Open Tennis Pre-Show. **2.00** Tennis. Australian Open. Day 13. From Melbourne Park. **5.00** News: First At Five. **5.30** Garda Down Under. (PG) **6.00** Nine News Saturday. **6.30** Tennis. Australian Open. Night 13. Women's singles final and mixed doubles final. From Melbourne Park. **11.00** Cold Case. (PG) **12.00** Major Crimes. (M) **1.00** 2 Broke Girls. (M) **1.30** Plonk. (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: Kyurem Vs The Sword Of Justice. (G) (2012) **9.30** Movie: Pokémon The Movie: Genesect And The Legend Awakened. (G) (2013) **11.00** Children's Programs. **1.30** Basketball. NBL. Round 15. Illawarra Hawks v Cairns Taipans. **4.00** Children's Programs. **5.00** Movie: Stormbreaker. (PG) (2006) **7.00** Movie: The Hobbit: The Battle Of The Five Armies Pt 1. (PG) (2014) **8.30** Movie: The Hobbit: The Battle Of The Five Armies Pt 2. (M) (2014) **10.00** Movie: Resident Evil: Afterlife. (MA15+) (2010) **12.00** Adult Swim. (MA15+) **1.00** Total Divas. (M) **2.00** Tattoo Fixers. (MA15+) **3.00** Science Of Stupid. (M) **4.30** Children's Programs.

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Cricket. Women's Big Bash League. Final. Brisbane Heat v Sydney Sixers. **12.00** Cricket. First Test. Australia v Sri Lanka. Day 3. Afternoon session. **6.00** News. **7.00** Cricket. First Test. Australia v Sri Lanka. Day 3. Evening session. **8.30** Movie: Morgan. (M) (2016) Kate Mara, Rose Leslie, Anya Taylor-Joy. A bioengineered human displays violent tendencies. **10.30** Motorbike Cops. (PG) Follows motorcycle cops on patrol. **11.00** Hooked On The Look. (M) **11.30** The Goldbergs. (PG) **12.00** Grey's Anatomy. (M) **1.00** Grey's Anatomy. (M) **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

## 7TWO

**6.00** Shopping. **8.00** Travel Oz. (PG) **9.30** NBC Today. **11.30** Cycling. Cadel Evans Great Ocean Road Race. Elite Women's Race. **3.00** Qld Weekender. A look at travelling around Queensland. **3.30** The Great Day Out. **4.00** Creek To Coast. **5.30** Air Crash Investigation. (PG) **7.30** The Yorkshire Vet. (PG) Follows vets Julian Norton and Peter Wright. **8.30** Escape To The Country. Alistair Appleton is property hunting in North Devon with a couple who are searching for a country home. **11.30** Air Crash Investigation. (PG) **1.30** Vasil's Garden. **2.00** Qld Weekender. **2.30** The Great Day Out. **3.00** Escape To The Country. **4.00** Crash Investigation Unit. (PG) **4.30** Travel Oz. (PG)

## TEN

**6.00** Morning Programs. **7.30** Escape Fishing. **8.00** iFish Summer. **9.00** The 48-Hour Destination. **9.30** St10. (PG) **12.00** David Attenborough's Natural Curiosities. **12.30** David Attenborough's Natural Curiosities. **1.00** The Renovation King. **1.30** The Home Team. **2.00** The Living Room. (PG) **3.00** Try Time In Kyushu, Japan. **3.30** Luxury Escapes. **4.00** What's Up Down Under. **4.30** 15-Min Meals. **5.00** News. **6.00** David Attenborough's Natural Curiosities. **6.30** David Attenborough's Natural Curiosities. **7.00** I'm A Celebrity... Get Me Out Of Here! Saturday Schoolies. **8.00** Movie: The Dish. (M) (2000) **10.00** NCIS: New Orleans. (M) **11.00** NCIS: New Orleans. (M) **12.00** Sherlock Holmes: Elementary. (M) **1.00** Shopping. **5.00** Hour Of Power.

## 10 BOLD

**6.00** Home Shopping. **8.00** iFish. **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** Reel Action. **3.00** Camper Trailer Lifestyle. **4.00** WhichCar. **4.30** Operation Repo. (PG) **5.00** Undercover Boss. (PG) **6.00** Cops: Adults Only. (PG) **6.30** Soccer. A-League. Round 16. Melbourne Victory v Sydney FC. From AAMI Park, Melbourne. **9.30** The Curse Of The Dragon. (M) **11.30** Scorpion. (PG) **12.30** 48 Hours. (M) **1.30** Countdown To Murder. (M) **2.30** RPM: Summer Series. **3.00** Operation Repo. (PG) **3.30** The Doctors. (PG) **5.30** Hogan's Heroes.

## ABC

**6.00** Rage. (PG) **8.00** WugulOra Smoking Ceremony. **9.00** Australia Day: Flag Raising And Citizenship Ceremony. **10.15** Rage. (PG) **11.05** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Shetland. (M) **1.30** Father Brown. (PG) **2.15** Australian Of The Year Awards. **3.40** Kevin McCloud's Escape To The Wild. (PG) Final. **4.25** Griff's Great Britain. Final. **4.50** Escape From The City. **5.50** Anh's Brush With Fame. (PG) **6.20** Back Roads. (PG) **6.55** Governor-General's Australia Day Address. **7.00** ABC News. **7.30** Australia Day Live. (PG) **9.30** Paul Kelly Live At Sydney Opera House. (M) **11.30** Wolf Hall. (MA15+) **12.30** Rage: Retro Month. (PG) **5.00** Rage. (PG)

## ABC COM

**6.00** Children's Programs. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Adam Hills: Happyism. (M) **9.20** Supervog. (MA15+) **9.45** Superwog. (MA15+) **10.10** Superwog. (MA15+) **10.30** Superwog. (MA15+) **10.55** Superwog. (MA15+) **11.15** Superwog. (M) **11.40** Would I Lie To You? (PG) **12.10** Penn & Teller: Fool Us. (PG) **12.55** Peter Helliar: Snazzy. (MA15+) **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** Morning Programs. **8.50** Songlines On Screen. **9.20** Songlines On Screen. **9.45** Songlines On Screen. **10.00** Connection To Country. **11.05** Songlines On Screen. **11.20** Songlines On Screen. **11.35** Living Black. **12.05** Sunrise Ceremony. **2.00** A Modern Mutiny. (PG) **3.00** Outback Rabbis. (PG) **4.00** Australia's Forgotten Islands. (PG) **5.00** Where Are You Really From? (PG) **5.30** Where Are You Really From? (PG) **6.00** Where Are You Really From? (PG) **6.30** News. **7.30** Indian Wedding Race. (PG) **8.30** The Family Law. **9.00** The Family Law. Final. **9.30** Movie: Sweet Country. (MA15+) (2017) **11.35** Nick Cave: One More Time With Feeling. **1.40** Movie: The Bloom Of Yesterday. (MA15+) (2016) **3.55** Late Programs.

