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Lakes, Bay & Region • February 9, 2019



**WORLD
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BRISBANE
2019**

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APOCALYPTIC
POSSIBILITIES AND THE
FUTURE OF HUMANITY**

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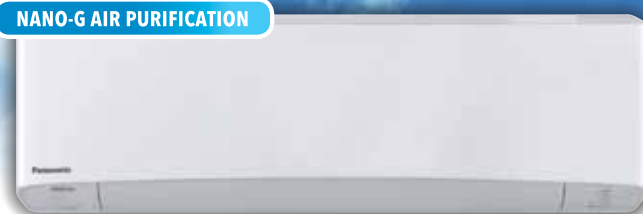
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BRISBANE NORTHSIDE'S
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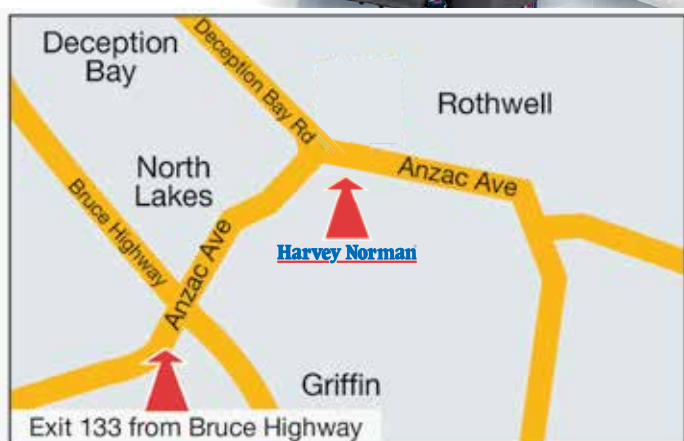
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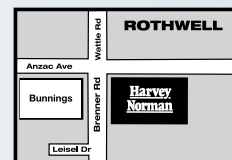
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Dr Karl



NASA astronaut
Yvonne Cagle



Street Science returns



WE WILL BE MARTIANS

GENE-TECH, APOCALYPTIC POSSIBILITIES AND THE FUTURE OF HUMANITY AT THIS YEAR'S WORLD SCIENCE FESTIVAL BRISBANE

The local iteration of the globally popular World Science Festival comes to Brisbane for five days 20–24 March 2019 bringing brave new ideas in all things science, tech and even art, through a curated program of thought provoking conversations, inspiring theatrical performances, interactive workshops, education activities and family-friendly experiences.

Presented by Queensland Museum the festival brings some of Australia's and the world's most eminent scientists and educators out of the labs and into Brisbane's Cultural Precinct and regional Queensland to dissect advancing medical science; life on earth and beyond; the story of space, the coolest jobs in science, the world of wearable tech, celebrating women in science and more.

The 2019 program focuses on brave new ideas as panelists debate the colossal challenges confronting humankind in the face of overpopulation and escalating climate change.

Experts from around the globe will discuss the changes to the Great Barrier Reef, the wonder and fragility of Antarctica, endangered species and the confrontational experimentations in de-extinction, and the most fundamental challenge: feeding the world in the future.

The centrepiece of the festival this year will be the gala event, a unique fusion of science and art aptly named 'Time and the creative cosmos'

that celebrates the human spirit of exploration and discovery.

An impressive line-up of international and national performers will join Brian Greene World Science Festival co-founder on stage for one show only at QPAC on Saturday 23 March.

Brian Greene, will also bring his new show 'We will be Martians: Our Future on the Red Planet' to the mainstage when he explores the challenges of sending humans to Mars.

Using projection, sound and lighting, audiences will be able to experience life on another planet through a virtual Mars on stage, as we contemplate what it will take to become a space-faring species.

Participants include Yvonne Cagle (US) NASA astronaut and physician who now works on preserving historic NASA space legacy data and Australian born NASA astronaut and the first Australian to fly in space Andrew Thomas.

Other key note speakers joining the festival line up in 2019 are Tim Flannery palaeontologist, explorer, conservationist, and 2007 Australian of the Year who will be presenting the 'SCIENTIA ADDRESS' alongside frequent collaborator and science enthusiast John Doyle.

The history of science in Antarctica and the impact of climate change on wildlife conservation, tourism and Southern Ocean fisheries will be examined in a powerful presentation of 'ANTARTICA: What happens there matters everywhere' lead by Gwen Fenton, Australian Antarctic Division Chief Scientist and Tas van Ommen, Program Leader, Antarctica and the Global System at Australian Antarctic Division.

Internationally renowned Virginijus Siksnys, Head at the Institute of Biotechnology at Vilnius University in Lithuania, and part of the team

who won the prestigious 2018 Kavli Prize in Nanoscience for their discovery of the powerful new gene-editing technique CRISPR-Cas9 will headline an international panel explaining CRISPR: The Modern Creation Story.

CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats) is a technology allowing scientists to edit genes in living cells and can be used as a treatment for many genetic diseases, detecting and treating cancers, and bioengineering new crops and plants.

Be prepared to be amused and amazed as Australia's favourite science communicator Dr Karl Kruszelnicki returns for Extreme Moments in Science. Dr Karl will once again take you on an excursion around a scientific landscape from the sublime moments of deep thought to the arcane and bizarre.

One of the most popular attractions back again at the festival is 'The Hatchery', showcasing and supporting turtle conservation, where visitors will have the opportunity to view baby loggerhead turtles hatching from eggs that are incubated onsite and timed to emerge during the festival.

The popular and FREE Street Science! extravaganza, will also return and change Brisbane's Cultural Forecourt into a massive science experiment for two days (23-24 March), with free hands-on activities for everyone, including robots, drones, and explosive science shows on the Osmosis Stage.

The NASA-A Human Adventure exhibition will also coincide with World Science Festival Brisbane at Queensland Museum to celebrate 50 years since the moon landing.

For more information and to purchase tickets visit www.worldsciencefestival.com.au



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JANUARY, HOTTEST ON RECORD



GET PLAYING, WITH VOUCHERS

STREET SWAGS TURNS ONE

Street Swags is an initiative created to provide practical solutions for people sleeping rough in our community. To those affected by homelessness the swag is more than a comfortable place to sleep, it means security, warmth and protection from inclement weather. Each swag comes with a food and toiletries parcel.

Recently, Street Swags held their first birthday celebration in conjunction with the good people at Revolution Sports Park North Lakes, who invited Street Swags to celebrate the milestone with a fund raiser on their premises.

Donations from a raffle on the day raised enough money for a swag and Revolution Sports generously matched this, giving enough money for Street Swags to kit out two locals sleeping rough.

For more information on Street Swags visit www.streetswags.org

Revolution Sports Park North Lakes can be found at 3 Flinders Parade, North Lakes.

ANOTHER RECORD TO NOT CELEBRATE

It's official. January 2019 was Australia's hottest month since records began in 1910.

The highest temperature recorded during January was at Port Augusta in South Australia, which reached 49.5°C. The people of Menindee in NSW also did it tough with temperatures above 47°C for four days in a row.

"December 2018 was also the hottest on record and February and March are shaping up to be scorchers too. Climate change is creating longer, hotter and more frequent heatwaves and Australia is particularly vulnerable to the impacts," said the

Climate Council's acting CEO, Dr Martin Rice.

"Climate change is cranking up the intensity of extreme heat, and January's record breaking month is part of a sharp, long-term upswing in temperatures driven primarily from the burning of fossil fuels," he said.

SPORTS VOUCHERS LEVEL THE PLAYING FIELD FOR YOUNG QUEENSLANDERS

The next round of the Get Started Vouchers opened on Wednesday, 6 February and provides support for up to 36,000 Queensland kids from low-income families.

The vouchers enable young Queenslanders who might otherwise miss out to get out and get active with their friends through sport and recreation, providing children the opportunity to join a team and learn important lessons that will guide them through life: mateship, responsibility, fair play and respect

Eligible applicants are Queensland children aged from 5 to 17 who hold, or whose parent, carer or guardian holds a valid Centrelink Health Care Card or Pensioner Concession Card with the child's name on it.

Get Started Vouchers is a program under the Get in the Game initiative, which supports grassroots sport and recreation.

For more information and apply for a voucher, visit: www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/

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BRIEFS

TOASTMASTERS IS COMING TO NORTH LAKES

Toastmasters is a training and educational organization which teaches its members communication, leadership, training and management skills in a fun and friendly environment.

Founded in the United States in 1924, Toastmasters is now a global international organization with clubs in 142 countries worldwide. It is the largest and most successful organization of its type in the world.

The new North Lakes Club intends to local areas including North Lakes, Mango Hill, Deception Bay, Griffin, Murrumba Downs and beyond.

North Lakes Toastmasters will be holding the first of two free demonstration meetings on 19 February 2019 at The Space on the corner of Endeavour Boulevard and Lakefield Drive from 7pm.

For more information about Toastmasters, or the first meetings contact Vice President Public Relations and Membership, Brendan Waite on 0403 769 774 or northlakestoastrasters@gmail.com.

BIGGER, BETTER PINEAPPLE

Fans of the iconic 80s tourist attractions will have reason to reminisce after the announcement of \$150 million upgrade for the popular attraction.

Upgrades at the site include a high ropes and zipline course throughout and a revitalisation of the former macadamia nut factory is well advanced.

The Tree Tops Challenge, a two-kilometre course, will feature about 120 activities, with a variety

of challenges including a 120m zipline will take people around a half a day to complete.

Plans also include a Food and tourism hub to showcase the region's produce - including craft brewery and major distillery, a water park, an events space to host large events such as the Big Pineapple Music Festival major events, accommodation and a school camp.

FREE HOMEBUYER HELP

There are a number of free events at Stockland's Newport and Promenade Rothwell communities promising potential homebuyers a range of savings.

On February 9, customers and prospective buyers will have the chance to explore and learn about the \$44 million Promenade Rothwell community with an exclusive tour of new homes sites in a Walk The Lots event on 9 February, from 4pm-5.30pm.

