

FREE

Hills to Hawkesbury

Living

Free TV Guide, Community news and Local Business Directory

July 24 - August 9

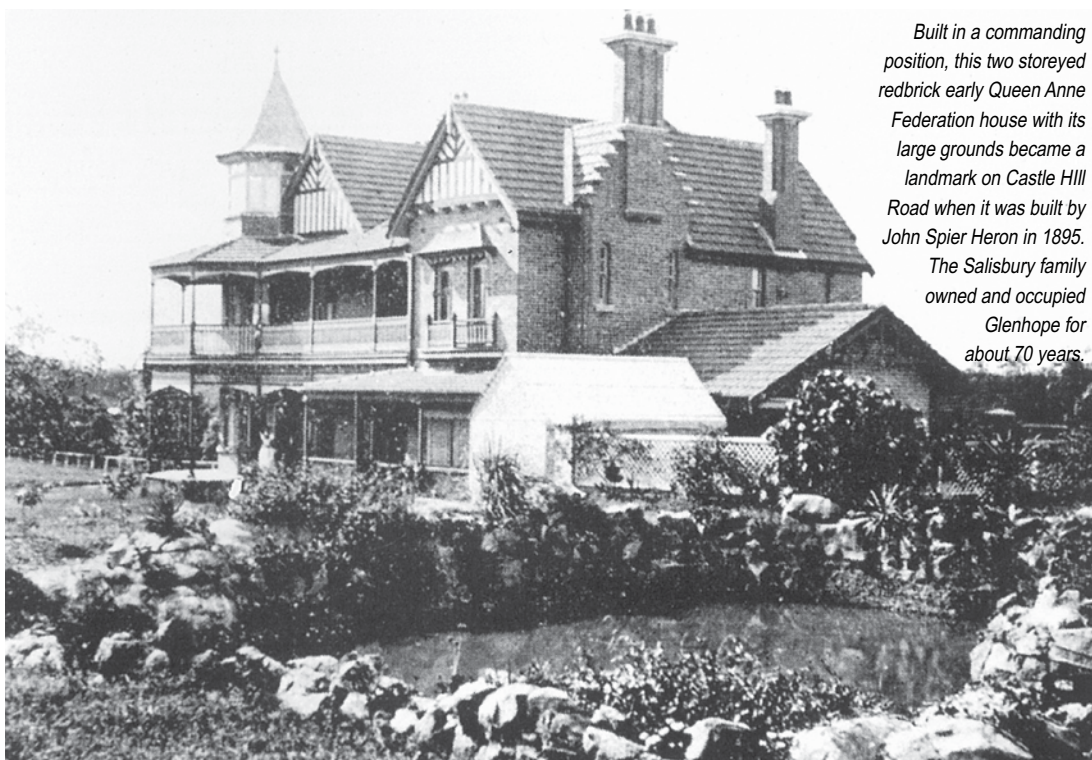
Volume 32 - Issue 15

Read this magazine online at www.hillstohawkesbury.com.au 1300 616 614

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GLENHOPE is one of four listed houses in West Pennant Hills, the others are Dunrath (c1939) which has been in the news recently as it has been sold to a developer for \$42m, Pine Ridge (1890's) and Fairholme (1890's). Dunrath was relocated from its 1830 Bellevue Hill site by Captain De Groote of Harbour Bridge Fame.

Story and image courtesy of Pictorial History The Hills District by John McClymont, published by Kingsclear Books, www.kingsclearbooks.com.au. Available for purchase via their website or from the Hills District Historical Society



Built in a commanding position, this two storeyed redbrick early Queen Anne Federation house with its large grounds became a landmark on Castle Hill Road when it was built by John Spier Heron in 1895. The Salisbury family owned and occupied Glenhope for about 70 years.

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KAREN L HAGA & ASSOCIATES
Choosing the Right Family Lawyer

Choosing the right lawyer to represent you when your marriage or relationship is breaking down can be daunting. Most people have not had any direct experience, and sometimes don't know where to start.

Personal referrals are always a good start. Friends or colleagues who have been through the process, and have been happy with their lawyer, may provide a referral. Remember though, you have to have confidence in your lawyer and feel that you can talk to them, and the lawyer that was right for your friend, may not be right for you.