## SBS VLND

**6.00** The Ghan: The Full Journey. **7.15** The Ghan: The Full Journey. **10.40** The Ghan: The Full Journey. **2.00** The Ghan: The Full Journey. **5.10** The Ghan: The Full Journey. Final. **8.30** The Family Law. **9.00** The Family Law. Final. **9.30** Movie: Eastern Promises. (MA15+) (2007) Naomi Watts, Viggo Mortensen, Armin Mueller-Stahl, Vincent Cassel. **11.20** Movie: A Gang Story. (MA15+) (2011) Gérard Lanvin, Tchéky Karyo. **1.15** The Movie Show. (M) **1.45** Spotless. (MA15+) **2.50** France 24 News In English From Paris. **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

**5.30pm It's Complicated** (2009) Romance. Meryl Streep, Alec Baldwin. (M) **Romance** **7.30pm Jurassic World: Fallen Kingdom** (2018) Action. Chris Pratt, Bryce Dallas Howard. (M) **Premiere** **9.40pm Game Night** (2018) Comedy. Jason Bateman, Rachel McAdams. (MA15+) **Premiere** **GENERAL** **6.30pm Saturday Night Live** (M) **Comedy Channel** **DOCUMENTARY** **5.30pm Crikey! It's The Irwins** (PG) **Animal Planet** **6.30pm Home Alone** (M) **TLC** **8.30pm Paranormal Lockdown UK** (M) **TLC** **SPORT** **12.00pm Cricket**. One Day International Series. New Zealand v India. Game 2. **Fox Sports 503** **1.50pm Basketball**. NBL. Round 15. Illawarra Hawks v Cairns Taipans. **Fox Sports 506** **6.50pm Soccer**. A-League. Round 16. Melbourne Victory v Sydney FC. **Fox Sports 505** **8.40pm Cricket**. Women's Big Bash League. Final. **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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# AUSTRALIA DAY 2019

## SLIDEAPALOOZA - AUSTRALIA'S LARGEST WATERSLIDE FESTIVAL

Date: Saturday January 26, 2019, from 7.30pm

Location: Sirromet Wines 850-938 Mount Cotton Rd, Mount Cotton.

Australia Day in Brisbane is typically hot, so what better to cool down that with Australia's largest waterslide festival? The grounds at Sirromet Wines have been transformed into a summer paradise with a collection of mammoth inflatable waterslides, massive Slip 'N' Slides, and more.

Finishing on January 27, the festival includes all must haves like delicious food, refreshing beverages, awesome tunes and all day parking.

Pack you sunscreen, togs, and maybe something inflatable and head along to [www.Slideapalooza.com](http://www.Slideapalooza.com) purchase your pass.

26  
JAN

## AUSTRALIA DAY AT SOUTH BANK

Date: Saturday January 26, 2019, from 7.30pm

Location: South Bank Parklands

Celebrating the laid back Australian lifestyle South Bank will come alive with festivities on January 26.

There will be free live music on the Green at River Quay from 1-5:30pm, offering sweeping city and river views (ideal for picnicking), with performances from Birdman Randy, The Ivory Street Preachers and special guest DJs.

From 7:30pm the colourful Australia Day fireworks display will light up the night. The best viewing locations are from the Clem Jones Promenade, the Cultural Forecourt and River Quay.

Keep an eye out for the special green and gold fireworks in this year's display and for the first time, the display will feature six pyrotechnic jet ski performers – they'll be launching fireworks while they perform in front of the Promenade.

26  
JAN

## 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](http://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

**T**his year, Australia Day falls on Saturday 26 January, with the public holiday falling on Monday 28 January 2018.

Despite the recent debate on changing the date, on Australia Day we celebrate all the things we love about Australia, and the contribution that every Australian makes to our contemporary and dynamic nation.

More than half of all Australians participate in Australia Day, attending events organised by Governments, local councils, community groups or getting together with family and friends. Here are just some of the local ways to celebrate on the on day >>



## NINE

**6.00** Great Escapers. (PG) **7.00** Weekend Today. **10.00** The Hold Down. (PG) **10.30** Surfing Australia TV. **11.00** Tennis. Hobart International. Highlights. **11.30** Cybershack. (PG) **12.00** Kevin Can Wait. (PG) **12.30** The Secret Life Of The Zoo. (PG) **1.30** Ultimate Airport Dubai. (PG) **2.30** The Embassy. (PG) **3.00** Australian Open Tennis Pre-Show. **3.30** Tennis. Australian Open. Day 14. Men's doubles final. **5.00** News. **5.30** To Be Advised. **6.00** Nine News. **6.30** Tennis. Australian Open. Night 14. Men's singles final. From Melbourne Park. **11.00** Taken. (MA15+) **12.00** Cold Case. (M) **1.00** Major Crimes. (M) **2.00** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Great Escapers. (PG) **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **8.00** Movie: Pokémon The Movie: Diancie And The Cocoon Of Destruction. (G) (2014) **9.30** Movie: Pokémon The Movie: Hoopa And The Clash Of Ages. (G) (2015) **11.00** Children's Programs. **1.30** Basketball. NBL. Round 15. Sydney Kings v Perth Wildcats. **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **5.00** Ben 10. (PG) **6.00** Young Sheldon. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Edge Of Tomorrow. (M) (2014) **10.45** Big Bang. (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. Cadel Evans Great Ocean Road Race. UCI World Tour Elite Men's race. **12.00** Cricket. First Test. Australia v Sri Lanka. Day 4. Afternoon session. (Please note: alternative schedule may be shown due to changes to cricket coverage). **6.00** News. **7.00** Cricket. First Test. Australia v Sri Lanka. Day 4. Evening session. **8.30** Movie: Why Him? (M) (2016) James Franco, Bryan Cranston. A man struggles to accept his daughter's boyfriend. **11.00** My Kitchen Rules 10th Anniversary Special. (PG) A look back at the show's best moments. **12.30** Dr. Ken. (PG) **1.00** Dr. Ken. (PG) **1.30** Travel Oz. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. **8.00** David Jeremiah. (PG) **8.30** Hour Of Power. **9.00** Shopping. **9.30** To Be Advised. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Cycling. Cadel Evans Great Ocean Road Race. UCI World Tour Elite Men's race. **3.00** Escape To The Country. **6.00** To Be Advised. **7.00** Motorway Patrol. (PG) **8.00** Coastwatch Oz. (PG) **8.30** Border Security. (PG) **9.00** Gold Coast Medical. (M) **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** Australia's Best Backyards. **3.00** Anh Does Brazil. (PG) **5.00** Australia's Deadliest Destinations Pt 1.

## 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** David Attenborough's Natural Curiosities. **1.30** Everyday Gourmet. **2.00** To Be Advised. **4.00** WhichCar. **4.30** RPM: Summer Series. **5.00** News. **6.00** David Attenborough's Natural Curiosities. **6.30** The Sunday Project. A look at the day's news. **7.00** I'm A Celebrity.... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.15** NCIS. (M) The team investigates after evidence surfaces that Abby's think tank has been compromised. **10.15** NCIS. (M) **11.00** The Sunday Project. **12.00** Shopping. **4.30** CBS Morning.

## 10 BOLD

**6.00** Shopping. **7.30** Key Of David. (PG) **8.00** Hogan's Heroes. **9.00** The Home Team. **9.30** Escape Fishing. **10.00** To Be Advised. **12.00** Air Racing. 2018 Red Bull World Championship. Season review. **1.00** The Doctors. (PG) **2.00** Monster Jam. **3.00** Bondi Rescue. (PG) **4.00** Fishing Edge. **4.30** Fishing Aust. **5.00** What's Up Down Under. **5.30** iFish Summer. **6.00** David Att's Planet Earth. (PG) **7.00** Sea Patrol UK. (PG) **8.00** Medics On Call. (M) **9.00** Movie: Hostage. (MA15+) (2005) Bruce Willis, Kevin Pollak, Jonathan Tucker. **11.20** NCIS. (M) **12.20** Countdown To Murder. (M) **1.20** RPM: Summer Series. **1.50** Epic Meal Empire. (PG) **2.15** Operation Repo. (PG) **3.15** Medics On Call. (M) **4.10** The Doctors. (PG)

## ABC

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **10.00** Offsiders: Summer Edition. Final. **10.30** The World This Week. **11.00** Compass. (PG) **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Golden Guitar Awards. (PG) **2.00** Wolf Hall. (PG) **3.00** Antiques Roadshow. **4.00** Fake Or Fortune? **5.00** How To Build A Time Machine. **6.00** Can We Save The Reef? **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. **8.30** Vera. (M) **10.00** Barracuda. (M) **11.00** Miniseries: Kiri. (M) **11.50** Silent Witness. (MA15+) **12.50** Poldark. (PG) **1.50** Vera. (M) **3.20** Silent Witness. (MA15+) **4.20** Crash Test Mummies And Daddies. (M) **5.00** Catalyst. **5.30** Gardening Australia.