Also on February 9 Newport's Display Village will come alive with a special Twilight Family Event from 4pm to 7pm with a host of activities including free face painting, games, sports and gardening demonstrations.

Stockland's Home Sweeter Home Sale, from 14 January to 3 March, is offering \$10,000 off all residential lots in Stockland's thriving Queensland communities as well as a \$20,000 deposit reduction on townhomes.

There will also be help available with the construction process, with up to \$25,000 available in bonuses from a selection of Stockland's building partners.

For further details about the Home Sweeter Home Sale, and to register for events, visit www.stockland.com.au/residential/homesale



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OLDER AUSSIES TO GET IN THE SWIM OF THINGS

CURRENTLY, ONLY 25 PER CENT OF AUSTRALIANS OVER 65 GET 30 MINUTES ACTIVITY PER DAY

FEDERAL FUNDING FOR SURF LIFE SAVING AUSTRALIA'S SILVER SALTIES FITNESS PROGRAM

Being physically active and staying fit will help you to get the most out of life, regardless of age. The Department of Health's physical activity guidelines recommend 30 minutes activity per day for Australians over 65.

The guidelines suggest that even a slight increase in activity can make a difference to your health and wellbeing and that older people should incorporate physical activities that incorporate fitness, strength, balance and flexibility. One form of exercise that incorporates all these activities while being low impact is swimming.

Last week, Local Member for Petrie Luke Howarth MP joined Minister for Sport Bridget McKenzie, officials from Surf Life Saving Australia and volunteers from Redcliffe Surf Life Saving at Suttons Beach, Redcliffe to announce an innovative sporting grant for Surf Life Saving Australia as part of the national \$22.9 million Move It Aus Better Ageing program.

On the day, the Federal Coalition provided Surf Life Saving Australia with a grant of \$530,000 to support its *Silver Salties* fitness program. The Silver Salties is a national fitness program for over 65s.

"The Federal Coalition is delighted to provide this grant to support Silver Salties – a widely-accessible, low-impact program that offers social and active participation opportunities to senior Australians of all abilities, regardless of their mobility, swimming capability or fitness levels," Minister McKenzie said.

"Surf Life Saving Australia will develop a framework

to increase the number of older Australians in our coastal communities who participate in recreational activities on our beaches."

"The organisation will also complete a web-based program, accessible by all Surf Life Saving clubs across the country, to encourage the implementation of fitness programs for senior Australians at the grassroots level."

Minister McKenzie said Australians were living longer and the Move It Aus Better Ageing program was an important step in helping older Australians to get the most out of their senior years.

"As outlined in the Government's National Sport Plan – Sport 2030 – no matter what your age and no matter what your stage, we're encouraging all Australians to embrace the philosophy of "Movement for Life". This is a really important step in that process," Minister McKenzie said.

"On current trends, the number of Australians aged 65-plus is expected to double in the next 40 years.

"This shift presents a challenge in broader health terms but provides a chance for sport and physical activity to make a positive difference to the lives of older Australians."

Federal Member for Petrie Luke Howarth was pleased with the benefits for seniors in our community.

"I want older Australians to have more sporting opportunities, that is why the Federal Coalition Government is providing 22.9m in to programs such as walking netball, soccer and surf lifesaving," Mr Howarth said.





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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What is a sleep study and should I have one?

Sleep studies are generally proposed for people who have a history of snoring, who are overweight and who have a list of other symptoms commonly associated with sleep disorders or upper airway resistance.

Sleep studies help your dentist and medical specialist to diagnose sleep disorders such as sleep apnea and sleep disordered breathing. As well as having general health implications, upper airway resistance can have effects on your teeth and this usually presents as heavy wear, cracked fillings, a scalloped shaped tongue and jaw joint pain among other things.

Your dentist and dental hygienist will discuss sleep related concerns at your regular preventive care appointments. If you are worried about your sleep, if you snore or think you may have a sleep problem, you can discuss these concerns with your treating dentist at Anzac Avenue Dental and we can allocate some time for further diagnostics.

Your symptoms, the results of your 3d diagnostic scan and a clinical assessment will determine your suitability for the sleep study. Your dentist and treatment coordinator will discuss which study is best suited to you at your consultation appointment.

In many cases a sleep study can be done overnight in your own home using equipment that records your sleep patterns, breathing, oxygen levels and heart rate. Medicare will generally

bulk bill a sleep study so long as the patient meets the Medicare requirements. Your treatment Coordinator will discuss these requirements with you.

Once the results of your sleep study are back, further discussion can occur about treatment options.

Conservative options such as weight loss, sleep positional therapy and health and sleep hygiene such as quitting smoking, reducing your intake of alcohol or the use of nasal sprays to treat allergies may be helpful and influence your sleep related breathing disorder.



In some cases a consultation with an **Ear Nose and Throat Surgeon** is advised to make sure there is no structural interference with the upper airway. If an ENT is required your dentist will organise a referral for you.

CPAP (Continue positive air pressure) machine and surgery are other options for more severe cases.

An **MAS** (Mandibular advancement appliance or sleep appliance) uses a simple technique called 'Continuous open airway therapy'. An oral appliance is recommended for use in patients with mild to moderate cases and is sometimes appropriate for patients with a severe Obstructive Sleep Apnea. An MAS is a custom fitted dental device worn while you sleep that fits over your upper and lower teeth. It is designed to keep your airway open by holding your lower jaw forward. It is comfortable, discreet and easy to use so most patients have no problem wearing an MAS all night. These devices are fitted by a dentist over several visits and may need to be adjusted to ensure the device is working well. The dentists at Anzac Avenue Dental are trained and accredited to fit these appliances for you and part of the cost of a MAS device may be covered by most health insurance funds.

Orthodontic/orthopaedic correction: Jaw development is one of the underlying reasons that sleep disordered breathing and obstructive sleep apnea occurs. Facial growth development orthopaedics involves placing a fixed or removable appliance into the mouth. The appliances are designed to allow the body to use its own physiological responses to develop the jaw and facial bones to the most ideal position.

If you would like to discuss your sleep concerns or talk further about the options to investigate or treatment snoring, sleep apnea or sleep disordered breathing, call 07 3491 8131 to make an appointment or go to www.anzacavenuedental.com.au for more information.

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ONLINE ADVERTISING, ALGORITHMS AND WILLPOWER

Hi Leonie,

I must say I was very interested in your column last year about the lady that had issues with shopping and buying too much.

I have tried to do what you advised her with mixed success. I find that even though I unsubscribe from clothes shops and retail outlets, they still haunt me and I do realise that it is as you say "click and bait" tactics but what happens is that I will look at stuff, put it in the basket and then have a cooling off period and cancel but then that same item comes up on facebook or even Youtube and I inevitably will buy it.

What the hell!

I'm like, how do they know that I am even on line and on what sites I use?

Another one is Solitaire which I play as a kind of meditation and to come down from the day and relax. The games keep letting advertisements in from my favourite places.

I feel like it's a conspiracy because I use different devices and they still know its me. I know it's all will power but I have to say it is so hard. How do they do this and how do I manage this constant harassment and what can I do about it?

Heather/North Lakes

Hi Heather,

Well all I can say is welcome to Digital Capitalism. There are cookies that act like bread crumbs back to you from web pages and algorithms that are used to get to know you and your likes and dislikes and then they can narrow down their marketing efforts within that target range. For instance, I have been on a quest for comfortable and

supportive bras that have no underwire. So, I googled up some options with one from Sweden being my most favoured. So now when I go on my business facebook page all I see are adds from this company.

I also looked up sleeping masks and now this company is stalking me on my iPad, my facebook and Youtube and guess what its very targeted. It's very targeted at me! All the suggestions are all about the things I am particularly interested in.

For the life of me I can't understand how we are having any trouble at all finding criminals when companies overseas know that I have sore breasts, like buying from TS, use a sleeping mask and that I will only buy ethically manufactured products. How about an algorithm to single out criminals is my plea?

Statistical algorithms are at play in our lives covering everything from what we watch on Netflix to what stores we frequent. The marketing aim is to get these algorithms to know everything about us so they can use this information for their own purposes. Douglas Rushkoff is very informed on these matters and I highly recommend his book "Throwing Rocks at The Google Bus" it's a real eye opener.

I was listening to one of Douglas Rushkoff's podcast interviews the other night and was surprised when he informed the listeners that the series House of Cards (which I loved and ate up like ice-cream) was partly derived from statistical algorithms because it was revealed through these collected statistics that a lot of people real enjoy and like 1. David Fincher 2. political intrigue and 3. Kevin Spacey. So, they made a recipe

with these ingredients that catered for this statistical data and bingo! House of Cards was born.

I don't really know enough about this topic and there are others more informed about this than I am, but I believe that we may be tracked through our Microsoft login which is on all our devices and then they are easily able to link to our face Facebook and other media sites we frequent.

Ever wondered why after you watch a movie or a series on Netflix, they make suggestions on what else you might like. Well I believe It's all based on what you just watched and its all done with statistical algorithms. In other words, your preferences are being tracked.

So, after learning this Heather, you will see that it is actually up to us to not bite down on the bait. The bait is always going to be there. We can't give up Google or go back to researching at the library or give up internet shopping, so we must adapt.

Yes, it does come down to will power. I suggest that you use all the strategies I spoke about in that previous column but also include being mindful of what you do online and don't put anything in the basket of any website thinking it is going to give you a temporary high because as you know that item will begin to haunt you and like you have in the past, you may just buy it which was their whole plan in the first place. Knowledge is power and sometimes when we know how the predator is tracking us we can zig when they zag.

Hope this helps you to get stronger and more determined.

