

THE Messenger

Lakes, Bay & Region • February 2, 2019

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THE BITE STUFF



LOCAL EAT STREET RIVAL TO LAUNCH MARCH 1

Everything you need
to know about the new
street food precinct

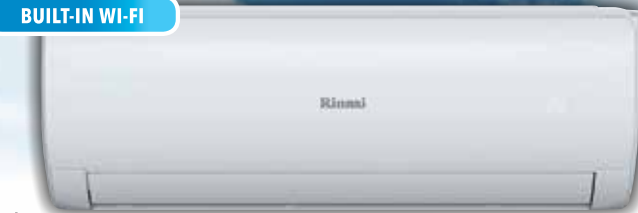
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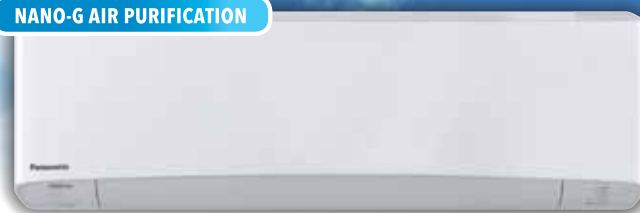
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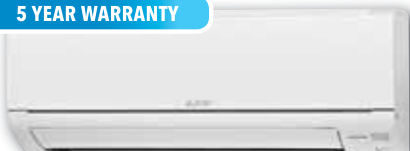
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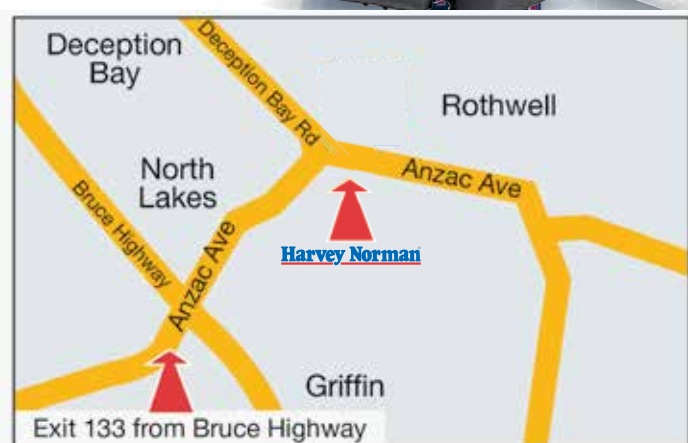
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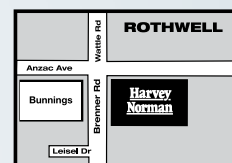
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Mitte's Classic German Street Food and loaded fries, carnivores covered at BITE

BITE MARKETS TO OPEN MARCH 1

CURIOUS FOODIES AWAITING MORETON BAY'S OWN EAT STREET RIVAL CAN EXPECT A WHOLE LOT TO GET THEIR TEETH AROUND WHEN BITE MARKETS OPENS IN LESS THAN A MONTH

Until now, locals have had to travel not-trivial distances for their funky street food fix. That will change with the arrival of BITE Markets. BITE has been busy developing the North Harbour site and curating some 40-odd flavour makers for launch, providing locals and food-fans from all over a new, spacious food adventure served from customised shipping containers and surrounded by landscaped areas in a fully fenced dining precinct.

The launch vendors have been revealed, many of them local and championing regional, high quality, ingredients, and no dish site-wide costs more than \$15!

Taking the brief to heart and leaning on their own culinary heritage, MT Mee couple Suzanne and Brett Lang will create all of the offerings for Mitte Berlin Street Food at BITE, alongside their already well-known Ice Tea Man.

Bound to please carnivores and fans of substantial nosh the team will present their take on classic German sausages at Mitte, named after a borough of Berlin (and pronounced 'mit').

Honing their craft right here in the Moreton Bay Region with popular food stall Pig & Kraut has given the couple a best-of list, which is what they'll be serving at BITE. Think big, fat, German sausages in a roll with sauerkraut, caramelised onion

and all the sauces and trimmings - Traditional Blonde Bratwurst, Chilli Knackwurst and cheese Kransky. Exclusive to BITE they'll now be offering boats, (plates) and - chips adorned with chopped sausages and various gluttonous toppings such as such the mouth-watering Currywurst plate.

Leveraging their knowledge of what good street vendors and successful hawker-food stalls do around the around the globe, Suzanne and Brett have put together a carefully considered menu at both of their BITE sites.

"For us, 2019 is the year of doing less, but doing it really really well, and that's what BITE is doing also. They've chosen their focus and been really particular about what they're bringing on. You won't see any rubbish but there's so much on offer, you could choose something new for a year," Suzanne told the Messenger.

Suzanne and Brett's other BITE venture is the already popular South Bank attraction Ice Tea Man, which is relocating to BITE exclusively.

Ice Tea Man's most popular drinks are the raspberry tea and peach tea, but new for BITE are the seasonally appropriate lycée & watermelon tea alongside a traditional pressed lemonade.

Acknowledging the region's recent push for less single use plastic the team have not only gone plastic free, but offer a great deal for you and environment.

"We serve everything in a refillable mason jar. We're entirely plastic free. People can buy the mason jar for \$5 and come back any time, any week, and refill the jar for \$2," Suzanne said.

Indeed, everything between the two stalls offer is reasonably priced between five and 15 dollars and Suzanne suggested the most popular pairing between the two was the traditional bratwurst dog and mojito minted lime.

They're both excited for the March launch and are happy to see the food hub think local with a lot to offer



Locals Suzanne and Brett Lang of Mitte Berlin Street Food and Iced Tea Man dish on BITE Markets

local punters.

"The site really has their bases covered. You can see it from the freeway, it has excellent access and heaps of parking. They've got the kids' area so I think there will be something for everyone. You can bring around your family, your nanna, the kids, and everyone will be happy," Suzanna said.

We pressed Suzanna for what other vendors she's looking forward to trying at launch.

"Those brownies peaked my interest, I've got a sweet tooth, but it will be hard to choose," She laughed.

Suzanna was referring to fellow BITE vendor Zoe's Brownies. Run by Kallangur local, Teegan Kuenz, who has been baking Zoe's famed brownies for five years. Many locals already know the Zoe's Brownies selection but there will be four new flavours ready to sample come March 1. At BITE you'll be able to get your hands on flavours like Turkish Delight, Rocky Road, Nutella and Salted Caramel.

The launch vendor list at BITE drips with broad appeal including the Spanish flavours of *Don Quijote Paella and Tapas*, North Lakes' popular Malaysian & Chinese **September 18** specifically catering to vegans and vegetarians, a broad range of Japanese favourites at *Come on Mate! Gourmet Japanese*, the classic street food favourite Gozleme (savory flatbreads) of *Fresh Gozleme*, *Tibetan Momo Café* whose menu hosts delicacies like Shallot Pancakes and Banana Spring Rolls while scene heroes *Mr Bunz* hosts three ex-fine dining chefs crafting their signature bao buns and South East Asian-inspired meals and *Romantica Restaurant* slings healthy, hearty, authentic and traditional Italian fare like organic Woodfired pizzas.

Alongside Iced Tea Man there will be various options to wash it all down. *Nude Juice* whose juices and smoothies all star fresh local produce with no added sugar served in compostable or recyclable packaging

and *Mocktail Madness* featuring a range of tropical mocktails made fresh to order in a very modern way with flavoured foams, sour sorbets, fruit pearls - it's molecular mixology for the whole family can enjoy.

No respectable modern food hub would be complete without the sinful pleasure of doughnuts and BITERS with a sweet tooth are in for a treat. *Donut Kitchen* will offer a range of flavours and fillings (some gluten-free) and even a Fried Chicken Donut Burger! If you prefer the Spanish version check out *Mister Churros*, who'll be offering garnished version of the classic treat. For a lighter but no less delicious after dinner treat *Mini Dutch Pancakes - Poffertjes* will be dishing up traditional Dutch version - with melted butter, icing sugar and maple syrup or freshly squeezed lemon and the not so traditional. Beware, once you *Poff*, you can't stop.

Founder of BITE, renowned caterer and food creator Tom Burke, said he was thrilled with the calibre of flavour makers wanting to be a part of Moreton Bay's own food hub.

"As the north side's great food adventure, BITE represents a new hub for local food creators and food lovers," Mr Burke said.

"BITERS are set for a culinary journey around the globe with dishes from Malaysia to Spain, Italy to Japan, Tibet to Turkey and everywhere in between, all created on-site. Of course, everyone is dedicated to championing local produce."

With parking for more than 600 cars located at exit 150 off the Bruce Highway on Nolan Drive in Morayfield, BITE is just 12 minutes from North Lakes and 25 minutes from Brisbane.

BITE Markets at North Harbour launches Friday March 1 and will open every Friday and Saturday from 4pm to 10pm. Entry is \$3 for adults with children 12 years and under free of charge.

For more information visit www.bitemarkets.com.au or find them on Facebook and Instagram.



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Dr Sonali's hours as of 17th of February
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YOUTH PARLIAMENT LOOKING FOR LEADERS OF TOMORROW

Queensland's young leaders aged 15-25 are being asked to nominate for the 2019 YMCA Youth Parliament.

"This program is a fantastic opportunity for our young Queenslanders to learn leadership skills and speak about the issues they really care about," Minister for Youth Di Farmer said.

"Now in its 24th year, Youth Parliament connects young people with their peers, their community, and their parliamentarians, creating networks that can extend into their working life."

Being part of the Youth Parliament provides participants with opportunities to build important life skills like public-speaking, decision-making, and teamwork.

Young Queenslanders who identify as Aboriginal, Torres Strait Islander, LGBTIQ, as having a disability, or are culturally or linguistically diverse are encouraged to apply.

The program runs from April until October.

Nominations open Monday 28 January and close Friday 22 February 2019.

For more information about the YMCA Queensland Youth Parliament, email qypcoordinator@ymcabrisbane.org or go to www.ymcabrisbane.org/queensland-youth-parliament-home.html

DONATION ENHANCES PATIENT CARE

Patients undergoing treatment at the Haematology Department of the North Lakes Medical Precinct, will be among those to benefit from a new piece of equipment donated by the local Freemasons.

Northgate Remembrance Masonic Lodge and Hand Heart Pocket the Charity of Freemasons Queensland recently donated \$5,000 to the RBWH Foundation, to help with efforts to purchase a vein finder machine.