## 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. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? **8.30** Penn & Teller: Fool Us. (PG) **9.10** Adam Hills: Clown Heart. (M) **10.35** Adam Hills: Happyism. (M) **11.20** Adam Hills: The Last Leg. (M) **12.05** Would I Lie To You? (PG) **12.35** Upstart Crow. (M) **1.05** W1A. (M) **1.35** Black Books. (PG) **2.05** Absolutely Fabulous. (PG) **2.35** The Catherine Tate Show. (M) **3.00** Alan Partridge's Mid-Morning Matters. **3.20** News Update. **3.25** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

## SBS

**6.00** France 24 English News. **6.30** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Speedweek. **3.00** Figure Skating. ISU Grand Prix. Final. **5.00** Great British Railway Journeys. **5.35** WW2 Drain The Ocean. **6.30** SBS World News. **7.30** North To South. **10.35** Gypsy Kids: Our Secret World. (PG) Final. **11.30** UN Sex Abuse Scandal. (M) **12.30** Valkyrien. (M) **1.25** Europe's Last Warrior Kings. (M) **2.30** Europe's Last Warrior Kings. (M) **3.40** Europe's Last Warrior Kings. (M) **4.55** Food Safari Fire: Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle English News.

## 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. (PG) **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) **4.40** Earthworks. (PG) **5.30** Batman. (PG) **6.05** Batman. (PG) **6.35** Do Planes Need Pilots? **7.35** Ultimate Airport Dubai. **8.30** Movie: Get Rich Or Die Tryin'. (MA15+) (2005) **10.40** Movie: Pootie Tang. (M) (2001) **12.05** Movie: Stir Crazy. (M) (1980) **2.05** VICE Guide To Film. (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

**6.25pm Hot Fuzz** (2007) Comedy. Simon Pegg, Nick Frost, Jim Broadbent. (MA15+) **Comedy** **6.30pm Tomb Raider** (2018) Adventure. Alicia Vikander, Dominic West. (M) **Premiere** **10.40pm Victoria & Abdul** (2017) Drama. Judi Dench, Ali Fazal. (PG) **Masterpiece**

## GENERAL

**6.30pm Fresh Off The Boat**. (PG) **FOX8** **8.30pm The Miracle**. (M) **FOX Showcase** **9.30pm Chicago Fire**. (M) **FOX8**

## DOCUMENTARY

**6.30pm A Place In The Sun**. *Lifestyle Home* **8.30pm Inside The Mind Of A Serial Killer**. (M) **Crime & Investigation** **9.30pm 24 Hours In Emergency**. (M) *Lifestyle*

## SPORT

**12.20pm Basketball**. NBL. Round 15. New Zealand Breakers v Brisbane Bullets. *Fox Sports 506* **7.00pm Cricket**. First Test. Australia v Sri Lanka. Day 4. *Fox Cricket* **8.00pm Soccer**. A-League. Round 16. Perth Glory v Newcastle Jets. *Fox Sports 505*

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

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Wedding Daze. (PG) (2006) Jason Biggs, Isla Fisher, Michael Weston. A man spontaneously proposes. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) Return. **9.30** Movie: Fifty Shades Darker. (MA15+) (2016) Dakota Johnson, Jamie Dornan, Kim Basinger. An emotionally wounded Christian tries to entice a cautious Ana back into his life. **11.50** Chicago Justice. (M) **12.40** Cold Case. (M) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Top Gear. (PG) **1.30** Deals, Wheels And Steals. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **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) **9.00** Movie: Mechanic: Resurrection. (MA15+) (2016) **11.00** Big Bang. (PG) **12.30** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **2.00** Clarence. (PG) **2.30** Steven Universe. (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. **10.00** The Morning Show. (PG) **11.30** News. **12.00** Cricket. First Test. Australia v Sri Lanka. Day 5. Afternoon session. (Please note: alternative schedule may be shown due to changes to cricket coverage). **5.00** The Chase Aust. **6.00** News. **7.00** My Kitchen Rules. (PG) Return. Hosted by Pete Evans and Manu Feildel. **9.00** The Good Doctor. (M) Return. The hospital remains in quarantine as Shaun finds himself overwhelmed by the chaos of the emergency room. **10.00** The Resident. (M) Return. Lane Hunter is released from prison. **11.00** The Latest: Seven News. **11.30** Botched Up Bodies. (MA15+) **12.30** Mistresses. (M) **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. **1.00** My Kitchen Rules 10th Anniversary Special. (PG) **2.30** 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) **8.30** Lewis. (M) **10.30** Kingdom. (PG) **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** 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** I'm A Celebrity... Get Me Out Of Here! (PG) **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) **9.00** Murphy Brown. (PG) A disillusioned Avery seeks career inspiration from his extended family at Murphy in the Morning. **9.30** The Graham Norton Show. (M) Guests include Matthew McConaughey. **10.30** Hughesy, 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 Summer Series. **10.00** Cheers. (PG) **11.00** Sea Patrol UK. (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** Law & Order: SVU. (M) **10.30** 48 Hours. (M) **11.30** CSI: Miami. (MA15+) **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** Morning Programs. **10.50** One Plus One Redux. **11.00** Antiques Roadshow. **12.00** ABC News At Noon. **1.00** How To Build A Time Machine. **2.00** Poldark. (PG) **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. **6.00** Throwback: Our Childhoods Revisited. **6.10** Grand Designs NZ. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. **8.30** David Attenborough's Tasmania. **9.25** War On Waste: The Battle Continues. (PG) **10.25** ABC Late News. **10.55** Employable Me Australia. (M) **11.55** Afghanistan: Inside Australia's War. (M) **12.55** Poldark. (M) **1.55** Golden Guitar Awards. (PG) **3.30** Candidate Games: Battlefield Perth. **4.05** 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** The Agony Of Modern Manners. (M) **8.30** The Office. (PG) **8.55** The Office. (PG) **9.15** The Good Place. (PG) **9.35** The Good Place. (M) **10.00** Idiotsitter. (M) **10.20** 30 Rock. (PG) **10.40** Parks And Recreation. (PG) **11.05** Inside Amy Schumer. (MA15+) **11.25** Reno 911! (M) **11.50** The Office. (PG) **12.10** The Office. (PG) **12.35** 30 Rock. (PG) **12.55** Parks And Recreation. (PG) **1.20** Inside Amy Schumer. (MA15+) **1.40** Reno 911! (M) **2.05** News Update. **2.10** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