Til next week, Leonie

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

North Lakes Counselling Services

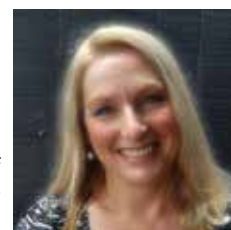
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CATCH LEONIE'S RADIO SHOW ALTERNATE MONDAYS AT 11.00AM ON 99.7 BRIDGE FM



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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FRENCH CINEMA

As one of the region's favourite film festivals, the 30th Alliance Française French Film Festival offers something for everyone. From fans of film, to Francophiles, to film aficionados, the program is populated with award-winners, classics-to-be, local screen premieres, family favourites and even a big-name sci-fi.

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

This year, the festival format is divided into 12 categories heralding distinct genres like *Paris Snapshots*, *Summertime*, *Lighten Up*, and *Critically Acclaimed*. There's also an international flavour with the *Across Borders* category showcasing filmmaking from Belgium, Canada and Switzerland

The internationally renowned event will celebrate the artistry of emerging filmmakers and superstar directors including names like Jacques Audiard and the legendary Jean-Luc

Godard and starring some of the biggest names in French and international cinema.

In addition to the film screenings there will be four Special Events throughout the festival:

Opening Night Gala – Thursday 14 March, 6:15pm

Screening of *The Trouble With You* (En liberté) starring Audrey Tautou, followed by an after party featuring wine, canapés and complimentary gift bag

Love Wins! – Thursday 21 March, 6:15pm

Wine & canapés inspired by French Flavours, followed by a screening of the critically acclaimed drama, *Sorry Angel* (Plaire, aimer, courir vite)

Taste of France – Wednesday 27 March, 6:15pm

French wine and cheese followed by screening of the vinaceous documentary *Wine Calling* (Le vin se lève), and;

Closing Night – Sunday 14 April, 5pm

An indulgent afternoon soiree followed by the choral comedy *Kiss & Tell* (Voyez comme on danse)

The 30th Anniversary edition of the Alliance Française French Film Festival will celebrate the diversity of contemporary French cinema from 14 March – 14 April with screenings at both Palace cinemas in Brisbane, Palace Barracks and Palace Centro. Tickets for screenings, the special events and full festival details are available now online

For more info, full program, synopses and ticketing visit www.affrenchfilmfestival.org

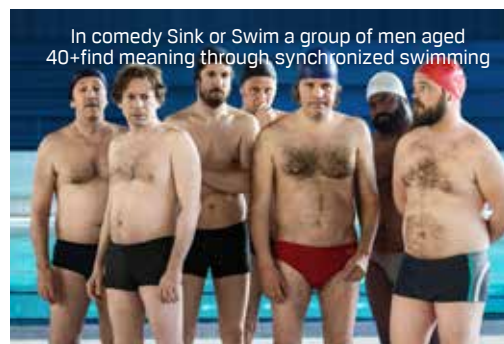
Lily-Rose Depp in *A Faithful Man*



Robert Pattinson in Sci-Fi mind-bender *Highlife*



In comedy *Sink or Swim* a group of men aged 40+ find meaning through synchronized swimming



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LAWYERS

SCHOOL DROP OFF SAFETY

'DO IT RIGHT, GO LEFT' AT SCHOOL DROP OFF

With Queensland pupils now returned for school year and parents negotiating the often difficult school drop off, The State's peak motoring body has urged parents to teach their children once easy to remember rule.

Do it right, go left.

RACQ spokesperson Lucinda Ross said the simple lesson could save a child's life.

"To make sure little ones aren't getting out of the car into the way of oncoming traffic, they should learn to exit on the left-hand side of the car," Ms Ross said.

"Teach them the saying - 'do it right, go left', to help it stick in their minds."

Ms Hunter said parents and caregivers should be hyper-vigilant in school zones, as

children generally did not think about road safety when they arrived at the gate.

"Children might be excited or preoccupied about the start the new school year, and to see their friends after the Summer break and this means road safety won't be top of mind," she said.

Ms Ross said the warning came as new RACQ research revealed 89 percent of motorists were frustrated by other drivers who ignored restricted speed limits in school zones.

"We understand why Queenslanders are frustrated because there's no reason for speeding - and to do it in school zones and risk children's lives, is inexcusable," she said.

"School zones become a hive of activity, especially around start and finish times with children crossing the road or riding their bikes, and parents dropping off or picking up their kids, so all drivers need to exercise patience and pay extra attention to their surroundings."



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CLEAN UP AUSTRALIA DAY IN MORETON BAY

ROLL UP YOUR SLEEVES FOR OUR REGION ON SUNDAY 3 MARCH

Clean Up Australia Day registrations are open for 2019, so it's time to check out local rubbish hotspots in your neighbourhood and challenge your friends and family to make 2019 the year when change starts with you.

Businesses are encouraged to focus their action on Business Clean Up Day - Tuesday 26 February with Schools running their own Clean Up on Friday 1 March and youth and community groups taking to their streets over the weekend of 2-3 March.

Participating in one or more of these events is the perfect opportunity to join with family, friends, neighbours and colleagues to remove all the rubbish accumulating in your local park, bushland, beaches and waterways before it kills our wildlife.

Although some great strides have been made locally, there's still plenty to be achieved by rolling up our sleeves and getting involved in Clean Up Australia Day 2019.

"Great results happen when there's a collective effort to make a positive change," Mayor Allan Sutherland said.

"Last year we were the first Council in South East Queensland to ban the use of single-use plastic straws at council-operated venues and events, this year we want to continue the green theme."

"So this year we're hoping to see a record crowd, of all ages, volunteer to help clean up the Moreton Bay Region on Sunday 3 March."

"Nine sites are already registered for Clean-Up Australia Day from Albany Creek to Redcliffe, Burpengary and Beachmere."

"You can even nominate a site to be cleaned up by heading to Clean Up Australia Day's website, but



LOCALS COLLECTED AN IMPRESSIVE 19.6 TONNES OF LITTER FROM LOCAL PARKS, BEACHES AND CREEKS LAST YEAR

the key to success is in convincing friends and family to get involved with you."

"Locals collected an impressive 19.6 tonnes of litter from local parks, beaches and creeks last year, about a third of which was able to be recycled."

"More than 133 sites were registered in the region last year - we'd love to break this record, so

Council's already registered crews on to provide additional garbage bags and come through after the clean up to collect the rubbish."

Council's Asset Construction & Maintenance Spokesperson, Councillor Adam Hain said while Clean Up Australia Day was a great opportunity to ensure the Moreton Bay Region was looking its best, it was also a chance to raise awareness about the damaging effects of litter.

"It is unknown how long plastics will take to completely degrade, with estimates that a shopping bag takes 20 years to disintegrate and harder plastics potentially never disappearing from our environment," said Cr Hain.

"There's no excuse for littering in this day and age - Council provides waste bins in public places, we coordinate a weekly waste collection service from local homes and offer free tipping for residents at local waste facilities.

"Last year alone Moreton Bay Region residents helped recycle more than 34,000 tonnes of kerbside waste, 1,600 tonnes of reusable items were sold at council's Treasure Markets, 22 tonnes of office paper and more than 238,000 tonnes recovered at Council's 12 waste management facilities, saving vital resources from ending up in landfill."

"Clean Up Australia Day is a really great way to bring our region together and help protect and improve our natural environment, so future generations can continue to enjoy the healthy, outdoor lifestyle we know and love about Moreton Bay."

For more information on how to register go to www.cleanupaustaliaday.org.au/join-a-clean-up or head to www.moretonbay.qld.gov.au/cleanup/



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what's on

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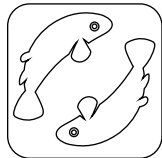
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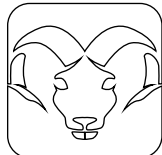
YOUR STARS



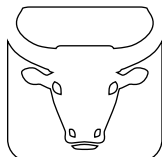
AQUARIUS. (Jan. 21 - Feb. 19): A new revenue stream begins to trickle in today. Given time and encouragement you can transform it into a rushing river.



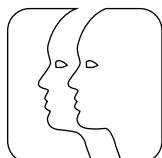
PISCES. (Feb. 20 - March 20): You can watch as many YouTubes and listen to as many podcasts as you like but at some point you need to seek out a real life person if you want to benefit from real time mentorship.



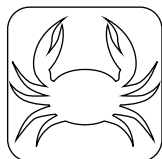
ARIES. (March 21 - April 20): You feel like you need to push to get ahead but let yourself drift along the current of events instead. It will take you to where you need to go.



TAURUS. (April 21 - May 21): It pays to have friends in high places as you find out for yourself today.



GEMINI. (May 22 - June 21): You could get so much more accomplished if you would just ease up. Relax your hold on people and they'll work more effectively.



CANCER. (June 22 - July 23): Can things really come together as effortlessly as all that? Yes. All you have to do is get out of your own way.



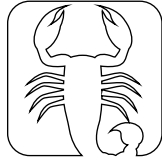
LEO. (July 24 - Aug. 23): Make the switch from trying to prove yourself to claiming what's yours. This show of confidence does more than all those hours of blood, sweat, and tears combined.



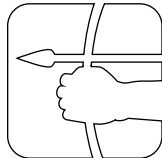
VIRGO. (Aug. 24 - Sept. 23): Things are finally coming together in your love life. Don't mess it up by focusing on triggers, anxieties, and self-sabotaging patterns. Just be who you are now.



LIBRA. (Sept. 24 - Oct. 23): People may talk about the art of the deal, but you're the master of compromise. This ability of yours seals an agreement that others have spent weeks struggling for.



SCORPIO. (Oct. 24 - Nov. 22): A creative project finally gets off the ground today. Next time less angst and more trust in yourself.



SAGITTARIUS. (Nov. 23 - Dec. 21): You may feel ashamed turning to family and friends for support, but that's what they're there for. They'd do the same for you if roles were reversed.



CAPRICORN. (Dec. 22 - Jan. 20): Look at life through a soft focus. Your fixation on getting things right is blinding you to ideas and alternatives that lie on the periphery.