As an independent charity founded by the Freemasons of Queensland, Hand Heart Pocket helps in areas of state-wide and local need that have limited access to other funding. We work with other charities to identify and fund initiatives that have real, life-changing potential. We also collaborate with Masonic Lodges across Queensland and help individuals in times of extreme need to get them back on their feet. We use our funds widely to give a hand up and to build potential.

For more information about Hand Heart Pocket visit www.handheartpocket.org.au or for more about Northgate Remembrance Masonic Lodge visit www.northgatemasons.org.au/

GAMBLING BENEFIT FUND

Four local community groups have received funding for projects in the latest round of the state Government's Gambling Community Benefit Fund (GCBF).

Groups that received funding during this round were the Caboolture River Fishing & Boating Club (Burpengary East) - \$9,529 for facilities upgrades, the Lions Club of Morayfield (Burpengary East) - \$7,390.70 for purchasing equipment, the Deception Bay SES - \$35,000 to purchase a new vehicle and the Lakers Softball Club (North Lakes) - \$3,570 to purchase new equipment.

The next round of the GCBF is now open for applications with both previous and new



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applicants able to apply.

The GCBF is Queensland's largest one-off grants program, distributing approximately \$55 million annually to communities state-wide.

For more information or to apply for GCBF Round 100 visit www.justice.qld.gov.au/grants or call 1800 633 619.

DOLL, BEAR AND CRAFT SHOW

Members of North side Doll Circle are again preparing for their Annual Doll, Bear and Craft Show.

Now in its 33rd year, this year's theme is Easter Parade and will feature many Trade Tables, Dolls and Bears in Competition and themed displays. The Brisbane Miniature Enthusiasts detailed Doll Houses and Diaramas are always a popular exhibit.

The event is on Sunday 10th March 2019, from 9am till 3pm, to be held in the air conditioned Strathpine Community Centre off Mecklem Street Strathpine, directly behind the Pine Rivers Art Gallery on Gympie Road. There is free parking in the grounds.

The Northside Doll Circle proudly supports QCWA Rural Chrisis and LinC a local Charity.

Admission \$10 and Children under 15 FREE Enquiries to IRIS 0732648489 or Thelma 0738631430.

ELISHA WRIGHT WINS REGION'S AUSTRALIA DAY AWARD

Inclusivity advocate Elisha Wright (pictured, file photo supplied by council) of Murrumba Downs has taken out the Moreton Bay Regional Council's 2019 Citizen of the Year award for her contribution towards a more accessible Moreton Bay.

"Elisha's insight and ideas have proved to be invaluable in the development of our region's first Disability Access and Inclusion Plan," Mayor Allan Sutherland said.

"She has helped shape the guidelines for design and accessibility of parks, pathways, shopping centres, commercial businesses and other public spaces."

Elisha was presented with her award at a special function for the region's Australia Day Award recipients on Thursday, 17 January at Clear Mountain Lodge.

Other Australia Day Award recipients for Moreton Bay were:

Volunteer of the Year — Des Dewar, whose work with Deception Bay Meals on Wheels has helped nourish people in need for more than 25 years.

Sports Award — Mitchell James, an accomplished tennis player who has held the #2 ranking in Australian Singles for six years and currently holds the #1 ranking for Australian Doubles.

Youth Sports Award — Fraser Vaughan, a young BMX racer who has secured some incredible results in recent years both nationally and internationally.

Arts and Culture Award — Carmel Bond, who has made a valuable contribution to Dayboro and the greater region by preserving the town's rich history.

Environment Award — Husband and wife team, Richard and Carole Green, who have made significant contributions to the region's environment including the restoration and preservation of John Oxley Reserve.



ELISHA WRIGHT



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BACK TO SCHOOL

HEALTHY LUNCHBOXES MEANS HEALTHY KIDS

It's back-to-school time and Cancer Council Queensland is lifting the lid on lunchboxes, encouraging parents to prioritise healthy options to boost their kids' brain power, and keep them healthier and happier.

According to the *Health of Queenslanders Report 2018*, there is a strong link between diet and better concentration, but less than six per cent of children are meeting the recommendation for daily serves of vegetables.*

Cancer Council Queensland CEO Ms Chris McMillan said that by packing a healthy lunchbox, parents and guardians would be ensuring they were providing their kids with the fuel they need to learn and grow.

"There is an abundance of medical and nutritional evidence proving that children and young people who eat nutritious meals every day and lead active lifestyles tend to excel," Ms McMillan said.

"Good nutrition is vital for growing bodies and encouraging our kids to make healthy food choices is also about establishing lifelong habits that promote overall wellbeing."

One in four Queensland children are overweight or obese. Overweight children are at high risk of becoming overweight adolescents and adults, placing them at greater risk of developing chronic diseases, such as some cancers.

"Balancing the weekday lunchbox can be a difficult task, when you're living busy lives, but it's an important one," Ms McMillan said.

"Too often pre-packaged snacks are promoted as healthy choices, but contain high levels of saturated fat, sugar and salt, and that's why it's important that the majority of lunchbox items are wholefoods from the five recommended food groups."

The Australian Dietary Guidelines recommend children (over nine) aim for two servings of fruit and five servings of vegetables every day.

"One serve of fruit is a medium-sized apple or banana and a serve of vegetables could be half a cup of carrot sticks or a handful of cherry tomatoes," Ms McMillan said.

The Guidelines also recommend daily servings of grains (wholegrain bread, wholemeal pasta, brown rice), lean meats and alternatives (fish, eggs, legumes/beans, nuts and seeds) and dairy foods and their alternatives.

"Why not try packing a wholemeal egg and salad sandwich, carrot sticks and hummus, and a small container of natural Greek yoghurt with berries?" Ms McMillan said.

"Make sure to include a water bottle to keep kids hydrated too, instead of sugary drinks such as cordials, sports drinks, fruit drinks and soft drinks."

Parents are also encouraged to use the Health Star Rating Scheme when shopping to ensure any packaged goods placed in a lunchbox are the healthiest possible.

The Health Star Rating Scheme features ratings from half a star up to five stars and includes nutritional information about saturated fat, sugar, sodium and energy content in food products.

More information about Cancer Council Queensland, and healthy living, is available via cancerqld.org.au.



TO INCORPORATE MORE FRUIT AND VEGETABLES INTO LUNCHBOXES:

- Try sneaking grated vegetables like carrot and zucchini in wholemeal muffins;
- Make vegetable skewers with cucumber, cherry tomatoes and capsicum; or
- Freeze fruit like grapes and cut up oranges for a yummy, refreshing snack.

FOOD SAFETY PRECAUTIONS FOR WHEN PREPARING LUNCHES:

- Keep lunchboxes cold – store them in the fridge until you leave home, include a frozen drink bottle and use an insulated lunch box with an ice brick;
- Encourage children to keep the lunch box in their schoolbag and store it out of direct sunlight; and
- Clean lunch boxes regularly.

** Parents are also encouraged to use the Health Star Rating Scheme when shopping to ensure any packaged goods placed in a lunchbox are the healthiest possible.*

Fast Facts About... Surrogacy

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

Surrogacy is one of the most heart-warming parts of practising in family law, however it is also an area that can be fairly unfamiliar and a little bit daunting to people. Here are some fast facts to start you off on your surrogacy journey.

1. What is the terminology? The people seeking to become parents are referred to as the "intended parents". The surrogate or person who gives birth to the child is referred to as the "birth mother". If the birth mother is married or has a de facto partner then her partner is the "birth mother's spouse" and collectively they are referred to as the "birth parents".



2. Commercial surrogacy is illegal in Queensland and indeed all Australian states. You can be charged with a criminal offence if you enter into a commercial surrogacy arrangement. This includes if there is any payment, reward or material benefit received by anyone as a result of entering into this agreement.



3. A written surrogacy agreement must be entered into before the child is conceived.

4. Even though there may be a surrogacy agreement in place, the child will be presumed to be the child of the birth parents until such time as a parentage order is made. The intended parents can apply for a parentage order when the child is between 28 days and six months old and the child is in their care.

5. In order to enter into a surrogacy agreement in Queensland, all parties need to be over 25, including the intended parents, the birth mother and the birth mother's spouse if the birth mother is in a relationship.

6. All parties (that is, birth parents and intended parents) must attend compulsory counselling prior to entering into the agreement and after the child is born.

7. The parties may agree to any type of conception including IVF, artificial insemination, self-insemination or natural conception.

8. It is illegal to advertise surrogacy in Queensland. This includes advertising to find a surrogate or to be a surrogate.

9. The intended parents can reimburse the birth mother's reasonable surrogacy costs – this includes medical expenses, counselling costs, legal costs and a number of other expenses that are directly related to the pregnancy. These are normally outlined in the surrogacy agreement.

10. In Queensland there needs to be a social or medical reason for the surrogacy. A medical reason includes that the intended parent has a medical disorder that makes it impossible or unacceptably dangerous to carry a baby. A social reason could include two males who are in a same sex relationship.

The web of surrogacy can be complex, however it is worth navigating as a means of starting the rewarding journey of parenthood.



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COPING WITH LIFE'S CHALLENGES

Hello Leonie,

Been thinking about my problems and writing in for ages now. Love the Messenger and you and really respecting of both of you.

My problems are how hard I try with determined mind I am not finding happiness. Things happen badly to me all the time. One thing is coming okay and then another thing takes the place of past problem. Been happening for years and I am now 36 years old.

I live with my bother and his wife and they have wonderful beautiful children but I myself am not finding love. I get knocked down in my work and knocked down in romance.

I get sad all the time even for months after the end of a big romance. I want to find happiness and now is very late for children, but I still can have them when I find the right guy.

I want to start being happy and my boss says that I need to bounce back from hardships but they don't understand because for them life is very good. How can I get better more quickly when my heart is low?

No name please. Thank you/Redcliffe

Hi,

Over the years, I have written lots of articles regarding building resilience in children, but the truth is resilience is a life skill that

adults also need to master to manage life's adversities.

We may hear stories about those rare unicorns of people who fall in love with and marry their high school sweethearts and have great jobs, great kids, great in-laws and friends and lots of luck but they are as rare as, well unicorns.

Most people will cope with the challenges that life throws at us and every individual will have an individual response and time line for recovery. However, most people can gradually recover and get on with life.

Part of being resilient and bouncing back as you say, is to learn from our adversities.

So, if you are having one failed relationship after another, I would ask you to look back and try to see if there are any patterns or commonalities in either your behaviours or theirs.

For example, if you get too invested too quickly or you expect too much too soon, you can see there is a need for you to address this behaviour because it is simply not working for you. Likewise, if your love interests tend to be good time guys, control freaks, or very jealous, you should make sure you avoid men with these traits in the future.

