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1ST FEBRUARY - 15TH FEBRUARY 2019 VOL 36 - ISSUE 03

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Hills Citizen of the Year joint winner Steve Wickman



Hills Citizen of the Year 2019 Karen O'Neill with Mayor Michelle Byrne and Australia Day Ambassador Amor Hadid.



Hills Senior Citizen of the Year 2019 Graham Rawstron with Hills Mayor Michelle Byrne and special guest Amor Hadid.



Hills Young Citizen for 2019 Hannah Stack receives her award for Hills Mayor Michelle Byrne.

HILLS CITIZEN of the

Story and photos by BEV JORDAN

THERE IS NOT ONE, but two Hills Shire Citizens of the Year. Congratulations to **Karen O'Neill** from Riding for the Disabled, Tall Timbers at Box Hill and **Steve Wickman** from the Hills Barbarians Cricket Club who were named joint **2019 Hills Citizens of the Year** at the Australia Day celebrations at Bella Vista Farm on Saturday.

Young Hills Citizen of the Year (24 and under) is **Hannah Stack** who is helping drive the Sydney Hills Business Chamber's new YoHu (Young and Hungry) initiative. **Hills Senior Citizen of the Year** is **Graham Rawstron**, President of the Friends of Bella Vista Farm.

In a crowded field for **Community Group of the Year** the winners were **Baulkham Hills Cricket Club** and the **Children Medical Research Institute's Hills Fundraising Committee**. Hills Shire Mayor, Dr Michelle Byrne said the awards recognised personal achievements that go beyond the ordinary. "These award recipients and finalists have made a positive contribution to the lives of others, without asking for anything in return.

"Their work helps make us be mindful of what a great region we live in, and of the generous spirit amongst our residents."

There were 26 finalists in the annual awards.

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Owner: Compton Media Group

Publisher: Diana Paton | 0408 011 193

Advertising email: advertise@hillstohawkesbury.com.au

Editorial: contribute@hillstohawkesbury.com.au



DIANA PATON
0408 011 193
Publisher



KAREN TAYLOR
0499 040 726
Advertising



BEV JORDAN
0451 519 088
Journalist



IVOR JONES
Contributor



KAI CHING LEONG
0459 303 600
Accounts

THE WINNERS

KAREN O'NEILL FROM RIDING FOR THE DISABLED - TALL TIMBERS started volunteering at RDA (NSW) Tall Timbers Centre in 1982, and over the course of 36 years has worked her way up to become a senior coach, an assessor for RDA (NSW) and was the honorary President for the Tall Timbers Committee for more than 10 years. Karen is involved in fundraising events and working bees and is always thinking of clever ways to improve the service and property for the riders, volunteers and staff. She has won numerous awards for her dedicated volunteering and was awarded Life Membership for Tall Timbers in 2006.

STEVE WICKMAN has played with the Hills Barbarians Cricket Club since he was 15-years-old and is an integral part of the Club's A grade team. He has coached junior cricket for 28 years. He was Club President for 15 years and has been the Club's Modified Programs Coordinator since its inception 20-years ago. During the past 28 years, Steve has been helping young cricketers to find their footing on-and-off the field. He has been a great advocate of teaching life skills through sport and teamwork, including leadership, communication, confidence and sportsmanship. He was the recent recipient of the Sydney Thunder HomeWorld Community Hero Award.



Hills Winners and Finalists with Hills Shire Mayor Michelle Byrne and councillors and Baulkham Hills MP and State Minister David Elliott.



Hills Community Group of 2019 The Children's Medical Research Institute's Hills's Fundraising Committee. Vice-President Leigh Thompson and President Patti Payne.

YEAR



Accepting the award on behalf Baulkham Hills Cricket Club, Joint winner of the Hills Community Group of the Year, are Connie Vallis and club president Chris Springall.

HANNAH STACK is at the forefront of the Sydney Hills Business Chamber's new YoHu initiative which is aimed at 17-30 year olds on their journey from leaving school to tertiary education and employment through to starting their own business as an entrepreneur. As a volunteer Hannah has shown exceptional drive, leadership and passion to get the initiative off the ground. Hannah is very active in both the local business community and community as a whole.

GRAHAM RAWSTRON has been President of the Friends of Bella Vista Farm Park since August 2015. He is passionate about the enhancement of Bella Vista Farm which is considered to be "the Jewel of The Hills Shire". Graham has gained the respect and admiration of all the members of the Friends Committee and is constantly on hand when required. At the monthly Open Days and various special events at The Farm, he is always available to converse with community members and visitors who may have questions about The Farm or other matters. Graham is also a member of the Bella Vista Farm Bushcare Group and is currently the Secretary of the Norwest Community Association.

BAULKHAM HILLS CRICKET CLUB: During the 2018/19 cricket season Baulkham Hills Cricket club celebrated its 100th anniversary. For a century, the Club has diligently fulfilled its role, not only as a sporting club, but as a social outlet, a support base and above all, a great competitive cricket club. Baulkham Hill Cricket Club is now one of the largest clubs in the Parramatta District Cricket Association with more than 200 registered juniors and 130 seniors.

CHILDREN'S MEDICAL RESEARCH INSTITUTE HILLS FUNDRAISING COMMITTEE: In the last 12 months this group of 14 dedicated women have volunteered their time to raise more than \$100,000 for vital medical research which will benefit, not only local residents, but those all across Australia. They have organised a barefoot bowls family day, a Spring Luncheon, and their biggest event is their Mothers Luncheon - attended by hundreds of people.



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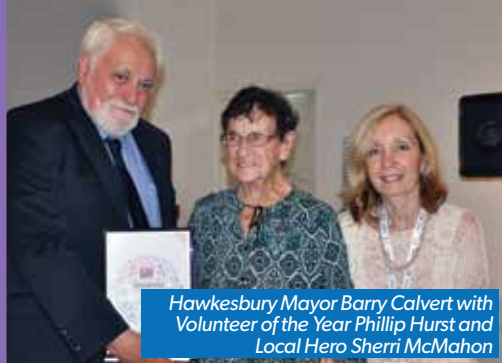
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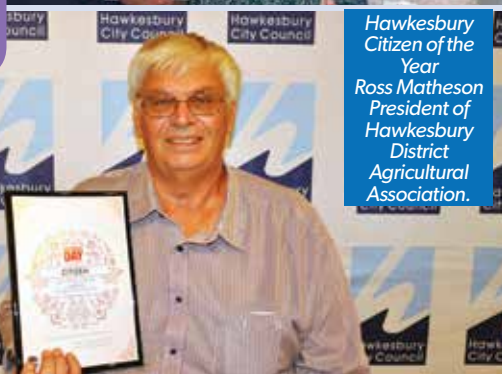


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Hawkesbury Mayor Barry Calvert with Volunteer of the Year Phillip Hurst and Local Hero Sherri McMahon



Hawkesbury Citizen of the Year Ross Matheson President of Hawkesbury District Agricultural Association.



Hawkesbury Mayor Barry Calvert with Volunteer of the Year Phillip Hurst and Local Hero Sherri McMahon

HAWKESBURY CITIZENS of the YEAR

Story by BEV JORDAN

ROSS MATHESON, President of Hawkesbury District Agricultural Association was named Hawkesbury Citizen of the Year on Friday at a special Awards Ceremony at Hawkesbury Regional Gallery in Windsor.

The Mayor of Hawkesbury, Councillor Barry Calvert congratulated all Australia Day Award winners saying, "Thank you for the contributions you have made to the Hawkesbury community."

He was joined by the 2019 Hawkesbury Australia Day Ambassador, Cheryl Koenig as awards were made to Ross, Phillip Hurst, Betty Kelly, Sherri McMahon, City Slickers and Windsor High School.

HAWKESBURY CITIZEN OF THE YEAR:

Ross Matheson has been a member of the Hawkesbury District Agricultural Association for more than 40 years, holding several a committee roles including President since 2016 and has been Head of the Showground Works Committee for many years.

His commitment as a volunteer is 365 days a year as the Showground is an all year business, staging not only the annual Hawkesbury Show but also the hosting of a range of externally organised events throughout the year.

As Head of Works Committee Ross has planned, project managed and completed projects with a value of around \$700,000 including upgrade to the internal roads and drainage within the Showground, construction of a new ambulant toilet block and installation

of a bore and irrigation system to the Showground's main arena.

Hawkesbury Volunteer of the Year was awarded jointly to **Phillip Hurst** and **Betty Kelly**. Phillip Hurst has been a volunteer in the Hawkesbury Rural Fire Service for more than 35 years. He joined Kurrajong Heights Brigade in 1981 where he is still a very active member.

He has held the position of Senior Deputy Captain, Deputy Captain, brigade treasurer, permit officer and brigade management team member. Phillip is also a Deputy Group Captain in the Hawkesbury District a position which he has held since 2012.

He has been instrumental in running the Hawkesbury Rural Fire Service District High School Cadet program which runs at Colo High School, Windsor High School, Hawkesbury High School



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and Arndell Anglican College. In the time Phillip has been involved more than 200 Hawkesbury students have graduated through the program.

Betty Kelly, 90, received a life membership of the Hawkesbury Hospital Auxiliary in recognition of more than 15 years of continuous service to Hawkesbury Hospital patients, families, friends and staff. During her time as a volunteer, Betty fulfilled important leadership roles including as Vice-President of the Auxiliary for a number of years. Betty also volunteered very regularly in the Hospital Gift Shop working many days a month over many years. Betty turned 90 in October last year and, although her mobility is now quite restricted, she still continues to volunteer in the Gift Shop, working an average of five shifts per month. She also is regular contributor at fundraising events at the Hospital and is known as someone who can solve issues. While Betty's service is outstanding and a testament to a conspicuous commitment to serve her community, it is her role as a mentor and guide to the other volunteers in the Auxiliary, that is exemplary.

The Community Organisation of the Year: City Slickers Appeal which helps rural residents who are suffering from the devastating effects of drought.

Hawkesbury Local Hero is Sherri McMahon who has made a big contribution to the community since arriving in the Macdonald Valley in 1996. She joined

The local Volunteer Bushfire Brigade, trained as a Firefighter and went on to become a Deputy Captain and eventually Senior Deputy. As a Primary Producer, Sherri shared her knowledge, successes and concerns with others and was subsequently

elected as a Trustee of the St Albans Common. Through flood, fire and drought, Sherri has stood by her community. She established an effective, widespread email network and she regularly notifies residents (and Weekenders) of the events which are shaping their lives. Sherri provides prompt, accurate and up-to-date information as events unfold and has brought the community together, whether it be fighting for a common cause, addressing threats to the community, supporting local institutions such as the St Albans School of Arts, Macdonald Valley Public School and the Writers Festival or welcoming new residents.

The Hawkesbury Environmental Award was won by Windsor High School where students, Harrison Moxon, Sean Gaiter, Chase Wright and Caleb Chase entered a competition called Innovation Nation run by the Foundation for Young Australians. The aim was to develop ideas for social and environmental change.

The students focused on rubbish reduction and recycling and created the Cash Cage Project after conducting an audit of the garbage bins at the school. The Cash Cage became a whole school project as students used it to separate different recyclable items. The money earned for the school from the return and earn part of the Cash Cage was used to purchase compost bins to aid further reduction of waste and to make a product to improve the quality of the soil in the school gardens and agriculture plot.

The school made it to the top ten, receiving a \$1,000 micro grant, online resources, as well as coaching sessions with experienced business leaders. They also won an additional \$6,000 to keep The Cash Cage project going.

FIRST BIRTHDAY

The Hills Women's Shed celebrates its first anniversary on Thursday, February 7th and it has extended an invitation to the community to join in the celebrations.

President of The Hills Women's Shed, Padmini Howpage, said the aim was break the isolation of women in the community and bring them together to use their skills to help others.

The Hills Women's Shed is an initiative of the Positive Vibes Foundation, working in collaboration with the Community Migrant Resource Centre. "There are a lot of educated women in the community who are isolated and have skills that they can contribute to the community," said Dr Howpage.

The Hills Women's Shed runs a drop-in centre at Building 32 on the Balcombe Height's Estate, 92 Seven Hills Rd, Baulkham Hills.

The drop-in centre is open every Tuesday between 1pm and 3pm. There is a community veggie patch and a monthly walk every third Sunday from 8am.

"We start with motion meditation and then do a dance walk but if you don't feel like that you can have a cup of tea," said Dr Howpage.

"It's not really about the walk, but getting the community together... making connections, having a good lifestyle and doing something meaningful."

The birthday celebration is **Thursday, February 7, 10am to 11.30am** in Thompson Hall, Balcombe Height's Estate, 92 Seven Hills Rd, Baulkham Hills.

RSVP: thehillswomensshed@positivevibes.org.au

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1



Authorised by Darren John Wurth, 230 Cabbage Tree Road, Grose Vale NSW 2753

Your Independent Voice

HISTORY

or Her Story

(PART 11)

After family get together, we would often find ourselves a spot on the front verandah and talk, tell yarns, have a sing-a-long and then a cuppa! John was the yarn teller, he would puff away on his pipe and tell yarn after yarn. Reg came a close second, his yarns were usually the long drawn out type. Those madly in love were usually nestled up close, kid sister Mae and her dog making a nuisance of themselves, then Dad would decide to drop the clanger and announce to the boys it was time to go home and for his daughters to be in bed. So another weekend was over and we all eagerly awaited another evening as this had been, usually in two weeks' time.

I was only 14 when I was taken from school. Aunty Myrt was into the last two months of her pregnancy with her second son, Clive. Uncle needed to have someone to call him if needed, also to take out the morning and afternoon teas as the men often worked on the outskirts of the farm at Griffith NSW. Work was hard to get in Sydney at the time and Uncle thought it would help Mum and Dad if they had one less mouth to feed. It was New Years Eve 1933, having never been far from home alone, when Dad put me on the train. He asked a lady who was also travelling to Beelbangra to look after me. If ever a lady deserved a place in heaven it had to be her. I have often thought of her over the years. I was in tears by the time the train slid out of Central Station. We were in a box carriage, these were under 2 metres wide, five seats along one side, four on the other. At the end of the short seat a door led to a small toilet and a small walkway between the row of seats. Can you picture a crying kid with a weak bladder and seven or eight people trying to get to sleep in a sitting position, with the kid clambering over their legs every hour or so. Mum had bought me a lovely crinoline hat to go with the best dress I was wearing and the kind lady had hung it on a hook beside us. During the morning, with another four hours' journey ahead – (we'd already been 13 hours on the train) a puff of wind sent my lovely hat flying out the window. She pressed

the emergency button and stopped the train, the guard came to see why and he kindly got the driver to back the train and he retrieved the hat, with a warning to the lady never to do it again. When we got to Beelbangra, Uncle knew the lady and she told him the story, I never lived it down.

I can remember our arrival at the farm. I was so tired and, being summer, the beds were in a sleepout, a part of a long verandah, enclosed with fly mesh. Aunty suggested I lie down for a while and when I woke it was pitch black and foxes were wailing not far from the house, it was so eerie.

Uncle George was a terrible torment and suggested I should chop wood to improve my bustline. I was out at that woodheap twice a day. I guess the exercise helped me but it took two kids to do what the woodchopping didn't. Cousin Ray was about eight at the time and wasn't too impressed with a new baby brother and a girl cousin around. After all, he'd had Aunty and Uncle to himself until then. He would do all he could to get me into trouble but was crafty enough not to seem involved. One day I was going to visit Barbara, my friend on the next farm. Ray was told to clean the sulky for me, the job was completed and I drove off. Imagine my dismay when I arrived covered in chook poo. He hadn't cleaned the sulky properly, nor had he dried it off. That was one time he couldn't pass the blame on me. I quite enjoyed farm life and to this day I love travelling through the country areas.

Don't forget to contribute your memories and also any old photographs that you would like to see published in this magazine's "AS WE WERE" section.

NOW WHAT ABOUT YOUR MEMORIES OR YOUR STORY.

This page is about memories so tell us yours. If you have some great memories, or perhaps you belong to a local community organisation and would like to share your organisation's history or story with us then feel free to share your memories or experiences by writing to 17 Rose St, Baulkham Hills NSW 2153 or email to ivorjones@hillstohawkesbury.com.au. You can also share memories on any of my Facebook memories groups including Hills District Memories which you will find at <https://www.facebook.com/groups/Hills.memories/>

THIS WONDROUS LAND

BY DOUG WORSLEY

Was there ever a unique land,
That strangers so completely misunderstand?
Ringed by azure seas and wide golden beaches grand,
Yet where in the harsh Centre there go hand -in-hand,
Countless, endless hills made of shifting, burnished sand
Reflecting a strange rare beauty of their own brand,
Slowly changing to ragged mountains and tableland,
Starting winding rivers on courses drawn freehand.
Then that land must be-AUSTRALIA.

Was there ever an ancient land
Home to aborigines who observed first hand,
That this fragile land, overuse could not withstand?
Flora and fauna need respect in their homeland
And wilful waste and misuse were so strictly banned,
To disobey tribal rules earned a reprimand.
But then white men came claiming "This is No-Man's Land"
An error that for years continued to expand.
Then that land must be – AUSTRALIA.

Was there ever a tortured land,
Victim of hasty solutions poorly planned,
To solve imported problems we now can't remand?
Camels, rabbits, carp, cane toads far and wide have fanned,
Joining Indian myna birds, feral cats, pigs and
Now Asian bees have arrived by some ways underhand.
These destructive pests are not easy to disband,
A national Pandora's box opened and uncanned.
Then this land must be – AUSTRALIA.

Was there ever a special land,
Producing such lists of talent we name off hand?
Explorers, engineers, farmers tall and tanned,
Soldiers, poets, artists-- a list to beat the band.
But in this remote country, though often undermanned,
Problems were beaten by tackling them hand-to hand,
Artistic wonders came from some unrequited gland,
Proving to all, here's a great innovative strand.
Then that land must be – AUSTRALIA.

Was there ever an honoured land
Touched by our God's almighty, creative hand,
Given every exquisite beauty at His command?
With hidden treasures beneath the soil, sea and sand,
Wonders abounding wherever our eyes have panned?
But His perfect plan that was made clear beforehand,
Was to treat it well, avoid commercial demand,
We are but stewards, we must clearly understand,

Of this wondrous land-AUSTRALIA.

First to our readers I would like to make the following announcements that due to a publishing error in the issue of the 21st December a poem appeared under the Memories section called "The Anomalies of Christmas". This poem was not attributed to the author and it was requested by myself that it be attributed in the following edition. This was not done so. I now offer my apologies to the author Mr. Doug Worsley of Northmead for this oversight. Mr. Worsley had also submitted a poem for Australia Day entitled "This Wondrous Land", which was received after the deadline of the last issue. Therefore I have included the poem in this issue. Thank you for your contributions Doug and I hope that you continue to contribute from time to time.

AS WE WERE

PHOTOS FROM THE PAST

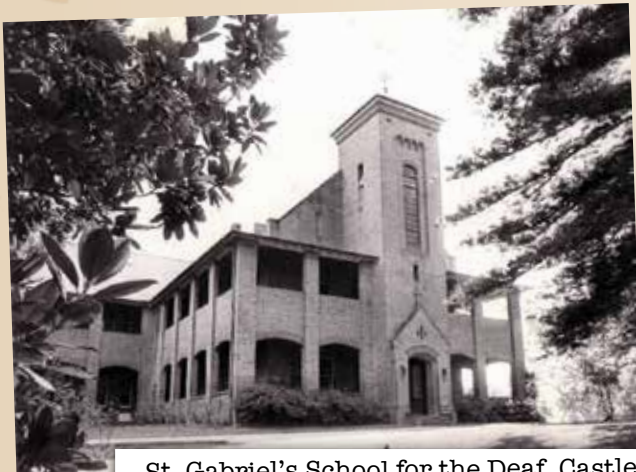
COLLECTION COMPILED BY
IVOR JONES SHOWING LIFE IN
THE HILLS AND HAWKESBURY
AREA DURING PAST DECADES.

Castle Hill Show early 1900s.
Courtesy of the Aust. Broadcasting Corp.



Thorne family members in the grounds of
Darcey Hey, Castle Hill,
around 1878 / photographer unknown
Courtesy of Caroline Simpson Library
(Historic Houses Trust)

Foundation members of Hills Bowling Club
(Baulkham Hills) playing bowls 1936.
Courtesy of the Hills Club.



St. Gabriel's School for the Deaf, Castle Hill
Courtesy of St. Gabriel's School

Twins Ruby and Lilly with Casey (centre) have a play in the Olympic Pool



splash in at the free pool party AT RICHMOND SWIMMING CENTRE

Free entry to the pool, free entertainment, free sausage sizzle and a great way to cool down, what more do you need to join Richmond Swimming Centre in seeing out the end of Summer on Saturday, 16 February?