Google can also be a good option. Find a firm that is local. Don't stop at finding a name, go to the website and look at the firm and the people you will be dealing with. We would recommend looking for lawyers that specialise in family law. Not only do they have the experience, but they also understand the dynamics of a family breakdown.



If a lawyer promotes themselves as a family law specialist, ask some questions such as:-

1. Are you a specialist accredited by the Law Society of NSW?
2. How long have you been undertaking Family Law work?
3. How much of the work you do is Family Law related?

At Karen L Haga & Associates our specialist Family Law team is headed by an Accredited Family Law Specialist with almost 30 years experience, and operating

in Castle Hill since 1994. In addition to Karen, we have two specialist Family Lawyers, Amanda Haydon and Anna D'Addona, both with extensive experience. All of our lawyers primarily practice in the area of Family Law. We also have a Licensed Conveyancer, Judy Munnoch who can assist in implementing any settlements reached. If you need assistance, call us on (02) 9894 9133 or go to www.karenhagalawyers.com.au



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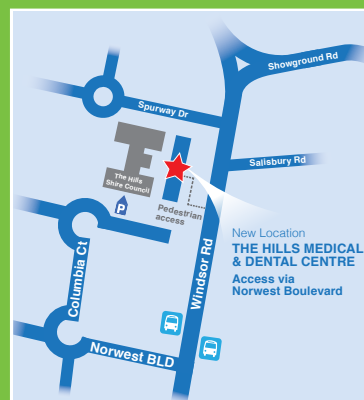
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Hey there, this is Brian, a builder for 40 plus years, Builder and Director of **Building Works Australia**. Unlike so many building companies today, I like to take pride in my work by offering excellent service. I am honoured to be sought after throughout Sydney because of my expertise in the industry.

Countless builders nowadays put profit before quality, placing families in danger by producing poorly constructed homes. But, I consider myself "old school" providing attention to detail and offering the highest quality in all my projects. No matter the size of the project, I will be there every step of the way making sure my team's customer service level stays on top.

Having been taught values and high standards early on, I take pride in offering the following to each client:

- **Service above profit:** I am hands on, always on time, provide everything in writing and offer guidance. I am always easy to reach.
- **High standards and honesty:** If you're honest with yourself and your work, high standards will be the outcome.
- **Engage the best team:** Cheap is expensive. When a tradesperson undercuts their value, the job is also undercut, either from inferior materials and/or the output quality.

Although I am old school, I do stay in touch with today's world. I am young at heart and a progressive thinker, having happily embraced social media. Please find me at @buildingworksau and join the conversation.

Learning In The Hills

Monday – Dressmaking, Qigong, Patchwork & Quilting, Painting.

Tuesday – Dressmaking, Talking Points, Embroidery & Fine Needlework, Painting, Mah-jong, Chess, Knitting.

Wednesday – Cake Decorating, Soft Furnishing, Painting (day and evening classes), Mosaics, Bobbin Lace Making, Candlewick Embroidery, Knitting for Charity, Tai Chi, Mah-jong, Silk Painting, Dressing making (evening).

Thursday – Crochet, Painting, Quilling, Chess, Embroidery, Craft, Knitting, Ribbon Embroidery, English Conversation Classes.

Friday – Patchwork & Quilting, Yoga, Social Painting.

Saturday – Dressmaking, Knitting for Charity, Charity Knitting Group (Knitting groups are once a month \$20 per year).

Learning in the Hills tutored and social classes range from \$50 - \$120 for a 9 week term; for a copy of the program please ring 9639 7918 or <http://www.hca.org.au/learning-in-the-hills/>. Learn a new skill, and meet new people all in a relaxed learning environment.



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LOCAL NEWS

Missing Link Close To Completion At Smalls Creek

A crucial missing link for residents in North Kellyville is close to completion, with the Smalls Creek bridge set to open shortly.

Hills Shire Mayor Cllr Andrew Jefferies visited the site last July 9.

"This 35m long, three metre wide bridge will save residents about 45 minutes walking time," Mayor Jefferies said.

"The shared path will enable walkers and cyclists to cross Smalls Creek in a much shorter time."