Life is full of challenges and disappointments and being resilient does not mean that you avoid all the difficulties that life has to offer. It means coping with the adversity, adapting

to your new situation whilst reducing the chance of the same issue recurring in the future.

Learning to be more resilient also means developing your personal skills. These skills include:

- Developing a positive attitude towards yourself and others and accepting that the universe is not picking on you in particular and that everyone faces challenges
- Learning to self-regulate and manage your emotions
- Learning to be solution focused by working logically and proactively on your problems
- Developing communication skills and support systems with friends and family
- Making short- and long-term goals for yourself

I hope these are ideas that you will put into practice in the future. I believe that we must take the steering wheel of our own lives instead of just hoping for the best. Of course, we can't change other people or their behaviours, but we can change who we allow into our lives. My advice is to start being very particular about your choice of friends and love candidates and start demanding better choices from yourself.

I hope you have found some help here

Till next week, Leonie

E-mail: leonieschilling@bigpond.com
Leonie Schilling is a qualified private practitioner at

North Lakes Counselling Services

For appointments please phone 3886 2715 or 0423 653 841
www.northlakescounsellingservices.com.au

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



ABOUT LEONIE

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



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TIPS FOR MAKING BACK TO SCHOOL PAINLESS

Talking enthusiastically about school, setting-up routines and practicing travelling to and from school are three ways for parents to prepare their children for the start of school.

Education Minister Grace said whether children were transitioning from kindy to Prep; from primary to secondary school; or progressing to the next year level, parents and carers could help their child manage the start of school with confidence.

"The start of the new school year is an exciting time for children and we want them to feel welcome, safe and confident, and to develop a lifelong love of learning," Ms Grace said.

"Parents are their child's first teachers and they play an important role in preparing their child to transition successfully into school."

Ms Grace said no matter what year level a student is entering in 2019, parents can help them look forward to the change and settle into their classes by initiating positive conversations.

"Talking to your children about the many positive aspects of schooling is a great way to influence a positive frame of mind going into the school year," she said.

"For families engaging with the school system for the first time, it is important to get kids into the routine of the school day and, if they haven't already, share their child's kindy transition statement with their new school, to help support a positive start to their continued learning.

The Department of Education and The Early Years Count websites feature some engaging tools for children and resources for parents and carers.

WHEN PARENTS ARE ENGAGED WITH THEIR CHILDREN'S LEARNING, BOTH AT SCHOOL AND AT HOME, CHILDREN HAVE A MORE PRODUCTIVE SCHOOL LIFE

Parents and carers may find useful information on their school's website about uniform shop opening hours, the tuckshop, school activities and calendars, and positive behaviour expectations.

The Department of Education also offers a secure online parent portal and App called QParents which allows parents to access information about their child's education and communicate directly with their school.

Schools using QParents can share information with parents and carers about their child's attendance, behaviour, assessment, timetable and events.

P&Cs Qld Chief Executive Officer, Kevan Goodworth, has strongly encouraged parents and carers to be involved with their child's school and maintain regular contact throughout the year.

"When parents are engaged with their children's learning, both at school and at home, children have a more productive school life," Mr Goodworth said.

ANXIOUS ABOUT GOING TO SCHOOL?

At some stages in life, we all can all feel anxious when faced with a difficult situation, that's true for our youngest as well. Anxiety about school can lead to 'school refusal' where a child simply refuses to go, making for a tricky situation for parents who are bound by law to make sure their kids attend.

Here are Education Queensland's tips for dealing with a child who's anxious about school:

- Don't dismiss this anxiety. Listen to your child and encourage them to tell you about their feelings and fears.
- Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective.
- Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.
- Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they

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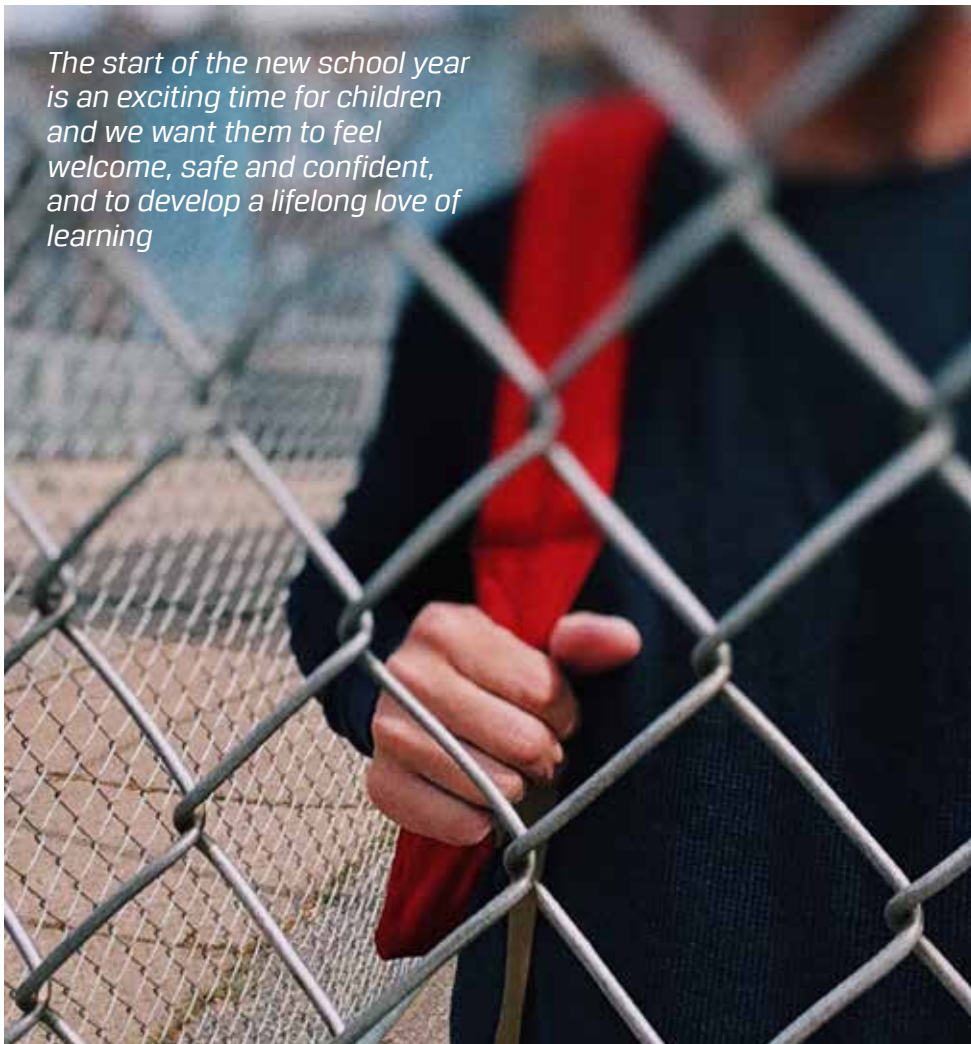
begin to believe that someone else will rescue them.

- If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.
- Talk with school staff to find out what assistance the school can provide.
- If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.
- If your child delays getting ready for school so that they will be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.
- Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.
- Be involved in your child's school (e.g. volunteer in the tuckshop, participate in the Ready Readers program, or join the P&C). Support your child with homework and study, modelling skills for becoming more independent.

For more tips and activities to support the transition from home or kindy to school visit www.qld.gov.au/earlyyearscount. For more information about state schools, Apps and resources visit www.qed.qld.gov.au.

For details on P&Cs Qld visit www.pandcsqld.com.au or call 1800 218 228.

The start of the new school year is an exciting time for children and we want them to feel welcome, safe and confident, and to develop a lifelong love of learning



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AN IN DEPTH LOOK AT THE PROJECTS NEEDED TO EFFECTIVELY MANAGE SEQ'S GROWING POPULATION AND PROVIDED A PRIORITISED ROAD MAP OF PROJECTS

The SEQ People Mass Movement Study, launched by SEQ Council of Mayors, assessed the impact population growth would have on future transport demand by 2041 and identified 47 projects which would unlock the region's growth potential.

Council of Mayors (SEQ) Chair and Brisbane Lord Mayor Cr Graham Quirk said the clear message from the study was that our "business as usual" approach will not keep pace with the anticipated population growth in SEQ.

"Our research shows that even if every committed and planned project in this region is delivered, the majority of SEQ's major road corridors will be over capacity by 2031. By 2041, the region will be in gridlock," said Cr Quirk.

"The SEQ People Mass Movement Study highlights our region's dependence on private vehicle use, now and in the future. Without access to efficient and reliable public transport options, many commuters have no choice but to use the car as their primary mode of transport.

"A significant shift in thinking is required in SEQ from all levels government to ensure we don't end up with traffic like Sydney and Melbourne. Fortunately, our region still has time to address these issues, but we need to act now."

Moreton Bay Regional Council joined the People Mass Movement Study in December 2018 with Mayor Allan Sutherland saying it was

essential to undertake the appropriate transport and infrastructure planning needed to cater for the future growth of the region.

"With Moreton Bay's growth booming and the University of the Sunshine Coast's Petrie campus opening in early 2020, my priority is to make sure we deliver increasingly improved services in line with the increasing population.

"I think it's important to be involved in a collaborative effort to a longer-term region-wide transport infrastructure and service solution for the whole of the South East Queensland region."

OUR "BUSINESS AS USUAL" APPROACH WILL NOT KEEP PACE WITH THE ANTICIPATED POPULATION GROWTH IN SEQ

The SEQ People Mass Movement Study is being delivered by the Council of Mayors (SEQ) as part of its investigations into a regional bid for the 2032 Olympic Games. At this stage, the contribution of Moreton Bay council is focused on the transport component of this project.

RACQ spokesperson Paul Turner said the Club commended the shared long-term vision for the region and called on all levels of government to make it a reality.

Delivery of this plan will require all tiers of government to work together, and with an election looming, we need everyone to get on board to achieve the vision of a smart, connected region," Mr Turner said.

"An investment of \$2.7 billion per year is required to see every project in this plan funded through

to fruition. Building infrastructure isn't going to get cheaper, so it's crucial we plug these projects into the pipeline now, so we can meet future transport needs.

"We also applaud the inclusion of a range of road, rail and tunnel projects in the roadmap, which will aim for 45 minute travel times from Brisbane to surrounding regions."

Mr Turner said it was pleasing to see many of the Club's priority projects – outlined in its Mobility Matters Report – also incorporated.