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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 Stress. (PG) **2.15** Movie: Mermaids. (PG) (1990) **4.30** Explore TV Far East Discovery Cruise. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News Saturday. **7.00** Movie: Red Dog: True Blue. (PG) (2016) Bryan Brown, Jason Isaacs. **8.45** Movie: Crocodile Dundee. (M) (1986) Paul Hogan, Linda Kozlowski, John Meillon. An American reporter travels to the Australian Outback to meet an eccentric tour guide. **10.45** Movie: Trading Places. (M) (1983) Dan Aykroyd. **1.05** Cold Case. (M) **2.00** TV Shop. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.00** Pirate Express. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Basketball. NBL. Round 17. Cairns Taipans v Brisbane Bullets. **4.00** Uncle Grandpa. (PG) **5.00** Movie: Zathura: A Space Adventure. (PG) (2005) **7.00** Movie: The Lord Of The Rings: The Two Towers Pt 1. (PG) (2002) **8.30** Movie: The Lord Of The Rings: The Two Towers Pt 2. (M) (2002) **10.40** Movie: Underworld: Blood Wars. (MA15+) (2016) **12.30** Adult Swim. (MA15+) **1.30** Total Divas. (M) **2.30** Tattoo Fixers. (MA15+) **3.30** Baggage Battles. (M) **4.00** Uncle Grandpa. (PG) **4.50** My Little Pony: Friendship Is Magic. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Crash Investigation Unit. (PG) **12.30** Walkabout Wickets. New. **1.30** Cricket. Big Bash League. Game 54. Adelaide Strikers v Perth Scorchers. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: National Treasure: Book Of Secrets. (PG) (2007) Nicolas Cage. **9.30** Movie: Angels & Demons. (M) (2009) Tom Hanks, Ewan McGregor, Ayelet Zurer. A professor and physicist race against time to find four kidnapped cardinals. **12.15** To Be Advised. **12.45** Botched Up Bodies. (MA15+) **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** The Great Outdoors.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.00** NBC Today. **11.00** Horse Racing. CF Orr Stakes Family Day and Inglis Millennium Day. **4.00** Qld Weekender. **4.30** Home In WA. Showcases homes and products. **5.00** Crash Investigation Unit. (PG) **5.30** Air Crash Investigation. (PG) **7.30** The Yorkshire Vet. (PG) Follows vets Julian Norton and Peter Wright. **8.30** Escape To The Country. Jules Hudson is in Herefordshire with a couple who have 650,000 pounds with which to buy a country home. **11.30** Air Crash Investigation. (PG) **1.30** Vasil's Garden. (PG) **2.00** Qld Weekender. **2.30** The Great Day Out. **3.00** Escape To The Country. **4.00** Crash Investigation Unit. (PG) **4.30** Travel Oz. (PG)

TEN

6.00 Morning Programs. **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. (PG) **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** David 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 The Third. (PG) (2007) **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** Undercover Boss. (PG) **4.00** WhichCar. **4.30** Planes Gone Viral. (PG) **5.30** Escape Fishing With ET. **6.00** Cops. (PG) **6.30** Soccer. A-League. Round 18. Melbourne City v Adelaide United. From AAMI Park, Melbourne. **9.30** Movie: The Fighter. (M) (2010) Mark Wahlberg, Christian Bale, Amy Adams. **11.50** Scorpion. (PG) **12.50** 48 Hours. (M) **1.45** Cops. (PG) **2.15** RPM: Summer Series. **2.45** Monster Jam. **3.40** The Doctors. (PG) **5.30** Hogan's Heroes.

ABC

6.00 Rage. (PG) **10.00** Rage Laneway Festival. (PG) **11.00** Landline. **11.30** ABC News. **12.00** Golf. Vic Open. Third round. From 13th Beach Golf Links, Victoria. **6.00** Escape From The City. **7.00** ABC News. **7.30** Death In Paradise. (PG) **8.30** Agatha Raisin. (PG) **9.20** Miniseries: The Cry. (M) **10.15** Miniseries: The Ice Cream Girls. (M) **11.05** Rage Laneway Festival. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.05** Noddy Toyland Detective. **5.15** Fireman Sam. **5.40** Peppa Pig. **5.50** Bluey. **6.05** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Live At The Apollo. (M) **9.15** Live From The BBC. (M) **9.45** Comedy Up Late. (M) **10.15** Comedy Next Gen. (MA15+) **11.10** Fiona O'Loughlin's Greatest Hits. (M) **12.35** Penn & Teller: Fool Us. (M) **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 WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **F24. 12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU Grand Prix. Final. **4.30** This Is Greece With Michael Scott. **5.30** Who Do You Think You Are? **6.30** News. **7.30** Eurovision: Australia Decides. **10.00** Aerial Asia. **11.00** Railway Journeys UK. (PG) **11.30** 24 Hours In Emergency. (M) **12.30** Soccer. EPL. Huddersfield v Arsenal. **3.20** 24 Hours In Emergency. (M) **4.20** Poh's Kitchen Lends A Hand. **4.55** Destination Flavour China Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. **1.30** Rivals. (PG) **1.55** Abandoned. (PG) **2.45** Needles And Pins. (PG) **3.10** Corruption, Cocaine And Murder In Trinidad. (PG) **3.40** Cyberwar. **4.10** PBS News. **5.10** Black Market. (PG) **5.40** Back In The Soviet Bloc. New. **6.10** Chinese Dating With The Parents. (PG) **7.30** If You Are The One. (PG) **8.30** Movie: House Of Flying Daggers. (2004) **10.45** Movie: Kung Fu Jungle. (M) (2014) **12.35** Movie: Blind Alley. (MA15+) (2011) **1.55** The Movie Show. (M) **2.25** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm Isle Of Dogs (2018) Animated. Bryan Cranston, Edward Norton. (PG) **Masterpiece** **8.30pm Pacific Rim: Uprising** (2018) Sci-Fi. John Boyega. (M) **Premiere**

8.30pm The Guernsey Literary And Potato Peel Pie Society (2018) Drama. Lily James. (M) **Masterpiece**

GENERAL

7.30pm Just For Laughs. (MA15+) **Comedy Channel** **9.30pm Crashing.** (MA15+) **FOX Showcase**

10.00pm High Maintenance. (MA15+) **FOX Showcase**

DOCUMENTARY

6.30pm My Cat From Hell. (PG) **Animal Planet** **7.30pm Fatal Attraction.** (M) **Crime & Investigation** **9.30pm Wolves And Warriors.** (PG) **Animal Planet**

SPORT

6.00am Snooker. World Grand Prix. Semi-finals. **Eurosport** **5.30pm Basketball.** WNBL. Grand Final Series. Game 1. **Fox Sports 503** **7.00pm Football.** AFL Women's. Round 2. Western Bulldogs v Geelong. **Fox Footy**

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

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BRISBANE COMEDY FESTIVAL

Date: February 22 to March 24, 2019

Location: Various

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

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

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

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

Tickets are on sale now via www.brisbanecomedysfestival.com

**22 FEB
- 24
MAR**



ROAR ACADEMY, MADAGASCAR JR

Date: February 1 - 3, 2019

Location: Redcliffe Entertainment Centre

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

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

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

**1-3
MAR**



CIRCUS PARADISE MUSIC FESTIVAL

Date: Sunday March 10, 2019

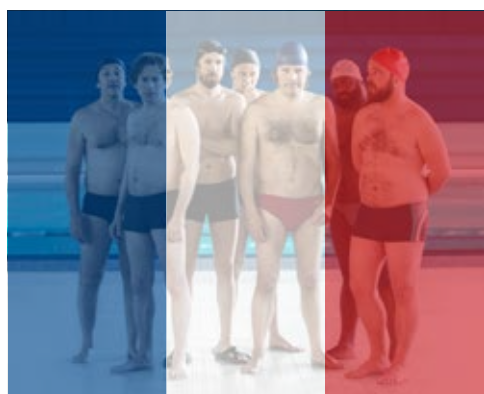
Location: Broadwater Parklands, Gold Coast