Mayor Jefferies said that thousands of residents were moving to the North Kellyville area over the next few years.

"This path links in with our network of cycleways which we will continue to add to over the coming years."

Dr Rex Stubbs Oam Memorial Annual Scholarship Now Open

The Mayor of Hawkesbury, Councillor Kim Ford is proud to announce that the Dr Rex Stubbs OAM Memorial Annual Scholarship is now open for 2015.

To enter, write why you would like to attend the Royal Australian Historical Society (RAHS) state conference and why you would like a two year membership to the RAHS. The state conference will be held at the Bankstown Sports Club on Saturday, 24 and Sunday, 25 October 2015.

Entries may be in writing, an artwork or a digital presentation. Entries close on Saturday, 31 August 2015.

Further details and an entry form are available from Council's website www.hawkesbury.nsw.gov.au in the Services tab under Awards and Scholarships or search Dr Rex Stubbs.

Please contact Hawkesbury Central Library on (02) 4560 4460 if you wish to have a brochure posted or emailed.

Programs for Young People

Hawkesbury Regional Gallery in Windsor has been quietly ramping up its program for young people.

The Gallery's latest offering is a special program for Year 10-12 students, who are invited to attend a free day at the Gallery on Friday, 4 August for a special workshop titled 'Personified places: Selfie Spaces', led by Artist Educators from the Museum of Contemporary Art (MCA) Learning Team.

Keeping the photography theme going, the Gallery is inviting young people aged 5-18 to enter the annual Click photography competition by submitting a photographic portrait of an important person in their life (selfies included). There are four JB HI-FI and Eckersley's Art Supplies vouchers to win, with a total prize pool valued at \$700.

Information and entry forms can be downloaded from Hawkesbury Council's website www.hawkesbury.nsw.gov.au or call Gallery Director Diana Robson on (02) 4560 4440.

Free Computer Classes For Beginners

Hills Community Aid in partnership with St Matthew's Uniting Church Baulkham Hills are taking registrations for the next round of computer classes for beginners. Classes offer adults of any age the opportunity to receive one to one tutoring on introductory topics such as accessing the internet and using email. Classes are completely free and run for 1 hour, each Wednesday over 5 weeks. To enquire, enroll or volunteer as an instructor, call Hills Community Aid (9639 8620) or St Matthew's Uniting Church Baulkham Hills (9686 3003).

POLICE REPORT

Young Driver Awareness Program

Did you know that between January 2009 and May 2015, young adults aged 17 to 25 years accounted for 41 per cent of all fatalities and 32 per cent of all drivers and riders involved in fatal crashes within the Hawkesbury Local Government Area.

The Windsor Highway Patrol will be running their very popular and informative "Young driver awareness program" on Friday the 7 August, 2015.

The program is organised and run by experienced members of the Hawkesbury Highway Patrol.

▼ There is no cost

▼ Your children will not have hours of driving taken from their logbook for attending

▼ This is a forthright explanation, by operational police, about the potential dangers to young drivers on our roads

Video's created by the Victorian Transport Accident Commission are used throughout the presentation. The video's are created using actors and special effects but are far and away the most realistic re-creations of crashes that can be seen. Some of the video's are very confronting, but nothing that is not suitable to showing to someone aged 15+ upon whom you are trying to impress a road safety message. Fifteen year old children MUST turn sixteen BEFORE the 1 January, 2016.

The presentation runs for about two hours.

The program has been running for two years with nearly 200 Hawkesbury young drivers and their parents having participated. Positions on the program are limited. As per previous years the program will run over the winter months on a needs basis.

For further information and an application form please email hawkdriver@police.nsw.gov.au

30 Years Providing a Professional Rescue Service to the Hawkesbury

On the 1st October 1985 Hawkesbury SES became the primary rescue unit for the Hawkesbury.

On the 26th September 2015 we will be celebrating an amazing 30 years of responding to incidents throughout the Hawkesbury Local Government Area (LGA). 30 years responding at all hours of the day and night to: road crash rescues, vertical rescues, incidents on the river, incidents in people's homes, incidents on farms, incidents on the rail line, and incidents in our National Parks - by an amazing group of dedicated SES volunteers.