Caitlyn Warby, jumps to her brother Jack

So slap on your hats, sunscreen and swimmers and meet your friends at the pool for a family fun day from **11am to 3pm**.

Fun activities will include a jumping castle, a giant water slide, and free giveaways for kids too!

Located at East Market Street, Richmond, the Richmond Swimming Centre includes a



Caitlyn Warby

shaded baby pool, an intermediate pool, a six lane Olympic pool and change rooms as well as a shaded children's playground.

The Mayor of Hawkesbury, Councillor Barry Calvert, said it will be a great way for the community to connect and share in the poolside fun. "Hawkesbury City Council has waived the entry fee at the pool for the celebrations," Councillor Calvert said. "I'm sure this free community event will be a great way for everyone to celebrate not only the end of summer, but the year of Richmond Swimming Centre's 55th birthday!"

The kiosk will also be in operation as usual with ice cream, food and refreshments available to purchase.

Richmond Swimming Centre was officially opened on 3 October 1964 and since then it has received several upgrades to enhance the water quality and filtration levels. Other additions include a half-court basketball area, a change room upgrade, and picnic areas. The Centre is open seven days from September to April and is a great venue for sport and recreation. So cool off at the pool throughout this hot weather, and make the most of this great community facility.

Richmond Swimming Centre also offers after school swimming lessons during school term and School Holiday Intensive Sessions during the summer school holidays. Birthday parties, club nights and squad sessions are also available.

For season opening hours or more information, visit Council's website www.hawkesbury.nsw.gov.au or call 4560 4444. The Richmond Swimming Centre direct contact number is 4578 1349.



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Story by BEV JORDAN

MOTORS FOR MIRACLES

If you love a good car show you won't have far to go this month.



Happy times for Ursula and Scott with Paige, 20 months, and Hudson, 27 months.



New born Paige in Neonatal Intensive Care

MOTORS FOR MIRACLES CAR SHOW

Sunday, February 24, 10am to 2pm

To register a classic, muscle or supercar you must arrive well before 10am

At the Hills Super Centre car park roof top, 16-18 Victoria Avenue, Castle Hill NSW 2154 (Cnr Showground Road and Victoria Avenue)

For Sponsorship opportunities, donations or inquires contact motorsformiracles@gmail.com

You can support the event at: <https://give.everydayhero.com/au/motors-for-miracles>

Classic cars, muscle cars and super cars will be on show at the Roof top of the Hills Super Centre car park on Victoria Ave, Castle Hill on **Sunday February 24**.

Hundreds of cars will be part of the show which is being held to raise money for the Miracle Babies Foundation.

People can register their car on the day before **10am**. There will be 16 trophies judged on the day.

The Motors for Miracles event has been organised by Ursula and Scott Renfrew after their second child, Paige, was born prematurely. Ursula says the fundraising car show was a great way to combine her passion to "make a difference" with her husband's Scott's passion for classic cars... he owns a 1968 Chevrolet Camaro.

Their parenthood journey took a detour when Ursula was just over 23 weeks pregnant when they were told her waters had broken. She was admitted to hospital and at 29 weeks Paige was born.

"Due to her being breech, no waters present and her heart rate dipping they decided to perform a Caesarean," said Ursula.

But after Paige was whisked away for oxygen support, Ursula started having her own battle due to internal bleeding and underwent 12 transfusions. She nearly died.

Paige Willow, finally got to home to live with her big brother Hudson at 38 weeks gestation and after 9 weeks of being in the Neonatal Intensive Care Unit at Royal North Shore Hospital.

Paige will turn two years old in April and is, her mum says, "one cheeky monkey - climbing, running, trying to talk and smiling everywhere she goes".

"We set up Motors for Miracles - Car Show as a way to raise much needed funds and awareness for the thousands of babies born sick or premature every year.

"The Miracle Babies Foundation were a vital part of our journey through the NICU. We would love to be able to give back to them so they can continue to do the important work in Hospitals and with families going through these tough times."

MOTORS FOR MIRACLES

SUNDAY 24TH OF FEBRUARY 2019 10AM-2PM
AT HILLS SUPER CENTRE-ROOFTOP
16-18 VICTORIA AVENUE, CASTLE HILL NSW 2154
(CNR SHOWGROUND ROAD AND VICTORIA AVENUE)

EXCLUSIVELY FOR CLASSIC, MUSCLE AND SUPERCARS
REGISTRATION BY 10AM - TO BE ELIGIBLE FOR TROPHIES

\$20 ENTRY PER CAR

PROUDLY SUPPORTING THE MIRACLE BABIES FOUNDATION
FREE PUBLIC ENTRY

proudly supporting miracle babies FOUNDATION hills SuperCentre

Logos for sponsors: Castles Hill, Buffalo, Hills Health, etc.

Aussie Pumps boosts fire pump production to keep up with demand

AUSSIE BOOSTS FIRE PUMP PRODUCTION



With forecasts continuing this summer of extreme temperatures and dry conditions, farmers and home owners need to keep prepared. Australian Pump has bumped its firefighting pump numbers up to ensure adequate supplies to firefighting authorities, farmers and consumers.

"The Aussie Fire Chief and our Mr T Twin Impeller pumps have sold in record numbers this season," said Aussie Pumps' Brad Farrugia.

The company's flagship, the Aussie Fire Chief, is widely regarded as the world's best lightweight portable fire pump. With the ability to draft water through a vertical lift of 7.6 metres the pump offers unbeatable priming characteristics. It produces excellent flow/pressure combinations making it ideal for spot firefighting and household protection.

"Many customers are moving to diesel drive versions of the Chief," said Farrugia. "For example in our big Mr T Twin Impeller product range, we are seeing a major increase in sales of Yanmar diesel drive versions," he said.

All Honda powered pumps are backed by Honda Australia's unique GX engine 3 year warranty. "We put ourselves in the position of the user when we are designing the equipment," said Farrugia.

A free Aussie Fire Survival Guide is also for anybody setting up a firefighting pump. It covers not only the basic steps required to prepare a property for the coming fire season, but information on pump selection and setting up a reticulation system. "The Survival Guide can be the difference between the saving of a property, periling lives or losing much-loved pets," said Farrugia.

For further information on the range of Aussie fire pumps and copies of the Survival Guide, check online (www.aussiepumps.com.au) or contact your local Aussie Pump Distributor.



Get rid of electronic waste for **FREE**

E-Waste Drop Off Event

Saturday, 16 February 2019 | 9am—3:30pm | Castle Hill Showground

Drop off your old, unwanted electronic items for recycling.

General household electronic items are accepted.

White goods are not accepted as part of this event.

For a full list of acceptable items visit: www.thehills.nsw.gov.au



**For residents of The Hills only
—proof of residence required*

www.thehills.nsw.gov.au | 9843 0555



This project is a NSW EPA Waste Less, Recycle More initiative, funded from the waste levy.



THE HILLS
Sydney's Garden Shire

FERAL RABBIT REDUCTION PROGRAM ROLL OUT



GREATER Sydney Local Land Services will roll out a feral rabbit reduction program in the Hawkesbury from **21 February 2019**.

Originally scheduled for release last October, the program was postponed due to ongoing wet conditions and the high number of young rabbits.

Greater Sydney biosecurity team leader Lee Parker said the new date ensured the program would have maximum impact in reducing rabbit numbers.

"This program involves the release of the Rabbit Haemorrhagic Disease Virus, commonly known as RHDV1-K5, this virus doesn't spread as quickly in wet weather and baby rabbits are immune which is why the decision was made to hold off," he said.

"As always, we urge owners of pet rabbits to vaccinate their animals as soon as possible to ensure they are not impacted by the virus. The virus is spread mainly by contact between rabbits or via insects such as mosquitos and flies. RHDV only affects rabbits and if pets are vaccinated they become immune."

Mr Parker said the release was the third of its kind following the initial national program roll out in March 2017 which led to a 42 per cent reduction in feral rabbit numbers across NSW.

"This program is designed to complement ongoing control efforts on private and public land," he said. "We encourage landholders experiencing issues with feral rabbits to continue working with us to roll out coordinated control campaigns in partnership with their neighbours wherever possible," he said.

Feral rabbits are a declared pest in NSW due to the significant amount of agricultural and environmental damage they cause.

They are believed to have contributed to the decline or extinction of a number of NSW native species including the greater bilby and the yellow footed rock-wallaby and their overgrazing is estimated to cost Australian agriculture more than \$200 million every year.

The virus will be released in the Wilberforce and Ebenezer areas.

For further information contact Greater Sydney Local Land Services on 02) 4724 2100.

MUSEUM RECEIVES ARMISTICE CENTENARY GRANT

Hawkesbury Regional Museum has been successful in receiving a **\$4,416 grant** from the Commonwealth Government's Department of Veterans' Affairs, under the Armistice Centenary Grant funding program.

The Armistice Centenary Grants Program provided funds to every electorate in Australia for communities to mark the centenary of the Armistice in a locally significant way. The funding received by Hawkesbury Regional Museum will be used for the conservation of a WWI uniform which was generously donated to the Museum by the Paine Family of Windsor. The items belonged to Brigadier General John Jackson (J.J.) Paine, grandfather of the late John Paine.

Museum Curator, Rebecca Turnbull said that preventative conservation treatment would allow the uniform and related items to be used for research, exhibitions and potentially loaned to other facilities.

"This conservation will allow the stories and experiences of Hawkesbury soldiers, who participated in the Great War, to be shared with

LIVING SUSTAINABLY WALKS & WORKSHOPS

FEBRUARY – MARCH 2019

BEAUTIFUL BOOMERANG BAGS

Thursday 7th February | 10am to 11.30am

Create a functional and funky carry bag, which could be used for carrying groceries, laptops or school items. Explore great design ideas and the creative use of materials in this new workshop to start the 2019 program.

SAVING WATER IN YOUR GARDEN

Thursday 14th February | 10am to 11.30am

Do you want to minimise water loss in your vegetable, ornamental or native garden and reduce your water bills? Explore various watering and irrigation options. Learn how to create and use a lasagne and wicking garden system.

A WILD LIFE

Thursday 21st February | 10am to 12noon

Are you interested in connecting with the natural world? Come on a Nomadic Nature safari with a wildlife guide. Discover the diversity of local wildlife and their habitats and what is involved in being a passionate nature guide.

COMPOST AND WORM FARMING

Thursday 28th February | 10am to 12 noon

Turn your kitchen scraps and garden clippings into a rich organic compost to improve your garden soils. Help boost your soil's health and promote plant growth by using the liquid output from your worm farm as a natural tonic.

ENERGY SAVING

Thursday 7th March | 10am to 12noon

(Dural Library)

Learn how to understand your energy bills and how to monitor and manage your household energy use. Practical advice provided on reducing energy costs. Energy saving devices will be provided to residents of the Hills Shire.

WATERWISE GARDENING

Thursday 14th March | 10am to 12 noon

Droughts or deluge? Make sure your garden not only survives our more extreme weather events, but thrives in dry or wet conditions through the use of thoughtful garden design and good water management techniques.

GARDENING IN SMALL SPACES

Wednesday 20th March | 6.00pm to 7.30pm

(CH Library)

Do you have a small yard or live in a flat? Discover how to grow vegetables and fruit trees in a small or confined space. Learn about the different growing options including self-watering beds and various planter boxes.

INSECTS IN YOUR GARDEN

Thursday 21st March | 10am to 12noon

Did you know that over 90% of all species of insects you see in the garden are beneficial? Learn how you could attract these little helpers to eradicate pesky pests and pollinate your vegetables and fruit trees.

BACKYARD PERMACULTURE

Thursday 28th March | 10am to 1pm

Come and learn from an experienced practitioner some basic permaculture design principles and practices that will help you establish your own "eco-friendly" vegetable garden that is both productive and sustainable.

BUSH WALK - PORTERS TRAIL WEST ARM

Saturday 30th March | 9.30 am to 11.30am

Wildflowers flourish on sandstone ridges and Spring is one of the best times to see the diversity of wildflowers in the local area. This walk leads to a spectacular viewpoint overlooking the O'Hara's Creek valley.

Places for workshops and walks are limited. Bookings are essential.

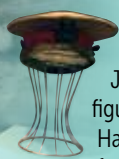
To book visit - www.thehillsenvironmenteventbrite.com.au

Workshops are held at the Community Environment Centre unless otherwise indicated.
Location: Community Environment Centre – Currie Ave, Annangrove Park, Annangrove

THE HILLS
Sydney's Garden Shire



Uniform and items belonging to Brigadier General J.J. Paine on display at Hawkesbury Regional Museum.



future generations," Ms Turnbull added.

Brigadier General J.J. Paine is a significant figure in the history of the Hawkesbury. The Paine family firm of Solicitors is the longest running law firm in Australia, commencing in Windsor 1828.

He was also Mayor of Windsor for eight years and a Trustee of the Hawkesbury Benevolent Society and Hospital, President of the Hawkesbury District Agricultural Association and a prominent Mason.

In 1914 when the Great War broke out, Brigadier General J. J. Paine volunteered for service. He was despatched to command 2,700 troops on the Ceramic, the largest troopship that left Australian shores. A further command of 2,200 troops on the Euripides brought him in touch with the ANZAC Mounted Division then operating in Egypt, Sinai and Palestine. He was awarded the rank of full Colonel, then the rank of Brigadier-General. He held the 1915 Star, the General Service and Victory Medals and the Victoria Decoration. Brigadier-General John Jackson Paine died aged 72 years at his home, Sunny Brae, in Windsor.

The conservation work will be completed early in 2019.

The Museum is located at 8 Baker Street, Windsor
www.hawkesbury.nsw.gov.au/museum
Bookings www.hawkesburygallery.eventbrite.com



BOLLYWOOD BIZ

Story by BEV JORDAN



It was a vibrant start to the Sydney Hills Business Chamber's new year on Wednesday.

The Bollywood-themed Business After Five at the Kashi Indian Restaurant at Annangrove on Wednesday night was the first function of the year and was a sell-out.

More than 150 members and guests enjoyed an Indian feast hosted by Kashi restaurant owners Arun and Susmita Bose and Bollywood dancing. Sydney Hills Business Chamber Chairman Nigel Rayner thanked attendees, including Hills Shire Mayor Michelle Byrne and introduced the new board members.

He also congratulated Hannah Stack who was named Hills Shire Council's Young Hills Citizen of the Year for driving the Chamber's new YoHu (Young and Hungry) initiative.

For information about joining or future events visit sydneyhillsbusiness.com.au

The 2019 BEGONIA and FRANGIPANI weekend

Presented by the NSW Begonia Society Inc. and the Australian Frangipani Society.

Saturday, 23rd February 2019
10:00 a.m. to 4:00 p.m.

Sunday, 24th February 2019
10:00 a.m. to 3:00 p.m.



at 226 Annangrove Road, Annangrove NSW

plants, displays, talks
sausage sizzle and light refreshments
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Name

Address

Postcode Phone

H2H

COMMUNITY groups

2nd Castle Hill Rovers

☎ 04 0922 1459
 🌐 www.gwsrovers.com.au

Annangrove Environment Centre

☎ 02 9654 3571 (Thurs)
 ☎ 02 9843 0533 (Wed-Fri)
 ✉ gnolan@thehills.nsw.gov.au

Annangrove Playgroup

☎ 04 3440 1077

Arcadian Quilters

☎ 9894 7749

Australian Sikh Association

☎ 0433 580 539
 🌐 www.asainc.org.au

Arcadian Quilters Inc

☎ 9894 7749

Boys' Brigade NSW

☎ 896 7247 or 1800 819 704
 🌐 boys.brigadeaustralia.org

Bushrangers Hash House Harriers

☎ 04 0828 9562

Castle Hill Senior Citizens Club Inc.

☎ 02 9680 8786

Community FDN of North West Sydney

☎ 0433 580 539
 🌐 www.cfnws.org.au

CWA of NSW Galston Branch

☎ Meets in Galston Community Health Centre, 17 Arcadia Rd, every second Wednesday. New members welcome.
 ☎ 9653 1774.

CWA of NSW - Castle Hill Branch

☎ Please be advised that the Castle Hill Branch of the CWA OF NSW will now meet at the CWA Hall, 2 Annangrove Road, [off Angus Road] Kenthurst. The next Meeting will be our October Meeting and our AGM and will be on Tuesday October 16 commencing at 10 a.m. The November Meeting will revert to the second Tuesday, i.e. NOVEMBER 13
 ☎ Wendy Macallister, Acting Secretary

Cystic Fibrosis Australia

☎ 1800 635 008
 🌐 www.cysticfibrosis.org.au

Country Womens Association, Kurrajong

☎ 02 4572 1317

Dural Men's Shed

☎ 04 0247 8498
 🌐 www.duralmensshed.org

Dural Country Club Bowls

☎ 04 2137 5580 | 04 2131 5074

Dural Galston Probuss Club

☎ Third Thursday of each month at the Galston Club at 10am.
 ☎ Contact Anne Atkins
 ☎ 9653 1004

Galston VIEW Club

☎ Raises money to support The Smith Family's Learning for Life program will hold its monthly Luncheon Meeting on Wednesday 27th February, 2019 at The Galston Club, 21-25 Arcadia Road Galston, at 11am. The guest speaker will be Ron Ray, talking on "The Midget Submarine Attack on Sydney Harbour in 1942". Visitors are always welcome.
 ☎ Vivien | 98941 189

Glenwood Men's Shed

☎ James | 04 0333 8450

Glenhaven Probuss Club Inc

☎ The club meets at 10am every second Tuesday of each month at the castle Hill Bowling Club, Castle Hill.
 ✉ secretary.glenhaven.probus@gmail.com
 ☎ 04 4977 8659

Glenorie Maroota Bioregional Forum

✉ 2archaeics@gmail.com

Hawkesbury Artists & Artisans Trail

☎ 02 4567 7400
 ✉ Leanne@mellowcrest.com
 🌐 www.haat.com.au

Hawkesbury District Agricultural Association

☎ 4577 3591 (BH)
 🌐 www.hawkesburyshow.com.au

Hawkesbury Nepean Chapter of the First Fleeters

☎ Meets on 2nd Saturday of each month.
 ☎ Pamela Hempel | 0407 660 579
 🌐 www.fffhnc.com

Hawkesbury Woodcraft Cooperative Ltd

☎ 4579 6061 or 4721 8709

Hills District Women's Bowling Club

☎ Jenner Street, Baulkham Hills
 ☎ 9639 2733
 🌐 www.thehillswomensbowls.com.au

Ladies Tennis Club at Crestwood Reserve

☎ 9624 2236 or 0432 494 132

Learning in the Hills

☎ 9639 7918
 🌐 www.hca.org.au/learning-in-the-hills/

Lions Club of Windsor Inc

☎ Vera | 0408 420 485

Macquarie Towns Garden Club

☎ 4575 3858
 🌐 www.macquarietowns-gardenclub.wordpress.com/

North Rocks Senior Citizens Club Inc

☎ 9980 6813

Parramatta View Club

☎ Meets 1st Wednesday of each month for lunch and listen to a Guest Speaker at Parramatta RSL Club, 11am for 11.30am start.
 ☎ Jeanette | 9624 5740

Pennant Hills Mens Probuss Club

☎ 9487 1385

Probuss Club Of Round Corner (Dural)

☎ Secretary, Julie
 ☎ PO Box 822, Round Corner 2158

Probuss Club of the Hills Inc

☎ 02 96296459

Probuss Combined Kellyville Club

☎ Meets at 10am on 2nd Monday of the month at Moran Aged Care Kellyville, 35 Goodison Street, North Kellyville. New members welcome.
 ☎ Fran | 0419361045
 ☎ Joy | 0416239696aw

Red Cross, Castle Hill Branch

☎ Resume meetings for 2019 on Friday, February 8th, at 10.15a.m. for 10.30 at the new venue of Wesley Uniting Church, 32-34 Showground Rd. New members welcome.
 ☎ 8850 7056

Richmond/Windsor VIEW

☎ Will hold it next luncheon meeting on Wednesday 13th February at 11:30 am at The Richmond Golf Club. Bourke St. Cost \$27.00 for 2 course lunch Carol Jackson on 45781510

Scouts Australia - Greater Western Sydney Region

☎ 9639 2488
 🌐 www.greaterwestscouts.com.au

Sleep Disorders Australia - NSW

☎ 02 9990 3514
 🌐 www.sleepoz.org.au

StAr Association

☎ 8850 1269
 🌐 www.star.org.au

The Hills Community Aid and Information Service Inc

☎ 9639 8620

The Family History Group of the Parramatta and District Historical Society

☎ 02 9686 3203

The Hills Learning Centre

☎ 02 8850 0555
 ✉ [RSVP | info@thehillslc.com.au](mailto:RSVP@thehillslc.com.au)
 🌐 www.facebook.com/thehilllearningcentre

The Sydney Hills Branch of the Association of Independent Retirees

☎ Will be holding their 1st meeting for 2019 on Friday 1st Feb at the Beecroft Presbyterian Church Hall, Welham Street Beecroft. Meeting will commence at 10.45am. The speaker will be Kinnda McKean Wealth manager, from Yellow Brick Road, her topic will be "Retirement Planning and Aged Care".
 ☎ 9634 1186
 ✉ airsydneyhills@gmail.com

Thursday Ladies Tennis Competition in the Hills District

☎ hillsdistricstennis.org

The National Seniors Australia Are you over 50?