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

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

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

**10
MAR**



BRISBANE FRENCH FILM FESTIVAL

Date: March 14 to April 14

Location: Palace Barracks and Palace James Street

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

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

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

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

**14 MAR
- 14
APR**

NINE

6.00 Great Escapers. (PG) **7.00** Weekend Today. **10.00** The Hold Down. **10.30** Surfing: World League. Women's Tour. Round 10. Maui Pro. Highlights. **11.30** Al McGlashan's Fish'n With Mates. **12.00** Women's Footy. (PG) **1.00** World's Greatest Islands. (PG) Final. **2.00** Airport 24/7: Miami. (PG) **2.30** Ultimate Airport Dubai. (PG) **3.30** SOS Red Zone. **4.00** The Embassy. (PG) **4.30** Helloworld. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Married At First Sight. (PG) **8.30** 60 Minutes. **9.30** Murder, Lies And Alibis. (M) **10.40** Killer On The Line. (M) **11.40** Cold Case. (M) **12.35** Major Crimes. (MA15+) **1.30** The Hold Down. **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. **10.00** Ben 10. (PG) **10.30** Gumball. **11.00** Ninjago. (PG) **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 17. Adelaide 36ers v Melbourne United. **4.00** Uncle Grandpa. (PG) **5.00** Ben 10. (PG) **6.00** Young Sheldon. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Passengers. (M) (2016) **10.45** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **1.00** Cold Water Cowboys. (M) **2.00** Most Terrifying Places In America. (M) **3.00** Baggage Battles. (PG) **4.00** Uncle Grandpa. (PG) **4.50** My Little Pony: Friendship Is Magic. **5.10** Kate And Mim-Mim. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Cycling. Santos Tour Down Under. Highlights. **1.00** Crash Investigation Unit. (PG) **1.30** Cricket. Big Bash League. Game 56. Melbourne Stars v Sydney Sixers. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) **9.00** Operation: Live. (M) Part 1 of 2. Documents an open-heart surgery as it takes place in the operating room. **10.15** Undercurrent: Real Murder Investigation. (M) **11.30** Undercurrent: Real Murder Investigation. (M) **12.10** Behind The Blacklist: Season 6. (M) **12.40** Dr. Ken. (PG) **1.05** Dr. Ken. (PG) **1.30** Travel Oz. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Hour Of Power. **9.00** Shopping. **9.30** Mums At The Table. (PG) **10.00** To Be Advised. **11.00** NBC Today. **12.00** The Hairy Bikers' Northern Exposure. (PG) **1.00** Vasil's Garden. (PG) **1.30** To Be Advised. **3.30** The Great Australian Doorstep. (PG) **4.00** Escape To The Country. **5.00** The Yorkshire Vet. (PG) **6.00** Heathrow. (PG) **7.00** Motorway Patrol. (PG) **8.00** Coastwatch Oz. (PG) **8.30** Border Security. (PG) **9.30** River Monsters: Top Ten. (M) New. **10.30** Heathrow. (PG) **11.30** Coastwatch Oz. (PG) **12.00** Border Security. (PG) **1.00** The Great Outdoors. **3.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Maxing Out. (PG) **9.00** Places We Go. **9.30** St10. (PG) **12.00** The Living Room. (PG) **1.00** Foodie Adventures With Ash Pollard. (PG) **1.30** Everyday Gourmet. **2.00** To Be Advised. **4.00** WhichCar. **4.30** RPM: Summer Series. **5.00** News. **6.00** David Attenborough's Natural Curiosities. **6.30** The Sunday Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Hosted by Julia Morris and Dr Chris Brown. **9.00** NCIS. (M) An old family friend pleads with Gibbs to join him on a road trip to search for a missing military ID. **10.00** NCIS. (M) An accidental death is reinvestigated. **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** Escape Fishing With ET. **12.30** Pooches At Play. **1.00** The Doctors. (PG) **2.00** Monster Jam. **3.00** Bondi Rescue. (PG) **4.00** Fishing Edge. **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: Good Morning, Vietnam. (M) (1987) Robin Williams, Forest Whitaker, Richard Portnow. **11.30** NCIS. (M) **12.30** CSI: Miami. (MA15+) **1.30** 48 Hours. (M) **2.30** RPM: Summer Series. **3.00** Medics On Call. (PG) **4.00** The Doctors. (M)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** ABC News. **11.30** Songs Of Praise. **12.00** Golf. Vic Open. Final round. From 13th Beach Golf Links, Victoria. **5.00** Landline. **6.00** The Great Australian Bee Challenge. Final. **7.00** ABC News Sunday. **7.40** Magical Land Of Oz. **8.40** Miniseries: The Cry. (M) **9.40** Miniseries: Mrs Wilson. (M) **10.40** Death In Paradise. (PG) **11.40** Silent Witness. (M) **12.40** Rage. (MA15+) **1.45** The Traffickers. (M) **2.30** Silent Witness. (M) **3.30** The New Inventors. (PG) **4.00** Crash Test Mummies And Daddies. (M) **4.30** Tony Robinson's Time Walks. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (PG) **8.30** Penn & Teller: Fool Us. (PG) **9.10** Judith Lucy: Nothing Fancy. (MA15+) **10.25** Adam Hills: The Last Leg. **11.05** Would I Lie To You? **11.40** Upstart Crow. (PG) **12.10** W1A. (M) **12.40** Black Books. (PG) **1.05** Absolutely Fabulous. (PG) **1.35** Alan Partridge's Mid-Morning Matters. (PG) **1.50** News Update. **1.55** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **9.30** Soccer. EPL. Huddersfield v Arsenal. Replay. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Speedweek. **3.00** Cycling. Road National Championships. Women's Race. Highlights. **4.00** Cycling. Road National Championships. Men's Race. Highlights. **5.00** Railway Journeys UK. **5.35** Hitler's World: The Post War Plan. New. **6.30** News. **7.35** Sinkholes: Deadly Drops. **8.30** (Dis)honesty: The Truth About Lies. **9.30** The Imposter. **11.25** It's Not Just Me. (MA15+) **12.30** Movie: The Right Stuff. (M) (1983) **4.00** Poh's Kitchen Lends A Hand. (PG) **4.30** Poh's Kitchen Lends A Hand. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** PopAsia TV. (PG) **1.00** Front Up. **1.30** Vs Arashi. (PG) **2.20** Balls Deep. (PG) **2.50** 10,000 BC. (PG) **3.40** The Mindy Project. (PG) **4.05** The Mindy Project. (PG) **4.30** Tough Young Teachers. (PG) **5.35** The Business Of Fashion. (PG) **6.00** The Free Lunch Society. (PG) **7.40** Ultimate Airport Dubai. (PG) **8.30** Eurovision: Australia Decides. **11.00** Movie: Laurence Anyways. (MA15+) (2012) **2.00** VICE Guide To Film. (M) **2.25** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.00pm Avengers: Infinity War (2018) Action. Robert Downey Jr, Chris Hemsworth. (M) *Premiere* **8.30pm The Words In Style** (2012) Drama. Bradley Cooper, Jeremy Irons. (M) *Thriller* **8.30pm Going In Style** (2017) Comedy. Michael Caine, Morgan Freeman. (M) *Comedy* **GENERAL** **7.00pm The Daily Show With Trevor Noah Global Edition.** Comedy Channel **7.00pm Fresh Off The Boat.** (PG) FOX8 **9.30pm Chicago Fire.** (M) FOX8

DOCUMENTARY **6.00pm The World From Above.** History **8.30pm Inside The Mind Of A Serial Killer.** (M) Crime & Investigation **9.30pm 24 Hours In Emergency.** (M) Lifestyle

SPORT **4.20pm Cricket.** Women's Big Bash League. Game 56. Melbourne Stars v Sydney Sixers. Fox Cricket **5.00pm Soccer.** A-League. Round 18. Melbourne Victory v Perth Glory. Fox Sports 505

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Murder, Lies And Alibis. (MA15+) **10.10** Serial Killer With Piers Morgan. (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** Mom. (M) **1.00** Xena: Warrior Princess. (M) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Steven Universe. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: Zombieland. (MA15+) (2009) **10.45** Big Bang. (PG) **12.00** Meet The Hackers. (M) **12.30** Friends. (PG) **1.30** Mr Pickles. (MA15+) **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** My Kitchen Rules. (PG) Group 2 become guests and jury at the all-new MKR Restaurant. Hosted by Pete Evans and Manu Feildel. **9.00** Instant Hotel. (PG) Return. Homeowners compete for the title of the Best Instant Hotel by renting out their properties as accommodation. **10.30** The Latest: Seven News. **11.00** Undercurrent: Real Murder Investigation. (M) A look into the disappearance of Bob Chappell. **12.00** Mistresses. (M) **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Vasil's Garden. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** 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** Doc Martin. (PG) **8.30** Lewis. (M) A body found dumped on a farm track is identified as the recently deceased local GP. **10.30** Kingdom. (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) Hosted by Dr Andrew Rochford and Mark Humphries. **6.30** The Project. Join the hosts and guest panellists for a look at the day's news, events and hot topics. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) Celebrities compete in a test of survival in the wilds of South Africa. **9.00** To Be Advised. **10.00** To Be Advised. **11.00** The Project. A look at the day's news. **12.00** Stephen Colbert. (PG) **1.00** 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** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Fake Or Fortune? **12.00** ABC News At Noon. **1.00** Landline. **2.00** Agatha Raisin. (PG) **3.00** The Cook And The Chef. **3.25** 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** Back Roads. Final. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.30** Magical Land Of Oz. **12.30** Miniseries: The Cry. (M) **1.30** Rage. (MA15+) **3.35** The New Inventors. **4.00** Tony Robinson's Time Walks. (PG) **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.25** 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) **8.50** The Office. (PG) **9.15** The Good Place. (M) **9.35** The Good Place. (PG) **10.00** Idiotsitter. (M) **10.20** 30 Rock. (PG) **10.40** Parks And Recreation. (PG) **11.05** Reno 911! (M) **11.30** The Office. (PG) **11.50** The Office. (M) **12.10** 30 Rock. (M) **12.35** Parks And Recreation. (PG) **12.55** Reno 911! (M) **1.20** Shaun Micallef's MAD AS HELL. (M) **1.50** News Update. **1.55** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Lost Songs Of St Kilda. **2.30** Andrea Bocelli: Cinema. **4.05** The Supervet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.30** Spying On The Royals. (PG) **8.30** Michael Mosley's Placebo Experiment. **9.35** The Honesty Experiment. **10.40** SBS News. **11.10** The World Game. **11.40** Home Ground. (M) New. **12.35** Gangland Undercover. (MA15+) **1.30** Gangland Undercover. (M) **2.20** Paris. (MA15+) **3.10** Paris. (M) **4.00** Poh's Kitchen Lends A Hand. (PG) **4.30** Poh's Kitchen Lends A Hand. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Here Below. (M) (2012) **1.45** Starting From... Now! (M) **2.15** Starting From... Now! (M) **2.45** It's Supertime! (PG) **3.10** PopAsia TV. (PG) **4.10** Vs Arashi. (PG) **5.05** If You Are The One. (PG) **6.05** The Ice Cream Show. (PG) **6.35** MythBusters. (PG) **7.30** RockWiz. (M) **8.30** Housos. (MA15+) **9.00** Adam Looking For Eve VIP. (MA15+) **9.55** The Girlfriend Experience. **10.30** The Girlfriend Experience. **11.05** You're The Worst. (MA15+) **11.30** You're The Worst. (M) **11.55** Raised By Wolves. (M) **12.25** Raised By Wolves. (M) **12.50** Raised By Wolves. (M) **1.20** Movie: Gimme The Loot. (MA15+) (2012) **2.40** CGTN English News. **3.00** Thai News. **3.30** WorldWatch.