## SBS

**6.00** 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** Skies Above Britain. (PG) **3.05** Celtic Woman: Homecoming. **4.05** The Supervet: Bionic Stories. (PG) **5.00** Letters And Numbers. **5.30** Alex Pollizzi: Chef For Hire. New. **6.30** News. **7.30** The Ghan: Australia's Greatest Train Journey. **10.50** SBS News. **11.15** The World Game. **11.45** Nox. (MA15+) **12.40** The Five. (M) **1.35** The Five. (M) Final. **2.30** Gangland Undercover. (MA15+) **3.20** Gangland Undercover. (M) **4.15** Poh's On The Road. **4.50** SBS Flashback. (PG) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **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** The Gadget Show. **3.10** PopAsia TV. (PG) **4.10** Vs Arashi. (PG) **5.05** If You Are The One. **6.15** The Ice Cream Show. **6.40** World's Greatest Bridges. **7.30** Rockwiz. (PG) **8.35** Housos. (MA15+) **9.05** Miniseries: Butterfly. (M) **10.00** The Girlfriend Experience. (MA15+) **10.30** The Girlfriend Experience. (MA15+) **11.05** You're The Worst. (M) **11.30** You're The Worst. (M) **12.00** Movie: Closet Monster. (MA15+) (2015) **1.35** Spotless. (MA15+) **2.40** 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

**6.50pm** Ingrid Goes West (2017) Comedy. Aubrey Plaza, Elizabeth Olsen, O'Shea Jackson Jr. (MA15+) **Masterpiece** **7.30pm** Peter Rabbit (2018) Family. Domhnall Gleeson, Margot Robbie, James Corden. (PG) **Family** **8.30pm** Red Sparrow (2018) Thriller. Jennifer Lawrence, Joel Edgerton. (MA15+) **Premiere**

## GENERAL

**7.30pm** Storage Wars. (PG) **A&E** **8.30pm** Supergirl. (M) **FOX8** **9.30pm** Siren. (M) **FOX8**

## DOCUMENTARY

**7.30pm** Coast New Zealand. (PG) **History** **8.30pm** The First 48. (M) **Crime & Investigation** **9.30pm** Hell's Kitchen USA. **Lifestyle Food**

## SPORT

**6.00am** Golf. USPGA Tour. Farmers Insurance Open. Final round. **Fox Sports 503** **10.00am** Basketball. NBA. Oklahoma City Thunder v Milwaukee Bucks. **ESPN** **7.00pm** Cricket. First Test. Australia v Sri Lanka. Day 5. **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.

2801

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Movie: Bridget Jones's Baby. (M) **12.10** Renée Zellweger, Colin Firth, Patrick Dempsey. Forty-something and single, Bridget Jones becomes pregnant, but is unsure about who the father is. **11.20** Chicago Justice. (M) **12.10** Cold Case. (M) **1.00** Tennis. Hobart International. Highlights. From Hobart International Tennis Centre, Tasmania. **1.30** Extra. **2.00** TV Shop. **2.30** Global Shop. **3.00** TV Shop. **4.00** Ellen DeGeneres. (PG) **5.00** News. **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. **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** American Ninja Warrior. (PG) **9.15** Movie: The Expendables. (MA15+) (2010) **11.15** 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** Steven Universe. (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** Children's Programs.

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** My Kitchen Rules. (PG) **9.00** The Good Doctor. (M) In the aftermath of the quarantine, hospital staff try to return to their normal routines. **10.00** The Resident. (M) When a medical device fails, Mina and Bell work to get to the bottom of what went wrong. **11.00** The Latest: Seven News. **11.30** The Family. (M) New. A politician's young son, who was presumed dead, returns after disappearing over a decade earlier. **12.30** The Catch. (M) Ben makes a critical decision. **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. **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. (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** 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** I'm A Celebrity... Get Me Out Of Here! (PG) **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) **9.00** Hughesy, We Have A Problem. (M) Return. Host Dave Hughes is joined by guests to discuss solutions to problems experienced in modern Australian life. **10.00** NCIS: LA. (M) The team investigates an attack on a Syrian. **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. (M) **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 NZ. (PG) **10.45** One Plus One Redux. **11.00** Tony Robinson's Time Walks. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** David Attenborough's Tasmania. **2.00** Poldark. (M) Final. **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. **6.00** Throwback: Our Childhoods Revisited. **6.10** Grand Designs NZ. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Corre. **8.30** The Great Australian Bee Challenge. **9.30** Fake Or Fortune? **10.30** ABC Late News. **11.00** The Business. **11.20** Peggy Guggenheim: Art Addict. (M) **12.50** River. (M) **1.50** Rage. (MA15+) **4.05** New Inventors. **4.30** Late Programs.

## ABC COM

**6.00** Children's Programs. **6.25** Peter Rabbit. **6.40** Ben And Holly. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Adam Hills: The Last Leg. **8.40** Black Books. (PG) **9.05** The Office. (PG) **9.30** The Office. (PG) **9.50** In The Long Run. (PG) **10.15** Timewasters. (M) **10.40** 30 Rock. (M) **11.00** Parks And Recreation. (PG) **11.20** Inside Amy Schumer. (M) **11.45** Reno 911! (M) **12.05** The Office. (PG) **12.30** The Office. (PG) **12.50** 30 Rock. (PG) **1.10** Parks And Recreation. (PG) **1.35** Inside Amy Schumer. (MA15+) **1.55** Reno 911! (M) **2.20** News Update. **2.25** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

## SBS

**6.00** WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Skies Above Britain. (PG) **3.00** Who Do You Think You Are? (PG) **4.05** The Supervet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **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) **1.00** Modus. (M) **1.50** Modus. (M) **2.45** Modus. (MA15+) **3.35** Modus. (MA15+) **4.25** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **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. (PG) **2.40** It's Suppertime! (PG) **3.10** States Of Undress. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.10** News. **6.40** World's Greatest Bridges. (PG) **7.30** RockKwiz. **8.30** 8 Out Of 10 Cats Does Countdown. (M) **9.35** City Porn. (MA15+) **10.25** Dopesick Nation. (MA15+) **11.15** Undressed Italy. (PG) **11.50** Undressed Italy. (M) **12.25** Movie: The Skin I Live In. (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

**6.50pm** **Anchorman: The Legend Of Ron Burgundy** (2004) Comedy. Will Ferrell, Christina Applegate. (M) **Comedy** **8.30pm** **Valerian And The City Of A Thousand Planets** (2017) Sci-Fi. Dane DeHaan, Cara Delevingne, Clive Owen. (M) **Premiere** **10.30pm** **Breathe** (2017) Biographical. Andrew Garfield, Claire Foy, Hugh Bonneville. (M) **Masterpiece**

## GENERAL

**1.35pm** **Vanderpump Rules**. (M) **Arena** **8.30pm** **Shameless**. (MA15+) **FOX** **Showcase** **9.30pm** **Arrow**. (M) **FOX8**

## DOCUMENTARY

**7.30pm** **Trace Of Evil**. (M) **Crime & Investigation** **8.30pm** **The Great British Bake Off**. (PG) **Lifestyle Food** **9.30pm** **WWII: Witness To War**. (PG) **History**

## SPORT

**7.00am** **Cycling**. Six-Day Series. Track Championship. Day 5. **Eurosport** **7.00pm** **Cricket**. Big Bash League. Match 45. Sydney Sixers v Adelaide Strikers. **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.