☎ 9899 3940 | 9639 1814
 🌐 www.hillnsa.com

The Hills District Pipe Band

☎ The Hills District Pipe Band practices in the Harvey Lowe Pavilion at Castle Hill Showground every Tuesday night from 7.30pm-9pm. The band warmly welcomes new members and gig enquiries. Facebook and Instagram: @hillsdistrictpipeband
 ☎ Suzie Whitaker
 ✉ suz2801@live.com.au
 🌐 www.hillsdistrictpipeband.com

The Hills Trefoil Guild

☎ 02 9634 4987

Wanderers Bushwalking & Outdoor Club

☎ Meet every second Tuesday in the month at Crestwood Community Centre, Crestwood Drive, Baulkham Hills at 8 pm
 ☎ 0413 211 946
 🌐 www.bushwalkingnsw.org.au/wanderers

Windsor Country Golf Club - McQuade Avenue South Windsor

☎ 04 2913 8745

Winston Hills Joey Scouts

☎ 9862 8482
 ✉ hsara@optusnet.com.au

Wisemans Ferry Community Men's Shed Inc

☎ Meeting Tues 9am - 5pm and Sat 9am - 5pm
 ☎ Alan Hunt | 4566 4626 or Adrian Acheson | 0448 833 781

YMCA NSW Community Visitors Scheme

☎ 9633 8209 or 0402 255 193

Zonta Club of Sydney

☎ 9484 2700 or 0414 641 408
 🌐 www.zontadistrict24.org

Celebrate

2019 Hills Relay For Life

18 - 19 May

Castle Hill Showground

cancerCouncil.org.au/hillsrelay

relayforlifeaustralia

Remember

Fight back!

RELAY FOR LIFE

Cancer Council

WHAT'S ON IN THE HILLS TO HAWKESBURY AREA

Sunday 3th February Sunday Sessions with Bakers Lane

Come and enjoy live music in our beer garden every Sunday. Enjoy a drink and meal with friends and soak up the sun. Catch Bakers Lane Duo. Bringing you some originals and some of your favourite classic rock hits!
12pm - 2:30pm at Glenorie RSL Club, 3 Post Office Rd, Glenorie, NSW
Visit www.facebook.com/pg/GlenorieRSLClub

Monday 4th February Art Demo

Desley Stewart from Sydney Pastel Artists will demonstrate the painting of roses with "underpainting" technique. Underpainting involves applying pastel pigments then a wash of artists alcohol plus strokes of pastel creates a dark background with a watercolour effect. Baulkham Hills Art Society welcome new members and any visitors interested in watching the demonstration to come along and join us.
7:30pm at Baulkham Hills Art Society
Call 9674 1240

Tuesday 5th February English Conversation Group

Want to improve your English Conversation skills? A casual conversation group to help you with everyday communication in an open and friendly environment. Each group will run for 2 terms.
10am - 11:30am at Baulkham Hills Library, 1Z Railway Street, Baulkham Hills 2153
Visit www.thehills.nsw.gov.au

Wednesday 6th, 13th February Tech Help

Do you have a tech enquiry or want a hand with a specific task? Hawkesbury Library staff will help you find the answer to your problem. Booking are essential by phoning (02) 4560 4465
10am - 12pm at Hawkesbury Central Library, Deerubbin Centre (Ground Floor), 300 George St, Windsor, NSW, 2756
Call 02 4560 4460
Visit www.hawkesbury.nsw.gov.au

Thursday 7th February Volunteer Training - Provide First Aid

Provide First Aid is a comprehensive 1 day course that will give you the knowledge and skills to help an ill or injured person until medical aid arrives.
9am - 5:30pm at The Hills Shire Council, 3 Columbia Court, Baulkham Hills Norwest 2153
Call 02 9843 0555
Visit www.thehills.nsw.gov.au

Makers & Bakers

Join this new group designed for people who love talking all things food, sharing recipes and enjoy making handmade crafts.
6:30pm - 7:30pm at Castle Hill Library, 14 Pennant Street, Castle Hill 2154
Visit www.thehills.nsw.gov.au

Christine Anu- In Conversation and Song

For nearly 30 years, Christine Anu has entertained audiences across music, movies, television and radio. Christine is also the first Indigenous female

entertainer in Australia to showcase her rich cultural heritage and the beauty of her first-language, bringing songs such as 'Kulba Yaday' into mainstream arenas.
7pm - 8:10pm at Pioneer Theatre Castle Hill, 14 Pennant Street, Castle Hill 2154
Visit www.thehills.nsw.gov.au

Living Sustainably Walks & Workshops - Colourful Carry Bags

Create a functional and funky carry bag, which could be used for carrying groceries, laptops or school items. Explore great design ideas and the creative use of materials in this new workshop to start the 2019 program.
10am - 11:30am at Community Environment Centre - Annangrove Park, Currie Ave, Annangrove 2156
Call 02 9843 0555
Visit www.thehills.nsw.gov.au

Friday 8th February Summer Reading Club After Party

Everyone who registers for the SRC is invited! Reading Champions will be announced during afternoon tea. Be one of the first to redeem your coupons at the SRC Shop. There will be loads of great stuff to choose from.
4pm - 6pm at Hawkesbury Central Library, Deerubbin Centre (Ground Floor), 300 George St, Windsor, NSW, 2756
Call 02 4560 4460
Visit www.hawkesbury.nsw.gov.au

Monday 11th February Hills Short Story Writers Group

Are you a storyteller? Don't know where to start? Awaken your creativity and turn your thoughts into words. Come along to a new Writers Group at Baulkham Hills Library. Suitable for participants over 18 years.
6:00pm - 7:30pm at Baulkham Hills Library, Railway Street, Baulkham Hills 2153
Visit www.thehills.nsw.gov.au

Tech Savvy Seniors - Introduction to Social Media - In Mandarin

Learn all about Facebook, Skype, Twitter and Flickr. This session demonstrates how they work, so you can see what's happening in the lives of friends and family.
10am - 12pm at Castle Hill Library, 14 Pennant Street, Castle Hill 2154
Visit www.thehills.nsw.gov.au

Tuesday 12th February Buy Your First Property Workshop

Today, taking that first step on the property ladder can be a challenge. And if you don't know the rules of the game, the most common mistakes to avoid, and how to get started it can mean years of frustration and missed opportunities. In this session finance guru Ben Nash will help you understand the key things you need to understand to get into the property market with confidence.
6:30pm - 8pm at Castle Hill Country Club, 7 Spurway Drive, Baulkham Hills 2153
Call (02) 8817 1400
Visit www.sekisuihouse.com.au

Author Talk - Tea Cooper

Join us for our Library Lovers Day event as best selling author Teá Cooper discusses her latest release The Woman in the Green Dress.

10:30am - 12pm at Hawkesbury Central Library, Deerubbin Centre (Ground Floor), 300 George St, Windsor, NSW, 2756
Call 02 4560 4460
Visit www.hawkesbury.nsw.gov.au

Wednesday 13th February Learn To Sing A Cappella Short Course

Eight Week Course - each Wednesday night starting Wednesday 13 February (7.30-10pm). Together with Circular Keys Chorus, an award-winning women's a cappella group. Learn good vocal technique from a professional.
7:30pm - 10pm at St Joseph's Centre, 33 Barina Downs Road, Baulkham Hills 2153
Visit circularkeys.org

Business Breakfast

Clearstone Group are delighted to host the Sydney Hills Business Chambers' February Business Breakfast Event. Start the new year being strategic about your business and personal plans.
7:00am - 8:30am at Castle Hill RSL 77 Castle Street Castle Hill NSW 2154
Visit www.sydneyhillsbusiness.com.au

Everything You Need To Know About Ancestry

Ancestry's Content Manager, Jason Reeve will discuss all the latest news from Ancestry.com including their DNA testing program.
10:00am - 11:30am at Hawkesbury Central Library, Deerubbin Centre (Ground Floor), 300 George St, Windsor, NSW, 2756
Call 02 4560 4460
Visit www.hawkesbury.nsw.gov.au

Thursday 14th February Seniors Festival Guided Bushwalk - West Pennant Hills Waterfall Walk

This walk follows the Darling Mills Creek to the only waterfall in the Hills District through some of the prettiest scenery in Shire. Participants for the walk need to wear closed shoes and a hat and to bring water with them.
9am at Richard Webb Reserve, Aitken Road, West Pennant Hills 2125
Call 02 9843 0555
Visit www.thehills.nsw.gov.au

Living Sustainably Walks & Workshops - Saving water in your garden

Do you want to minimise water loss in your vegetable, ornamental or native garden and reduce your water bills? Explore various watering and irrigation options. Learn how to create and use a lasagne and wicking garden system.
10am - 11:30am at Community Environment Centre - Annangrove Park, Currie Ave, Annangrove 2156
Call 02 9843 0555
Visit www.thehills.nsw.gov.au

Friday 15th February Seniors Festival 2019 - Safety in your Neighbourhood Workshop

Come along to this free workshop run by representatives from Castle Hill Police Crime Prevention where you will have an opportunity to hear some important strategies for keeping you and your loved ones safe.
9:30am - 11:00am at Learning in The Hills - Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills 2153
Call 02 9639 7918
Visit www.thehills.nsw.gov.au

Banksia Yarns



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Sat: 9:30 - 1pm
shop@banksiayarns.com.au



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ABC	SEVEN	NINE	TEN	SBS
<p>6:00 Rage 7:00 Weekend Breakfast 9:00 Insiders 10:00 Offsiders 10:30 The World This Week 11:00 Compass 11:30 Songs Of Praise 12:00 ABC News At Noon 12:30 Landline 1:30 Gardening Australia 2:30 Wolf Hall 3:30 The King Sun 4:00 The Mix 4:30 TBA 5:30 Hard Quiz 6:00 The Great Australian Bee Challenge</p>	<p>6:00 NBC Today 7:00 Weekend Sunrise 9:30 Test Cricket: Aust v Sri Lanka</p>	<p>6:00 Great Escapers 7:00 Weekend Today 10:00 The Hold Down 10:30 Surfing Australia Tv 11:00 World Surf League 12:00 Women's Footy 1:00 World's Greatest Islands 2:00 The Secret Life Of The Zoo 3:00 Ultimate Airport Dubai 4:00 The Embassy 5:00 Nine News 5:30 Garda Down Under</p>	<p>6:00 Mass For You At Home 6:30 Hillsong 7:00 Joseph Prince 7:30 Joel Osteen 8:00 Bondi Rescue Red Centre Adventure 9:00 Australia By Design 9:30 Studio 10: Sunday 12:00 The Living Room 1:00 Foodie Adventures With Ash Pollard 1:30 Everyday Gourmet With Justine Schofield 2:00 TBA 4:00 WhichCar 4:30 RPM Summer Series 5:00 10 News First</p>	<p>6:30 WORLD NEWS 9:30 LIVE Premier League: Chelsea V Leicester 12:00 Arabic News F24 12:30 Turkish News 1:00 Speedweek 3:00 Motor Sport: Best of Dakar Rally 2019 5:00 Great British Railway Journeys 5:30 Hunting The Nazi Gold Train</p>
<p>7:00 ABC News 7:40 Aftermath 8:40 The Cry 9:40 China Love 10:40 Death In Paradise 11:40 Silent Witness 12:40 rage</p>	<p>7:00 TBA 9:00 Big Bash League: Perth v Melbourne Stars</p>	<p>6:00 Nine News Sunday 7:00 Married At First Sight 8:30 60 Minutes 9:40 James Bulger 10:45 Married At First Sight 12:10 Cold Case 1:05 Major Crimes</p>	<p>6:00 David Attenborough's Natural Curiosities 6:30 The Sunday Project 7:30 I'm A Celebrity...Get Me Out Of Here! 9:00 NCIS 11:00 The Sunday Project</p>	<p>6:30 SBS World News 7:35 Sinkholes 9:25 Plane Crash 10:50 Eurovision Top 40 Controversies 12:55 Movie: Still Crazy 2:40 Chasing Heroin</p>
<p>1:30 Antiques Roadshow 2:30 Silent Witness 3:30 The New Inventors 4:00 Crash Test Mummies And Daddies 4:30 Tony Robinson's Time Walks 5:00 Insiders</p>	<p>12:30 Dr. Ken 2:00 Home Shopping 3:30 Harry's Practice 4:00 Meet The Press 5:00 Seven Early News 5:30 Sunrise</p>	<p>2:00 Home Shopping 3:00 Home Shopping 4:00 Great Escapers 5:00 Nine News Early Edition 5:30 Today</p>	<p>1:30 Home Shopping 4:30 CBS-This Morning</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM		SBS VICELAND
<p>5:00 Morning Children's Programs 6:30 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Would I Lie To You? 8:30 Penn And Teller 9:10 Fiona O'Loughlin's Greatest Hits 10:35 TBA 11:05 Would I Lie To You? 11:35 Upstart Crow 12:05 WIA 12:40 Black Books 1:05 Absolutely Fabulous 1:35 Alan Partridge's Mid-Morning Matters 1:50 Comedy Up Late 2:20 Gaycrashers 2:50 ABC News Update</p>	<p>6:00 Home Shopping 6:30 Amazing Facts 7:00 Tomorrow's World 7:30 Leading The Way 8:00 David Jeremiah 8:30 Hour Of Power 9:00 Home Shopping 9:30 Mum's At The Table 10:00 TBA 11:00 NBC Today 12:00 The Great Outdoors 1:00 Vasil's Garden 1:30 TBA 3:30 The Great Australian Doorstep 4:00 Escape To The Country 5:00 TBA 7:00 Motorway Patrol 8:00 Coastwatch Oz 8:30 Border Security 9:00 Gold Coast Medical 10:00 Hospital 11:00 Brit Cops 12:00 Coastwatch Oz 1:00 Brit Cops 2:00 Britain's Busiest Airport 3:00 Special</p>	<p>6:00 Home Shopping 6:30 Beyond Today 7:00 Leading The Way 7:30 In Touch Ministries 8:00 Skippy 8:30 The Incredible Journey Presents 9:00 Home Shopping 10:00 The Avengers 11:00 The Lavender Hill Mob 12:40 I've Gotta Horse 2:35 The Brigand Of Kandahar 4:15 The Alamo 7:30 Midsomer Murders 9:40 Tba 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Cardfight!! Vanguard 6:30 The Amazing Spiez 7:05 Treasure Island 7:35 Mia & Me 8:30 Transformers 9:00 Teenage Mutant Ninja Turtles 10:00 Scope 10:30 The Bureau Of Magical Things 11:00 The Brady Bunch 11:25 Charmed 1:25 Everybody Loves Raymond 2:30 Frasier 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Everybody Loves Raymond 8:30 Movie: Splash 10:45 Movie: Laws Of Attraction 12:35 Home Shopping 1:35 Frasier 2:30 Teenage Mutant Ninja Turtles 3:30 The King Of Queens 4:00 Teenage Mutant Ninja Turtles 4:30 Home Shopping 5:30 Teenage Mutant Ninja Turtles</p>	<p>6:10 WORLD NEWS 12:00 PopAsia Tv 1:00 Jayco Herald Sun Tour Highlights 1:30 Jayco Herald Sun Tour Highlights 4:00 The Mindy Project 4:55 Balls Deep 5:20 The Business Of Climate Change 5:45 The Third Industrial Revolution 7:35 Ultimate Airport Dubai 8:30 Movie: BPM 11:10 Movie: Viva 1:00 Vikings 2:45 France 24 News In English From Paris 3:00 Thai 3:30 Bangla 4:00 Punjabi 4:30 Sri Lankan Sinhalese 5:00 Korean News 5:30 Indonesian</p>

ABC NEWS	7MATE	GO		FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 12:00 ABC News 12:30 Close Of Business 1:00 ABC News 1:30 The Mix 2:00 ABC News 2:30 One Plus One 3:00 ABC News 3:30 Offsiders 4:00 ABC News 5:00 ABC News 5:30 Foreign Correspondent 6:00 ABC News Weekend 6:15 Planet America 7:00 ABC News Weekend 8:00 Insiders 9:00 ABC News Weekend 9:30 One Plus One 10:00 ABC News 10:30 Compass 11:00 ABC Late News 11:30 The Mix 12:00 ABC News 12:15 Planet America 1:00 DW News 1:15 ABC Late News 1:30 Insiders 2:30 Offsiders 3:00 Close Of Business 3:30 DW Focus On Europe 4:00 DW News 4:15 ABC News 4:30 The Drum Weekly 5:00 Landline</p>	<p>6:00 Bathurst 12 Hour Event 6:00 Aussie Pickers 8:55 Movie: Dinner For Schmucks 9:00 Movie: Falling Down 11:25 NFL: NFL Films: Road To The Super Bowl 12:55 NFL: 2019 NFL Honors Show 2:55 Storage Wars 3:25 Ax Men 4:30 Blokesworld</p>	<p>6:00 Morning Children's Program 12:30 Polly Pocket 1:00 Beyblade Burst Evolution 1:30 Uncle Grandpa 2:30 National Basketball League 5:00 Ben 10 6:00 Young Sheldon 7:00 The Big Bang Theory 9:00 The Magnificent Seven 11:35 The Big Bang Theory 12:05 Adult Swim 12:15 Robot Chicken 12:30 Squidbillies 12:45 Superjail 1:00 Tattoo Fixers On Holiday 2:00 Cold Water Cowboys 3:00 Baggage Battles 4:00 Uncle Grandpa 4:50 My Little Pony Friendship Is Magic 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 7:30 Key Of David 8:00 Hogan's Heroes 9:00 The Home Team 9:30 Escape Fishing With ET 10:00 TBA 12:00 Undercover Boss 1:00 The Doctors 2:00 Monster Jam 3:00 Bondi Rescue 4:00 Fishing Edge 4:30 Fishing Australia 5:00 What's Up Down Under 5:30 I Fish Summer Series 6:00 Attenborough's Planet Earth 7:00 Sea Patrol 8:00 Medics On Call 9:00 Movie: The Fighter 11:25 NCIS 12:30 CSI 1:30 48 Hours 2:30 RPM Summer Series 3:00 Medics On Call 4:00 The Doctors</p>	<p>6:00 Thai Street Food With David Thompson 6:30 Rick Stein's Far Eastern Odyssey 7:35 Lee Chan's World Tour 9:00 This Is Brazil! 10:00 Miguel's Tropical Kitchen 10:30 The Cook And The Chef 12:00 Rick Stein's Far Eastern Odyssey 1:00 Thai Street Food With David Thompson 2:00 Lee Chan's World Tour 3:00 Thai Street Food With David Thompson 3:30 This Is Brazil! 4:30 Miguel's Tropical Kitchen 5:00 The Cook And The Chef 6:30 Cheese Slices 7:30 Hairy Bikers' Bakeation 8:30 Rick Stein's Far Eastern Odyssey 9:35 Destination Flavour China 10:00 Food Safari 10:30 The Cook And The Chef 11:30 Worst Cooks In America 12:30 Cheese Slices 1:30 Hairy Bikers' Bakeation 2:30 Rick Stein's Far Eastern Odyssey 3:35 Destination Flavour China 4:00 Food Safari 4:30 The Cook And The Chef 5:00 The Cook And The Chef 5:30 Thai Street Food With David Thompson</p>

STAGE 1

IMPROVEMENT WORKS TO HAWKESBURY COMPANION ANIMAL SHELTER SET TO COMMENCE

Stage 1 of much anticipated improvement works at the Hawkesbury Companion Animal Shelter at Mulgrave are set to commence in the coming week.

With the commencement of works, dogs and cats are set to enjoy better conditions while they wait to be rehomed, as part of a program of works planned at the Hawkesbury Companion Animal Shelter.






Stage 1 of the program involves replacing the roof over the existing dog kennels with a pitched roof that will minimise direct sunlight during summer and optimise sunlight during winter.

Hawkesbury City Council aims to have the works associated with Stage 1 completed by March.