MOVIES

6.25pm What Happened To Monday? (2017) Sci-Fi. Noomi Rapace, Willem Dafoe. (MA15+) **Premiere** **6.25pm** Roman J. Israel, Esq. (2017) Drama. Denzel Washington, Colin Farrell. (M) **Premiere**

8.30pm A Quiet Place (2018) Thriller. John Krasinski, Emily Blunt. (M) **Premiere** **GENERAL** **2.00pm** Walking Dead. (MA15+) **FOX Showcase** **9.30pm** Mr Mercedes. (MA15+) **FOX Showcase** **9.30pm** Siren. (M) **FOX8**

DOCUMENTARY **7.00pm** Live PD Presents: PD Cam. (M) **Crime & Investigation** **8.30pm** Buying And Selling. **Lifestyle** **Home** **9.30pm** Hell's Kitchen USA. (MA15+) **Lifestyle Food** **SPORT**

6.00am Golf. USPGA Tour. Pebble Beach Pro-Am. Final round. **Fox Sports 503** **7.30am** Basketball. NBA. Philadelphia 76ers v Los Angeles Lakers. **ESPN** **8.55pm** Snooker. Home Nations Series. Day 1. **Eurosport**

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. (M) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. (M) **9.00** Travel Guides. (PG) **10.00** Manifest. (M) **11.00** Chicago Justice. (M) **12.00** Cold Case. (M) **1.00** Extra. **1.30** SOS Red Zone. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Mom. (M) **1.00** Xena: Warrior Princess. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Steven Universe. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** American Ninja Warrior. (PG) **9.15** Movie: The Expendables 3. (M) (2014) **11.45** Big Bang. (PG) **12.15** Friends. (PG) **1.15** Aqua Teen Hunger Force. (MA15+) **2.00** China, IL. (MA15+) **2.30** Steven Universe. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **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) Some of the show's biggest fans host a big night, which includes two My Kitchen Rules firsts. **9.00** The Good Doctor. (M) Marcus tries to convince a grieving family to donate their teenage daughter's face. **10.00** The Resident. (M) Mina and the Raptor hound Bell. **11.00** The Latest: Seven News. **11.30** The Family. (M) Flashbacks show Adam's return to Red Pines. **12.30** Botched Up Bodies. (MA15+) Final. **1.30** Travel Oz. (PG) Presented by Greg Grainger. **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** Jonathan Creek. (M) **8.30** Crime Investigation Australia: Most Infamous. (MA15+) Takes a look at two notorious cases. **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. **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) Guests include Meshel Laurie, Claire Hooper, Luke McGregor and Ryan "Fitzzy" Fitzgerald. **10.00** NCIS: LA. (M) The team investigates a possible act of terrorism. **11.00** NCIS: LA. (M) **12.00** The Project. **1.00** Stephen Colbert. (PG) **2.00** Shopping. **4.30** CBS Morning.

10 BOLD

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

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs. **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. (PG) **2.00** Parliament Question Time. **3.00** Poh's Kitchen. **3.30** Dream Gardens. **4.00** Think Tank. **5.00** Grand Designs. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Correspondent. **8.30** Allergy Clinic: A Catalyst Special. **9.30** Fake Or Fortune? **10.30** ABC Late News. **11.00** The Business. **11.15** Q&A. **12.25** Parliament Question Time. **1.25** Rage. **1.15** Q&A. **1.25** Rage. **1.35** The New Inventors. **4.00** Tony Robinson's Time Walks. (PG) **4.30** The Drum. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **5.50** Bluey. **6.00** Rusty Rivets. **6.15** Octonauts. **6.25** Peter Rabbit. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Adam Hills: The Last Leg. **8.40** Black Books. (PG) **9.05** The Office. (PG) **9.30** The Office. (PG) **9.50** In The Long Run. (M) **10.10** Timewasters. (M) Final. **10.35** 30 Rock. (M) **11.00** Parks And Recreation. (PG) **11.25** 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. **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. **3.00** Who Do You Think You Are? (PG) **4.05** The Supertv. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.35** Michael Portillo's Abandoned Britain. **8.30** Insight. **9.30** 8 Out Of 10 Cats Does Countdown. **10.30** SBS News. **11.00** Ride Upon The Storm. Return. **12.05** Agatha Christie's Criminal Games. (M) Final. **1.50** Modus. (M) **2.40** Modus. (M) **3.35** Modus. (M) **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** Movie: Oslo, August 31st. (M) (2011) **1.40** Mr Tachyon On The Edge Of Science. (M) **2.05** Royal Navy School. (M) **3.00** States Of Undress. (PG) **3.50** WorldWatch. **4.50** If You Are The One. (PG) **6.05** News. **6.35** MythBusters. (PG) **7.30** Children Of The Dirty Gold. **8.00** The World's Dirtiest Air. **8.30** Our Rising Oceans. (M) **9.20** Scientology And The Aftermath. New. **10.20** Dopesick Nation. (MA15+) **11.10** Wild Ride. (M) **11.40** Wild Ride. (M) **12.10** Movie: That's Not Us. (MA15+) (2015) **2.00** Shot By Kern. (MA15+) **2.30** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** WorldWatch.



MOVIES

6.55pm The Yellow Birds (2017) Drama. Tye Sheridan, Jennifer Aniston, Toni Collette. (MA15+) *Premiere*

9.20pm Going For Gold (2018) Family. Kelli Berglund, Emily Morris. (G) *Family* **10.30pm Den Of Thieves** (2018) Action. Gerard Butler, Curtis Jackson. (MA15+) *Premiere*

GENERAL **7.30pm Sally4Ever.** (MA15+) *FOX Showcase*

8.30pm Shameless. (MA15+) *FOX Showcase*

9.30pm Arrow. (M) *FOX8*

DOCUMENTARY

7.30pm Trace Of Evil. (M) *Crime & Investigation*

9.30pm Expedition Unknown. (PG) *Discovery*

9.45pm The Great British Bake Off: An Extra Slice. (PG) *Lifestyle Food*

SPORT

11.00am Basketball. Women's College. Connecticut v South Carolina. *ESPN2* **11.00am Basketball.** College. Atlantic Coast Conference. North Carolina v Virginia. *ESPN* **8.55pm Snooker.** Home Nations Series. Day 2. *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.

1202

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STEPS DANCER
NOW A ROYAL

Exciting times ahead for STEPS dancer Tyra Berryman (18, pictured), who has just been selected as the only new dance member to The Royal Family dance crew for 2019 out of 200 dancers who auditioned.

Tyra has trained with STEPS DANCE COMPANY from a very young age in all styles of dance, and recently completed the

highest levels in RAD ballet, CSTD Jazz, Tap and Theatrical, as well as being one of the first students to be a part of the Cert III & IV in Dance through STEPS' Steps2Dance program. Now Tyra will be dancing for The Royal Family hip hop dance crew which is renowned for music videos, stage performances, tours and VMA Video Music Award performances with artists such as Rihanna, JLo, Justin Bieber, Ciara and Jason Derulo.

STEPS is well known throughout Australia for producing dancers strong in all genres of performing arts. Recently Angelica Di Clemente (18) received the role of Velma for the Australian cast of West Side Story, Griffin Cooper (19) recently performed in Rixos Land of Legends, Ali Sinclair (20) has performed with the Norwegian Cruise Line & Circus Roncalli, Cassie Bubba (23) performed as Dance Captain & Dancer-Vocalist for Royal Caribbean Productions, Ella Nagle (18) & Shania Locke (19) both have received contracts with Royal Caribbean Productions, Tiara Locke (19) received the QUT Vice-Chancellor's Scholarship and is now in the UK Bath Spa University Exchange program, and Imogen Dolan (18) received a contract with Celebrity Infinity.

We are immensely proud of our STEPS students for how hard they have worked toward their dreams. We wish them all the best with the amazing journey they have ahead of them.

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** Talking Married. (M) **11.55** Major Crimes. (MA15+) **12.45** Major Crimes. (MA15+) **1.35** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Mom. (M) **1.00** Xena: Warrior Princess. (PG) **2.00** Dance Moms. (PG) **3.00** Children's Programs. **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Ocean's Thirteen. (PG) (2007) **11.00** Big Bang. (PG) **12.00** BattleBots. (PG) **1.00** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **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) Victor and G host a unique dinner party in the hopes of impressing with their fusion cuisine. **9.00** Undercurrent: Real Murder Investigation. (M) The continued investigation into the January 27, 2009 disappearance of Bob Chappell. **10.00** Criminal Minds. (M) A professor from Lewis' past tips off the BAU about an alarming number of overdose deaths of patients. **11.00** The Latest: Seven News. **11.30** The Family. (M) **12.30** Marvel's Agent Carter. (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. **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) Henry answers a distress call. **8.30** The Inspector Lynley Mysteries. (M) Lynley and Havers investigate the mysterious and brutal death of a lawyer. **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** Changing Rooms. New. Couples transform three rooms of a home they swapped with their family, friends or neighbours. **9.00** Law & Order: S.V.U. The team investigates the murder of a man who died during a home burglary gone wrong. **10.00** Law & Order: S.V.U. (M) Benson searches for a missing woman. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