"These are critical transport projects that are essential to meet population growth, manage congestion and improve productivity in the region into the future."

some of the big ticket items in the Council of Mayors' (SEQ) road map of 47 priority projects for South East Queensland include the Brisbane Metro, the Cross River Rail, faster rail and the North South Urban Arterial (NSUA).

NSUA - the remaining sections of the Pine River Crossing to Boundary Road is needed because suburbs to the eastern side of the Bruce Highway between North Lakes and the Moreton Bay boundary with Brisbane City Council have experienced rapid population growth over the past ten years.

This population growth is continuing at a fast pace with the growth of Mango Hill and Griffin. The North-South Urban Arterial provides a north-south traffic capacity response to this growth which will allow more intra-regional trips to transfer from the congested Bruce Highway.

The complete list of 47 priority projects can be viewed online at www.seqmayors.qld.gov.au



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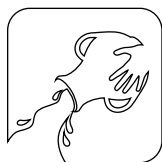
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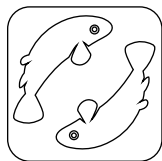
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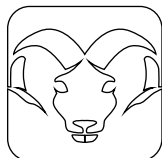
YOUR STARS



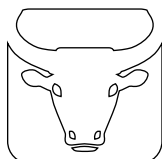
AQUARIUS. (Jan. 21 - Feb. 19): It's hard to ask someone to put his exciting ideas on hold but it wasn't so long ago that you were in a similar position. The time will be right one day.



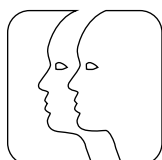
PISCES. (Feb. 20 - March 20): Being told no isn't the dead-end you think. If anything, it gets you to explore alternatives you wouldn't have explored before.



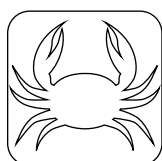
ARIES. (March 21 - April 20): Sometimes we set people up to play the parental role when we don't want to play it ourselves. Don't look to someone else for permission.



TAURUS. (April 21 - May 21): It may feel like the time isn't right to make a move, but guess what? It is. Wait any longer and that move will be forced on you.



GEMINI. (May 22 - June 21): You're used to ruffling feathers, but don't like it when others ruffle back. You need to find a way to smooth over the situation before feathers fly.



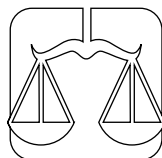
CANCER. (June 22 - July 23): You hate to push, but push. This gives you the pull you need to take command of a situation.



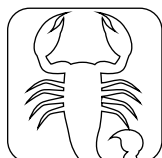
LEO. (July 24 - Aug. 23): You know you're capable of so much more but a supervisor doesn't agree. Don't champ at the bit. Follow direction and you'll get where you want to go.



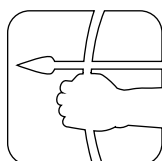
VIRGO. (Aug. 24 - Sept. 23): Usually you take things slow, but today's Mars/Saturn square increases a sense of urgency. Be patient. Anything worth having is worth the wait.



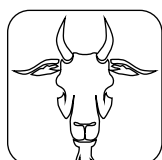
LIBRA. (Sept. 24 - Oct. 23): Not the time to bar the door. If someone wants to leave, let him. He'll soon learn life is better with you rather than without.



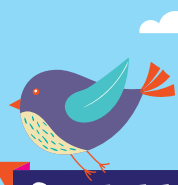
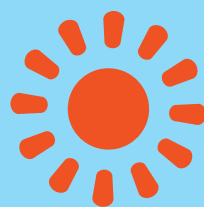
SCORPIO. (Oct. 24 - Nov. 22): There are certain times in our career when we realize that we have to improve our skillset. This would be one of those times.



SAGITTARIUS. (Nov. 23 - Dec. 21): Once again financial obligations get in the way of you doing what you want to do. Clear up that money matter and you'll put the horse back in front of the cart.



CAPRICORN. (Dec. 22 - Jan. 20): A challenge to your authority doesn't have to undermine you. Sometimes it presents a wonderful opportunity to explain yourself in new and refreshing ways.



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NINE

6.00 Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination WA. **12.30** Kevin Can Wait. (PG) **1.00** The Truth About Sleep. (PG) **2.15** Movie: Dirty Rotten Scoundrels. (PG) (1988) **4.30** Helloword. **5.00** News. **5.30** Garda Down Under. (PG) **6.00** Nine News Saturday. **7.00** Movie: My Big Fat Greek Wedding 2. (PG) (2016) Nia Vardalos. **9.00** Movie: Four Weddings And A Funeral. (M) (1994) Hugh Grant, Andie MacDowell, Kristin Scott Thomas. A bachelor meets his ideal partner at a wedding. **11.20** Movie: Knight Of Cups. (M) (2015) Christian Bale. **1.30** Destination WA. **2.00** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **8.00** Movie: Pokémon The Movie: Volcanion And The Mechanical Marvel. (G) (2016) **10.00** Children's Programs. **12.30** The Hold Down. (PG) **1.30** Basketball. NBL. Round 16. Cairns Taipans v Adelaide 36ers. **4.00** Children's Programs. **5.00** Movie: Legend Of The Guardians. (PG) (2010) **7.00** Movie: The Lord Of The Rings: The Fellowship Of The Ring Pt 1. (PG) (2001) **8.30** Movie: The Lord Of The Rings: The Fellowship Of The Ring Pt 2. (M) (2001) **10.30** Movie: Resident Evil: The Final Chapter. (MA15+) (2016) **12.40** Adult Swim. (MA15+) **1.40** Total Divas. (M) **2.35** Tattoo Fixers. (MA15+) **3.30** Baggage Battles. **4.00** Yu-Gi-Oh! (PG) **4.30** Clarence. (PG) **4.50** Children's Programs.

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **9.00** Cricket. Second Test. Australia v Sri Lanka. Day 2. Morning session. **11.30** The Lunch Break. **12.10** Cricket. Second Test. Australia v Sri Lanka. Day 2. Afternoon session. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: National Treasure. (PG) (2004) Nicolas Cage, Diane Kruger. **9.40** Movie: The Da Vinci Code. (M) (2006) Tom Hanks, Audrey Tautou, Ian McKellen. An academic uncovers a conspiracy. **12.40** Grey's Anatomy. (M) April disapproves one of Bailey's treatment plans. **2.00** Shopping. **4.00** Sons And Daughters. (PG) Susan agonises over an important decision. **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** To Be Advised. **1.30** Sydney Weekender. (PG) Mike checks out the history of Canowindra. **3.30** To Be Advised. **5.30** Air Crash Investigation. (PG) A look at the US Aviation Weather Center. **7.30** The Yorkshire Vet. (PG) Vets Julian Norton and Peter Wright come to the aid of a range of clients and their animals. **8.30** Escape To The Country. Jules Hudson is in rural Wiltshire helping a couple with a 950,000 pound budget to find a family home with land. **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 Australia By Design: Landscapes. **6.30** WhichCar. **7.00** RPM: Summer Series. **7.30** Escape Fishing. **8.00** iFish Summer. **9.00** My Market Kitchen. **9.30** St10. (PG) **12.00** Luxury Escapes. **12.30** The 48-Hour Destination. **1.00** Everyday Gourmet. **1.30** Cook's Pantry. **2.00** The Renovation King. **2.30** The Home Team. **3.00** The Living Room. (PG) **4.00** What's Up Down Under. **4.30** 15-Min Meals. **5.00** News. **6.00** Attenborough's Natural Curiosities. (PG) **6.30** David Attenborough's Natural Curiosities. (PG) **7.00** I'm A Celebrity Saturday Schoolies. (PG) **8.00** Movie: Shrek 2. (PG) (2004) **9.45** NCIS: New Orleans. (M) **10.45** NCIS: New Orleans. (M) **11.45** Sherlock Holmes: Elementary. (M) **12.30** Shopping. **5.00** Hour Of Power.

10 BOLD

6.00 Shopping. **8.00** Cheers. (PG) **9.00** Hogan's Heroes. **10.00** MacGyver. (PG) **11.00** iFish Summer. **11.30** The 48-Hour Destination. **12.00** Snap Happy. **12.30** Jake And The Fatman. (PG) **1.30** Diagnosis Murder. (PG) **2.30** Reel Action. **3.00** Air Racing. 2018 Red Bull World Championship. Season review. **4.00** WhichCar. **4.30** Places We Go. **5.00** Planes Gone Viral. (PG) **6.00** Cops. (PG) **6.30** Soccer. A-League. Round 17. Adelaide United v Brisbane Roar. **9.30** Movie: Black Hawk Down. (MA15+) (2001) Josh Hartnett, Ewan McGregor, Eric Bana. **12.40** Movie: Hostage. (MA15+) (2005) Bruce Willis. **3.00** 48 Hours. (M) **4.00** RPM: Summer Series. **4.30** The Doctors. (PG) **5.30** Hogan's Heroes.

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.05** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Shetland. (M) **1.30** Father Brown. (PG) **2.15** The Big Blue. **3.10** Sporting Legends. (PG) **4.00** Heroes. **5.00** Escape From The City. **6.00** Anh's Brush With Fame. (PG) **6.30** Back Roads. **7.00** ABC News. **7.30** Death In Paradise. (M) Return. **8.30** Agatha Raisin. (M) Return. **9.15** Agatha Raisin. (M) **10.05** Wolf Hall. (M) Final. **11.10** Rage Presents The Triple J Hottest 100 Of 2018. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.05** Noddy Toyland Detective. **5.15** PJ Masks. **5.30** Go Jetters. **5.40** Peppa Pig. **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** Live At The Apollo. (M) **9.15** Live From The BBC. (M) **9.45** Comedy Up Late. (M) **10.20** Comedy Next Gen. (MA15+) **11.10** Adam Hills: Clown Heart. (M) **12.30** Penn & Teller: Fool Us. (PG) **1.15** Live At The Apollo. (M) **2.00** Live From The BBC. (M) **2.30** News Update. **2.35** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** BBC News. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU Grand Prix. Final. **4.30** The Real Noah's Ark. **5.25** Who Do You Think You Are? **6.30** News. **7.35** Aerial Asia. **8.30** 24 Hours In Emergency. (M) **9.25** Cyberwar. (M) **9.55** UK Bitesize. **10.00** Soccer. EPL. Tottenham Hotspur v Newcastle. **12.50** Wallis: The Queen That Never Was. (PG) **2.45** Movie: Strawberry Days. (MA15+) (2017) Nelly Axelsson. **4.30** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 Indonesian News. **6.10** Hong Kong News. **6.30** Chinese News. **7.00** Russian News. **7.30** Polish News. **8.00** Romanian News. **8.30** North To South: The Full Journey. **11.35** North To South: The Full Journey. **1.50** North To South: The Full Journey. **4.10** North To South: The Full Journey. **6.20** North To South: The Full Journey. **9.35** Movie: The Grandmaster. (2013) Tony Leung, Ziyi Zhang, Jinjiang Xu. **11.30** Movie: Ip Man: The Final Fight. (M) (2013) Anthony Wong Chau-sang. **1.25** The Movie Show. (M) **1.55** The Movie Show. (M) **2.25** Shot By Kern. (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