The new works have been made possible using a \$100,000 donation from a Windsor resident, and an earlier \$75,000 private contribution from another donor.

The \$100,000 donation was from the deceased estate of animal lover Anna Zylstra, who left money to the Shelter as part of her wish to help animals.

To keep up to date with the Shelter's Dog and Cat of the Week promotion and other Council updates, Like and Follow Council's Facebook page at www.facebook.com/hawkesburycitycouncil

ABC 	SEVEN 	NINE 	TEN 	SBS 
<p>6:00 New Breakfast 9:00 ABC News Mornings 10:00 Antiques Roadshow 11:00 Landline 12:00 ABC News At Noon 1:00 Landline 2:00 Agatha Raisin 3:00 The Cook And The Chef 4:00 Think Tank 5:00 ABC News Update</p>	<p>6:00 Sunrise 9:30 Test Cricket: Aust v Sri Lanka 5:30 The Chase Australia</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful Encore 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 Al Jazeera News 2:00 Skies Above Britain 3:00 Good Listening 3:30 Celtic Woman 4:00 Supervet 4:55 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News</p>
<p>6:00 The Drum 7:00 ABC News 7:30 7.30 8:00 Back Roads 8:30 Four Corners 9:15 Media Watch 9:35 Q&A 10:40 ABC Late News</p>	<p>6:00 Seven News 7:00 TBA 7:30 TBA 9:00 TBA 10:00 TBA 11:00 TBA 11:30 Botched Up Bodies 12:30 Mistresses 1:30 Travel Oz</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Married At First Sight 9:00 Tba 9:30 Scrooged 10:00 Playground Murder Plot 11:10 Chicago Justice 12:05 Cold Case 1:00 Extra</p>	<p>6:00 Pointless 6:30 The Project 7:30 I'm A Celebrity...Get Me Out Of Here! 9:00 Murphy Brown 9:30 The Graham Norton Show 10:30 TBA 11:30 The Project Encore</p>	<p>7:30 Spying On The Royals 8:30 Secret Life Of The Hospita 9:45 24 Hours In Emergency 10:40 SBS World News Late 11:10 The World Game 2019 11:40 Nox 12:40 Gangland Undercover</p>
<p>11:10 The Business 11:30 TBA 12:20 Afghanistan 1:25 rage 3:35 The New Inventors 4:00 Tony Robinson's Time Walks 4:30 Antiques Roadshow 5:30 The New Inventors</p>	<p>2:00 Home Shopping 4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:30 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>12:30 The Late Show With Stephen Colbert 1:30 Home Shopping 4:30 CBS - This Morning</p>	<p>4:00 Poh's Kitchen On The Road 5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2 	7TWO 	GEM 		SBS VICELAND 
<p>5:00 Morning Children's Programs 6:05 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 The Agony Of Modern Manners 8:30 The Office (US) 9:15 The Good Place 10:05 Idiotsitter 10:25 30 Rock 10:50 Parks and Recreation 11:10 Reno 911! 11:35 The Office (US) 12:20 30 Rock 12:45 Parks and Recreation 1:05 Reno 911! 1:30 Shaun Micallef's MAD AS HELL 2:00 ABC News Update</p>	<p>6:00 Home 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 Meet The Press 11:30 Vasil's Garden 12:00 The Great Outdoors 2:00 Million Dollar Minute 3:00 Sydney Weekender 3:30 Auction Squad 4:30 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Doc Martin 8:30 Lewis 10:30 Kingdom 11:30 Medical Emergency 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 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 9:30 Danoz 10:30 Ellen 11:30 My Favorite Martian 12:00 The Brain Machine 1:40 Mad About You 2:10 World's Greatest Man Made Wonders 3:10 Spy In The Wild: Meet The Spies 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:00 Vet On The Hill 7:30 New Tricks 8:40 Silent Witness 10:00 Unforgettable 11:00 Law And Order SvU 12:00 Heartbeat 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Transformers 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Totally Wild 8:35 Hanazuki 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two & A Half Men 8:30 Fresh Off The Boat 9:30 New Girl 10:30 Supernatural 11:30 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 Rex In Rome 1:50 Gayby Baby 2:50 It's Suppertime 3:15 PopAsia TV 4:15 Vs. Arashi 5:10 If You Are The One 6:10 The Ice Cream Show 6:35 Running Wild With Channing Tatum 7:30 RockWiz 8:30 Housos 9:00 Adam Looking For Eve VIP 9:55 The Girlfriend Experience 11:00 You're The Worst 11:55 Vikings 2:40 CGTN News In English From Beijing 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</p>

ABC NEWS	7MATE 	GO 		FOOD NETWORK
<p>6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 3:00 ABC News Afternoons 4:00 Afternoon Briefing 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Overnight 3:15 The World 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Wicked Tuna 8:30 Baggage Battles 10:00 NFL: NFL - Superbowl LIII: Patriots at Rams 4:00 Blokesworld 4:30 Bid and Destroy 5:00 Inside West Coast Customs 6:00 American Pickers 7:00 Pawn Stars 7:30 American Pickers 8:30 Movie: The Man From U.N.C.L.E. 10:55 Movie: Street Fighter 1:00 Creek To Coast 1:40 Ax Men 3:30 Bid and Destroy 4:00 Inside West Coast Customs 5:30 American Pickers</p>	<p>6:00 Morning Children's Program 12:00 Schwarzenegger The Celebrity Apprentice 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago 4:00 Be Cool Scooby Doo! 4:30 Teen Titans Go! 5:00 Clarence 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 9:00 Concussion 11:30 The Big Bang Theory 12:00 Meet The Hackers 12:30 Friends 1:30 Mr Pickles 2:00 Clarence 2:30 Steven Universe 3:00 Turning Mecard 3:30 Beyblade Burst 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 RPM 8:30 Monster Jam 9:30 I Fish Summer Series 10:00 Cheers 11:00 Sea Patrol 12:00 Mission 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 8:30 Law & Order 10:30 48 Hours 11:30 CSI 12:30 Home Shopping 2:00 Mission 3:00 MacGyver 4:00 Diagnosis Murder 5:00 Star Trek</p>	<p>6:30 Lee Chan's World Tour 7:30 Thai Street Food With David Thompson 8:00 Rick Stein's Far Eastern Odyssey 9:00 This Is Brazil! 10:00 Miguel's Tropical Kitchen 10:30 The Cook And The Chef 12:00 Cheese Slices 1:00 Destination Flavour China 1:30 Food Safari 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Milbourne 4:00 Food Lovers Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Kylie Kwong 8:30 Essence Of India 9:00 Essence Of India 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 1:00 Kylie Kwong 2:00 Essence Of India 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab By Ben Milbourne 4:30 Food Lovers Guide To Australia 5:00 The Cook And The Chef 5:30 Thai Street Food With David Thompson</p>

COME AND JOIN THE INNER WHEEL CLUB OF BAULKHAM HILLS

FASHION, FUN AND FOOD!

Fundraiser for the Smith Family and Music Therapy for kids in the Oncology and Palliative Care Units at Westmead Children's Hospital

Aveo Bella Vista, 28 Norbrik Drive, Bella Vista (parking available on site)
28 February 2019 | 10.00am | \$20 (cash only at the door)

Includes sparkling wine on arrival, a sumptuous morning tea, and a lucky door prize.

PLUS a fashion show featuring clothes to suit the fashionable, more mature woman. There will be an opportunity to purchase the styles shown (credit card facilities available). A raffle will also be held – tickets are cash only.

RSVP: downeslee@hotmail.com or Lindsay on 0414 731 498 by 21 February 2019




ABC	SEVEN	NINE	TEN	SBS
<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Grand Designs New Zealand 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 1:00 Four Corners 1:45 Media Watch 3:00 Poh's Kitchen 3:30 Dream Gardens 4:00 Think Tank 5:00 ABC News Update 5:05 Grand Designs 6:00 The Drum</p>	<p>6:00 Sunrise 9:30 Test Cricket: Aust v Sri Lanka 5:00 The Chase Australia 6:00 Seven News</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful Encore 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 Chinese New Year 2:55 Who Do You Think You Are? Cheryl 4:05 Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire</p>
<p>7:00 ABC News 7:30 7.30 8:00 Foreign Correspondent 8:30 The Great Australian Bee Challenge 9:30 Fake Or Fortune? 10:30 ABC Late News 11:00 The Business</p>	<p>7:00 TBA 7:30 TBA 9:00 The Good Doctor 10:00 The Resident 11:00 TBA 11:30 The Family 12:30 The Catch 1:30 Botched Up Bodies 2:30 Home Shopping</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Married At First Sight 9:00 Travel Guides 10:00 Manifest 11:10 Chicago Justice 12:05 Cold Case 1:00 Surfing Australia Tv</p>	<p>6:00 Pointless 6:30 The Project 7:30 I'm A Celebrity...Get Me Out Of Here! 9:00 Hughesy, We Have A Problem 10:00 NCIS 12:00 The Project Encore</p>	<p>6:30 SBS World News 7:30 Great American Railroad Journeys 8:30 Insight 9:30 8 Out Of 10 Cats Does Countdown 10:30 SBS World News Late 11:00 Agatha Christie's Criminal Games 12:40 Modus</p>
<p>11:20 Q&A 12:25 River 1:25 rage 3:35 The New Inventors 4:00 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:30 Extra 2:00 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>1:00 The Late Show With Stephen Colbert 2:00 Home Shopping 4:30 CBS - This Morning</p>	<p>4:25 Poh's Kitchen 5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	Peach	SBS VICELAND
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 TBA 8:40 Black Books 9:05 The Office (US) 9:50 In The Long Run 10:10 Timewasters 10:35 30 Rock 11:00 Parks and Recreation 11:20 Reno 911! 11:45 The Office (US) 12:30 30 Rock 12:55 Parks and Recreation 1:15 Reno 911! 1:40 ABC News Update</p>	<p>6:00 Home 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 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Jonathan Creek 8:30 Crime Investigation Australia 10:00 The Suspects 11:00 The Windsors 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 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 9:30 Danoz 10:30 Ellen 11:30 My Favorite Martian 12:00 The Small Voice 1:45 Mad About You 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:00 Vet On The Hill 7:30 New Tricks 8:40 Jack Taylor 10:40 TBA 11:40 Law And Order SvU 12:35 My Favorite Martian 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Transformers 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Totally Wild 8:35 Hanazuki 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 9:30 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two & A Half Men 8:30 Queer Eye For The Straight Guy 9:30 Courtney Act's Christmas Extravaganza 10:30 Charmed 11:30 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 I Corrupt All Cops 2:05 Royal Navy School 3:00 Lee Lin Chin's Fashionista 3:15 States Of Undress 4:10 PBS Newshour 5:10 If You Are The One 6:15 Vice News Tonight 6:40 Running Wild With Keri Russell 7:30 Why Do Men Earn More Than Women? 8:25 Fighting The System 9:30 City Porn 10:20 Dopesick Nation 11:10 Undressed Italy 12:15 Vikings 2:10 Shot By Kern 2:40 RT News In English From Moscow 3:00 Thai 3:30 Bangla 4:00 Punjabi 4:30 Sri Lankan Sinhalese 5:00 Korean News 5:30 Indonesian</p>

ABC NEWS	7MATE	GO	BOLD	FOOD NETWORK
<p>6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 3:00 ABC News Afternoons 4:00 Afternoon Briefing 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Overnight 3:15 The World 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Creek To Coast 8:00 Mark Berg's Fishing Addiction 9:00 Adventure Angler 9:30 America's Game 10:30 A Football Life 11:30 American Pickers 12:30 Pawn Stars 1:00 Bid and Destroy 1:30 American Pickers 2:30 Baggage Battles 3:30 Counting Cars 4:00 Mythbusters 5:00 Inside West Coast Customs 6:00 American Pickers 7:00 Storage Wars 7:30 Highway Patrol 8:00 Beach Cops 8:30 Aussie Salvage Squad 10:30 World's Deadliest Weather 11:30 Hardliners 12:00 Ax Men 2:00 Baggage Battles 3:00 Counting Cars 3:30 Inside West Coast Customs 4:30 American Pickers 5:30 Pawn Stars</p>	<p>6:00 Morning Children's Program 12:00 Schwarzenegger The Celebrity Apprentice 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago 4:00 Be Cool Scooby Doo! 4:30 Teen Titans Go! 5:00 Clarence 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 7:30 American Ninja Warrior 9:15 The Expendables 2 11:15 The Big Bang Theory 11:45 Meet The Hackers 12:15 Friends 1:15 Mr Pickles 2:00 Clarence 2:30 Steven Universe 3:00 Turning Mecard 3:30 Beyblade Burst 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 8:30 CSI 10:30 The Mentalist 12:30 Home Shopping 2:00 Mission 3:00 MacGyver 4:00 Cheers 5:00 Star Trek</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Kylie Kwong 10:00 Essence Of India 11:00 Food Porn 11:25 Eat Australia In South Australia 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Milbourne 4:00 Food Lovers Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Luke Nguyen's Vietnam 8:30 Poh's Kitchen 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 2:00 Poh's Kitchen 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab By Ben Milbourne 4:30 Food Lovers Guide To Australia 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>

COMMUNITY NEWS, LOCAL BUSINESSES, LOCAL EVENTS AND FREE TV GUIDE

The **Hills to Hawkesbury Living Magazine** is looking for an experienced and self-motivated Advertising Sales Consultant. We are looking for someone who is dedicated and enthusiastic about finding and closing sales opportunities.

Applicants must have full Australian work rights, at least 2 years experiences in advertising sales and ideally some experience in phone sales



Benefits - Competitive salary and high rate of commission on each sale. Uncapped commission rate.






The position can be offered as either part time or full time.

We are most interested in finding the right person for the job, so we are flexible.

If you are interested, please send your resume to **Diana Paton** - email diana@adelphi.net.au

ADVERTISING SALES CONSULTANT

ABC 	SEVEN 	NINE 	TEN 	SBS 
<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Grand Designs 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 Compass 2:00 River 3:00 The Cook And The Chef 3:30 Dream Gardens 4:00 Think Tank 5:00 ABC News Update 5:05 Grand Designs 6:00 The Drum 7:00 ABC News</p>	<p>6:00 Sunrise 9:30 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful Encore 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News 12:30 Turkish News 1:00 PBS Newshour 2:00 Skies Above Britain 3:00 Insight 4:00 Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News</p>
<p>7:30 7.30 8:00 Hard Quiz 8:30 Rosehaven 9:00 Get Krack!n 9:30 Would I Lie To You? 10:05 TBA 10:45 ABC Late News 11:15 The Business 11:30 Four Corners 12:20 Media Watch 12:35 River</p>	<p>6:00 Seven News 7:00 TBA 7:30 TBA 9:00 Women's Big Bash League 10:10 Criminal Minds 11:30 TBA 11:40 The Family 12:40 Quantico 1:35 Travel Oz</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Married At First Sight 9:00 New Amsterdam 10:00 Chicago Med 11:00 Rizzoli & Isles 12:00 Major Crimes 1:00 The Hold Down</p>	<p>6:00 Pointless 6:30 The Project 7:30 I'm A Celebrity...Get Me Out Of Here! 9:00 Law & Order 10:00 Law & Order 11:00 Hawaii Five-0 12:00 The Project Encore</p>	<p>7:30 Gourmet Farmer 8:00 Great British Railway Journeys 8:30 Batavia Revealed 9:30 Drain The Bermuda Triangle 10:30 Berlin Station 11:30 SBS World News Late 12:00 MOVIE: The Wound</p>
<p>1:35 rage 3:00 Would I Lie To You? 3:35 The New Inventors 4:00 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>2:00 Home Shopping 4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:30 Extra 2:00 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>1:00 The Late Show With Stephen Colbert 2:00 Home Shopping 4:30 CBS - This Morning</p>	<p>1:40 Ride Upon The Storm 4:55 Movie: 5 Women 5:00 CGTN English News 5:15 NHK World English 5:30 Deutsche Welle English News</p>

ABC 2 	7TWO 	GEM 	YO Peach 	SBS VICELAND 
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Absolutely Fabulous 8:30 Upper Middle Bogan 9:00 The Office (US) 9:45 Asian Provocateur 10:15 30 Rock 10:35 Parks and Recreation 11:00 Reno 911! 11:25 The Office (US) 12:05 30 Rock 12:30 Parks and Recreation 1:15 Would I Lie To You? 1:45 ABC News Update</p>	<p>6:00 Home 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 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Pie In The Sky 8:30 The Inspector Lynley Mysteries 10:30 Hospital 11:30 Medical Emergency 12:00 Bargain Hunt 1:00 The Great Outdoors 2:00 Home Shopping 4:00 Million Dollar Minute 5:00 Harry's Practice 5:30 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 9:30 Danoz 10:30 Ellen 11:30 My Favorite Martian 12:00 Will Any Gentleman? 1:45 Mad About You 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:30 Vet On The Hill 7:30 Poirot 8:40 Agatha Christie's Marple 10:40 Cold Case 11:40 The Bible 12:35 My Favorite Martian 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Transformers 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Totally Wild 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two & A Half Men 8:30 Movie: The Brothers Grimm 10:50 Buffy The Vampire Slayer 11:50 The Late Late Show With James Corden 12:50 Home Shopping 1:20 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 The Rise And Rise Of Bitcoin 1:45 Release The Hounds 2:40 VICE 3:15 Huang's World 4:10 PBS Newshour 5:10 If You Are The One 6:10 Vice News Tonight 6:40 Running Wild With Lena Headey 7:30 Rockwiz 8:30 Movie: Battlefield Earth 10:40 Movie: Barb Wire 12:30 Movie: For The Good Of Others 2:35 France 24 News In English From Paris 3:00 Thai 3:30 Bangla 4:00 Punjabi 4:30 Sri Lankan Sinhalese 5:00 Korean News 5:30 Indonesian</p>

ABC NEWS	7MATE 	GO 	BOLD 	FOOD NETWORK
<p>6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 ABC News With Ros Childs 3:00 ABC News Afternoons 4:00 Afternoon Briefing 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Overnight 3:15 The World 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 The AFN Fishing Show 8:00 Mark Berg's Fishing Addiction 9:00 Adventure Angler 9:30 America's Game 10:30 A Football Life 11:30 STIHL Timbersports 12:30 Inside West Coast Customs 1:30 American Pickers 2:30 Pawn Stars 3:00 Bid and Destroy 3:30 Counting Cars 4:00 Mythbusters 5:00 Inside West Coast Customs 6:00 American Pickers 7:00 2019 AFLX 8:00 The Simpsons 9:00 Futarama 10:00 Family Guy 11:00 American Dad 12:00 Black-ish 12:30 Ax Men 1:30 Bid and Destroy 2:00 Home Shopping 4:00 Counting Cars 4:30 American Pickers 5:30 Fish Of The Day</p>	<p>6:00 Morning Children's Program 12:00 Schwarzenegger The Celebrity Apprentice 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago 4:00 Be Cool Scooby Doo! 4:30 Teen Titans Go! 5:00 Clarence 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 8:30 Ocean's Twelve 11:00 Battlebots 12:00 Meet The Hackers 12:30 Friends 1:30 Mr Pickles 2:00 Clarence 2:30 Steven Universe 3:00 Turning Mecard 3:30 Beyblade Burst 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 12:30 Home Shopping 2:00 Star Trek 3:00 Mission: Impossible 4:00 Diagnosis Murder 5:00 The Doctors</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Luke Nguyen's Vietnam 10:00 Poh's Kitchen Australia 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Milbourne 4:00 Food Lovers Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Jerusalem On A Plate 8:30 Lee Chan's World Tour 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 1:00 Jerusalem On A Plate 2:00 Lee Chan's World Tour 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab By Ben Milbourne 4:30 Food Lovers Guide To Australia 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>



ANNUAL HILLS RELAY FOR LIFE BALL

The Hills Relay For Life Ball is going global this year with an international theme to raise money for cancer research and support programs. The popular annual event is being held at Castle Hill RSL on **April 6**. There is a packed program of entertainment plus dancing to the retro sounds of The Breakaways. Tickets are \$145 each or \$1,400 for a table of ten. There are also corporate packages available.