2901

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** New Amsterdam. (M) New. **10.00** Chicago Med. (M) **11.00** Rizzoli & Isles. (M) **11.45** Major Crimes. (M) **12.30** The Hold Down. (PG) **1.00** Cybershack. (PG) **1.30** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

## GO!

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## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** My Kitchen Rules. (PG) Family heritage is on the line as Karito and Ian showcase the food and fire of her native Colombia. **9.00** Undercurrent. (M) New. Documents the investigation into the January 27, 2009 disappearance of Bob Chappell. **10.10** Criminal Minds. (M) The team pursues the vigilantes behind a series of attacks taking place every 27 minutes in Washington, D.C. **11.10** The Latest: Seven News. **11.40** The Family. (M) **12.40** Quantico. (M) **1.35** 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. **7.30** Pie In The Sky. (PG) **8.30** The Inspector Lynley Mysteries. (PG) Havers must work with another detective inspector to investigate the case of a woman who drowned in her car. **10.30** Hospital. (PG) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** I'm A Celebrity... Get Me Out Of Here! (PG) **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** Law & Order: S.V.U. The unit investigate when a young woman accuses a celebrity plastic surgeon and his girlfriend of rape. **10.00** Law & Order: S.V.U. (M) Cassidy's testimony causes a mistrial. **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. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. **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 NZ. (PG) **10.50** One Plus One Redux. **11.00** Tony Robinson's Time Walks. **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Earth On Fire: A Catalyst Special. **2.00** River. (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. **6.00** Throwback: Our Childhoods Revisited. **6.10** Grand Designs NZ. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) Return. **8.30** Rosehaven. (PG) Return. **8.55** Rosehaven. (PG) **9.25** Would I Lie To You? (PG) **9.55** Adam Hills: The Last Leg. **10.40** ABC Late News. **11.10** The Business. **11.25** Brian Cox: Life Of A Universe. **12.20** River. (M) **1.15** Rage. (MA15+) **3.20** Late Programs

## ABC COM

**6.00** Children's Programs. **6.25** Peter Rabbit. **6.40** Ben And Holly. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Absolutely Fabulous. (M) **8.30** Upper Middle Bogan. (M) **9.00** The Office. (PG) **9.20** The Office. (PG) **9.40** Asian Provocateur. (M) **10.10** 30 Rock. (PG) **10.35** Parks And Recreation. (PG) **10.55** Inside Amy Schumer. (MA15+) **11.15** Reno 911! (M) **11.40** The Office. (PG) **12.00** The Office. (PG) **12.20** 30 Rock. (M) **12.45** Parks And Recreation. (PG) **1.05** Inside Amy Schumer. (M) **1.30** Reno 911! (M) **1.55** Would I Lie To You? **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** PBS News. **2.00** Skies Above Britain. (PG) **3.05** David Attenborough's Wild Singapore. **4.00** The Supernet. (PG) **4.55** Letters And Numbers. **5.25** Alex Polizzi: Chef For Hire. **6.30** News. **7.30** Gourmet Farmer. **8.00** Railway Journeys UK. **8.30** Michael Moore's Fahrenheit 11/9. (M) **10.50** Berlin Station. (M) **11.50** SBS News. **12.00** Movie: The Marriage. (M) (2017) **1.50** Movie: The Girl King. (MA15+) (2015) **3.45** 24 Hours In Emergency. (M) **4.50** SBS Flashback. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Soccer. EPL. Tottenham Hotspur v Watford.

## SBS VLND

**6.00** WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Beerland. (PG) **2.15** Beerland. (PG) **2.40** Beerland. (PG) **3.10** Huang's World. (PG) **4.00** PBS News. **5.00** If You Are The One. (PG) **6.10** News. **6.35** World's Greatest Bridges. **7.30** Rockwiz. **8.30** The Porn Factor. (MA15+) **9.30** Movie: Hardcore Henry. (2015) **11.15** Movie: Jackpot. (MA15+) (2011) **12.50** Spotless. (M) **1.50** Spotless. (MA15+) **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

**6.50pm** Legally Blonde (2001) Comedy. Reese Witherspoon. (PG) **Romance** **8.30pm** Spoor (2017) Drama. Agnieszka Mandat. **Masterpiece** **10.45pm** 12 Strong (2018) Action. Chris Hemsworth. (MA15+) **Premiere**

## GENERAL

**7.30pm** Empire. (MA15+) **FOX** **Showcase** **8.30pm** Queen Of The South. (MA15+) **FOX** **Showcase** **9.00pm** Teachers. (MA15+) **Comedy Channel**

## DOCUMENTARY

**7.30pm** Unmasking A Killer. (M) **Crime & Investigation** **8.30pm** John Torode's Middle East. **Lifestyle Food** **9.30pm** Big House, Little House. **Lifestyle Home**

## SPORT

**10.30am** Soccer. W-League. Round 13. Brisbane Roar v Canberra United. **Fox Sports 505** **2.30pm** Basketball. NBA. Los Angeles Lakers v Philadelphia 76ers. **ESPN** **8.35pm** Cricket. Big Bash League. Match 46. Melbourne Renegades 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.

3001



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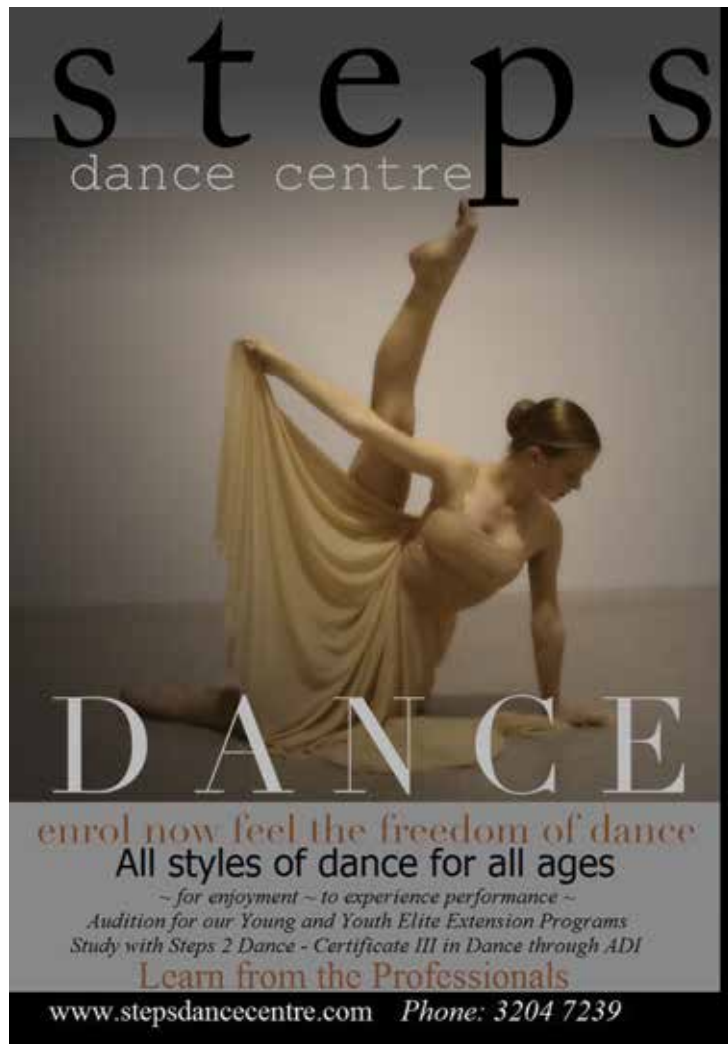
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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** New Amsterdam. (M) **10.00** Chicago Med. (M) **11.00** To Be Advised. **11.45** Imposters. (M) **12.30** Surfing Australia TV. **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** Schwarzenegger The Celebrity Apprentice. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **5.30** Steven Universe. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** RBT. (PG) **8.30** Movie: Deepwater Horizon. (M) (2016) **10.35** Big Bang. (PG) **11.05** Kevin Can Wait. (PG) **11.30** Baggage Battles. (PG) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **2.00** Clarence. (PG) **2.30** Steven Universe. (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** To Be Advised. **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 47. Hobart Hurricanes v Adelaide Strikers. **10.00** The Latest: Seven News. **10.30** The Family. (M) FBI agent Gabe Clements joins the investigation and makes it clear to Nina how he would like to handle the case. **11.30** The Goldbergs. (PG) Beverly helps Adam deal with the awkwardness of puberty, including his cracking singing voice. **12.00** Grey's Anatomy. (M) **1.00** Travel Oz. (PG) Hosted by Greg Grainger. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** 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) An obnoxious, but brilliant, inventor is shot as he accepts an award at a convention. **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** I'm A Celebrity... Get Me Out Of Here! (PG) **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. Final. Becky's hopes of a happily ever after with Emilio are jeopardised when Dan delivers alarming news. **9.30** To Be Advised. **10.30** Blue Bloods. (M) A university basketball player is murdered. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