This special night will acknowledge the work of our rescue operators over the past 30 years and provide a great excuse for former rescue operators and mates to get together.

We're not going to mention the 'Q' word but needless to say we have no requests for assistance over the past 10 days.

However, training continued for our new flood rescue boat operators (Level 2 flood rescue operators) spending a number hours familiarising themselves with our Rigid Inflatable Boat (RIB) which is often used during fast flowing water rescue operations. Good luck to our new operators as they prepare for their assessment.



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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 Rage	6:00 Franklin And Friends, Koko, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Outback Pig, Puffin Rock, Charlie And Lola, The Hive, Grandpa In My Pocket	6:00 Jake And The Never Land Pirates	6:00 Home Shopping	6:00 Home Shopping	6:00 Paw Patrol	6:00 International Champions Cup	6:00 Thunderbirds	6:00 Mass For You	6:00 My Little Pony: Equestria Girls	6:00 Home Shopping	6:10 Hong Kong News	6:00 Words Of Hope
7:00 Weekend Breakfast	7:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	7:00 Sofia The First: Ghostly Gala	7:00 Tomorrow's World	7:00 Hook Line and Sinker: Mudeye Trout	7:00 Dora The Explorer	7:00 Kids' Wb	7:00 Looney Tunes	7:00 Hillsong	7:30 Teenage	8:00 World Series Sprintcars	6:30 Chinese News	6:30 New Hope Adventist
9:00 Insiders	9:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	9:00 The World This Week	9:00 Home & Away	9:00 Hook Line and Sinker: Karumba Barra	9:00 Wide World Of Sports	9:00 Joseph Prince: New Creation Church	9:00 Looney Tunes Classics	9:00 Joseph Prince: New Creation Church	9:00 Teenage	9:00 Movie Juice	7:00 Tour De France	7:30 Lighthouse
10:00 Offsiders	10:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	10:00 The Morning Show	10:00 Dancing With The Stars	10:00 AFL Game Day	10:00 Sunday Footy Show	10:00 Every Day	10:00 Teen Titans Go!	10:00 Every Day	10:00 Pokemon	10:30 Reel Action	2015 Daily Update	8:00 Awesome Church
10:30 Australia Wide	10:30 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	11:00 Movie: Beverly Hills Chihuahua 2	11:00 The Zoo	11:00 Great Escapes	11:00 Foo Fighters - Sonic Highways	11:00 Rabbids Invasion	11:00 Scooby-Doo! Mystery Incorporated	11:00 Scooby-Doo! Mystery Incorporated	11:00 Pokemon	11:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
11:00 The World This Week	11:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	11:00 Movie: Beverly Hills Chihuahua 2	11:00 The Zoo	11:00 Great Escapes	11:00 Foo Fighters - Sonic Highways	11:00 Rabbids Invasion	11:00 Scooby-Doo! Mystery Incorporated	11:00 Scooby-Doo! Mystery Incorporated	11:00 Pokemon	11:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
11:30 Songs Of Praise: Mountainous Wales	11:30 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	11:30 Movie: Beverly Hills Chihuahua 2	11:30 The Zoo	11:30 Great Escapes	11:30 Foo Fighters - Sonic Highways	11:30 Rabbids Invasion	11:30 Scooby-Doo! Mystery Incorporated	11:30 Scooby-Doo! Mystery Incorporated	11:30 Pokemon	11:30 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
12:00 Landline	12:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	12:00 Movie: Beverly Hills Chihuahua 2	12:00 The Zoo	12:00 Great Escapes	12:00 Foo Fighters - Sonic Highways	12:00 Rabbids Invasion	12:00 Scooby-Doo! Mystery Incorporated	12:00 Scooby-Doo! Mystery Incorporated	12:00 Pokemon	12:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
1:00 Gardening	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
Australia	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