This will be the **13th Annual Relay For Life Ball** which is organised by a volunteer committee and raises funds for Cancer Council research and support programs. Demand for tickets is always intense for this event which always sells out. To book a table contact Donna Craig on 0418 297 783 or email craigacc@bigpond.com



ABC	SEVEN	NINE	TEN	SBS
<p>6:00 Gardening Australia 9:00 ABC News Mornings 10:00 Grand Designs 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 1:00 TBA 2:00 River 3:00 Golf 6:00 The Drum 6:55 Sammy J</p>	<p>6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia 6:00 Seven News 7:00 Big Bash League</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful Encore 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 The Age Of Loneliness 3:00 Telemarkskanalen Boat Journey 4:00 Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News 7:30 Alex Polizzi The Fixer</p>
<p>7:00 ABC News 7:30 7.30 8:00 Escape From The City 9:00 Grand Designs Australia 9:50 The Tunnel 10:40 ABC Late News 11:10 The Business 11:30 Wentworth</p>	<p>11:00 TBA 11:30 The Family 12:30 TBA 1:00 Powerless</p>	<p>6:00 Nine News 7:00 Young Sheldon 8:30 Doctor Strange 9:45 Imposters 11:35 Cold Case 12:30 2 Broke Girls 1:00 Extra</p>	<p>6:00 Pointless 6:30 The Project 7:30 I'm A Celebrity...Get Me Out Of Here! 9:00 Gogglebox 10:00 Blue Bloods 12:00 The Project Encore</p>	<p>8:35 Locked Up Abroad 9:30 How To Catch A Serial Killer 10:25 SBS World News Late 10:55 Counterpart 12:55 The Good Fight</p>
<p>12:15 River 1:15 TBA 1:55 The Tunnel 2:45 Wentworth 3:35 The New Inventors 4:05 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>2:00 Home Shopping 4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:30 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>1:00 The Late Show With Stephen Colbert 2:00 Home Shopping 4:30 CBS - This Morning</p>	<p>5:00 CGTN English News 5:15 NHK World English 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	10 Peach	SBS VICELAND
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets, Octonauts, Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana, Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Tomorrow Tonight 8:30 Utopia 9:00 The Office (US) 9:45 Get Krackin' 10:10 Free Agents 10:35 The Good Place 11:20 30 Rock 12:05 Reno 911! 12:30 The Office (US) 1:15 30 Rock 1:35 Parks and Recreation 2:05 ABC News Update</p>	<p>6:00 Home 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 4:00 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Father Brown 8:30 Murdoch Mysteries 10:30 Houdini & Doyle 11:30 Medical Emergency 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 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 9:30 Danoz 10:30 Ellen 11:30 My Favorite Martian 12:00 My Brother Jonathan 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:00 Vet On The Hill 7:30 Death In Paradise 8:40 Midsomer Murders 10:50 Rizzoli & Isles 12:50 9Honey Presents 1:00 Call And Win 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Transformers 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Scope 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two & A Half Men 8:30 This Is Us 9:30 Sex And The City 11:20 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 MOVIE: Free Men 1:45 Release The Hounds 2:35 VICE 3:10 Dead Set On Life 3:35 Mr Tachyon On The Edge Of Science 5:10 If You Are The One 6:10 Vice News Tonight 6:40 Running Wild With Don Cheadle 7:30 RockWiz 8:30 21st Century Sex Slaves 9:25 60 Days In 10:25 Jackson 12:10 Vikings 1:25 Shot By Kern 2:25 Deutsche Welle 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</p>

ABC NEWS	7MATE	GO	10 BOLD	FOOD NETWORK
<p>6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 3:00 ABC News Afternoons 4:00 Afternoon Briefing 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Overnight 3:15 The World 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Creek To Coast 8:00 Mark Berg's Fishing Addiction 9:00 Adventure Angler 9:30 America's Game 10:30 A Football Life 11:30 Inside West Coast Customs 12:30 American Pickers 1:30 Bloopers 2:00 The Simpsons 3:00 Futurama 4:00 Mythbusters 5:00 Inside West Coast Customs 6:00 American Pickers 7:00 Pawn Stars 7:30 The Simpsons 8:30 Movie: X-Men: First Class 11:10 World's Most Amazing Videos 12:10 Inside West Coast Customs 1:05 Ax Men 2:00 American Pickers 3:00 Yukon Gold 4:00 Pro Bull Riding - Australia 5:00 Bokesworld</p>	<p>6:00 Morning Children's Program 12:00 Schwarzenegger The Celebrity Apprentice 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago 4:00 Be Cool Scooby Doo! 4:30 Teen Titans Go! 5:00 Adventure Time 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 7:30 Rbt 8:30 Tba 11:00 Kevin Can Wait 11:30 The Big Bang Theory 12:00 Wwe Raw 1:00 Friends 2:00 China II 2:30 Steven Universe 3:00 Turning Mecard 3:30 Beyblade Burst 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 8:30 Hawaii Five-O 9:30 Madam Secretary 10:30 NCIS 12:30 Home Shopping 2:00 Star Trek 3:00 Mission 4:00 Diagnosis Murder 5:00 Cheers</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Jerusalem On A Plate 10:00 Lee Chan's World Tour 11:00 Food Porn 11:30 Food Lovers Guide To Australia 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Milbourne 4:00 Food Lovers Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Rick Stein's Long Weekends 8:30 Big Food Rescue 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 1:00 Rick Stein's Long Weekends 2:00 Big Food Rescue 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab By Ben Milbourne 4:30 Food Lovers Guide To Australia 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>

PETS OF THE WEEK

BABY THE ROTTWEILER

(HCC 8) is the Pet of the Week at Hawkesbury Companion Animal Shelter.
Staff say Baby is a lovely girl. She is moderate energy so would just require daily walks and only minimal grooming. Baby is 3.5 years old and has lived with children.
If you have another dog please bring them to meet her.
As Pet of The Week she is available for adoption, this week only, for \$99. The price Including microchip, desex, c5 vaccination and lifetime registration.

AT A GLANCE
NAME: Baby
CODE: HCC 8
BREED: Rottweiler
AGE 3.5 years old
SEX: Female
PRICE: \$99 this week only



ABC 	SEVEN 	NINE 	TEN 	SBS 
<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Antiques Roadshow 11:00 Ask The Doctor 12:00 ABC News At Noon 1:00 One Plus One 1:30 Foreign Correspondent 2:00 River 3:00 Golf: Vic Open 2019 6:00 The Drum</p>	<p>6:00 Sunrise 9:30 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Agatha Christie's The Mirror Crack'd 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful Encore 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 The Point 3:00 NITV News Week In Review 3:35 Made In Italy With Silvia Colloca 4:05 Supervet 5:00 Letters And Numbers 5:30 Rick Stein's Mediterranean Escapes</p>
<p>7:00 ABC News 7:30 Gardening Australia 8:30 Father Brown 9:20 Shetland 10:20 ABC Late News</p>	<p>6:00 Seven News 7:00 Better Homes And Gardens 12:00 TBA 12:30 Botched Up Bodies 1:30 Travel Oz</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 RBT 8:30 Mission Impossible 11:10 Brick Mansions 1:00 Extra</p>	<p>6:00 Pointless 6:30 The Project 7:30 Show Me The Movie! 8:30 The Graham Norton Show 9:30 TBA 10:30 TBA 11:30 The Project Encore</p>	<p>6:30 SBS World News 7:35 Robson Green's Australian Adventure 8:30 Movie: No Country For Old Men 10:45 SBS World News Late 11:15 Movie: Young And Beautiful 1:00 Versailles</p>
<p>10:50 The Business 11:35 Planet America 12:15 rage</p>	<p>2:00 Home Shopping 4:00 The Great Outdoors 5:00 NBC Today</p>	<p>1:30 Home Shopping 4:30 Global Shop 4:00 The Avengers 5:30 A Current Affair</p>	<p>12:30 The Late Show With Stephen Colbert 1:30 Home Shopping</p>	<p>4:15 Poh's Kitchen 5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2 	7TWO 	GEM 	Peach 	SBS VICELAND 
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets, Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Hard Quiz 8:30 Rosehaven 9:00 The Office (US) 9:45 Upstart Crow 10:15 WIA 10:45 Alan Partridge's Mid-Morning Matters 11:00 30 Rock 11:45 Reno 911! 12:10 The Office (US) 12:55 30 Rock 1:15 Parks and Recreation 1:40 Reno 911! 2:00 ABC News Update</p>	<p>6:00 Home 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 TBA 1:00 Australia's Amazing Homes 2:00 Million Dollar Minute 3:00 Harry's Practice 3:30 Auction Squad 4:30 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Border Security 8:30 Selling Houses Australia 10:30 Peter Andre's 60 Minute Makeover 11:30 Medical Emergency 12:00 Bargain Hunt 1:00 TBA 2:00 Australia's Amazing Homes 4:00 Million Dollar Minute 5:00 Harry's Practice 5:30 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 10:30 Ellen 11:30 My Favorite Martian 12:00 Operation Bullshine 1:45 Mad About You 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:30 Vet On The Hill 7:30 Fawly Towers 10:50 For Your Eyes Only 11:30 Stephen Fry In America 12:50 9Honey Presents 1:00 Call And Win 3:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Rekkitt Rabbit 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Sherazade 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Will & Grace 8:30 Movie: Ghosts Of Girlfriends Past 10:30 Sex And The City 11:30 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 Joseph Prince</p>	<p>6:10 WORLD NEWS 12:00 Movie: Time Of My Life 2:10 PopAsia TV 3:10 Human Resources 3:35 Legally Brown 4:10 PBS Newshour 5:10 If You Are The One 6:10 Vice News Tonight 6:40 Running Wild With Roger Federer 7:30 RockWiz 8:30 Brooklyn Nine-Nine 9:00 The New Young Millionaires 10:05 South Park 11:05 Caso Cerrado 12:50 Vikings 1:40 The Night Bus 2:35 NHK World English News 3:00 Thai News 3:30 Bangla News 4:00 Punjabi News 4:30 Sri Lankan Sinhalese News 5:00 Korean News 5:30 Indonesian News</p>

ABC NEWS	7MATE 	GO 	BOLD 	FOOD NETWORK
<p>6:00 News Breakfast 9:00 ABC News Mornings 12:00 ABC News At Noon 3:00 ABC News Afternoons 5:00 ABC National News 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:00 Planet America 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 The Mix 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Overnight 3:15 The World 4:15 The World This Week 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Creek To Coast 8:00 Mark Berg's Fishing Addiction 9:00 Adventure Angler 9:30 NFL This Week 10:30 A Football Life 11:30 Inside West Coast Customs 12:30 American Pickers 1:30 Baggage Battles 2:00 Bid and Destroy 2:30 Counting Cars 3:00 Mythbusters 4:00 The Simpsons 5:00 Inside West Coast Customs 6:00 Aussie Pickers 7:00 AFL Women's: Rnd 2: GWS v North Melbourne 9:00 Movie: Elysium 11:15 World's Most Amazing Videos 12:30 Ax Men 2:30 Yukon Gold 3:30 Baggage Battles 4:00 Bid and Destroy 4:30 Counting Cars 5:00 Inside West Coast Customs</p>	<p>6:00 Morning Children's Program 12:00 Schwarzenegger The Celebrity Apprentice 1:00 Xena 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago 4:00 Be Cool Scooby Doo! 4:30 Teen Titans Go! 5:00 Adventure Time 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 7:30 Paul Blart 9:30 Ride Along 2 11:30 The Big Bang Theory 12:00 Wwe Smackdown 1:00 Total Divas 2:00 Friends 3:00 Turning Mecard 3:30 Beyblade Burst 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 Walker, Texas Ranger 11:30 NCIS 12:00 Home Shopping 2:00 MacGyver 3:00 Walker, Texas Ranger</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Rick Stein's Long Weekends Big Food Rescue d'Tour 11:00 Food Porn 11:30 Food Lovers Guide To Australia 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Millbourne 4:00 Food Lovers Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Say It To My Face 8:30 Nigella Express 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 1:00 Rick Stein's Long Weekends 2:00 Big Food Rescue 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab By Ben Millbourne 4:30 Food Lovers Guide To Australia 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>



BRIANNA THE CAT

(PCC624) is the Pet of the Week at Hawkesbury Companion Animal Shelter.

Staff say Brianna is a lovely girl who is nice with people. She comes for pats and rubs but she isn't happy to share her people and is best suited to an only cat home. For this week only Brianna is just \$29 to adopt and that includes microchip, f4 vaccination and lifetime government registration. She is already desexed so bring a carrier and take her home with you.

AT A GLANCE

NAME: **Brianna**
 CODE: **PCC624**
 BREED:
Domestic short hair
 SEX: **Female**
 AGE: **12 months**
 PRICE:
\$29 this week only



To find out about dogs and cats up for adoption call Hawkesbury Companion Animal Shelter on 4560 4644 or visit Hawkesbury Council's Facebook page. www.facebook.com/hawkesburycitycouncil

ABC	SEVEN	NINE	TEN	SBS
<p>6:00 rage 10:00 rage Laneway Festival 11:05 Grand Designs Australia 12:00 ABC News At Noon 12:30 Landline 1:00 Golf: Vic Open 2019</p>	<p>6:00 Hook Line And Sinker 7:00 Mark Berg's Fishing Addiction 8:00 Home Shopping 9:00 Adventure Angler 9:30 America's Game 10:30 Bid and Destroy 11:00 Inside West Coast Customs 12:00 STIHL Timbersports 1:00 Bokesworld 1:30 Counting Cars 2:00 Yukon Gold 3:00 Rides Down Under 3:30 Pro Bull Riding - Australia 4:00 AFL Women's Pre-Game 2019</p>	<p>6:00 Ellen 7:00 Weekend Today 10:00 Today Extra 12:00 Destination Wa 12:30 Kevin Can Wait 1:00 The Truth About Stress 2:15 Mermaids 4:30 Explore Tv Far East Discovery Cruise 5:00 Nine News 5:30 Tba 6:00 Nine News Saturday</p>	<p>6:00 Australia By Design 6:30 WhichCar 7:00 RPM 7:30 Escape Fishing With ET 8:00 iFish Summer Series 9:00 My Market Kitchen 9:30 Studio 10: Saturday 12:00 Luxury Escapes 12:30 The 48 Hour Destination 1:00 Everyday Gourmet With Justine Schofield</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 ISU Figure Skating Grand Prix Final 4:30 This Is Greece With Michael Scott 5:30 Who Do You Think You Are? Craig Horwood 6:30 SBS World News 7:35 Aerial Asia</p>
<p>7:00 ABC News 7:30 Death In Paradise 8:30 Agatha Raisin 9:20 The Cry</p>	<p>4:30 AFL Women's: Rnd 2: Collingwood v Melbourne 7:00 AFL Women's: Rnd 2: Western 9:15 Movie: Eddie The Eagle 11:30 Movie: Little Man 1:30 Bokesworld</p>	<p>7:00 Red Dog 8:45 Crocodile Dundee 10:45 Trading Places 1:05 Cold Case 1:55 Explore Moments</p>	<p>1:30 The Cook's Pantry With Matt Sinclair 2:00 Renovation King 2:30 The Home Team 3:00 The Living Room 4:00 What's Up Under 4:30 Jamie's 15 Minute Meals 5:00 10 News First</p>	<p>8:30 Eurovision 11:00 Great British Railway Journeys 11:30 24 Hours In Emergency 1:30 LIVE Premier League: Hudds' f'ld V Arsenal 4:20 Poh's Kitchen Lends A Hand</p>
<p>10:15 The Ice Cream Girls 11:05 rage Laneway Festival 5:00 rage</p>	<p>2:00 Ax Men 3:00 Yukon Gold 4:00 STIHL Timbersports 5:00 Rides Down Under 5:30 Pro Bull Riding - Australia</p>	<p>2:00 Home Shopping 4:30 Global Shop 5:00 Home Shopping 5:30 Wesley Impact</p>	<p>6:00 David Attenborough's Natural Curiosities 7:00 I'm A Celebrity Saturday Schoolies 8:00 Movie: Shrek The Third 9:45 NCIS 11:45 Elementary 12:30 Home Shopping 5:00 Hour Of Power With Bobby Schuller</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	YO Peach	SBS VICELAND
<p>5:00 Morning Children's Program 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Would I Lie To You? 8:30 Live At The Apollo 9:15 Live From The BBC 9:45 Comedy Up Late 10:15 Comedy Next Gen 11:10 Fiona O'Loughlin's Greatest Hits 12:35 Penn And Teller 1:15 Live At The Apollo 2:00 Live From The BBC 2:30 ABC News Update</p>	<p>6:00 Home Shopping 8:00 Travel Oz 9:30 NBC Today 11:30 Harry's Practice 12:00 TBA 5:00 Crash Investigation Unit 5:30 Air Crash Investigations 7:30 The Yorkshire Vet 8:30 Escape To The Country 11:30 Air Crash Investigations 1:30 Vasilii's Garden 2:00 Queensland Weekender 2:30 The Great Day Out 3:00 Escape To The Country 4:00 Crash Investigation Unit 4:30 Travel Oz</p>	<p>6:00 Home Shopping 10:00 Elizabeth Of Ladymead 12:00 Kind Hearts And Coronets 2:10 My Favorite Martian 2:40 Tammy And The Bachelor 4:30 Imitation Of Life 5:00 Hopman Cup Tennis 7:00 Tba 9:30 Tba 11:30 Law And Order SvU 12:30 My Favorite Martian 1:00 Call And Win 3:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Cardfight!! Vanguard 6:30 The Amazing Spiez 7:00 Treasure Island 7:30 Quimbo's Quest 8:00 Kuu Kuu Harajuku 8:30 Totally Wild 9:05 The Loop 11:35 Charmed 2:00 The King Of Queens 2:30 Everybody Loves Raymond 3:30 Frasier 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Everybody Loves Raymond 7:30 Show Me The Movie 8:30 The Graham Norton Show 9:30 Gogglebox 10:30 Hughesy, We Have A Problem 11:30 The Loop 2:00 Charmed 4:00 Everybody Loves Raymond 4:30 Home Shopping 5:30 Everybody Loves Raymond</p>	<p>6:10 WORLD NEWS 12:00 Insight 1:00 Front Up 1999 1:30 Rivals 1:55 Abandoned 4:45 Needles And Pins 3:10 Corruption, Cocaine, Murder In Trinidad 3:40 Cyberwar 4:10 PBS Newshour 5:10 Black Market 5:40 Back In The Soviet Bloc 6:10 Chinese Dating With The Parents 7:30 If You Are The One 8:30 MOVIE: House Of Flying Daggers 10:45 MOVIE: Kung Fu Jungle 12:35 Movie: Blind Alley 1:55 Movie Show 1999 2:40 France 24 News In English From Paris 3:00 Thai News 3:30 Bangla News 4:00 Punjabi News 5:30 Sri Lankan Sinhalese News 5:30 Korean News 5:30 Indonesian News</p>

ABC NEWS	7MATE	GO	BOLD	FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Weekend 6:30 The Mix 7:00 ABC News Weekend 7:30 Foreign Correspondent 8:00 ABC News Weekend 8:15 Four Corners 9:00 ABC News Weekend 9:30 Back Roads 10:00 ABC News 10:15 Planet America 11:00 ABC Nightly News 11:30 The World This Week 12:15 Women's Work 12:30 The Breakfast Couch 1:00 DW News 1:15 Q&A 2:20 ABC News 2:35 The Drum Weekly 3:05 The Mix 3:30 DW Conflict Zone 4:00 DW News 4:15 ABC News 4:30 Close Of Business 5:00 National Press Club Address</p>	<p>6:00 My Fishing Place 6:30 Mark Berg's Fishing Addiction 7:30 The Next Level 8:00 Home Shopping 9:00 Engineering Connections 10:00 MXTV 10:30 Doomsday Preppers 11:30 The Weekend Prospector 12:00 STIHL Timbersports 1:00 Bokesworld 1:30 Maxim TV 2:00 Night Thunder 3:00 Rides Down Under 3:30 Pro Bull Riding 4:00 Bloopers 4:30 Storage Wars 5:00 Counting Cars 6:00 Restoration Garage 7:00 Movie: The Finest Hours 9:25 Movie: Living Space 11:05 Bloopers 12:50 Counting Cars 1:50 Restoration Garage 2:55 MXTV 3:25 STIHL Timbersports 4:30 Night Thunder 5:30 The Weekend Prospector</p>	<p>6:00 Morning Children's Program 12:00 Pirate Express 12:30 My Little Pony Friendship Is Magic 1:00 Beyblade Burst Evolution 1:30 Uncle Grandpa 2:30 National Basketball League 5:00 Zathura 7:00 The Lord Of The Rings 10:40 Underworld 12:30 Adult Swim 12:35 Aqua Teen Hunger Force 12:45 Robot Chicken 1:00 Squidbillies 1:15 Superjail 1:30 Total Divas 2:30 Tattoo Fixers 3:30 Baggage Battles 4:00 Uncle Grandpa 4:50 My Little Pony Friendship Is Magic 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 I Fish Summer Series 8:30 The 48 Hour Destination 9:00 Cheers 10:00 Hogan's Heroes 11:00 MacGyver 12:00 Snap Happy 12:30 Jake And The Fatman 1:30 Diagnosis Murder 2:30 Reel Action 3:00 Undercover Boss 4:00 WhichCar 4:30 Places We Go 5:00 Attenborough's Planet Earth 6:00 Scorpion 7:00 COPS 7:30 Hyundai A-League 10:30 Movie: The Fighter 12:50 48 Hours 1:45 COPS 2:15 RPM Summer Series 2:45 Monster Jam 3:40 The Doctors 5:30 Hogan's Heroes</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Say It To My Face 10:00 Nigella Express 11:00 Food Porn 11:30 Food Lovers Guide To Australia 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Richo's Bar Snacks 3:30 This Is Brazil! 4:30 Miguel's Tropical Kitchen 5:00 The Cook And The Chef 6:30 Made In Italy With Silvia Colloca 7:30 The Travelling Chef 8:30 Dinner Date 9:30 Destination Flavour Singapore 10:00 The Cook And The Chef 10:30 Destination Flavour Eurovision 11:00 The Cook And The Chef 11:30 Worst Cooks In America 12:30 Made In Italy With Silvia Colloca 1:30 The Travelling Chef 2:30 Dinner Date 3:30 Destination Flavour Singapore 4:30 Miguel's Tropical Kitchen 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>

ROUSE HILL BILLY CART DERBY

The Rouse Hill Town Centre revs into action on Sunday April 28 and you are all invited to take part.