10 BOLD

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

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Ask The Doctor. **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Compass. (PG) **2.00** Parliament. **3.00** The Cook And The Chef. **3.25** Dream Gardens. **4.00** Think Tank. **5.00** Grand Designs. **6.00** The Drum. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. **8.30** Rosehaven. (PG) **9.00** Get Krack!n. (MA15+) **9.30** Would I Lie To You? (PG) **10.05** Adam Hills: The Last Leg. **10.45** ABC Late News. **11.15** The Business. **11.30** Four Corners. **12.20** Media Watch. **12.35** Parliament. **1.35** Rage. (MA15+) **3.00** Would I Lie To You? (PG) **3.35** 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. (M) **8.30** Upper Middle Bogan. (M) **9.00** The Office. (PG) **9.20** The Office. (PG) **9.45** Asian Provocateur. (M) **10.15** 30 Rock. (M) **10.35** Parks And Recreation. (PG) **10.55** Reno 911! (M) **11.00** The Office. (PG) **11.45** The Office. (PG) **12.05** 30 Rock. (M) **12.30** Parks And Recreation. (PG) **12.50** Reno 911! (M) **1.10** Would I Lie To You? (PG) **1.50** News Update. **1.55** Close. **5.00** The WotWots. **5.10** Bottle Top Bill. **5.20** Postman Pat Special Delivery Service. **5.35** Wiggle, Wiggle, Wiggle.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** In My Mind: Women. (PG) **2.30** In My Mind: Women. (PG) **3.00** Insight. **4.00** The Supernet. **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** McMafia. New. **9.35** McMafia. **10.40** Berlin Station. (M) **11.40** SBS News. **12.00** Movie: The Workshop. (M) (2017) **2.00** Ride Upon The Storm. (M) **3.10** Movie: Lisa Limone And Maroc Orange. (PG) (2013) **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. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: The Kid With A Bike. (M) (2011) **1.35** Mr Tachyon On The Edge Of Science. (M) **2.00** Release The Hounds. (M) **2.50** It's Supertime! (PG) **3.20** Huang's World. (PG) **4.10** PBS News. **5.05** If You Are The One. (PG) **6.05** News. **6.35** MythBusters. (PG) **7.30** RockWiz. (M) **8.30** Movie: Spice World. (1997) **10.20** Movie: Glitter. (M) (2001) **12.15** Movie: Athena. (MA15+) (2011) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm The Guernsey Literary And Potato Peel Pie Society (2018) Drama. Lily James, Matthew Goode, Michiel Huisman. (M) *Masterpiece*
6.50pm Winchester (2018) Horror. Helen Mirren, Sarah Snook. (M) *Premiere*
8.30pm Loveless (2017) Drama. Maryana Spivak, Aleksey Rozin. (MA15+) *Masterpiece*

GENERAL

7.30pm Empire. (MA15+) *FOX Showcase*
8.30pm Corporate. Comedy Channel
8.30pm Roswell, New Mexico. (M) *FOX8*

8.30pm Kirstie And Phil's Love It Or List It UK. (PG) *Lifestyle*
9.30pm Big House, Little House. *Lifestyle Home*

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

SPORT

2.30pm Basketball. NBA. Golden State Warriors v Utah Jazz. *ESPN*
7.00pm Cricket. First Test. South Africa v Sri Lanka. Day 1. *FOX Cricket*
8.55pm Snooker. Home Nations Series. Day 3. *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.

1302

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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) **8.00** Young Sheldon. (PG) **8.30** Movie: Jason Bourne. (M) (2016) Matt Damon, Tommy Lee Jones, Alicia Vikander. An assassin is forced out of hiding when one of his old allies uncovers information about his past. **10.55** Young Sheldon. (PG) **11.20** Young Sheldon. (PG) **11.45** Imposters. (M) **12.35** Major Crimes. (M) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** TV Shop: Home Shopping. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Dawson's Creek. (PG) **11.00** Friends. (PG) **12.00** Mom. (M) **1.00** Xena: Warrior Princess. (PG) **2.00** Dance Moms. (PG) **3.00** Pokémon. **3.30** Ninjab. (PG) **4.00** Kids' WB. (PG) **4.05** Be Cool, Scooby-Do! (PG) **4.30** Tom and Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** RBT. (PG) **8.30** To Be Advised. **11.00** Big Bang. (PG) **11.30** Kevin Can Wait. (PG) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **2.00** China, IL. (MA15+) **2.30** Regular Show. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **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. First semi-final. **10.00** The Latest: Seven News. **10.30** The Family. (M) Claire attempts to keep a furtive eye on Ben. **11.30** The Goldbergs. (PG) Adam, who is embarrassed by his changing body, is desperate to get out of swimming in gym class. **12.00** Powerless. (PG) When Van's incompetence costs the team a client, Emily hopes to make a deal with the people of Atlantis. **12.30** Powerless. (PG) **1.00** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Father Brown. (M) Two nuns die mysteriously. **8.30** Murdoch Mysteries. (M) Murdoch investigates the claims of a man who says he time travels. **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. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) Hosted by Dr Andrew Rochford and Mark Humphries. **6.30** The Project. **7.30** Changing Rooms. **8.30** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **9.30** Movie: He's Just Not That Into You. (M) (2009) Jennifer Aniston, Drew Barrymore. Romantic misadventures of Baltimoreans. **12.05** 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** Nash Bridges. (M) **2.00** Jake And The Fatman. (PG) **3.00** Diagnosis Murder. (PG) **4.00** Star Trek: The Next Generation. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Judge Judy. (PG) **6.30** Bondi Rescue. (PG) **7.30** NCIS. (M) **8.30** Hawaii Five-0. (M) **9.30** Madam Secretary. (M) **10.30** NCIS. **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Mission: Impossible. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Cheers. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Ask The Doctor. (PG) **11.30** Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Adam Hills: The Last Leg. **2.00** Parliament. **3.00** Golf. Women's Australian Open. First round. **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. **9.55** The Tunnel: Sabotage. (MA15+) **10.45** ABC Late News. **11.15** The Business. **11.30** Wentworth. (M) **12.20** Parliament Question Time. **1.20** National Press Club Address. **2.20** The Tunnel: Sabotage. (MA15+) **3.10** Wentworth. (M) **4.05** Tony Robinson's Time Walks. **4.30** The Drum. **5.25** Sammy J. **5.30** One Plus One.

ABC COM

6.00 Children's Programs. **6.40** Ben And Holly. **6.50** Dino Dana. **7.05** Andy's Wild Adventures. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Tomorrow Tonight. (M) **8.30** Utopia. (PG) **8.55** Sammy J. **9.00** The Office. (PG) **9.20** The Office. (PG) **9.45** Get Krackin'. (MA15+) **10.15** Free Agents. (MA15+) Final. **10.40** The Good Place. (M) **11.05** The Good Place. (PG) **11.25** 30 Rock. (PG) **11.50** Parks And Recreation. (M) **12.10** Reno 911! (M) **12.35** 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** 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** In My Mind: Women. (PG) **2.35** In My Mind: Women. (PG) **3.05** Telemarkskanalen Boat Journey. **4.05** The Suprvet. (PG) **5.00** Letters And Numbers. **5.30** Alex Polizzi: Chef For Hire. (PG) **6.30** News. **7.30** Secrets Of The Manor House. **8.35** Killer In Our Classroom: Never Again. **9.30** False Confessions. **10.40** Fox News: Divide And Conquer. **12.35** The Good Fight. (M) **1.35** The Good Fight. (M) **2.30** The Good Fight. (M) **3.30** Poh's On The Road. **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. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** Somali News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Kiss Me. (M) (2011) **1.55** Release The Hounds. (M) **2.50** Dead Set On Life. (PG) **3.15** Love In Full Colour. (PG) **4.05** PBS News. **5.05** If You Are The One. (PG) **6.05** News. **6.30** MythBusters. **7.30** RockWiz. **8.30** The Feed. **9.30** Full Frontal. (MA15+) **10.00** Seconds From Disaster. (M) **10.55** Sex Diaries. (MA15+) **11.50** Living With The Enemy. (M) **12.45** Movie: Firestarter. (M) (1984) **2.45** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Snowman (2017) Crime. Michael Fassbender, Rebecca Ferguson. (MA15+) *Premiere*
8.30pm Justice League (2017) Action. Ben Affleck, Gal Gadot, Ezra Miller. (M) *Premiere*
10.25pm Detour (2016) Thriller. The Sheridan, Emory Cohen. (MA15+) *Masterpiece*
GENERAL
1.35pm The Real Housewives Of New Jersey. (M) *Arena*
7.30pm America's Got Talent: The Champions. (PG) *FOX8*

DOCUMENTARY
7.30pm Ron Iddles: The Good Cop. (M) *Crime & Investigation*
8.30pm Grand Designs: House Of The Year. (PG) *Lifestyle*

SPORT
5.20pm Basketball. NBL. Round 18. New Zealand Breakers v Illawarra Hawks. *Fox Sports 505*
9.15pm Cricket. Big Bash League. First semi-final. *Fox Cricket*
11.45pm Snooker. Home Nations Series. Day 4. *Eurosport*

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

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Salmon Fishing In The Yemen. (PG) (2011) Ewan McGregor, Emily Blunt. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** Rugby League. International Match. Australian Indigenous All-Stars v New Zealand Maori Kiwis. From AAMI Park, Melbourne. **9.15** Travel Guides. (PG) **10.15** Movie: Get Shorty. (MA15+) (1995) John Travolta, Gene Hackman, Rene Russo, Danny DeVito. A Miami debt collector uses his criminal cunning to become a successful film producer. **12.30** 2 Broke Girls. (M) **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** Mom. (M) **1.00** Xena: Warrior Princess. (PG) **2.00** Hercules. (M) **3.00** Children's Programs. **4.05** Be Cool, Scooby-Doo! (PG) **4.30** Tom And Jerry. **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Movie: Suddenly 30. (PG) (2004) **9.30** Movie: The Edge Of Seventeen. (M) (2016) **11.40** Big Bang. (PG) **12.05** WWE Smackdown. (MA15+) **1.05** Total Divas. (M) **2.00** Friends. (PG) **3.00** Turning Mecard. (PG) **3.30** Polly Pocket. (PG) **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. Second semi-final. **10.00** To Be Advised. **11.30** The Goldbergs. (PG) Beverly insists the entire family gather for the Thanksgiving holiday. **12.00** Grey's Anatomy. (M) Amelia, Korick and DeLuca perform a groundbreaking procedure using ultrasound waves. **1.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **1.30** Travel Oz. (PG) Hosted by Greg Grainger. **2.00** Shopping. **4.00** The Great Outdoors. **5.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** It's Academic. **7.30** The Deep. **8.00** Toybox. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **1.00** Australia's Amazing Homes. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Escape To The Country. **6.00** Bargain Hunt. **7.00** Better Homes. **8.30** Selling Houses Aust. Meet a couple who built their own home and are now trying to sell it. **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. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** Cook's Pantry. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Show Me The Movie! Celebrity guests include Pia Miranda, Nath Valvo, Mark Humphries and Jess Harris. **8.30** The Graham Norton Show. (M) Guests include James McAvoy, John C. Reilly, Westlife, Sarah Paulson, Richard E. Grant and Steve Coogan. **9.30** To Be Advised. **10.30** 2017 Montreal Comedy Festival. (PG) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