7.30pm Land Of The Lost (2009) Adventure. Will Ferrell, Danny McBride. (PG) **Family 8.30pm Finding Your Feet** (2017) Comedy. Imelda Staunton, Timothy Spall, Celia Imrie. (PG) **Masterpiece 10.05pm A Quiet Place** (2018) Thriller. John Krasinski, Emily Blunt. (M) **Premiere**

GENERAL

6.30pm The Amazing Race. (PG) **FOX8**

7.30pm Casualty. (PG) **BBC First**

7.30pm Saturday Night Live. (M) **Comedy Channel**

DOCUMENTARY

7.30pm Fatal Attraction. (M)

Crime & Investigation

8.30pm The Perfect Suspect. (M) **TLC**

10.30pm Rome. (MA15+) **History**

SPORT

5.30pm Soccer. A-League. Round 17. Central Coast Mariners v Melbourne Victory. **Fox Sports 505**

7.00pm Cricket. Big Bash League. Match 49. Sydney Sixers v Sydney Thunder. **Fox Cricket**

8.30pm Football. AFL Women's. Round 1. Adelaide v Western Bulldogs. **Fox Footy**

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

0202

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WHAT'S ON

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GET FIT WITH YOUR DOG WALK

Date: Sunday 3rd February, 9.30am – 11.30am,

Location: Lake Eden Park (corner of Memorial Dve & Lakefield Dve), North Lakes

The Get Fit with your Dog Walk, hosted by PETstock Vet, is a free event open to all dog-loving members of the community.

By participating, you instantly go into the draw to win an Elevate Fitness Bali Escape, including return flights and a Staycation (holiday with a pet sitter) for your buddy, valued at \$3,250!

Activities on the morning include; Free dog weight checks, Free dog worming, Free participant showbags, Exercise tips with your dog and a one hour dog walk.

More details: www.petstock.com.au/vet/win-an-elevate-fitness-escape

3 FEB



BRISBANE COMEDY FESTIVAL

Date: February 22 to March 24, 2019

Location: Various

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

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

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

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

Tickets are on sale now via www.brisbanecomedysfestival.com

22 FEB
- 24
MAR



ROAR ACADEMY, MADAGASCAR JR

Date: February 1 - 3, 2019

Location: Redcliffe Entertainment Centre

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

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

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

1-3
MAR



CIRCUS PARADISE MUSIC FESTIVAL

Date: Sunday March 10, 2019

Location: Broadwater Parklands, Gold Coast

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

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

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

10
MAR

NINE

6.00 Great Escapers. (PG) **7.00** Weekend Today. **10.00** The Hold Down. **10.30** Surfing Australia TV. **11.00** Surfing. World League. Men's Championship Tour. Billabong Pipe Masters. Highlights. **12.00** Women's Footy. (PG) **1.00** World's Greatest Islands. (PG) **2.00** The Secret Life Of The Zoo. (PG) **3.00** Ultimate Airport Dubai. (PG) **4.00** The Embassy. (PG) **4.30** Helloworld. **5.00** News. **5.30** Garda Down Under. (PG) **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.30** 60 Minutes. **9.40** James Bulger: The New Revelations. (M) **10.45** Married At First Sight. (PG) **12.10** Cold Case. (M) **1.05** 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: I Choose You! (PG) (2017) **10.00** Children's Programs. **11.30** Nexo Knights. (PG) **12.00** My Little Pony: Friendship Is Magic. **12.30** Polly Pocket. (PG) **1.00** Beyblade Burst Evolution. **1.30** Basketball. NBL. Round 16. Sydney Kings v Brisbane Bullets. **4.00** Uncle Grandpa. (PG) **5.00** Ben 10. (PG) **6.00** Young Sheldon. (PG) **7.00** Big Bang. (PG) **9.00** Movie: The Magnificent Seven. (M) (2016) **11.35** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **1.00** Tattoo Fixers On Holiday. (MA15+) **2.00** Cold Water Cowboys. (M) **3.00** Baggage Battles. **4.00** Uncle Grandpa. (PG) **4.50** My Little Pony: Friendship Is Magic. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **9.00** Cricket. Second Test. Australia v Sri Lanka. Day 3. Morning session. **11.30** The Lunch Break. **12.10** Cricket. Second Test. Australia v Sri Lanka. Day 3. Afternoon session. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) Flight attendants Chris and Lesley are planning to deliver a first-class night. **9.00** Cricket. Big Bash League. Game 51. Perth Scorchers v Melbourne Stars. **11.30** The Goldbergs. (PG) **12.00** Dr. Ken. (PG) Molly introduces her boyfriend to Ken and Allison. **12.30** Dr. Ken. (PG) **1.00** Travel Oz. (PG) **1.30** Harry's Practice. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** To Be Advised. **9.00** Shopping. **9.30** Mums At The Table. (PG) **10.00** To Be Advised. **11.00** NBC Today. **12.00** The Great Outdoors. **1.00** Vasili's Garden. (PG) **1.30** To Be Advised. **3.30** The Great Australian Doorstep. (PG) **4.00** To Be Advised. **6.00** Britain's Busiest Airport: Heathrow. (PG) **7.00** Motorway Patrol. (PG) **8.00** Coastwatch Oz. (PG) **8.30** Border Security. (PG) **9.00** Gold Coast Medical. (M) **10.00** Hospital. (M) **11.00** Brit Cops. (M) **12.00** Late Programs. **12.30** Border Security. (PG) **1.00** Late Programs. **2.00** Britain's Busiest Airport: Heathrow. (PG) **3.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Bondi Rescue Red Centre Adventure. **9.00** Australia By Design: Innovation. **9.30** St10. (PG) **12.00** The Living Room. (PG) **1.00** Foodie Adventures With Ash Pollard. **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. (PG) **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** NCIS. (M) US Secretary of Defense Wynn Crawford shuts down Gibbs' murder investigation. **10.00** NCIS. (M) **11.00** The Sunday Project. **12.00** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **7.30** Key Of David. (PG) **8.00** Hogan's Heroes. **9.00** The Home Team. **9.30** Escape Fishing With ET. **10.00** To Be Advised. **12.00** Undercover Boss. (PG) **1.00** The Doctors. (PG) **2.00** Monster Jam. **3.00** Bondi Rescue. (PG) **4.00** Fishing Edge. **4.30** Fishing Australia. **5.00** What's Up Down Under. **5.30** iFish Summer Series. **6.00** Planes Gone Viral. (PG) **7.00** Sea Patrol UK. (PG) **8.00** Medics On Call. (PG) **9.00** Movie: The Fighter. (M) (2010) Mark Wahlberg, Christian Bale, Amy Adams. **11.25** NCIS. (M) **12.30** CSI: Miami. (M) **1.30** 48 Hours. (M) **2.30** RPM: Summer Series. **3.00** Medics On Call. (PG) **4.00** The Doctors. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. Return. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** News At Noon. **12.30** Landline. **1.30** Gardening Aust. **2.30** Wolf Hall. (PG) Final. **3.30** The King Sun: John Olsen. **4.00** The Mix. **4.30** Australia's Lost Impressionist. (PG) **5.30** Hard Quiz. (PG) **6.00** The Great Australian Bee Challenge. **7.00** News Sunday. **7.40** Aftermath: Beyond Black Saturday. (PG) **8.40** Miniseries: The Cry. (M) **9.40** China Love. **10.40** Death In Paradise. (M) **11.40** Silent Witness. (MA15+) **12.40** Rage. (MA15+) **1.30** Antiques Roadshow. **2.30** Silent Witness. (MA15+) **3.30** New Inventors. **4.00** Crash Test Mummies And Daddies. (M) **4.30** Late Programs.

ABC COM

6.00 Children's Programs. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Penn & Teller: Fool Us. (M) **9.10** Fiona O'Loughlin's Greatest Hits. (M) **10.35** Adam Hills: The Last Leg. **11.05** Would I Lie To You? **11.35** Upstart Crow. (PG) **12.05** W1A. **12.40** Black Books. (PG) **1.05** Absolutely Fabulous. (M) **1.35** Alan Partridge's Mid-Morning Matters. (M) **1.50** Comedy Up Late. (M) **2.20** Gaycrashers. (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 France 24 English News. **6.30** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Tottenham Hotspur v Newcastle. Replay. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Speedweek. **3.00** Best Of Dakar Rally. **5.00** Railway Journeys UK. (PG) **5.30** Hunting The Nazi Gold Train. (PG) **6.30** News. **7.35** Sinkholes: Deadly Drops. Return. **8.30** Sinkholes: Deadly Drops. **9.25** Plane Crash. (M) **10.50** Eurovision Top 40 Controversies. (M) **12.55** Movie: Still Crazy. (M) (1998) Stephen Rea. **2.40** Chasing Heroin: America's Drug Addiction. (MA15+) **4.50** Destination Flavour Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** Cycling. Herald Sun Tour. Stage 4. Highlights. **12.30** Cycling. Herald Sun Tour. Final stage. **3.00** PopAsia TV. (PG) **4.00** The Mindy Project. (PG) **4.30** The Mindy Project. (PG) **4.55** Balls Deep. (PG) **5.20** The Business Of Climate Change. (PG) **5.45** The Third Industrial Revolution. (PG) **7.35** Ultimate Airport Dubai. (PG) **8.30** Movie: BPM. (2017) **11.10** Movie: Viva. (M) (2015) **1.00** Vikings. (MA15+) **1.55** Vikings. (MA15+) **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Chronicles Of Riddick (2004) Sci-fi. Vin Diesel, Colm Feore. (M) **Action** **8.30pm** Jurassic World: Fallen Kingdom (2018) Action. Chris Pratt, Bryce Dallas Howard, Rafe Spall. (M) **Premiere**

8.30pm Avengers: Infinity War (2018) Action. Robert Downey Jr, Chris Hemsworth. (M) **Action**

GENERAL

6.00pm New Girl. (M) **FOX8**

7.00pm Fresh Off The Boat. (PG) **FOX8**

7.30pm Just For Laughs. (MA15+) **Comedy Channel**

DOCUMENTARY

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

9.30pm 24 Hours In Emergency. (M) **Lifestyle**

SPORT

1.00pm Football. AFL Women's. Round 1. Kangaroos v Carlton. **Fox Footy** **5.00pm** Soccer. A-League. Round 17. Sydney FC v Melbourne City. **Fox Sports 505** **9.15pm** Cricket. Big Bash League. Match 51. Perth Scorchers v Melbourne Stars. **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.