It's the seventh year that the popular Rouse Hill Billy Cart Derby has been held and each year it attracts around 145 teams.

The event is organised by the Rouse Hill Community Baptist Church

in partnership with Rouse Hill Town Centre and the Bring A Mate charity.

Organiser Kerrie Sheaves said that while some teams make their own Billy Carts before the event, most turn up on the day. "We have the local mens' sheds making billy carts so people can come on the day and for \$5 hire helmets, gloves and cart.

"It's about getting people out and participating."

As well as the Billy Cart Derby, there is a family festival, with stalls and entertainment.

For more information visit the Facebook page. <https://www.facebook.com/rhbillycartderby/>



ABC	SEVEN	NINE	TEN	SBS
<p>6:00 Rage 7:00 Weekend Breakfast 9:00 Insiders 10:00 Offsiders 10:30 The World This Week 11:00 Compass 11:30 Songs Of Praise 12:00 ABC News At Noon 12:30 TBA 1:00 Golf: Vic Open 2019 6:00 The Great Australian Bee Challenge 7:00 ABC News Sunday</p>	<p>6:00 NBC Today 7:00 Weekend Sunrise 10:00 Morning Show 12:00 2019 Santos Tour Down Under: Men's Highlights 1:00 Better Homes And Gardens 2:00 Crash Investigation Unit 2:30 Big Bash League: Melbourne Stars v Sydney Sixers 6:00 Seven News 7:00 TBA</p>	<p>6:00 Great Escapers 7:00 Weekend Today 10:00 The Hold Down 10:30 World Surf League 11:30 Al Mcglashan's Fish'n With Mates 12:00 Women's Footy 1:00 World's Greatest Islands 2:00 Airport 24/7: Miami 2:30 Ultimate Airport Dubai 3:30 Sos Red Zone 4:00 The Embassy 4:30 Helloworld 5:00 Nine News: First At Five 5:30 Customs</p>	<p>6:00 Mass For You At Home 6:30 Hillsong 7:00 Joseph Prince New Creation Church 7:30 Joel Osteen 8:00 Maxing Out 9:00 Places We Go With Jennifer Adams 9:30 Studio 10: Sunday 12:00 The Living Room 1:00 Foodie Adventures With Ash Pollard 1:30 Everyday Gourmet With Justine Schofield 2:00 TBA 4:00 Which Car? 4:30 RPM Summer Series</p>	<p>6:00 WORLD NEWS 1:00 Speedweek 3:00 Cycling: Women's Road National Champs 4:00 Cycling: Men's Road National Champs 5:00 Great British Railway Journeys 5:35 Hitler's World 6:30 SBS World News 7:35 Sinkholes 8:30 (Dis)honesty - The Truth About Lies 9:30 The Imposter</p>
<p>7:40 Magical Land Of Oz 8:40 The Cry 9:40 Mrs Wilson 10:40 Death In Paradise 11:40 Silent Witness 12:40 rage 1:30 Antiques Roadshow</p>	<p>9:00 TBA 11:30 Special: Behind The Blacklist: Season 6 12:00 Dr. Ken 1:00 Harry's Practice 1:30 Travel Oz 2:00 Home Shopping</p>	<p>6:00 Nine News Sunday 7:00 Married At First Sight 8:30 60 Minutes 9:30 TBA 10:40 TBA 11:40 Cold Case 12:35 Major Crimes</p>	<p>5:00 10 News First 6:00 David Attenborough's Natural Curiosities 6:30 The Sunday Project 7:30 TBA</p>	<p>11:25 It's Not Just Me 12:30 The Right Stuff 4:00 Poh's Kitchen Lends A Hand</p>
<p>2:30 Silent Witness 3:30 The New Inventors 4:00 Crash Test Mummies And Daddies 4:30 Tony Robinson's Time Walks 5:00 Insiders</p>	<p>3:30 Harry's Practice 4:00 Meet The Press 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:30 The Hold Down 2:00 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Great Escapers 5:00 Nine News Early Edition 5:30 Today</p>	<p>9:00 NCIS 11:00 The Sunday Project 12:00 Home Shopping 4:30 CBS -This Morning</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	10 Peach	SBS VICELAND
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Would I Lie To You? 8:30 Penn And Teller 9:15 Judith Lucy 10:30 TBA 11:10 Would I Lie To You? 11:40 Upstart Crow 12:10 WIA 12:40 Black Books 1:05 Absolutely Fabulous 1:35 Alan Partridge's Mid-Morning Matters 1:50 ABC News Update</p>	<p>6:00 Home Shopping 6:30 Amazing Facts 7:00 Tomorrow's World 7:30 Leading The Way 8:00 David Jeremiah 8:30 Hour Of Power 9:00 Home Shopping 9:30 Mum's At The Table 10:00 TBA 11:00 NBC Today 12:00 Hairy Bikers' Northern Exposure 1:00 Vasil's Garden 1:30 TBA 3:30 The Great Australian Doorstep 4:00 Escape To The Country 5:00 The Yorkshire Vet 6:00 Heathrow 7:00 Motorway Patrol 8:00 Coastwatch Oz 8:30 Border Security - Australia's Front Line 9:30 Special: River Monsters: Top Ten 10:30 Heathrow 11:30 Coastwatch Oz 12:00 Border Security - Australia's Front Line 1:00 The Great Outdoors 3:00 Special: Anh Does Scandinavia 4:00 Special: Anh Does Iceland 5:00 Special: Tom, Rach And Rosso Go Cruising</p>	<p>6:00 Home Shopping 6:30 Beyond Today 7:00 Leading The Way 7:30 In Touch Ministries 8:00 Skippy - The Bush Kangaroo 8:30 The Incredible Journey Presents 9:00 Home Shopping 10:00 My Favorite Martian 10:30 The Winslow Boy 12:55 Heart Of The Matter 3:05 Lease Of Life 5:05 Breakfast At Tiffany's 7:30 Midsomer Murders 9:40 TBA 11:45 Chicago Med 12:45 GEM Presents 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Cardfight!! Vanguard 6:30 The Amazing Spiez 7:05 Treasure Island 8:05 Mia & Me 9:00 Teenage Mutant Ninja Turtles 10:00 Scope 10:30 The Bureau Of Magical Things 11:00 The Brady Bunch 11:25 Charmed 1:25 Everybody Loves Raymond 2:30 Rules Of Engagement 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Everybody Loves Raymond 8:30 Robin Hood: Prince Of Thieves 11:25 Movie: Ghosts Of Girlfriends Past 1:25 Frasier 2:30 Everybody Loves Raymond 3:30 The King Of Queens 4:30 Home Shopping 5:30 The Brady Bunch</p>	<p>6:10 WORLD NEWS 12:00 PopAsia TV 1:00 Front Up 1999 1:30 Vs. Arashi 2:20 Balls Deep 2:50 10,000 B.C. 3:40 The Mindy Project 4:30 Tough Young Teachers 5:35 The Business Of Fashion 6:00 Free Lunch Society, The 7:40 Ultimate Airport Dubai 8:30 Eurovision - Australia Decides 11:00 Movie: Laurence Anyways 2:00 Vice Guide To Film 2:25 France 24 News In English From Paris 3:00 Thai News 3:30 Bangla News 4:00 Punjabi News 4:30 Sri Lankan Sinhalese News 5:00 Korean News 5:30 Indonesian New</p>

ABC NEWS	7MATE	GO	10 BOLD	FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Weekend 6:15 Planet America 7:00 ABC News Weekend 8:00 Insiders 9:00 ABC News Update 9:30 One Plus One 10:00 ABC News 0:30 Compass 11:00 ABC Nightly News 11:30 The Mix 12:00 ABC News 12:15 Planet America 1:00 DW News 1:15 ABC News 1:30 Insiders 2:30 Offsiders 3:00 Close Of Business 3:30 DW Focus On Europe 4:00 DW News 4:15 ABC News 4:30 Offsiders 5:00 Landline</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Home Shopping 9:30 The AFN Fishing Show 10:30 America's Game: The Super Bowl Champions: 2011 New York Giants 11:30 A Football Life 12:30 Yukon Gold 1:30 Bid and Destroy 2:00 Swamp People 4:00 Fish Of The Day 4:30 Big Angry Fish 5:30 Bloopers 6:00 The Simpsons 7:00 Movie: Harry Potter And The Philosopher's Stone 10:05 Movie: Underworld Evolution 12:15 Ax Men 1:15 Yukon Gold 2:15 Bid and Destroy 3:00 Ax Men 4:00 Swamp People</p>	<p>6:00 Morning Children's Program 12:00 My Little Pony Friendship Is Magic 12:30 Polly Pocket 1:00 Beyblade Burst Evolution 1:30 Uncle Grandpa 2:30 National Basketball League 5:00 Ben 10 6:00 Young Sheldon 7:00 The Big Bang Theory 8:30 Passengers 10:45 The Big Bang Theory 12:00 Adult Swim 12:05 Aqua Teen Hunger Force 12:15 Frisky Dingo 12:30 Squidbillies 12:45 Superjail 1:00 Cold Water Cowboys 2:00 Most Terrifying Places In America 3:00 Guggage Battles 4:00 Uncle Grandpa 4:50 My Little Pony Friendship Is Magic 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 7:30 Key Of David 8:00 Hogan's Heroes 9:00 The Home Team 9:30 Escape Fishing With ET 10:00 TBA 12:00 Escape Fishing With ET 12:30 Pooches At Play 1:00 The Doctors 2:00 Monster Jam 3:00 Bondi Rescue 4:00 Fishing Edge 4:30 Fishing Australia 5:00 What's Up Down Under 5:30 I Fish Summer Series 6:00 Planes Gone Viral 7:00 Sea Patrol 8:00 Medics On Call 9:00 Movie: Good Morning, Vietnam 11:30 NCIS 12:30 CSI 1:30 48 Hours 2:30 RPM Summer Series 3:00 Medics On Call 4:00 The Doctors</p>	<p>6:00 Made In Italy With Silvia Colloca 7:00 This Is Brazil! 8:00 The Cook And The Chef 9:30 The Travelling Chef 10:30 Dinner Date 11:30 Made In Italy With Silvia Colloca 12:30 Destination Flavour Singapore 1:30 Miguel's Tropical Kitchen 2:00 Worst Cooks In America 3:00 The Travelling Chef 3:30 This Is Brazil! 4:30 Miguel's Tropical Kitchen 5:00 The Cook And The Chef 6:30 Cheese Slices 7:30 Hairy Bikers' Bakeation 8:30 Rick Stein's Far Eastern Odyssey 9:35 Food Safari 10:35 The Cook And The Chef 11:35 Worst Cooks In America 12:25 Cheese Slices 1:25 Hairy Bikers' Bakeation 2:25 Rick Stein's Far Eastern Odyssey 3:30 Food Safari 4:30 The Cook And The Chef 5:00 Worst Cooks In America</p>

BROMELIAD SOCIETY OF AUSTRALIA

GUEST SPEAKER FOR FEBRUARY BEEKEEPER DAVE WILSON

The Bromeliad Society of Australia will hold their next meeting at George Bell Pavilion, Castle Hill Showground on Saturday, 9 February with plant sales commencing at 12noon. Access is off Showground Road into Doran Drive, Castle Hill.

Guest speaker will be Dave Wilson, beekeeper and member of the Amateur Beekeepers Association.

Dave will discuss various details regarding the ABA including such facts as:

- Over 1000 recreational beekeepers in the greater Sydney region
- Newly developed flow hive has attracted many new beekeepers.
- All beekeepers must be registered with the NSW Department of Primary Industry
- All beekeepers get stung occasionally
- Diseases control in bees is a significant issue
- Bees are significant pollinators

Dave and wife Wendy will bring along a range of honey products including their special honey for members and guest to purchase.

Meetings include plant sales, club news, raffles, competitions, show and tell, and a future bus trip also providing an opportunity to meet with like-minded people in a friendly and inviting environment.

Contact Ian Hook - mobile 0408202269, ianhook1@bigpond.com | www.bromeliad.org.au



ABC	SEVEN	NINE	TEN	SBS
<p>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 TBA 2:00 Agatha Raisin 3:00 The Cook And The Chef 3:25 Dream Gardens 4:00 Think Tank 5:00 ABC News Update 5:05 Grand Designs 6:00 The Drum 7:00 ABC News</p>	<p>6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia 6:00 Seven News 7:00 TBA 7:30 TBA 9:00 TBA 10:15 TBA 10:45 TBA 11:55 TBA</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 Al Jazeera News 2:00 Lost Songs Of St Kilda 2:30 Andrea Bocelli 4:05 The Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News 7:30 Spying On The Royals</p>
<p>7:30 7.30 8:00 Back Roads 8:30 Four Corners 9:35 Q&A 10:40 ABC Late News 11:10 The Business 11:30 TBA</p>	<p>1:00 Mistresses 2:00 Home Shopping</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Married At First Sight 9:00 TBA 10:10 Serial Killer With Piers Morgan 11:10 Chicago Justice 12:05 Cold Case 1:00 Extra</p>	<p>6:00 Pointless 6:30 The Project 7:30 TBA 9:00 TBA 10:00 TBA 11:00 The Project</p>	<p>8:30 Michael Mosley's Placebo Experiment 9:35 The Honesty Experiment 10:40 SBS World News Late 11:10 The World Game 2019 11:40 Home Ground 12:35 Gangland Undercover 2:20 Paris</p>
<p>12:20 The Cry 1:20 rage 3:35 The New Inventors 4:00 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:30 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>12:00 The Late Show With Stephen Colbert 1:00 Home Shopping 4:30 CBS - This Morning</p>	<p>4:00 Poh's Kitchen Lends A Hand 5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	10 Peach	SBS VICELAND
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 The Agony Of Modern Manners 8:30 The Office (US) 9:15 The Good Place 10:00 Idiotsitter 10:20 30 Rock 10:40 Parks and Recreation 11:05 Reno 911 11:30 The Office 12:10 30 Rock 12:35 Parks and Recreation 12:55 Reno 911 1:20 Shaun Micallef's MAD AS HELL 1:50 ABC News Update</p>	<p>6:00 Home 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 Meet The 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 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Doc Martin 8:30 Lewis 10:30 Kingdom 11:30 Medical Emergency 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 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministries 7:30 Home Shopping 9:30 Danoz 10:30 Ellen 11:30 My Favorite Martian 12:00 The City Under The Sea 1:45 Mad About You 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:30 Vet On The Hill 7:30 New Tricks 8:40 Silent Witness 11:00 Law And Order Svu 12:00 HEARTBEAT 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Rekkitt Rabbit 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Totally Wild 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two And A Half Men 8:30 Fresh Off The Boat 9:30 New Girl 10:30 Supernatural 11:30 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 Movie: Here Below 1:45 Starting From...Now! 2:45 It's Suppertime 3:10 PopAsia TV 4:10 Vs. Arashi 5:05 If You Are The One 6:05 The Ice Cream Show 6:35 Mythbusters 7:30 RockWiz 8:30 Housos 9:00 Adam Looking For Eve VIP 9:55 The Griffrind Experience 11:05 You're The Worst 11:55 Raised By Wolves 1:20 Movie: Gimme The Loot 2:40 CGTN News In English From Beijing 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</p>

ABC NEWS	7MATE	GO	10 BOLD	FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Update 3:02 The World 4:00 ABC News Overnight 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Adventure Angler 8:00 Mark Berg's Fishing Addiction 9:00 The AFN Fishing Show 10:00 America's Game: The Super Bowl Champions 11:00 A Football Life 12:00 Going Bush 12:30 Bid and Destroy 1:00 Swamp People 3:00 Mythbusters 4:00 Blokesworld 4:30 Restoration Garage 5:30 Pawn Stars 6:00 American Pickers 7:00 Cricket Australia Awards 2019 10:30 Movie: Avatar 11:50 Movie: 30 Minutes Or Less 1:30 Creek To Coast 2:00 Ax Men 4:00 Bloopers 4:30 Pawn Stars 5:00 American Pickers</p>	<p>6:00 Morning Children's Program 12:00 Mom 1:00 Xena - Warrior Princess 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago: Masters Of Spinjitzu 4:00 Kids' Wb Weekdays 4:05 Be Cool Scooby Doo! 4:30 The Tom & Jerry Show 5:00 Adventure Time 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 9:00 Zombieland 10:45 The Big Bang Theory 12:00 Meet The Hackers 12:30 Friends 1:30 Mr Pickles 2:00 CHINA IL 2:30 Steven Universe 3:00 Turning Mecard 3:30 Beyblade Burst 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie Dreamtopia 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 RPM: Summer Series 8:30 Monster Jam 9:30 I Fish Summer Series 10:00 Cheers 11:00 Sea Patrol 12:00 Mission: Impossible 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 8:30 Law & Order 10:30 48 Hours 11:30 CSI 12:30 Home Shopping 2:00 Mission: Impossible 3:00 MacGyver 4:00 Diagnosis Murder 5:00 The Doctors</p>	<p>6:30 Miguel's Tropical Kitchen 7:00 The Cook And The Chef 8:30 Worst Cooks In America 9:30 Cheese Slices 10:30 Hairy Bikers' Bakeation 11:30 Rick Stein's Far Eastern Odyssey 12:35 Food Safari 1:35 Miguel's Tropical Kitchen 2:05 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Milbourne 4:00 Food Lovers' Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Kylie Kwong 8:30 Essence Of India 9:30 Eat Australia In South Australia 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 1:00 Kylie Kwong 2:00 Essence Of India 3:00 Food Porn 3:25 Eat Australia In South Australia 3:30 Surfing The Menu 4:00 Food Lab By Ben Milbourne 4:30 Food Lovers' Guide To Australia 5:00 Cheese Slices 5:30 This Is Brazil!</p>