## 10 BOLD

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

## ABC

**6.00** Morning Programs. **11.00** Tony Robinson's Time Walks. (PG) Final. **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Adam Hills: The Last Leg. **1.40** River. (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. **6.00** Throwback: Our Childhoods Revisited. **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** The Business. **11.25** Wentworth. (M) **12.15** River. (M) **1.15** Rage. (MA15+) **2.25** The Tunnel: Sabotage. (MA15+) **3.15** Wentworth. (M) **4.00** New Inventors. **4.30** Compass. **5.00** Catalyst. **5.30** Gardening Aust.

## 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) **8.30** Utopia. **9.00** The Office. (M) **9.20** The Office. (PG) **9.45** Free Agents. (MA15+) **10.10** The Good Place. (PG) **10.30** The Good Place. (M) **10.55** 30 Rock. (M) **11.15** Parks And Recreation. (PG) **11.35** Inside Amy Schumer. (MA15+) **12.00** Reno 911! (M) **12.20** The Office. (PG) **12.45** The Office. (PG) **1.05** 30 Rock. (PG) **1.30** Parks And Recreation. (PG) **1.50** Inside Amy Schumer. (MA15+) **2.15** Reno 911! (M) **2.35** News Update. **2.40** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

## SBS

**6.00** Soccer. EPL. Tottenham Hotspur v Watford. Continued. **8.15** 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** Soccer. EPL. Tottenham Hotspur v Watford. Replay. **4.30** VICE World Of Sports. (PG) **4.55** Letters And Numbers. **5.25** Alex Polizzi: Chef For Hire. **6.30** News. **7.30** Alex Polizzi: The Fixer. **8.35** Locked Up Abroad. **9.35** Vikings. Final. **10.30** SBS News. **11.00** Counterpart. (MA15+) **11.55** Counterpart. (MA15+) **12.55** Spring Tide. (M) **1.45** Spring Tide. (M) **2.40** Spring Tide. (M) **3.35** Spring Tide. (M) **4.25** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Beerland. (PG) **2.15** Beerland. (PG) **2.40** Beerland. (PG) **3.10** Dead Set On Life. (PG) **3.35** Mr Tachyon On The Edge Of Science. (PG) **4.05** PBS News. **5.05** If You Are The One. **6.10** News. **6.35** World's Greatest Bridges. (PG) **7.30** RockWiz. **8.30** Full Frontal. (MA15+) **9.00** Getting Naked: A Burlesque Story. (MA15+) **10.30** Behind The Blue Line: Untold Australia. (M) **11.30** Facebookistan. (M) **12.40** Movie: A Better Life. (M) (2011) **2.40** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.30pm** The Post (2017) Biographical. Meryl Streep, Tom Hanks, Sarah Paulson. (M) **Premiere** **8.30pm** The Way Way Back (2013) Comedy. Steve Carell, Toni Collette. (M) **Masterpiece** **10.15pm** Isle Of Dogs (2018) Animated. Bryan Cranston, Edward Norton, Bill Murray. (PG) **Masterpiece** **GENERAL** **1.35pm** The Real Housewives Of New Jersey. (M) **Arena** **7.30pm** America's Got Talent: The Champions. (PG) **FOX8**

**DOCUMENTARY** **7.30pm** Ron Iddles: The Good Cop. (M) **Crime & Investigation** **8.30pm** Brother Vs Brother. **Lifestyle Home** **9.30pm** Tanked. (PG) **Animal Planet**

**SPORT** **6.00am** Snooker. German Masters. Day 1. **Eurosport** **7.30pm** Soccer. W-League. Round 14. Sydney FC v Melbourne City. **Fox Sports 505** **9.05pm** Cricket. Big Bash League. Match 47. Hobart Hurricanes v Adelaide Strikers. **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.

3101

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Mission: Impossible – Ghost Protocol. (M) (2011) Tom Cruise, Jeremy Renner, Simon Pegg. A spy goes rogue in order to uncover the truth after his organisation is implicated in a bombing. **11.10** Movie: Brick Mansions. (M) (2014) Paul Walker, David Belle, RZA. In a dystopian Detroit, an undercover cop tries to take down a ruthless crime lord by infiltrating his gang. **1.00** Extra. **1.30** TV Shop: Home Shopping. **4.00** Global Shop. **4.30** The Avengers. (PG) **5.30** ACA.

## GO!

**6.00** Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Schwarzenegger The Celebrity Apprentice. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **5.00** Clarence. (PG) **5.30** Steven Universe. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Movie: Paul Blart: Mall Cop. (PG) (2009) **9.30** Movie: The Other Guys. (M) (2010) **11.40** Big Bang. (PG) **12.05** WWE Smackdown. (MA15+) **1.05** 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: Dreamhouse Adventures. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** Cricket. Second Test. Australia v Sri Lanka. Day 1. Morning session. **11.30** The Lunch Break. **12.10** Cricket. Second Test. Australia v Sri Lanka. Day 1. Afternoon session. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Johanna Griggs and the team demonstrate some terrific ideas for the house, garden and the kitchen. **7.30** Cricket. Big Bash League. Game 48. Brisbane Heat v Perth Scorchers. **11.00** To Be Advised. **1.00** Grey's Anatomy. (M) Jo is applying for fellowships. **2.00** Shopping. **4.00** The Great Outdoors. Looks at America's UFO hotspot. Jennifer Hawkins drives through a weird region of the US, where Bigfoot walks the forest. **5.00** NBC Today. News and current affairs.