0302



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.

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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** To Be Advised. **10.00** Playground Murder Plot. (M) **11.10** Chicago Justice. (M) **12.05** Cold Case. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** 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) **9.00** Movie: Concussion. (M) (2015) **11.30** Big Bang. (PG) **12.00** Meet The Hockers. (PG) **12.30** Friends. (PG) **1.30** Mr Pickles. (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: 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 4. **11.30** The Lunch Break. **12.10** Cricket. Second Test. Australia v Sri Lanka. Day 4. (Please note: alternative schedule may be shown due to changes to cricket coverage). **4.30** Seven News At 4.30. **5.00** The Chase Aust. **6.00** News. **7.00** My Kitchen Rules. (PG) **9.00** Billy Connolly: The Ultimate World Tour. (PG) Billy Connolly looks back at 25 years of travelogues. **10.00** Underarm: The Ball That Changed Cricket. (PG) A look at the 1981 underarm bowling controversy. **11.00** The Latest: Seven News. **11.30** Botched Up Bodies. (MA15+) **12.30** Mistresses. (M) **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Vasil's Garden. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Sydney Weekender. **3.30** Auction Squad. **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) Lewis investigates after a psychology researcher is found dead in the offices of a psychic. **10.30** Kingdom. (PG) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Murphy Brown. (M) The gang tries to distract Murphy from worrying about Avery's assignment in Kabul. **9.30** The Graham Norton Show. (PG) Celebrity guests include Jamie Lee Curtis, Rowan Atkinson, Gary Barlow and Jeff Goldblum. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **8.00** RPM: Summer Series. **8.30** Monster Jam. **9.30** iFish Summer Series. **10.00** Cheers. (PG) **11.00** Sea Patrol UK. (PG) **12.00** Mission: Impossible. (PG) **1.00** MacGyver. (PG) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** Law & Order: SVU. (M) **10.30** 48 Hours. (M) **11.30** CSI: Miami. (M) **12.30** Home Shopping. **2.00** Mission: Impossible. (PG) **3.00** MacGyver. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Fake Or Fortune? **12.00** ABC News At Noon. **1.00** Landline. **2.00** Agatha Raisin. (M) **3.00** The Cook And The Chef. **3.30** Dream Gardens. (PG) **4.00** Think Tank. **5.00** Grand Designs New Zealand. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Back Roads. **8.30** Four Corners. Return. **9.15** Media Watch. Return. **9.35** Q&A. Return. **10.40** ABC Late News. **11.10** The Business. **11.30** Aftermath: Beyond Black Saturday. (PG) **12.25** Miniseries: The Cry. (M) **1.25** Afghanistan: Inside Australia's War. (M) **2.25** Rage. (MA15+) **3.35** The New Inventors. **4.05** Tony Robinson's Time Walks. **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (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) **9.40** The Good Place. (PG) **10.05** Idiotsitter. (M) **10.25** 30 Rock. (PG) **10.50** Parks And Recreation. (PG) **11.10** Reno 911! (M) **11.35** The Office. (PG) **11.55** The Office. (M) **12.20** 30 Rock. (PG) **12.45** Parks And Recreation. (PG) **1.05** Reno 911! (M) **1.30** Shaun Micallef's MAD AS HELL. (M) **2.00** News Update. **2.05** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Skies Above Britain. (PG) **3.00** Good Listening. **3.30** Celtic Woman: Homecoming. **4.00** The Supervet. (PG) **4.55** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.30** Spying On The Royals. (PG) **8.30** Secret Life Of The Hospital. **9.45** 24 Hours In Emergency. (M) **10.40** SBS News. **11.10** The World Game. **11.40** Nox. (MA15+) Final. **12.40** Gangland Undercover. (MA15+) **1.30** Gangland Undercover. (M) **2.20** Gangland Undercover. (M) **3.10** Gangland Undercover. (MA15+) **4.00** Poh's On The Road. **4.30** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Rex In Rome. (PG) **12.55** Rex In Rome. (PG) **1.50** Gayby Baby. (PG) **2.50** It's Suppertime! (PG) **3.15** PopAsia TV. (PG) **4.15** Vs Arashi. **5.10** If You Are The One. **6.10** The Ice Cream Show. (PG) **6.35** Running Wild With Channing Tatum. (PG) **7.30** RockWiz. **8.30** Housos. (MA15+) **9.00** Adam Looking For Eve VIP. (MA15+) **9.55** The Girlfriend Experience. **10.30** The Girlfriend Experience. **11.00** You're The Worst. (M) **11.30** You're The Worst. (M) **11.55** Vikings. (M) **12.50** Vikings. (MA15+) **1.45** Vikings. (M) **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** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Game Night (2018) Comedy. Jason Bateman, Rachel McAdams. (MA15+) Premiere

9.05pm The Nut Job 2: Nutty By Nature (2017) Animated. Will Arnett, Maya Rudolph. (G) Family

10.15pm Pan's Labyrinth (2006) Fantasy. Ivana Baquero, Maribel Verdú. (MA15+) Masterpiece

8.30pm Supergirl. (M) FOX8

9.30pm Mr Mercedes. (MA15+) FOX Showcase

9.30pm Siren. (M) FOX8

DOCUMENTARY

7.30pm Tate Britain's Great Art Walks. Foxtel Arts

8.30pm Buying And Selling. Lifestyle Home

9.30pm Hell's Kitchen USA. (MA15+) Lifestyle Food

SPORT

9.30am Gridiron. NFL. Super Bowl LIII. Los Angeles Rams v New England Patriots. ESPN

10.30am Cricket. Second Test. Australia v Sri Lanka. Day 4. Fox Cricket

7.50pm Basketball. NBL. Round 15. Illawarra Hawks v Cairns Taipans. 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.

0402



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Travel Guides. (PG) Return. **10.00** Manifest. (M) **11.00** Chicago Justice. (M) **12.00** Cold Case. (M) **1.00** Surfing Australia TV. **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!

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. **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** American Ninja Warrior. (PG) **9.15** Movie: The Expendables 2. (MA15+) (2012) **11.15** Big Bang. (PG) **11.45** Meet The Hockers. (PG) **12.15** Friends. (PG) **1.15** Mr Pickles. (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: Dreamhouse Adventures. **5.10** Kate And Mim-Mim. **5.30** Children's Programs.

SEVEN

6.00 Sunrise. **9.00** Cricket. Second Test. Australia v Sri Lanka. Day 5. Morning session. **11.30** The Lunch Break. **12.10** Cricket. Second Test. Australia v Sri Lanka. Day 5. Afternoon session. (Please note: alternative schedule may be shown due to changes to cricket coverage). **4.30** Seven News At 4.30. **5.00** The Chase Aust. **6.00** News. **7.00** My Kitchen Rules. (PG) Hosted by Pete Evans and Manu Feildel. **9.00** The Good Doctor. (M) Shaun, Morgan and Audrey treat a woman with autism and a delicate brain condition. **10.00** The Resident. (M) **11.00** The Latest: Seven News. **11.30** The Family. (M) **12.30** The Catch. (M) Final. **1.30** Botched Up Bodies. (MA15+) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) **8.30** Crime Investigation Australia: Most Infamous. (MA15+) **10.00** The Suspects: True Australian Thrillers. (M) **11.00** Crimes That Shook The World. (MA15+) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** Auction Squad. **4.00** Million Dollar Minute. **4.30** Late Programs. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Hughesy, We Have A Problem. (M) Host Dave Hughes is joined by guests to discuss solutions to problems experienced in modern Australian life. **10.00** NCIS: LA. The team pursues a terrorist cell. **11.00** NCIS: LA. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

10 BOLD

6.00 Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Cheers. (PG) **11.00** Bondi Rescue. (PG) **12.00** Mission: Impossible. (PG) **1.00** MacGyver. (PG) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** CSI: Miami. (MA15+) **9.30** 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 Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs New Zealand. **11.00** Ask The Doctor. (PG) **11.30** Anh's Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. **2.00** Agatha Raisin. (M) **3.00** Poh's Kitchen. **3.30** Dream Gardens. **4.00** Think Tank. (PG) **5.00** Grand Designs. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Correspondent. **8.35** The Great Australian Bee Challenge. **9.30** Fake Or Fortune? **10.30** ABC Late News. **11.00** The Business. **11.20** Q&A. **12.25** River. (M) **1.25** Rage. (MA15+) **3.35** The New Inventors. **4.00** Tony Robinson's Time Walks. **5.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** To Be Advised. **8.40** Black Books. (PG) **9.05** The Office. (M) **9.25** The Office. (PG) **9.50** In The Long Run. (PG) **10.10** Timecasters. (M) **10.35** 30 Rock. (PG) **11.00** Parks And Recreation. (PG) **11.20** Reno 911! (M) **11.45** The Office. (PG) **12.10** The Office. (PG) **12.30** 30 Rock. (PG) **12.55** Parks And Recreation. (PG) **1.15** Reno 911! (M) **1.40** News Update. **1.45** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **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** Chinese New Year: Biggest Celebration On Earth. **2.55** 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. Final. **8.30** Insight. **9.30** 8 Out Of 10 Cats Does Countdown. Return. **10.30** SBS News. **11.00** Agatha Christie's Criminal Games. (M) **12.40** Modus. (M) **1.40** Modus. (M) **2.35** Modus. (M) **3.30** Modus. (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. **12.00** Movie: I Corrupt All Cops. (M) (2009) **2.05** Royal Navy School. (M) **3.00** Lee Lin Chin's Fashionista. **3.15** States Of Undress. (PG) **4.10** PBS News. **5.10** If You Are The One. **6.15** News. **6.40** Running Wild With Keri Russell. (PG) **7.30** Why Do Men Earn More Than Women? **8.25** Fighting The System. (M) **9.30** City Porn. (MA15+) **10.20** Dopesick Nation. (MA15+) **11.10** Undressed Italy. (M) **11.50** Undressed Italy. (M) Final. **12.25** Vikings. (M) **1.20** Vikings. (M) **2.10** Shot By Kern. (MA15+) **2.40** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES
6.35pm Murder On The Orient Express (2017) Drama. Kenneth Branagh, Daisy Ridley. (M) *Premiere*
8.30pm Baywatch (2017) Comedy. Dwayne Johnson, Zac Efron. (MA15+) *Comedy*
10.15pm Red Sparrow (2018) Thriller. Jennifer Lawrence, Joel Edgerton. (MA15+) *Premiere*

GENERAL
7.30pm Sally4Ever. (MA15+) FOX
Showcase
8.00pm Camping. (MA15+) FOX
Showcase
8.30pm Marvel's Runaways. (M) FOX8
DOCUMENTARY
6.00pm Killer In Plain Sight. (M)
Crime & Investigation
8.30pm Life And Death Row. (M)
Crime & Investigation
8.30pm The Clinton Affair. (PG) *History*
SPORT
6.00am Snooker. World Grand Prix. Day 1. *Eurosport*
10.30am Cricket. Second Test. Australia v Sri Lanka. Day 5. *Fox Cricket*
11.00am Basketball. College. Atlantic Coast Conference. Virginia Tech v Louisville. *ESPN*

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** New Amsterdam. (M) **10.00** Chicago Med. (M) **11.00** Rizzoli & Isles. (M) **12.00** Major Crimes. (M) **1.00** The Hold Down. **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!