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ABC 	SEVEN 	NINE 	TEN 	SBS 
<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Grand Designs 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 1:00 Four Corners 1:45 Media Watch 2:00 Parliament Question Time 3:00 Poh's Kitchen 3:30 Dream Gardens 4:00 Think Tank 5:00 ABC News At Five 5:05 Grand Designs 6:00 The Drum</p>	<p>6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia 6:00 Seven News 7:00 TBA 7:30 TBA</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat 6:00 Nine News</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 Chinese New Year: Biggest Celebration 3:00 Who Do You Think You Are Ricky Tomlinson 4:05 The Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News 7:35 Michael Portillo's Abandoned Britain</p>
<p>7:00 ABC News 7:30 7.30 8:00 Foreign Correspondent 8:30 Catalyst 9:30 Fake Or Fortune? 10:30 ABC Late News</p>	<p>9:00 The Good Doctor 10:00 The Resident 11:00 TBA 11:30 The Family 12:30 Botched Up Bodies 1:30 Travel Oz</p>	<p>7:00 A Current Affair 7:30 Married At First Sight 9:00 Travel Guides 10:00 Manifest 11:00 Chicago Justice 12:00 Cold Case 1:00 Extra 1:30 SOS Red Zone</p>	<p>6:00 Pointless 6:30 The Project 7:30 TBA 9:00 Hughesy, We Have A Problem 10:00 NCIS</p>	<p>8:30 Insight 9:30 8 Out Of 10 Cats Does Countdown 10:30 SBS World News Late 11:00 Ride Upon The Storm 12:05 Agatha Christie's Criminal Games 1:50 Modus 4:30 Poh's Kitchen On The Road</p>
<p>11:00 The Business 11:15 Q&A 12:25 Parliament Question Time 1:25 rage 3:35 The New Inventors 4:00 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>2:00 Home Shopping 4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>2:00 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>12:00 The Project Encore 1:00 The Late Show With Stephen Colbert 2:00 Home Shopping 4:30 CBS - This Morning</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2 	7TWO 	GEM 		SBS VICELAND 
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 TBA 8:40 Black Books 9:05 The Office 9:50 In The Long Run 10:10 Timewasters 10:35 30 Rock 11:00 Parks and Recreation 11:25 Reno 911 11:45 The Office 12:30 30 Rock 12:55 Parks and Recreation 1:15 Reno 911! 1:45 ABC News Update</p>	<p>6:00 Home 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 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Jonathan Creek 8:30 Crime Investigation Australia 9:30 The Suspects - True Australian Thrillers 10:30 Crimes That Shook The World 11:30 Medical Emergency 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 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 9:30 Danoz 10:30 Ellen 11:30 My Favorite Martian 12:00 The Comedy Man 1:45 Mad About You 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:30 Vet On The Hill 7:30 New Tricks 8:40 Jack Taylor 10:40 Aircrash Confidential 11:40 Law And Order Svu 12:35 My Favorite Martian 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Rekkitt Rabbit 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Totally Wild 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two And A Half Men 8:30 Queer Eye For The Straight Guy 9:30 Brides Of Beverly Hills 10:30 Charmed 11:30 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 Movie: Oslo, August 31st 1:40 Mr Tachyon On The Edge Of Science 2:05 Royal Navy School 3:00 States Of Undress 3:50 PBS Newshour 4:50 If You Are The One 6:05 Vice News Tonight 6:35 Mythbusters 7:30 Children Of The Dirty Gold 8:00 The World's Dirtiest Air 8:30 Our Rising Oceans 9:20 Scientology And The Aftermath 10:20 Dopesick Nation 11:10 Wild Ride 2:10 Movie: That's Not Us 2:00 Shot By Kern 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 Indonesian News</p>

ABC NEWS	7MATE 	GO 		FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 12:00 The World 11:00 ABC Nightly News 10:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Update 3:02 The World 4:00 ABC News Overnight 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Creek To Coast 8:00 Mark Berg's Fishing Addiction 9:00 The AFN Fishing Show 10:00 America's Game: The Super Bowl Champions: 2013 Seattle Seahawks 11:00 A Football Life 12:00 Restoration Garage 1:00 Bloopers 1:30 Pawn Stars 2:00 American Pickers 3:00 Swamp People 4:00 Mythbusters 5:00 Restoration Garage 6:00 American Pickers 7:00 Pawn Stars 7:30 Highway Patrol 8:00 Beach Cops 8:30 Aussie Lobster Men 9:30 Mega Marine Machines 10:30 Great Lake Warriors 11:30 Aussie Salvage Squad 12:30 Ax Men 1:30 Swamp People 2:30 Ax Men 3:30 American Pickers 4:30 Pawn Stars 5:00 Mega Marine Machines</p>	<p>6:00 Morning Children's Program 12:00 Mom 1:00 Xena - Warrior Princess 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago: Masters Of Spinjitzu 4:00 Kids' Wb Weekdays 4:05 Be Cool Scooby Dool 4:30 The Tom & Jerry Show 5:00 Adventure Time 5:30 Steven Universe 6:00 Friends 7:00 The Big Bang Theory 7:30 American Ninja Warrior 9:15 The Expendables 3 11:45 The Big Bang Theory 12:15 Friends 1:15 Aqua Teen Hunger Force 2:00 China II 2:30 Steven Universe 3:00 Turning Mecard 3:30 Polly Pocket 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie: Dreamhouse Adventures 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek: Voyager 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission: Impossible 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 10:30 The Mentalist 12:30 Home Shopping 2:00 Mission: Impossible 3:00 MacGyver 4:00 Cheers 5:00 The Doctors</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Kylie Kwong 10:00 Essence Of India 11:00 Food Porn 11:30 Food Lovers' Guide To Australia 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Millbourne 4:00 Food Lovers' Guide To Australia 4:30 Miguel's Tropical Kitchen 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 Oliver's Twist 7:30 Luke Nguyen's Vietnam 8:30 Poh's Kitchen 9:35 Food Porn 10:00 The Cook And The Chef 11:00 Oliver's Twist 12:00 Worst Cooks In America 1:00 Luke Nguyen's Vietnam 2:00 Poh's Kitchen 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab By Ben Millbourne 4:30 Food Lovers' Guide To Australia 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>

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ABC	SEVEN	NINE	TEN	SBS
<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Grand Designs 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 Compass 2:00 Parliament Question Time 3:00 The Cook And The Chef 3:25 Dream Gardens 4:00 Think Tank 5:05 Grand Designs 6:00 The Drum</p>	<p>6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia 6:00 Seven News</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 In My Mind: Women 3:00 Insight 4:00 Supervet 4:55 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News 7:30 Gourmet Farmer</p>
<p>7:00 ABC News 7:30 7.30 8:00 Hard Quiz 8:30 Rosehaven 9:00 Get Krack'n 9:30 Would I Lie To You? 10:05 TBA 10:45 ABC Late News 11:15 The Business 11:30 Four Corners</p>	<p>7:00 TBA 7:30 TBA 9:00 Undercurrent 10:00 Criminal Minds 11:00 TBA 11:30 The Family</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Married At First Sight 9:00 New Amsterdam 10:00 Chicago Med 11:00 Talking Married 11:55 Major Crimes</p>	<p>6:00 Pointless 6:30 The Project 7:30 TBA 9:00 Law & Order 11:00 The Project</p>	<p>8:00 Great British Railway Journeys 8:30 McMafia 10:40 Berlin Station 11:40 SBS World News Late 12:00 Movie: The Workshop 2:00 Ride Upon The Storm</p>
<p>12:20 Media Watch 12:35 Parliament Question Time 1:35 rage 3:00 Would I Lie To You? 3:35 The New Inventors 4:00 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>12:30 Marvel's Agent Carter 1:30 Travel Oz 2:00 Home Shopping 4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:35 Extra 2:00 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>12:00 The Late Show With Stephen Colbert 1:00 Home Shopping 4:30 CBS - This Morning</p>	<p>3:10 Lisa Limone And Maroc Orange 4:30 Poh's Kitchen On The Road 5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM		SBS VICELAND
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Absolutely Fabulous 8:30 Upper Middle Bogan 9:00 The Office 9:45 Asian Provocateur 10:15 30 Rock 10:40 Parks and Recreation 11:00 Reno 911 11:25 The Office 12:10 30 Rock 12:35 Parks and Recreation 12:55 Reno 911! 1:20 Would I Lie To You? 1:50 ABC News Update</p>	<p>6:00 Home 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 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Pie In The Sky 8:30 The Inspector Lynley Mysteries 10:30 Hospital 11:30 Medical Emergency 12:00 Bargain Hunt 1:00 The Great Outdoors 2:00 Home Shopping 4:00 Million Dollar Minute 5:00 Harry's Practice 5:30 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Crefflo Dollar Ministries 7:30 Home Shopping 10:30 Ellen 11:30 My Favorite Martian 12:00 Two Way Stretch 1:45 Mad About You 2:15 Vet On The Hill 3:15 Nature's Miracle Orphans 4:25 Heartbeat 5:30 The Secret Life Of The Zoo 6:00 Vet On The Hill 7:30 Poirot 8:40 Agatha Christie's Marple 10:40 Cold Case 11:40 The Bible 12:35 My Favorite Martian 1:00 Home Shopping 1:30 Danoz 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Rekkitt Rabbit 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Totally Wild 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocacomle 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two And A Half Men 8:30 Movie: Limitless 10:30 Buffy The Vampire Slayer 11:35 The Late Late Show With James Corden 12:35 Home Shopping 1:35 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 Movie: The Kid With A Bike 1:35 Mr Tachyon On The Edge Of Science 2:00 Release The Hounds 2:50 It's Supper-time 3:20 Huang's World 4:10 PBS Newshour 5:05 If You Are The One 6:05 Vice News Tonight 6:35 Mythbusters 7:30 RockWiz 8:30 Spice World 10:20 MOVIE: Glitter 12:15 Movie: Athena 2:30 France 24 News In English From Paris 3:00 Thai News 3:30 Bangla News 4:00 Punjabi News 4:30 Sri Lankan Sinhalese News 5:00 Korean News 5:30 Indonesian News</p>

ABC NEWS	7MATE	GO		FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 Summer Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Update 3:02 The World 4:00 ABC News Overnight 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Hook Line And Sinker 7:30 Adventure Angler 8:00 Mark Berg's Fishing Addiction 9:00 The AFN Fishing Show 10:00 Swamp People 11:00 Restoration Garage 12:00 American Pickers 1:00 Great Lake Warriors 2:00 Mega Marine Machines 3:00 Swamp People 4:00 Mythbusters 5:00 Restoration Garage 6:00 American Pickers 7:00 Pawn Stars 7:30 The Simpsons 8:00 Futurama 9:00 The Simpsons 9:30 Family Guy 10:00 American Dad 11:00 Family Guy 12:00 Black-ish 12:30 Ax Men 1:30 Pawn Stars 2:00 Home Shopping 4:00 Ax Men 5:00 Big Angry Fish</p>	<p>6:00 Morning Children's Program 12:00 Mom 1:00 Xena - Warrior Princess 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago: Masters Of Spinjitzu 4:00 Kids' Wb Weekdays 4:05 Be Cool Scooby Dool 4:30 The Tom & Jerry Show 5:00 Adventure Time 5:30 Regular Show 6:00 Friends 7:00 The Big Bang Theory 8:30 Ocean's Thirteen 11:00 Battlebots 12:00 Meet The Hockers 12:30 Friends 1:30 Aqua Teen Hunger Force 2:00 China I 2:30 Regular Show 3:00 Turning Mecard 3:30 Polly Pocket 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie: Dreamhouse Adventures 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission: Impossible 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 12:30 Home Shopping 2:00 Star Trek 3:00 Mission: Impossible 4:00 Diagnosis Murder 5:00 The Doctors</p>	<p>6:00 The Cook And The Chef 7:00 Oliver's Twist 8:00 Worst Cooks In America 9:00 Luke Nguyen's Vietnam 10:00 Poh's Kitchen 11:00 Food Porn 11:30 Food Lovers 12:00 The Cook And The Chef 1:00 Oliver's Twist 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab 4:00 Food Lovers' Guide 4:30 Drive Thru Australia 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 The Naked Chef 7:30 Paul And Nick's Big NZ Food Trip 8:30 Lee Chan's World Tour 9:35 Food Porn 10:00 The Cook And The Chef 11:00 The Naked Chef 12:00 Worst Cooks In America 1:00 Paul And Nick's Big NZ Food Trip 2:00 Lee Chan's World Tour 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab 4:30 Food Lovers' Guide To Australia 5:00 Miguel's Tropical Kitchen 5:30 Richo's Bar Snacks</p>

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ABC	SEVEN	NINE	TEN	SBS
<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Grand Designs 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 1:00 TBA 2:00 Parliament Question Time 3:00 Golf: Women's Australian Open 2019 6:00 The Drum</p>	<p>6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia 6:00 Seven News</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Extra 1:30 Married At First Sight 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 1:00 TBA 2:30 Entertainment Tonight 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 In My Mind: Women 3:05 Telemarkskanalen Boat Journey 2:05 Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire 6:30 SBS World News 7:30 Secrets Of The Manor House</p>
<p>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 10:45 ABC Late News 11:15 The Business</p>	<p>7:00 Big Bash League: Pre-Game: Semi Final 1 7:30 Big Bash League: Semi Final 1: TBA v TBA 11:00 TBA 11:30 The Family 12:30 Powerless</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Young Sheldon 10:30 TBA 11:00 Imposters 12:00 Major Crimes</p>	<p>6:00 Pointless 6:30 The Project 7:30 TBA 8:30 Gogglebox 9:30 Movie: He's Just Not That Into You 11:30 The Project</p>	<p>8:35 Killer In Our Classroom: Never Again 9:30 False Confessions 10:40 Fox News: Divide And Conquer 12:35 The Good Fight 4:30 Poh's Kitchen On The Road</p>
<p>11:30 Wentworth 12:20 Parliament Question Time 1:20 National Press Club Address 2:20 The Tunnel 3:10 Wentworth 4:00 Tony Robinson's Time Walks 4:30 The Drum 5:30 One Plus One</p>	<p>1:30 Harry's Practice 4:00 NBC Today 5:00 Seven Early News 5:30 Sunrise</p>	<p>1:00 Extra 1:30 Home Shopping 2:30 Global Shop 3:00 Home Shopping 4:00 Ellen 5:00 Nine News Early Edition 5:30 Today</p>	<p>12:30 The Late Show With Stephen Colbert 1:30 Home Shopping 4:30 CBS - This Morning</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	10 Peach	SBS VICELAND
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Tomorrow Tonight 8:30 Utopia 8:55 The Office 9:40 Get Krack'n 10:10 Free Agents 10:35 The Good Place 11:25 30 Rock 11:45 Parks and Recreation 12:05 Reno 911! 12:30 The Office 1:15 30 Rock 1:35 Parks and Recreation 2:00 Reno 911 2:25 ABC News Update</p>	<p>6:00 Home 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 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Father Brown 8:30 Murdoch Mysteries 10:30 Houdini & Doyle 11:30 Medical Emergency 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 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Creflo Dollar Ministrie 7:30 Home Shopping 10:30 Ellen 11:30 My Favorite Martian 12:00 Night Of The Eagle 1:45 Mad About You 2:15 Vet On The Hill 3:15 Poirot 4:25 Heartbeat 5:30 TBA 6:30 Vet On The Hill 7:30 Death In Paradise 8:40 Midsomer Murders 10:50 Rizzoli & Isles 11:50 Law And Order SVU 12:50 9Honey Presents 1:00 Call And Win 3:00 Home Shopping 4:30 Joyce Meyer 5:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Rekkitt Rabbit 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Treasure Island 8:00 Scope 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Two And A Half Men 7:30 Movie: I Hate Valentine's Day 9:20 Lift 9:50 Sex And The City 11:35 The Late Late Show With James Corden 12:30 Home Shopping 1:30 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 The King Of Queens</p>	<p>6:10 WORLD NEWS 12:00 Movie: Kiss Me 1:55 Release The Hounds 2:50 Dead Set On Life 3:15 Love In Full Colour 4:05 PBS Newshour 5:05 If You Are The One 6:05 Vice News Tonight 6:30 Mythbusters 7:30 RockWiz 8:30 The Feed 9:30 60 Days In 10:25 Sex Diaries 11:20 Living With The Enemy 12:20 Movie: Firestarter 2:20 Deutsche Welle 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</p>

ABC NEWS	7MATE	GO	10 BOLD	FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 7.30 1:00 ABC Late News 1:30 Summer Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Update 3:02 The World 4:00 ABC News Overnight 4:15 7.30 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 Big Angry Fish 7:30 Creek To Coast 8:00 Mark Berg's Fishing Addiction 9:00 The AFN Fishing Show 10:00 Swamp People 11:00 Restoration Garage 12:00 American Pickers 1:00 Pawn Stars 1:30 Futurama 2:30 The Simpsons 3:00 Swamp People 4:00 Counting Cars 4:30 Restoration Garage 5:30 The Simpsons 6:00 American Pickers 7:00 Pawn Stars 7:30 The Simpsons 8:30 Movie: X-Men Origins: Wolverine 10:45 Movie: Deuce Bigalow: European Gigolo 12:25 Ax Men 1:25 Swamp People 2:25 Ax Men 3:30 Counting Cars 4:00 American Pickers 5:00 Pawn Stars 5:30 Fish Of The Day</p>	<p>6:00 Morning Children's Program 12:00 The Big Bang Theory 1:00 Xena - Warrior Princess 2:00 Dance Moms 3:00 Pokemon 3:30 Ninjago: Masters Of Spinjitzu 4:00 Kids' Wb Weekdays 4:05 Be Cool Scooby Dool 4:30 The Tom & Jerry Show 5:00 Adventure Time 5:30 Regular Show 6:00 Friends 7:00 The Big Bang Theory 7:30 RBT 8:30 TBA 11:00 The Big Bang Theory 11:30 Kevin Can Wait 12:00 WWE Raw 1:00 Friends 2:00 China II 2:30 Regular Show 3:00 Turning Mecard 3:30 Polly Pocket 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Super Ninja Steel 4:50 Barbie Dreamtopia 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission: Impossible 1:00 MacGyver 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 NCIS 8:30 Hawaii Five-O 10:30 NCIS 12:30 Home Shopping 2:00 Star Trek 3:00 Mission: Impossible 4:00 Diagnosis Murder 5:00 Cheers</p>	<p>6:00 The Cook And The Chef 7:00 The Naked Chef 8:00 Worst Cooks In America 9:00 Paul And Nick's Big NZ Food Trip 10:00 Lee Chan's World Tour 11:00 Food Porn 11:30 Food Lovers' Guide 12:00 The Cook And The Chef 1:00 The Naked Chef 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab By Ben Milbourne 4:00 Food Lovers' Guide 4:30 Drive Thru Australia 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 The Naked Chef 7:30 Rick Stein's French Odyssey 8:30 Two Greedy Italians 9:40 Food Porn 10:05 The Cook And The Chef 11:05 The Naked Chef 12:05 Worst Cooks In America 1:00 Rick Stein's French Odyssey 2:00 Two Greedy Italians 3:05 Food Porn 3:30 Surfing The Menu 4:00 Food Lab 4:30 Food Lovers' Guide 5:00 Drive Thru Australia 5:30 Richo's Bar Snacks</p>