## 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** To Be Advised. **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** Bargain Hunt. **7.30** Better Homes. **8.30** Selling Houses Aust. (PG) **10.30** Peter Andre's 60 Minute Makeover. (PG) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** House Of Wellness. (PG) **2.00** Australia's Amazing Homes. (PG) **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** 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** I'm A Celebrity... Get Me Out Of Here! (PG) **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. A look at the day's news. **7.30** The Living Room. (PG) Cherie transforms an outdated bathroom. Miguel and Grant help drought-stricken farmers. **8.30** The Graham Norton Show. (M) Graham chats with Jason Momoa, Dame Darcey Bussell and Bill Bailey. Music by British girl group Little Mix. **9.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

## 10 BOLD

**6.00** Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** Mission: Impossible. (PG) **1.00** 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** MacGyver. (PG) **3.00** Walker, Texas Ranger. (M)

## ABC

**6.00** News. **9.00** ABC News Mornings. **10.00** Grand Designs NZ. (PG) **10.45** One Plus One Redux. **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Foreign Corre. **2.00** River. (M) **3.00** Poh's Kitchen. **3.30** Gardening Australia. **4.25** Australian Story. **5.00** ABC News At Five. **5.30** Summer Drum. **6.00** Throwback: Our Childhoods Revisited. **6.10** Grand Designs New Zealand. (PG) **7.00** ABC News. **7.30** Gardening Australia. Return. **8.30** Father Brown. (PG) **9.20** Shetland. (M) **10.15** ABC Late News. **10.45** The Business. **11.05** Rosehaven. (PG) **11.30** Rosehaven. (PG) **12.00** Planet America. **12.45** 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** Rosehaven. (PG) **9.00** Rosehaven. (PG) **9.25** The Office. (PG) **9.50** The Office. (M) **10.15** Alan Partridge's Mid-Morning Matters. (M) **10.30** Upstart Crow. (PG) **11.00** W1A. (M) **11.30** 30 Rock. (PG) **11.55** Parks And Recreation. (PG) **12.15** Reno 911! (M) **12.40** The Office. (M) **1.00** The Office. (PG) **1.20** 30 Rock. (M) **1.45** Parks And Recreation. (PG) **2.05** 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. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Made In Italy. **4.00** The Supernet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. **6.30** News. **7.35** Robson Green's Australian Adventure. (PG) **8.30** Movie: Gangs Of New York. (2002) Leonardo DiCaprio. **11.30** SBS News. **12.00** Movie: Live Flesh. (MA15+) (1997) **1.50** Versailles. (MA15+) **2.55** Versailles. (MA15+) **4.00** One Born Every Minute UK. (PG) **4.55** Food Safari Fire: Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** It's Supertime! (PG) **2.15** PopAsia TV. (PG) **3.15** Human Resources. (PG) **3.40** Legally Brown. (PG) **4.10** PBS News. **5.10** If You Are The One. **6.10** News. **6.40** World's Greatest Bridges. **7.30** RockWiz. **8.30** Brooklyn Nine-Nine. (M) **9.00** The Orville. **9.50** South Park. (M) **10.20** South Park. (M) **10.45** Vikings. Final. **11.40** Post Radical. (M) **12.30** Sex Diaries. (MA15+) **1.25** The Night Bus. (M) **2.20** Shot By Kern. (MA15+) **2.50** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.35pm Sweet Country** (2017) Crime. Bryan Brown, Matt Day, Hamilton Morris. (MA15+) *Masterpiece* **8.30pm Sleeper** (2018) Thriller. Kara Killmer, Brett Donahue. (M) *Thriller* **10.05pm Cabin Fever** (2016) Horror. Gage Golightly, Matthew Daddario. (MA15+) *Thriller*

## GENERAL

**8.30pm Broad City.** Comedy Channel **9.30pm Gotham.** (M) FOX8 **11.30pm The Curse Of Oak Island.** (PG) A&E **DOCUMENTARY** **7.30pm Discovering Britain.** (PG) History **8.30pm The Hunt With John Walsh.** (M) Crime & Investigation **9.30pm Something's Killing Me.** (M) Crime & Investigation **SPORT** **6.30am Rugby League.** English Super League. St Helens v Wigan Warriors. Fox League **1.10pm Cricket.** Second Test. Australia v Sri Lanka. Day 1. Fox Cricket **9.40pm Basketball.** NBL. Round 16. Perth Wildcats v Illawarra Hawks. Fox Sports 503

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

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**NEW OPENING HOURS:**  
**Wednesday & Thursday**  
**8:45am - 5:00pm**

## NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

This week we held our first meeting for 2019.

Our morning was spent planning activities for the next few weeks and catching up on what everyone had been up to over the Christmas and New Year break.

As usual there was plenty of chatting and laughter.

We also celebrated for our members who have birthdays in January.

Tuesday January 29th – Movie at Events Cinemas North Lakes followed by lunch at the Beach House. Members Only

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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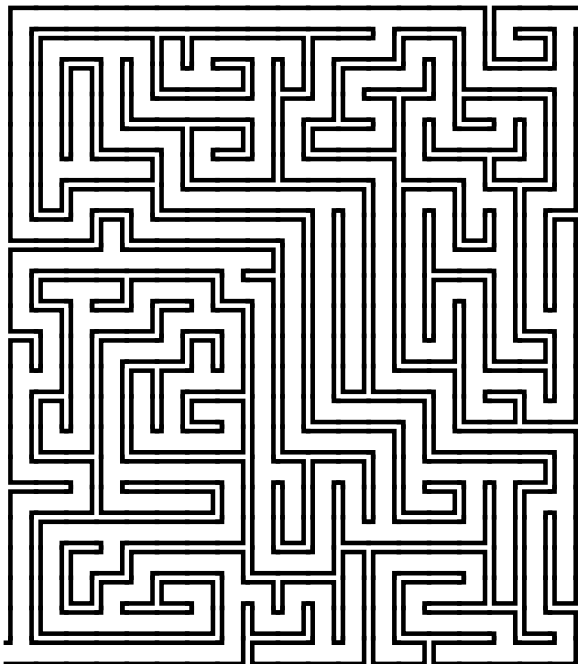
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# SUDOKU

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## AMAZING MAZES



## CROSSWORD SOLUTION FROM LAST ISSUE

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# CROSSWORD 1901

Crafted by the skilled hands of Laurie Stibbe

## ACROSS

- 1 Floating aimlessly at sea
- 4 Very noisy insects
- 9 Quarrrion
- 10 Ludicrous act
- 11 Place something firmly
- 12 Historical record
- 13 Treeless grassy plain - (USA)
- 15 Plan for attaining a goal
- 17 Radio announcer's room
- 19 Make right
- 22 Made effective from earlier date
- 24 Conscious awareness
- 26 Warning signal
- 27 Headroom
- 28 Perpetual
- 29 Legal possorsors

## DOWN

- 1 Teen's sweet alcoholic drink
- 2 Moves cradle over and back
- 3 Broke a bone
- 4 Perpetrator of wrongdoing
- 5 Series of linked metal rings
- 6 Sleuth
- 7 Hidden from view or use
- 8 Unofficial group of people
- 14 Hospital steriliser
- 16 Bottle opener
- 18 Relating to sight
- 19 Club used as a weapon
- 20 Native American tents
- 21 On fire
- 23 Evil supernatural being
- 25 The time being

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## COMMUNITY NOTICE BOARD ONLINE

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

[www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)

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

To post email: [community@northlakesmessenger.com.au](mailto:community@northlakesmessenger.com.au)

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

## 2019 POISED FOR CAPITAL GROWTH



**QUEENSLAND OWNER OCCUPIERS ARE SET TO ENJOY A YEAR OF CONSISTENT HOME VALUE RISES AS OUR PROPERTY MARKET CONTINUES TO DEFY NATIONAL TRENDS OF FALLING PRICES AND DELIVER GOOD CAPITAL GROWTH**

Queensland's residential real estate markets are in for a good year ahead, with steady demand growth forecast due to rising population, improving employment rates and better lending conditions.

REIQ CEO Antonia Mercorella said many experts agreed that many of the Sunshine State's property markets were in an enviable position.

"Our housing market has proven to be resilient to the headwinds that have slowed the Sydney and Melbourne markets so drastically.

"The last quarter delivered strong growth in many markets, including Greater Brisbane, which grew by 2.3 per cent to \$525,000.