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) **8.30** Movie: Ocean's Twelve. (M) (2004) **11.00** BattleBots. (PG) **12.00** Meet The Hackers. (M) **12.30** Friends. (PG) **1.30** Mr Pickles. (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: Dreamhouse Adventures. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **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) Sydney socialites and controversial competitors lobby and Romel present their Instant Restaurant. **9.00** Undercurrent: Real Murder Investigation. (M) The investigation into the January 27, 2009 disappearance of Bob Chappell continues. **10.05** Criminal Minds. (M) The team investigates a case involving a double homicide and kidnapping in New Hampshire. **11.05** The Latest: Seven News. **11.40** The Family. (M) **12.40** Quantico. (M) Final. **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** Auction Squad. **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** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** Law & Order: S.V.U. The team pursues an elusive serial rapist who has resurfaced following two decades of inactivity. **10.00** Law & Order: S.V.U. (M) Detectives search for a missing student. **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. (M) **8.30** NCIS: Los Angeles. (M) **10.30** NCIS. (M) **11.30** NCIS. **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Mission: Impossible. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Compass. (PG) **2.00** River. (M) **3.00** The Cook And The Chef. **3.30** Dream Gardens. **4.00** Think Tank. (PG) **5.00** Grand Designs. (PG) **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. **8.30** Rosehaven. (PG) **9.00** Get Krack!n. (M) Return. **9.30** Would I Lie To You? (PG) **10.05** Adam Hills: The Last Leg. **10.45** ABC Late News. **11.15** The Business. **11.30** Four Corners. **12.20** Media Watch. **12.35** River. (M) **1.35** Regie. (MA15+) **3.00** Would I Lie To You? (PG) **3.35** The New Inventors. **4.00** Tony Robinson's Time Walks. **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** Upper Middle Bogan. (M) **9.00** The Office. (PG) **9.25** The Office. (PG) **9.45** Asian Provocateur. (M) **10.15** 30 Rock. (M) **10.35** Parks And Recreation. (PG) **11.00** Reno 911! (M) **11.25** The Office. (M) **11.45** The Office. (PG) **12.05** 30 Rock. (PG) **12.30** Parks And Recreation. (PG) **12.50** Reno 911! (M) **1.15** Would I Lie To You? (PG) **1.45** News Update. **1.50** 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. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Skies Above Britain. (PG) **3.00** Insight. **4.00** The Supervet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.30** Gourmet Farmer. **8.00** Railway Journeys UK. (PG) **8.30** Batavia Revealed: Shipwreck Psycho. (M) **9.30** Drain The Bermuda Triangle. (PG) **10.30** Berlin Station. (MA15+) **11.30** SBS News. **12.00** Movie: The Wound. (2017) **1.40** Ride Upon The Storm. (M) **2.55** Movie: 5 Women. (MA15+) (2016) **4.45** Peter Kuruvita's Mexican Fiesta Bitesize. **4.50** Destination Flavour China Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **7.30** Polish News. **8.00** Ukrainian News. **8.30** Macedonian News. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** The Rise And Rise Of Bitcoin. (M) **1.45** Release The Hounds. (M) **2.40** VICe. (PG) **3.15** Huang's World. (PG) **4.10** PBS News. **5.10** If You Are The One. **6.10** News. **6.40** Running Wild With Lena Headey. (PG) **7.30** Rockwiz. **8.30** Movie: Battlefield Earth. (2000) **10.40** Movie: Barb Wire. (1996) **12.30** Movie: For The Good Of Others. (MA15+) (2010) **2.35** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.55pm Killing Gunther (2017) Action. Arnold Schwarzenegger, Taran Killam. (MA15+) *Premiere*

8.30pm Shot Caller (2017) Crime. Nikolaj Coster-Waldau, Jon Bernthal. (MA15+) *Premiere*

10.05pm Rough Night (2017) Comedy. Scarlett Johansson, Kate McKinnon. (MA15+) *Comedy*

GENERAL

7.30pm Empire. (MA15+) FOX *Showcase*

8.30pm Strike Back. (MA15+) FOX *Showcase*

9.30pm The Flash. (M) FOX8

DOCUMENTARY

8.30pm John Torode's Middle East. (PG) *Lifestyle Food*

8.30pm Kirstie And Phil's Love It Or List It UK. (PG) *Lifestyle*

9.30pm The Hitler Chronicles. (PG) *History*

SPORT

6.00am Snooker. World Grand Prix. Day 2. *Eurosport*

2.30pm Basketball. NBA. Portland Trail Blazers v Miami Heat. *ESPN*

10.00pm Alpine Skiing. World Championship. Men's Super-G. *Eurosport*

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

0602

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.30** Movie: Doctor Strange. (M) (2016) Benedict Cumberbatch, Rachel McAdams, Chiwetel Ejiofor. After a tragic accident causes a talented surgeon to lose the use of his hands, he seeks help from a sorcerer. **10.45** Imposters. (M) **11.35** Cold Case. (M) **12.30** 2 Broke Girls. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News. **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. **5.00** Adv Time. (PG) **5.30** Steven Universe. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** RBT. **8.30** To Be Advised. **11.00** Kevin Can Wait. (PG) **11.30** Big Bang. (PG) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **2.00** China, IL. (MA15+) **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: Dreamhouse Adventures. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **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 52. Hobart Hurricanes v Melbourne Renegades. **10.00** The Latest: Seven News. **10.30** The Family. (M) Nina and Clements design a plan to lure the pock-marked man, Doug, using Adam as bait. **11.30** The Goldbergs. (PG) Murray attempts to help Adam transition into adulthood by building a robot with him. **12.00** To Be Advised. **12.30** Powerless. (M) **1.00** Powerless. (M) Emily tries to get her team inspired. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** 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) Murdoch is called out to a remote house when one of the guests is murdered during a card game. **10.30** Houdini & Doyle. (M) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** The Great Outdoors. **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. A look at the day's news. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) With the finishing line in sight, the pressure continues to build for the celebrities. **9.00** Gogglebox. (M) Return. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **10.00** Blue Bloods. (M) **11.00** Blue Bloods. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

10 BOLD

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

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. (PG) **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** River. (M) **2.00** Golf. Vic Open. First round. From 13th Beach Golf Links, Victoria. **5.00** Antiques Roadshow. **6.00** The Drum. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Escape From The City. **9.00** Grand Designs Australia. **9.50** The Tunnel: Sabotage. (MA15+) **10.40** ABC Late News. **11.10** The Business. **11.30** Wentworth. (M) **12.15** River. (M) Final. **1.15** Family Confidential. (PG) **1.55** The Tunnel: Sabotage. (MA15+) **2.45** Wentworth. (M) **3.35** The New Inventors. **4.05** Tony Robinson's Time Walks. **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Tomorrow Tonight. (PG) **8.30** Utopia. (M) **9.00** The Office. (PG) **9.25** The Office. (PG) **9.45** Get Crack!n. (M) **10.15** Free Agents. (MA15+) **10.40** The Good Place. (PG) **11.00** The Good Place. (PG) **11.25** 30 Rock. (PG) **11.45** Parks And Recreation. (PG) **12.10** Reno 911! (M) **12.30** The Office. (PG) **12.55** The Office. (PG) **1.15** 30 Rock. (M) **1.40** Parks And Recreation. (PG) **2.00** Reno 911! (M) **2.25** News Update. **2.30** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Age Of Loneliness. (PG) **3.00** Telemarkskanal Boat Journey. **4.00** The Supervet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.30** Secrets Of The Manor House. (PG) **8.35** Locked Up Abroad. **9.30** How To Catch A Serial Killer. **10.25** SBS News. **10.55** Counterpart. (MA15+) **11.55** Counterpart. (MA15+) **12.55** The Good Fight. (M) **1.50** The Good Fight. (M) **2.50** The Good Fight. (M) **3.50** The Good Fight. (M) **4.50** Peter Kuruvita's Mexican Fiesta Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.00** Dutch News. **10.30** Somali News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Free Men. (M) (2011) **1.45** Release The Hounds. (M) **2.35** VICE. (PG) **3.10** Dead Set On Life. (PG) **3.35** Mr Tachyon On The Edge Of Science. (PG) **4.05** PBS News. **5.10** If You Are The One. **6.10** News. **6.40** Running Wild With Don Cheadle. (PG) **7.30** Rockwiz. **8.30** 21st Century Sex Slaves. **9.25** 60 Days In. New. **10.25** Jackson: The Last Abortion Clinic. (MA15+) **12.10** Vikings. (MA15+) **1.05** Vikings. (MA15+) **1.55** Shot By Kern. (MA15+) **2.25** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Blockers (2018) Comedy. Leslie Mann, John Cena. (MA15+) **Premiere** **10.30pm Atomic Blonde** (2017) Action. Charlize Theron, James McAvoy. (MA15+) **Action** **11.55pm Gifted** (2017) Drama. Chris Evans, McKenna Grace. (M) **Premiere**

GENERAL

8.30pm Succession. (MA15+) FOX **Showcase** **9.30pm Legacies.** (M) FOX8 **9.40pm Ice.** (MA15+) FOX **Showcase** **DOCUMENTARY** **8.00pm BAFTA: A Life In Pictures.** Foxtel Arts

8.30pm Brother Vs Brother. Lifestyle Home **8.30pm The Day The Rock Star Died.** Foxtel Arts