10 BOLD

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

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Ask The Doctor. (PG) **11.30** Anh's Brush With Fame. (PG) **12.00** ABC News At Noon. **1.00** Miniseries: Mrs Wilson. (M) **2.00** Golf. Women's Australian Open. Second round. From The Grange Golf Club, Adelaide. **5.00** One Plus One. **5.30** Foreign Correspondent. **6.00** The Drum. **7.00** ABC News. **7.30** Gardening Australia. **9.00** Father Brown. (PG) **9.45** Father Brown. (PG) **10.35** ABC Late News. **11.05** The Business. **11.20** Rosehaven. (PG) **11.50** Planet America. **12.30** Rage. (MA15+) **5.00** Rage. (PG)

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** Hard Quiz. **8.30** Rosehaven. (PG) **8.55** The Office. (PG) **9.15** The Office. (PG) **9.40** Upstart Crow. (M) **10.10** W1A. (M) **10.40** Alan Partridge's Mid-Morning Matters. (PG) **10.55** 30 Rock. (PG) **11.15** Parks And Recreation. (PG) **11.40** Reno 911! **12.00** The Office. (PG) **12.25** The Office. (PG) **12.45** 30 Rock. (PG) **1.10** Parks And Recreation. (M) **1.30** 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. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Back In The Soviet Bloc. **4.00** 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: 12 Years A Slave. (MA15+) (2013) Chiwetel Ejiofor. **10.55** SBS News. **11.25** The Feed. **12.25** Versailles. (MA15+) **1.25** Versailles. (MA15+) **3.25** Versailles. (MA15+) **4.30** Poh's On The Road. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.35** Hindi News. **12.00** Movie: Ginger & Rosa. (M) (2012) **1.40** It's Suppertime! (PG) **2.05** PopAsia TV. (PG) **3.10** Human Resources. (PG) **3.35** Legally Brown. (PG) **4.05** PBS News. **5.05** If You Are The One. (PG) **6.05** News. **6.30** Munchies Guide To Wales. New. **7.20** Monty Python's Flying Circus. **7.55** Monty Python's Flying Circus. **8.35** Brooklyn Nine-Nine. **9.00** The Orville. **10.00** South Park. (M) **10.30** South Park. (M) **11.00** Caso Cerrado. **11.50** Caso Cerrado. **12.40** Spotless. (MA15+) **1.45** The Night Bus. (MA15+) **2.40** 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

6.40pm Love, Simon (2018) Drama. Nick Robinson, Jennifer Garner. (M) *Premiere*
8.30pm Girls Trip (2017) Comedy. Queen Latifah, Jada Pinkett Smith. (MA15+) *Comedy*
10.25pm Pacific Rim: Uprising (2018) Sci-Fi. John Boyega, Scott Eastwood. (M) *Premiere*

GENERAL

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

5.00pm Rugby League. International Match. Australian Indigenous Women's All-Stars v New Zealand Maori Ferns. Fox League
7.00pm Football. AFL Women's. Round 3. North Melbourne v Western Bulldogs. Fox Footy
7.50pm Soccer. A-League. Round 19. Adelaide United v Western Sydney Wanderers. Fox Sports 505

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

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

This week being the fifth Tuesday of the month meant time for a special activity. Bearing in mind the weather it was decided that a morning at the movies followed by lunch was the perfect option.

Our members greatly enjoyed the movie Green Book at Events Cinema in North Lakes before lunching at the nearby Beach House.

Another great day enjoyed by all who attended.

Tuesday February 12th. Guest Speaker – Louise from Emmaus Health. Visitors welcome

Tuesday February 19th. Training Day for iPads & iPhones. Visitors welcome

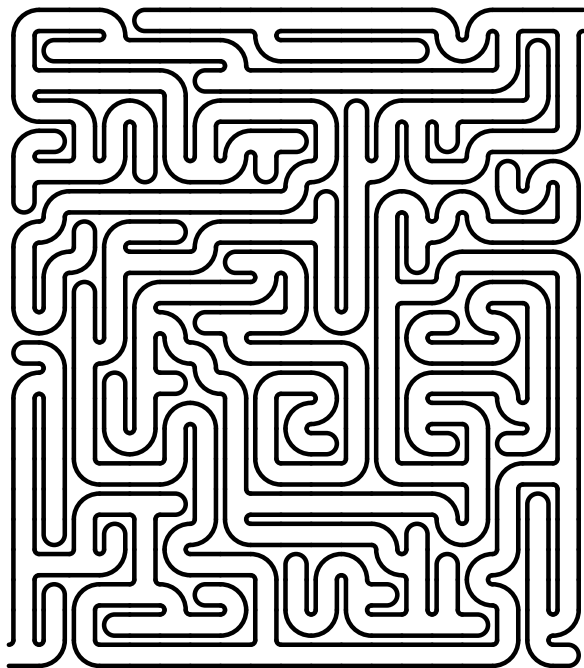
Tuesday February 26th. Lunch at Lawton Tavern. Members only

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

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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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CROSSWORD 1902

Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 1 Husband or wife
- 4 Thin membrane around the lungs
- 9 Something worthy of collecting
- 10 Publication
- 11 Terminate in a specified way
- 12 Protected from bad weather
- 13 Previously
- 15 Swagman's food.
- 17 One number added to another
- 19 Erased or eliminated
- 22 Male photographer
- 24 Reduced to simplest form
- 26 Obsolete Australian coin
- 27 Performed again
- 28 Downward slope
- 29 Ended; discontinued

DOWN

- 1 Keep secret; or out of sight
- 2 Cruel, inhuman monsters
- 3 Chimney, or type of hat
- 4 Sum of money paid
- 5 Expel tenant
- 6 Restore from inactive state
- 7 Makes improvements to
- 8 The human face (slang)
- 14 Elementary basics
- 16 Fine-tune an instrument
- 18 Mark of misconduct
- 19 Peril, risk
- 20 Made up one's mind
- 21 Determined the nature of
- 23 Be similar in sound
- 25 Physical locations

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COMMUNITY NOTICE BOARD ONLINE

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

REAL ESTATE HOW TO GET YOUR BOND BACK

TOP TIPS WHEN VACATING A RENTAL HOME

Moving house and vacating a rental property can be a stressful life event involving major costs. In fact, more than half of the dispute resolution requests that the Residential Tenancies Authority (RTA) receives relate to disagreement over how a rental bond will be paid out.

In the weeks leading up to the end of a tenancy, communication between the tenant and the property manager/owner is crucial to prevent bond disputes and ensure an easy exit.

When it comes to vacating a rental property, here are the RTA's top five tips for a smooth departure and fast bond refund:

1. Tenants and property managers/owners should take time to complete the exit condition report and take photos to support the condition of the premises compared to the start of the tenancy. Any issues pertaining to cleaning, rent or damage that may have arisen should be openly discussed and dealt with at the vacate inspection or as soon as

practicable.

2. Have everyone listed on the bond, including tenants and the property manager/owner, sign the Form 4 outlining the agreed bond refund arrangements. Never sign a blank or incomplete form.
3. Provide full names and contact details (email address, phone number and forwarding address) for all parties on the Form 4.
4. Check that an Australian bank account has been provided for the bond refund and all the details are correct.
5. Submit a Form 4 only after the date of the notice to end the tenancy has expired, or after the tenant has vacated the property. You can upload the form online or post it to the RTA. Check the image quality of the uploaded form to ensure it's legible.

It's important to note that property managers/owners must not claim a full or partial rental bond if they are not entitled to the monies. If there are no bond claims at the end of the tenancy, the tenant is entitled to a full rental bond refund.

For more information on bond refunds, including average refund timeframes and disputes, visit www.rta.qld.gov.au.

The RTA is the Queensland Government statutory authority that administers the *Residential Tenancies and Rooming Accommodation Act 2008*.



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- * 2 outdoor entertaining areas
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- * Solar panels
- * Security screens to windows

For Sale \$565,000

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For Sale



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North Rise Estate 1/4 Acre

- * Large Kitchen & Lounge
- * Tiled throughout
- * Air Con & Ceiling fans
- * Security screens on doors
- * Covered entertainment area
- * 138sqm dwelling
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- * Room for a Pool!

For Sale \$540,000

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- * Bar with polished timber wall
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- * Kids retreat
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- * Security system with camera

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For Sale



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Family Home & Granny Flat

- * 2 Acres backing onto bushland
- * 4 bed house + 2 bed Granny Flat with air con
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\$589,000 4 2 2



1/5 Mason Avenue, Kallangur

\$292,000 3 2 1



92/90 Northquarter Drive, Murrumba Downs

Auction 3 2 1



11 Esk Place, Kallangur

\$399,000 3 2 2



73 Claremont Drive, Murrumba Downs

Offers over \$430,000 4 1 2



24 Barwon Street, Murrumba Downs

\$389,000 3 2 2



11 Waranga Court, Murrumba Downs

Offers over \$599,000 5 2 2



11 Ladybird Street, Kallangur

\$399,000+ 3 1 2



8 Troon Street, North Lakes

\$569,000 4 2 2



100/1 Lamington Road, Mango Hill

\$310,000 3 2 2



53 Dickson Crescent, North Lakes

Offers over \$449,000 4 2 2



4 Pandorea Circuit, North Lakes

Offers over \$419,000 4 2 2



Kallangur | Murrumba Downs

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kallangurmurrumbadowns.ljhooker.com.au

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7. The average person walks the equivalent of three times around the world in a lifetime.
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9. Coca-Cola would be green if colouring wasn't added to it.

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CONTACT

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

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