Listings are down at the moment, with some experts reporting a 10 per cent fall in stock levels in Brisbane in November and December last year. Also, building approvals continue to slide, indicating limited supply in the pipeline. These factors will combine to contribute to upward pressure on prices unless more stock comes on the market in 2019.

It also looks like it will be a good year for apartment

owners.

"We know that some experts have recently forecast strong growth in Greater Brisbane's apartment market, with CoreLogic's Tim Lawless predicting strong growth due to positive net migration rates.

"Apartment supply has slowed significantly, with only around 5000 apartments due for completion this year, compared with almost 11,000 just a couple of years ago. This means demand will continue to rise and will contribute to meaningful price growth," Ms Mercorella said.

"We are increasingly embracing apartment living and so it makes sense that this sector of the market is poised for strong growth in 2019," she said.

Census data from 2016 reveals that 228,243 families live in an apartment, unit or townhouse, up by 10.2 per cent from 2011, according to demographic analysts, i.d. About 6.3 per cent of families live in an apartment.

Census data also reveals that over the past decade, Queensland's interstate migration grew by a net figure of 11,000 a year, on average.

"Queensland offers undeniable affordability and a fantastic climate and this is why our population is growing as residents from the southern states opt for a better lifestyle here," Ms Mercorella said.

"Anecdotal evidence from our agents suggests that we are seeing property buyers moving here from interstate, lured by the greater bang-for-buck proposition that is presented by our real estate," Ms Mercorella said.

"Quite simply, your real estate dollar goes further in Queensland," she said.

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# Just listed.

**RayWhite**



17 Neptune Court, MANGO HILL

4 2 2

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David Huynh  
0403 901 007  
david.huynh@raywhite.com

raywhitenorthlakesqld.com | raywhitemangohill.com

**RayWhite**

# Another sold.

Sold



10 Lemur Parade, DAKABIN

5 3 2

We've just sold 10 Lemur Parade - just one of the many North Lakes properties we've found success within recent weeks.

If you'd like to find out what we could do with your property, simply give us a call.



Alex Silva  
0415 584 349  
alex.silva@raywhite.com

raywhitenorthlakesqld.com | raywhitemangohill.com

**RayWhite**

# Another sold.

Sold



22 Bellenden Street, NORTH LAKES

4 2 2

We've just sold 22 Bellenden Street - just one of the many North Lakes properties we've found success within recent weeks.

If you'd like to find out what we could do with your property, simply give us a call.



Pauline Barlow  
0432 214 796  
pauline.barlow@raywhite.com

raywhitenorthlakesqld.com | raywhitemangohill.com



# Properties for Sale



11 Waranga Court, Murrumba Downs  
\$639,000 5 2 2



53 Dickson Crescent, North Lakes  
Offers over \$449,000 4 2 2



21 Tamar Circuit, North Lakes  
Offers over \$409,000 3 2 2



12 Kershaw Crescent, Mango Hill  
Offers over \$280,000 Land 414sqm



14 Starling Street, Mango Hill  
\$650,000 4 2 2



56 Wallarah Parade, North Lakes  
\$360,000 3 2 1



4 Cowal Court, Petrie  
Expressions of Interest 3 1 2



56 Mary Street West, Mango Hill  
Offers over \$549,000 3 1 5



45 Orchid Avenue, Kallangur  
Offers over \$415,000 4 1 1



122 Glass House Circuit, Kallangur  
\$429,000 Negotiable 4 2 2



6 Romeo Court, Joyner  
\$799,000 5 2 4



92 Surround Street, Dakabin  
Offers over \$449,000 4 2 1



## Kallangur | Murrumba Downs

1427 Anzac Avenue  
Kallangur Q 4503  
**07 3204 4666**  
kallangur@ljh.com.au  
kallangurmurrumbadowns.ljhooker.com.au

## North Lakes | Mango Hill

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Did You Know?

- RUBBER BANDS LAST LONGER WHEN REFRIGERATED
- PEANUTS ARE ONE OF THE INGREDIENTS OF DYNAMITE
- THE NATIONAL ANTHEM OF GREECE HAS 158 VERSES
- NO ONE IN GREECE HAS MEMORIZED ALL 158 VERSES
- THERE ARE 293 WAYS TO MAKE CHANGE FOR A DOLLAR
- THE AVERAGE SECRETARY'S LEFT HAND DOES 56% OF THE TYPING
- A SHARK IS THE ONLY FISH THAT CAN BLINK WITH BOTH EYES
- THERE ARE MORE CHICKENS THAN PEOPLE IN THE WORLD (AT LEAST BEFORE THAT CHICKEN-FLU THING)
- TWO-THIRDS OF THE WORLD'S EGGPLANT IS GROWN IN NEW JERSEY
- THE LONGEST ONE-SYLLABLE WORD IN THE ENGLISH LANGUAGE IS "SCREECHED."
- ALL OF THE CLOCKS IN THE MOVIE PULP FICTION ARE STUCK ON 4:20
- NO WORD IN THE ENGLISH LANGUAGE RHYMES WITH MONTH, ORANGE, SILVER OR PURPLE
- "DREAMT" IS THE ONLY ENGLISH WORD THAT ENDS IN THE LETTERS "MT"
- ALL 50 STATES ARE LISTED ACROSS THE TOP OF THE LINCOLN MEMORIAL ON THE BACK OF THE \$5 BILL
- ALMONDS ARE MEMBERS OF THE PEACH FAMILY
- WINSTON CHURCHILL WAS BORN IN A LADIES' ROOM DURING A DANCE
- MAINE IS THE ONLY STATE WHOSE NAME IS JUST ONE SYLLABLE
- THERE ARE ONLY FOUR WORDS IN THE ENGLISH LANGUAGE WHICH END IN "DOUS": TREMENDOUS, HORRENDOUS, STUPENDOUS, AND HAZARDOUS
- LOS ANGELES'S FULL NAME IS "EL PUEBLO DE NUESTRA SENORA LA REINA DE LOS ANGELES DE PORCIUNCULA". AND CAN BE ABBREVIATED TO 3.63% OF ITS SIZE, "L.A."
- A CAT HAS 32 MUSCLES IN EACH EAR
- AN OSTRICH'S EYE IS BIGGER THAN ITS BRAIN
- TIGERS HAVE STRIPED SKIN, NOT JUST STRIPED FUR
- IN MOST ADVERTISEMENTS, INCLUDING NEWSPAPERS, THE TIME DISPLAYED ON A WATCH IS 10:10
- AL CAPONE'S BUSINESS CARD SAID HE WAS A USED FURNITURE DEALER
- THE ONLY REAL PERSON TO BE A PEZ HEAD WAS BETSY ROSS
- THE CHARACTERS BERT AND ERNIE ON SESAME STREET WERE NAMED AFTER BERT THE COP AND ERNIE THE TAXI DRIVER IN FRANK CAPRA'S "IT'S A WONDERFUL LIFE"
- A DRAGONFLY HAS A LIFESPAN OF 24 HOURS



## PEST CONTINUED

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# CONTACT

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### NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via: [editor@northlakesmessenger.com.au](mailto:editor@northlakesmessenger.com.au)

### DISTRIBUTION/DELIVERIES/REQUEST COPIES

For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via: [distribution@northlakesmessenger.com.au](mailto:distribution@northlakesmessenger.com.au)

### ADVERTISING

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

#### Please note:

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

#### Payments

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

#### Credit Cards & Direct Deposit:

Bank of Queensland  
BSB: 124185  
A/C: 20169347

#### Cheques:

PO Box 127 North Lakes, QLD 4509

### OTHER CONTACTS

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

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



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