SPORT **7.50pm Basketball.** NBL. Round 17. Brisbane Bullets v Illawarra Hawks. Fox Sports 503 **7.50pm Soccer.** A-League. Round 18. Newcastle Jets v Wellington Phoenix. Fox Sports 505 **9.05pm Cricket.** Big Bash League. Match 52. Hobart Hurricanes v Melbourne Renegades. Fox Cricket

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Agatha Christie's The Mirror Crack'd. (PG) (1980) Angela Lansbury. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **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. **4.00** Global Shop. **4.30** 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) Final. **1.00** Xena: Warrior Princess. (M) **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** Movie: Paul Blart: Mall Cop 2. (PG) (2015) **9.30** Movie: Ride Along 2. (M) (2016) **11.30** Big Bang. (PG) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Friends. (PG) **3.00** Turning Mecard. (PG) **3.30** 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** 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. Hosted by Andrew O'Keefe. **6.00** News. **7.00** Better Homes. Dr Harry meets with the team at Cairns Turtle Rehabilitation Centre. Karen makes cherry and almond clafoutis. **7.30** Cricket. Big Bash League. Game 53. Brisbane Heat v Melbourne Stars. **11.00** To Be Advised. **1.00** To Be Advised. **1.30** Botched Up Bodies. (MA15+) Follows some of Britain's top plastic surgeons as they correct cosmetic surgery disasters. **2.30** Shopping. **4.00** The Great Outdoors. Jennifer Hawkins visits Hong Kong. **5.00** NBC Today. **5.30** 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. A couple try to sell their Mudjee home. **10.30** Peter Andre's 60 Minute Makeover. (PG) **11.30** Medical Emergency. (PG) **12.00** Bargain Hunt. **1.00** To Be Advised. **2.00** Australia's Amazing Homes. (PG) **3.00** Auction Squad. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Show Me The Movie! (PG) Return. Rove McManus is joined by team captains Brooke Satchwell and Joel Creasey for a movie-based quiz show. **8.30** The Graham Norton Show. (M) Guests include Keira Knightley, Guy Pearce, Catherine Tate, Olivia Colman and Nicholas Hoult. **9.30** To Be Advised. **10.30** 2017 Montreal Comedy Festival. (M) **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 Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Ask The Doctor. (PG) **11.30** Anh's Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** River. (M) Final. **2.00** Golf. Vic Open. Second round. From 13th Beach Golf Links, Victoria. **5.00** One Plus One. **5.25** Foreign Correspondent. **6.00** The Drum. **7.00** ABC News. **7.30** Gardening Australia. **8.30** Father Brown. (PG) **9.20** Shetland. (M) Final. **10.20** ABC Late News. **10.50** The Business. **11.05** Rosehaven. (PG) **11.35** Planet America. **12.15** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Hard Quiz. **8.30** Rosehaven. (PG) **9.00** The Office. (PG) **9.20** The Office. (M) **9.45** Upstart Crow. (PG) **10.15** W1A. (M) **10.45** Alan Partridge's Mid-Morning Matters. (PG) **11.00** 30 Rock. (M) **11.25** Parks And Recreation. (PG) **11.45** Reno 911! (M) **12.10** The Office. (PG) **12.30** The Office. (PG) **12.55** 30 Rock. (PG) **1.15** Parks And Recreation. (PG) **1.40** Reno 911! (M) **2.00** News Update. **2.05** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **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. **3.35** Made In Italy. **4.05** The Supervet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.35** Robson Green's Australian Adventure. (PG) **8.30** Movie: No Country For Old Men. (MA15+) (2007) **10.45** SBS News. **11.15** Movie: Young And Beautiful. (MA15+) (2013) **1.00** Versailles. (MA15+) **2.05** Versailles. (MA15+) **3.10** Versailles. (M) **4.15** Poh's Kitchen Lends A Hand. (PG) **4.30** Destination Flavour. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.00** Dutch News. **10.30** Armenian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Time Of My Life. (M) (2012) **2.10** PopAsia TV. (PG) **3.10** Human Resources. (PG) **3.35** Legally Brown. **4.10** PBS News. **5.10** If You Are The One. **6.10** News. **6.40** Running Wild With Roger Federer. (PG) **7.30** RockWiz. **8.30** Brooklyn Nine-Nine. **9.00** The New Young Millionaires. **10.05** South Park. (M) **10.35** South Park. (M) **11.05** Caso Cerrado. New. **11.55** Caso Cerrado. **12.50** Vikings. (MA15+) **1.40** The Night Bus. (M) **2.35** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm Indiana Jones And The Temple Of Doom (1984) Adventure. Harrison Ford, Kate Capshaw. (M) **Action** **8.30pm** The Big Sick (2017) Comedy. Kumail Nanjiani, Zoe Kazan. (M) **Romance** **10.35pm** Before I Wake (2016) Horror. Kate Bosworth, Thomas Jane. (M) **Thriller**

GENERAL

8.30pm Last Man Standing. FOX8 **9.00pm** The Cool Kids. (M) FOX8 **9.30pm** Gotham. (M) FOX8

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**

3.30pm Hockey. Women's Pro League. New Zealand v Great Britain. Fox Sports 503 **7.00pm** Football. AFL Women's. Round 2. GWS Giants v North Melbourne. Fox Footy **7.50pm** Soccer. A-League. Round 18. Brisbane Roar v Sydney FC. Fox Sports 505

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

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

As this was the third Tuesday in January we held our monthly lunch.

The venue this time was Moreton Bay Boat Club at Scarborough.

We were fortunate to be seated on the deck where we were able to soak in the picturesque view over the water to the Glasshouse mountains.

When the weather proved too hot for some of our ladies they were able to move inside and cool down in the air-conditioning.

Tuesday February 5th. Monthly General Meeting and planning for the next few weeks. Visitors welcome.

Tuesday February 12th. TBA

Tuesday February 19th. TBA

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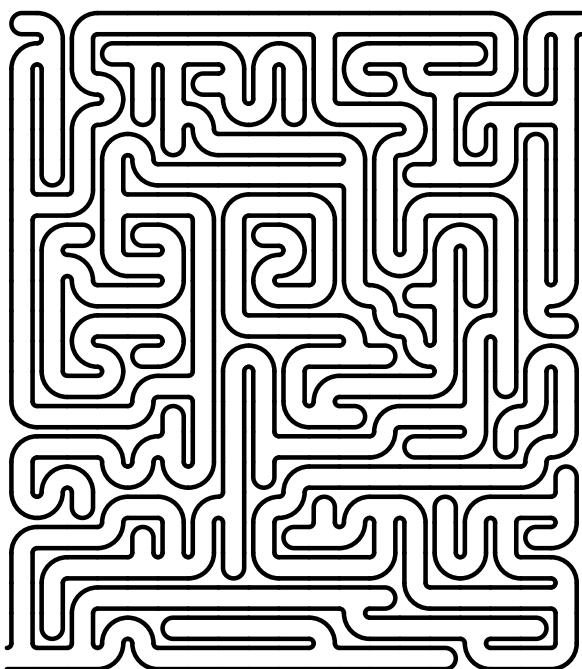
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CROSSWORD 6356

Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 1 System of reasoning
- 4 Collect discarded material
- 9 Headroom
- 10 Consistent with fact
- 11 Accepted practice
- 12 A basis for comparison
- 13 Repeats aloud from memory
- 15 Familiar term for a boy
- 17 Haphazard
- 19 Asperses
- 22 Assessment
- 24 Construct
- 26 Lawful (informal)
- 27 Duomo
- 28 Relating to thorax walls
- 29 Had strong desire to start

DOWN

- 1 Hard glossy coating
- 2 Actress, surname Garbo
- 3 Redressed
- 4 First and most important
- 5 Supply
- 6 Metal made from bauxite
- 7 Straying off course
- 8 Represents or performs
- 14 Bubbly
- 16 Not the same
- 18 Dancing and singing movie
- 19 Remove, cancel
- 20 Colonised
- 21 Fastest gait of a horse
- 23 Change
- 25 Dirt

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COMMUNITY NOTICE BOARD ONLINE

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

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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

- 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

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The latest forecasts for the housing market were released by Master Builders Australia recently, pointing to a challenging 2019 with Chief Economist Shane Garrett forecasting that Australia will face its toughest year in almost a decade with declining house prices and the fallout from the Royal Commission really starting to bite.

"About 234,000 new homes were started at the peak of the market in 2016/17. We anticipate that output will decline to 210,200 during 2018/19 overall and fall to 197,500 during 2019/20. A succession of further declines will bring new home starts down to 175,900 by 2022/23," Shane Garrett said.

"New home building was lifted to record levels in the middle of the decade by a combination of strong population growth, big house price gains, super low interest rates and keen demand from foreign buyers," he said.

"Several of the ingredients that made up this favourable mix are no longer in place. House prices have seen sizeable reductions in a number of key markets, while state governments have erected prohibitive barriers to foreign buyers," Shane Garrett said.

"Reaction to the Hayne Royal Commission has slowed the circulation of mortgage credit within the housing market and this is the biggest factor holding activity back at the moment. Uncertainty in the lead up to the upcoming Federal Election is also delaying activity in the market. People want to know what the colour of housing policy will look like before they enter into commitments," he said.

"The fundamentals of the Australian economy are actually pretty solid at the moment with the robust labour market fuelling a healthy pace of migration-driven population growth. As a result the underlying demand for new home building is still elevated but unfortunately this is not being translated into stronger activity on the ground because of the credit crunch and decision paralysis ahead of the election," Shane Garrett said.

"It is vital that we get urgent clarity from all parties on exactly what they will do once the Federal Election has been concluded," Shane Garrett said.

Building approvals figures for November 2018 published by the ABS indicate that 15,465 new dwellings were approved during the month – a decline of 9.1% on October and almost one third lower than 12 months ago. However the decline in Queensland was much lower than the national average at -4.3%.

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117 Phillip Parade, Deception Bay
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54 Butterfly Drive, Kallangur
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11 Maurice Street, Kallangur
Offers over \$435,000 3 🚗 1 🛀



73 Claremont Drive, Murrumba Downs
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11 Esk Place, Kallangur
\$399,000 3 🚗 2 🛀 2 🚗



12 Kershaw Crescent, Mango Hill
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14 Starling Street, Mango Hill
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53 Dickson Crescent, North Lakes
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21 Tamar Circuit, North Lakes
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I'd like to take the opportunity in a platform The Messenger provides, to sincerely thank all my amazing clients for the privileged of helping them in their property journey. Knowing you're happy is worth more than all the awards! Our team is so wonderful that the award should really say the Aqua Team! Janelle :)

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