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<p>6:00 News Breakfast 9:00 ABC News Mornings 10:00 Antiques Roadshow 11:00 Ask The Doctor 11:30 Anh's Brush With Fame 12:00 ABC News At Noon 1:00 One Plus One 1:30 Foreign Correspondent 2:00 Mrs Wilson 3:00 Golf: Women's Australian Open 2019 6:00 The Drum</p>	<p>6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 The Chase Australia 6:00 Seven News</p>	<p>6:00 Today 9:00 Today Extra 11:30 Nine's Morning News 12:00 Ellen 1:00 Salmon Fishing In The Yemen 3:00 Nine News Now 4:00 Nine's Afternoon News 5:00 Millionaire Hot Seat</p>	<p>6:00 The Talk 7:00 Entertainment Tonight 7:30 The Bold & The Beautiful 8:00 Pointless 8:30 Studio 10 12:00 Dr. Phil 2:00 Entertainment Tonight 2:30 Neighbours Encore 3:00 Judge Judy 3:30 Everyday Gourmet With Justine Schofield 4:00 The Cook's Pantry With Matt Sinclair 4:30 The Bold & The Beautiful 5:00 10 News First</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 The Point 3:00 NITV News Week In Review 3:30 Back In The Soviet Bloc 4:00 Supervet 5:00 Letters And Numbers 5:30 Alex Polizzi Chef For Hire</p>
<p>7:00 ABC News 7:30 Gardening Australia: 30 Years 9:00 Father Brown 9:45 TBA 10:40 ABC Late News 11:10 The Business</p>	<p>7:00 Better Homes And Gardens 7:30 Big Bash League: Semi Final 2: TBA v TBA 11:00 TBA 1:00 Grey's Anatomy</p>	<p>6:00 Nine News 7:00 A Current Affair 7:30 Australian Indigenous All Stars V New Zealand Maori Kiwis 10:15 TBA 12:30 2 Broke Girls 1:00 Extra 1:30 HOME SHOPPING</p>	<p>6:00 Pointless 6:30 The Project 7:30 Show Me The Movie! 8:30 The Graham Norton Show 9:30 TBA 10:30 Montreal Comedy Festival</p>	<p>6:30 SBS World News 7:35 Robson Green's Australian Adventure 8:30 Movie: 12 Years A Slave 10:55 SBS World News Late 11:25 The Feed 12:25 Versailles</p>
<p>11:25 Rosehaven 11:55 Planet America 12:40 rage</p>	<p>2:00 Home Shopping 4:00 The Great Outdoors 5:00 NBC Today</p>	<p>4:00 Global Shop 4:00 The Avengers 5:30 A Current Affair</p>	<p>11:30 The Project Encore 12:30 The Late Show With Stephen Colbert 1:30 Home Shopping</p>	<p>4:30 Poh's Kitchen On The Road 5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2 	7TWO 	GEM 	Peach 	SBS VICELAND 
<p>5:00 Morning Children's Programs 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Hard Quiz 8:30 Rosehaven 9:00 The Office 9:45 Upstart Crow 10:15 WIA 10:50 Alan Partridge's Mid-Morning Matters 11:00 30 Rock 11:25 Parks and Recreation 11:45 Reno 911! 12:10 The Office 12:55 30 Rock 1:15 Parks and Recreation 1:40 Reno 911! 2:00 ABC News Update</p>	<p>6:00 Home 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 TBA 1:00 Australia's Amazing Homes 2:00 Million Dollar Minute 3:00 Harry's Practice 3:30 Auction Squad 4:30 RSPCA Animal Rescue 5:00 Medical Emergency 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Better Homes And Gardens 8:30 Selling Houses Australia 10:30 Peter Andre's 60 Minute Makeover 11:30 Medical Emergency 12:00 Bargain Hunt 1:00 TBA 2:00 Australia's Amazing Homes 3:00 Auction Squad 4:00 Million Dollar Minute 5:00 Harry's Practice 5:30 RSPCA Animal Rescue</p>	<p>6:00 Home Shopping 7:00 Crefo Dollar Ministrie 7:30 Home Shopping 10:30 Ellen 11:30 My Favorite Martian 12:00 Lady Caroline Lamb 2:30 Mad About You 3:00 Vet On The Hill 4:00 Heartbeat 5:10 Australian Indigenous Women's All Stars V New Zealand Maori Ferns 7:00 Keeping Up Appearances 8:30 Selling Houses Australia 8:50 NEVER SAY NEVER AGAIN 11:30 Stephen Fry In America 12:50 9Honey Presents 1:00 Call And Win 3:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Rekkitt Rabbit 6:30 The Amazing Spiez 7:05 Cardfight!! Vanguard G 7:35 Totally Spies 8:00 Sherazade: The Untold Stories 8:35 Littlest Pet Shop 9:00 Care Bears And Cousins 9:30 Crocamole 10:00 Everybody Loves Raymond 11:00 Frasier 12:00 Touched By An Angel 1:00 Medium 3:00 Becker 3:30 The King Of Queens 4:30 Everybody Loves Raymond 5:30 Frasier 6:30 Neighbours 7:00 Will & Grace 8:30 Movie: Stick It 10:35 Sex And The City 11:45 The Late Late Show With James Corden 12:40 Home Shopping 1:40 Frasier 2:30 Everybody Loves Raymond 3:30 The Late Late Show With James Corden 4:30 Home Shopping 5:30 Joseph Prince: New Creation Church</p>	<p>6:10 WORLD NEWS 12:00 Movie: Ginger And Rosa 1:40 It's Suppertime 2:05 PopAsia TV 3:10 Human Resources 3:35 Legally Brown 4:05 PBS Newshour 5:05 If You Are The One 6:05 Vice News Tonight 6:30 Munchies Guide To Wales 7:20 Monty Python's Flying Circus 8:35 Brooklyn Nine-Nine 9:00 The Orville 10:00 South Park 11:00 Caso Cerrado 12:40 Spotless 1:45 The Night Bus 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</p>

ABC NEWS	7MATE 	GO 	BOLD 	FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Hour 7:00 The Drum 8:00 ABC News Tonight 9:00 Planet America 9:45 The Business 10:00 The World 11:00 ABC Nightly News 12:00 ABC Late News 12:30 The Mix 1:00 ABC Late News 1:30 The Drum 2:30 ABC News Overnight 2:45 The Business 3:00 ABC News Update 3:02 The World 4:00 ABC News Overnight 4:15 The World This Week 4:45 The Business 5:00 DW Newshour</p>	<p>6:00 Home Shopping 6:30 My Fishing Place 7:30 Creek To Coast 8:00 Mark Berg's Fishing Addiction 9:00 The AFN Fishing Show 10:00 Swamp People 11:00 Counting Cars 11:30 Restoration Garage 12:30 American Pickers 1:30 The Simpsons 2:30 Swamp People 3:30 Mythbusters 4:30 D.U.I. 5:00 Restoration Garage 6:00 Pawn Stars 6:30 Movie: The Secret Life Of Walter Mitty 8:50 Movie: Inception 11:50 Ax Men 12:50 Swamp People 2:00 Ax Men 3:00 Yukon Gold 4:00 World Of X Games 5:00 Blokesworld</p>	<p>6:00 Morning Children's Program 12:00 Mom 1:00 Xena - Warrior Princess 2:00 Hercules - The Legendary Journeys 3:00 Pokemon 3:30 Ninjago: Masters Of Spinjitzu 4:00 Kids' Wb Weekdays 4:05 Be Cool Scooby Doo! 4:30 The Tom & Jerry Show 5:00 Adventure Time 5:30 Regular Show 6:00 Friends 7:00 The Big Bang Theory 7:30 Suddenly 30 9:30 The Edge Of Seventeen 11:40 The Big Bang Theory 12:05 WWE Smackdown 1:05 Total Divas 2:00 Friends 3:00 Turning Mecard 3:30 Polly Pocket 4:00 Yu-Gi-Oh! Arc-V 4:30 Power Rangers Ninja Steel 4:50 Barbie: Dreamhouse Adventures 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Jake And The Fatman 9:00 Star Trek: Voyager 10:00 Cheers 11:00 Bondi Rescue 12:00 Mission: Impossible 1:00 Nash Bridges 2:00 Jake And The Fatman 3:00 Diagnosis Murder 4:00 Star Trek 6:00 Judge Judy 6:30 Bondi Rescue 7:30 Walker, Texas Ranger 11:30 NCIS 12:30 Home Shopping 2:00 Nash Bridges 3:00 Walker, Texas Ranger 4:00 Walker, Texas Ranger</p>	<p>6:00 The Cook And The Chef 7:00 The Naked Chef 8:00 Worst Cooks In America 9:00 Rick Stein's French Odyssey 10:00 Two Greedy Italians 11:05 Food Porn 11:30 Food Lovers' Guide 12:00 The Cook And The Chef 1:00 The Naked Chef 2:00 Worst Cooks In America 3:00 Surfing The Menu 3:30 Food Lab 4:00 Food Lovers' Guide 4:30 Drive Thru Australia 5:00 Richo's Bar Snacks 5:30 The Cook And The Chef 6:30 The Naked Chef 7:30 Say It To My Face 8:30 Nigella Express 9:35 Food Porn 10:00 The Cook And The Chef 11:00 The Naked Chef 12:00 Worst Cooks In America 1:00 Say It To My Face 2:00 Nigella Express 3:00 Food Porn 3:30 Surfing The Menu 4:00 Food Lab 4:30 Food Lovers' Guide 5:00 Drive Thru Australia 5:30 Richo's Bar Snacks</p>

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ABC	SEVEN	NINE	TEN	SBS
<p>6:00 rage 10:00 rage Guest Programmer 11:05 Grand Designs Australia 12:00 ABC News At Noon 12:30 TBA 1:00 Golf: Women's Australian Open 2019: Round 3 6:00 Anh's Brush With Fame 6:30 Back Roads</p>	<p>6:00 NBC Today 7:00 Weekend Sunrise 10:00 The Morning Show 12:00 Seven's Horse Racing: Flemington - Lightning Stakes, Randwick: Apollo Stakes 5:00 Seven News 5:30 Sydney Weekender 6:00 Seven News</p>	<p>6:00 Ellen 7:00 Weekend Today 10:00 Today Extra 12:00 Destination WA 12:30 World's Greatest Islands 1:30 The Truth About Alcohol 2:45 Dirty Yours, Mine And Ours 4:30 Explore Tv Far East Discovery Cruise 5:00 Nine News 5:30 Getaway</p>	<p>6:00 What's Up Down Under 6:30 Australia By Design 7:00 RPM 7:30 Escape Fishing With ET 8:00 iFish Summer Series 9:00 WhichCar 9:30 Studio 10: Saturday 12:00 Luxury Escapes 12:30 The 48 Hour Destination 1:00 Everyday Gourmet With Justine Schofield 1:30 The Cook's Pantry With Matt Sinclair 2:00 Renovation King 2:30 The Home Team 3:00 The Living Room</p>	<p>6:00 WORLD NEWS 12:00 Arabic News F24 12:30 Turkish News 1:00 PBS Newshour 2:00 ISU Figure Skating Grand Prix Final 4:30 This Is Greece With Michael Scott 5:25 Who Do You Think You Are? 6:30 SBS World News 7:35 Aerial Asia 8:30 Forbidden Lie\$</p>
<p>7:00 ABC News 7:30 Death In Paradise 8:30 Agatha Raisin 9:20 The Cry</p>	<p>7:00 TBA 9:30 TBA 11:30 The Goldbergs 12:00 Grey's Anatomy</p>	<p>6:00 Nine News Saturday 7:00 David Attenborough's Dynasties 8:10 Crocodile Dundee II 10:25 TBA 12:30 Cold Case 1:30 Destination WA</p>	<p>4:00 What's Up Down Under 4:30 Jamie's 15 Minute Meals 5:00 10 News First 6:00 Territory Cops 6:30 TBA 8:00 TBA 9:00 Ambulance</p>	<p>10:30 The Wolfpack 12:15 Movie: Safety Not Guaranteed 1:50 Movie: The Bridge On The River Kwai 4:50 SBS Flashback</p>
<p>10:20 The Ice Cream Girls 11:10 rage Guest Programmer 5:00 rage</p>	<p>2:00 Home Shopping 4:00 Sons And Daughters 5:00 The Great Outdoors</p>	<p>2:00 Home Shopping 4:30 Global Shop 5:00 Home Shopping 5:30 Wesley Impact</p>	<p>10:15 NCIS 12:15 Elementary 1:00 Home Shopping 5:00 Hour Of Power With Bobby Schuller</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Deutsche Welle English News</p>

ABC 2	7TWO	GEM	10 Peach	SBS VICELAND
<p>5:00 Morning Children's Program 6:00 Rusty Rivets 6:15 Octonauts 6:25 Peter Rabbit 6:40 Ben And Holly's Little Kingdom 6:50 Dino Dana 7:05 Andy's Wild Adventures 7:20 Shaun The Sheep 7:30 Spicks And Specks 8:00 Would I Lie To You? 8:30 Live At The Apollo 9:15 Live From The BBC 9:45 Comedy Up Late 10:15 Comedy Next Gen 11:10 Judith Lucy 12:25 Penn And Teller 1:10 Live At The Apollo 1:55 Live From The BBC 2:25 ABC News Update</p>	<p>6:00 Home Shopping 8:00 Travel Oz 9:30 NBC Today 11:30 Harry's Practice 12:30 Selling Houses Australia 1:30 TBA 2:00 The Great Australian Doorstep 2:30 Vasil's Garden 3:00 Queensland Weekender 3:30 The Great Day Out 4:00 SA Weekender 4:30 Nigel Marven's Cruise Ship Adventures 5:30 Air Crash Investigations 7:30 The Yorkshire Vet 8:30 Escape To The Country 11:30 Air Crash Investigations 1:30 Vasil's Garden 2:00 Queensland Weekender 2:30 The Great Day Out 3:00 Escape To The Country 4:00 Crash Investigation Unit 4:30 Travel Oz</p>	<p>6:00 Home Shopping 10:00 My Favorite Martian 10:30 The Angry Silence 12:30 Mr Denning Drives North 2:30 Apache 4:20 Khartoum 7:00 TBA 9:30 TBA 12:00 Law And Order SvU 1:00 Call And Win 3:00 Home Shopping</p>	<p>6:00 Toasted TV 6:05 Cardfight!! Vanguard 6:30 The Amazing Spiez 7:00 Treasure Island 7:30 Quimbo's Quest 8:00 Kuu Kuu Harajuku 8:30 Totally Wild 9:05 The Loop 11:35 Charmed 1:30 The King Of Queens 2:30 Everybody Loves Raymond 3:30 Frasier 4:00 Everybody Loves Raymond 5:30 Frasier 6:30 Everybody Loves Raymond 7:30 Show Me The Movie 8:30 The Graham Norton Show 9:30 Gogglebox 10:30 Hughesy, We Have A Problem 11:30 The Loop 2:00 Charmed 4:00 Everybody Loves Raymond 4:30 Home Shopping 5:30 Everybody Loves Raymond</p>	<p>6:10 WORLD NEWS 12:00 Insight 1:00 Front Up 1999 1:30 Rivals 1:55 Abandoned 2:45 Needles And Pins 3:40 Cyberwar 4:05 PBS Newshour 5:05 Black Market 5:35 Back In The Soviet Bloc 6:05 Chinese Dating With The Parents 7:30 If You Are The One 8:30 Movie: Curse Of The Golden Flower 10:35 Movie: Young Detective Dee: Rise Of Sea Dragon 3:00 Movie: Weekend 2:45 France 24 News In English From Paris 3:00 Thai News 3:30 Bangla News 4:00 Punjabi News 4:30 Sri Lankan Sinhalese News 5:00 Korean News 5:30 Indonesian News</p>

ABC NEWS	7MATE	GO	10 BOLD	FOOD NETWORK
<p>6:00 MORNING NEWS PROGRAM 6:00 ABC News Weekend 6:30 The Mix 7:00 ABC News Weekend 7:30 Foreign Correspondent 8:00 ABC News Weekend 8:15 Four Corners 9:00 ABC News Weekend 9:30 Back Roads 10:00 ABC News 10:15 Planet America 11:00 ABC Nightly News 11:30 One Plus One 12:00 ABC News 12:15 Women's Work 12:30 The World This Week 1:00 DW News 1:15 Q&A 2:20 ABC News 2:35 The Drum Weekly 3:05 The Mix 3:35 DW Conflict Zone 4:00 DW News 4:15 ABC News 4:30 Close Of Business 5:00 National Press Club Address</p>	<p>6:00 My Fishing Place 7:00 The AFN Fishing Show 8:00 Home Shopping 9:00 Life Off Road 10:00 Swamp People 12:00 STIHL Timbersports 1:00 Blokesworld 1:30 Special: Sky High 2:30 D.U.I. 3:00 Mythbusters 4:00 AFL Women's Pre-Game: AFL Women's Pre-Game 2019: Round 3 4:30 AFL Women's: Rnd 3: GWS v Carlton 7:00 AFL Women's: Rnd 3: Fremantle v Collingwood 9:15 Movie: Superman Returns 12:30 World's Most Amazing Videos 1:30 Blokesworld 2:00 Ax Men 3:00 Yukon Gold 4:00 STIHL Timbersports: Winning By A Whisker 5:00 Special: Sky High</p>	<p>6:00 Morning Children's Program 12:00 Pirate Express 12:30 My Little Pony Friendship Is Magic 1:00 Beyblade Burst Evolution 1:30 Uncle Grandpa 2:30 National Basketball League 5:00 Teenage Mutant Ninja Turtles III 7:00 The Lord Of The Rings: The Return Of The King 11:10 Kevin Can Wait 12:00 Adult Swim 12:05 Aqua Teen Hunger Force 12:15 Frisky Dingo 12:30 Squidbillies 12:45 Superjail 1:00 Total Divas 2:00 Tattoo Fixers 3:00 Most Terrifying Places In America 4:00 Uncle Grandpa 4:30 Uncle Grandpa 4:50 My Little Pony Friendship Is Magic 5:10 Kate And Mim Mim 5:30 Yu-Gi-Oh! Classic</p>	<p>6:00 Home Shopping 8:00 Cheers 9:00 Hogan's Heroes 10:00 Mission: Impossible 11:00 iFish Summer Series 11:30 The 48 Hour Destination 12:00 Snap Happy 12:30 Jake And The Fatman 1:30 Diagnosis Murder 2:30 Reel Action 3:00 Undercover Boss 4:00 Which Car? 4:30 Places We Go 5:00 Planes Gone Viral 6:00 Scorpion 7:00 COPS 7:30 Hyundai A-League Round 19: Adelaide United V Western Sydney Wanderers LIVE 10:30 Movie: Universal Soldier: Day Of Reckoning 12:45 48 Hours 1:45 COPS 2:15 RPM Summer Series 2:45 Monster Jam 3:40 The Doctors 5:30 Hogan's Heroes</p>	<p>6:00 The Cook And The Chef 7:00 The Naked Chef 8:00 Worst Cooks In America 9:00 Say It To My Face 10:00 Nigella Express 11:00 Food Porn 11:30 Food Lovers' Guide 12:00 The Cook And The Chef 1:00 The Naked Chef 2:00 Worst Cooks In America 3:00 Richo's Bar Snacks 3:30 This Is Brazil! 4:30 Drive Thru Australia 5:00 The Cook And The Chef 6:30 Made In Italy With Silvia Colloca 7:30 The Travelling Chef 8:30 Dinner Date 9:30 Destination Flavour Singapore 10:30 The Cook And The Chef 11:30 Worst Cooks In America 12:30 Made In Italy With Silvia Colloca 1:30 The Travelling Chef 2:30 Dinner Date 3:30 Destination Flavour Singapore 4:30 The Cook And The Chef 5:00 Drive Thru Australia 5:30 Richo's Bar Snacks</p>



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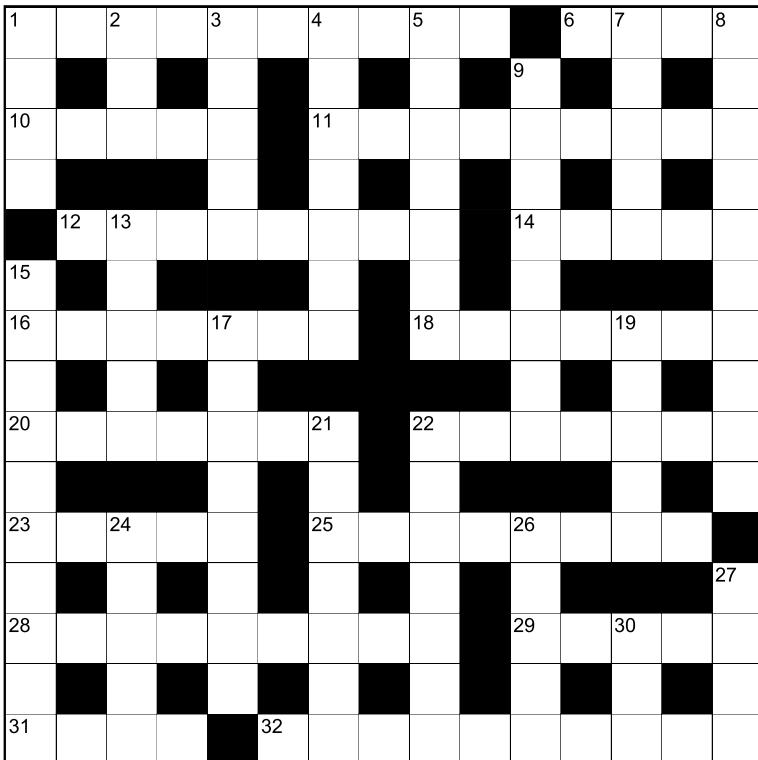
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PUZZLE



- ACROSS**
1. Significant
 6. Became mature
 10. Hang loosely
 11. Rink boots (3,6)
 12. Luggage item
 14. Halfway golf hole
 16. Alive
 18. Slim
 20. Actor, Yul ...
 22. Put back
 23. ..., willing & able
 25. Extinguishes
 28. Dear
 29. Miniature (animal)
 31. Milk star, ... Penn
 32. Uneasily

- DOWN**
1. Fabricated
 2. Battery size (1,1,1)
 3. Awkward
 4. Pull a face
 5. No good
 7. Climb aboard (3,2)
 8. Relieved of duty
 9. Superficial (4-4)
 13. Oneness
 15. Fast food meals
 17. Needling
 19. Duck's mate
 21. Need
 22. Vote in again (2-5)
 24. First Greek letter
 26. Scrounge
 27. Dodgy
 30. Abdominal muscles

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ★ ★ ☆

	6				5			3
7	3		4	8				6
	8			9		1		
3			6		8			5
		5		1			6	
2				3	4		1	8
6			9				4	

Answers from last issue

CROSSWORD

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C	I	T	C	H	G	I	N	K	S	U		
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C	A	T	E	S	N	O	R	T	D	E	E	
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K	N	U	L	L	A	N	D	V	O	I	D	E
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SUDOKU

7	5	1	8	9	3	4	6	2
3	8	6	4	1	2	5	9	7
9	2	4	6	5	7	3	1	8
6	7	5	9	3	8	1	2	4
8	3	2	1	4	5	9	7	6
1	4	9	2	7	6	8	3	5
2	9	3	5	6	4	7	8	1
4	1	8	7	2	9	6	5	3
5	6	7	3	8	1	2	4	9

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