1:30 The Mix	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
2:00 Ochre and Ink	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
2:40 Once My Mother	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
3:55 Fake Or Fortune?: Van Dyke	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
4:55 Father Brown: The Paradise Of Thieves	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
5:40 Restoration Man	1:00 Sesame Street, 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	1:00 The Zoo	1:00 The Zoo	1:00 Great Escapes	1:00 Foo Fighters - Sonic Highways	1:00 Rabbids Invasion	1:00 Scooby-Doo! Mystery Incorporated	1:00 Scooby-Doo! Mystery Incorporated	1:00 Pokemon	1:00 Hardliners	7:30 2018 FIFA World Cup	8:30 Life Source
6:30 Compass: The Moral Compass	6:00 Ben And Holly's Little Kingdom	6:00 Seven News	8:30 Escape To The Country: Gloucestershire	7:30 Movie: The Karate Kid III	6:00 Nine News Sunday	6:30 Antiques Roadshow	3:00 Young Justice	6:00 Family Feud - Sunday	6:00 Family Feud - Sunday	6:00 Family Feud - Sunday	5:30 Tour De France 2015 Daily Highlights	6:00 Focus On Europe
7:00 ABC News	6:10 Peter Rabbit	7:00 Dancing With The Stars	9:30 Fantasy Homes by the Sea: LOOE	9:50 Movie: Rambo III	7:00 The Voice	7:30 David Attenborough's Life	4:00 Yu-Gi-Oh! Zexal	6:30 The Simpsons	6:30 The Simpsons	6:30 The Simpsons	6:30 M*A*S*H	6:30 Vasilis' Garden To Kitchen
7:40 Grand Designs: South East London	6:50 Shaun The Sheep	9:30 Sunday Night	10:30 Best Houses Australia	11:50 AFL	8:30 60 Minutes	8:30 The Untouchables	4:30 The Batman	7:30 Futurama	7:30 Futurama	7:30 Futurama	7:30 Gold Coast Cops	6:00 Grand Tours of the Scottish Islands
8:30 Inspector George Gently	7:00 Spooks & Specks	10:30 Covert Affairs	11:00 The Border: The War Comes Home	Premiership Season: Rnd 17: Melbourne v St Kilda	9:10 A.D. Kingdom	11:00 Person Of Interest	5:30 Thunderbirds	7:30 MasterChef Australia	7:30 MasterChef Australia	7:30 MasterChef Australia	8:30 Territory Cops	6:30 SBS World News
10:00 The Darkside	7:30 Total Wipeout	11:30 The Mindy Project: Wiener Night	11:00 The Border: The War Comes Home	12:00 The Following	11:10 Stalker	11:55 Hoffman	6:30 Clash Of The Titans	9:00 CSI: Cyber	9:00 CSI: Cyber	9:00 CSI: Cyber	9:30 Movie: Tomorrow When The War Began	8:00 Coffee Break
10:30 David Bowie: Five Years In The Making Of An Icon	8:30 Louis Theroux: The City Addicted To Crystal Meth	12:00 Do No Harm: Mine	11:00 The Border: The War Comes Home	12:50 Arrow	12:00 The Following	11:55 Hoffman	8:30 The Big Bang Theory	10:00 NCIS: New Orleans	10:00 NCIS: New Orleans	10:00 NCIS: New Orleans	11:35 Gillette World Sport	8:30 Ozploitation
11:30 Movie: The Good, The Bad, And The Ugly	9:30 Russell Brand: End The Drugs War	1:00 Grey's Anatomy: Put Me In, Coach	12:00 Bargain Hunt: Peterborough 24	1:40 What Would You Do?	12:50 Arrow	11:55 Hoffman	9:30 Gotham	11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
2:20 Inspector George Gently	10:30 Webcam Girls	2:00 Home Shopping	1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced	2:30 Impractical Jokers	1:40 What Would You Do?	11:55 Hoffman	10:30 Arrow	11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
3:55 Movie: The Good, The Bad, And The Ugly	11:20 Bodyshockers	3:00 NBC Today	1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced	3:00 Global Shop	2:30 Impractical Jokers	11:55 Hoffman	11:30 Beware The Batman	11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
5:00 The New Inventors	My Piercing Hell	4:00 NBC Meet The Press	1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced	3:30 Skippy - The Bush Kangaroo	3:00 Global Shop	11:55 Hoffman	12:30 Almost Human	11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
5:30 Eggheads: Bank On Us	12:10 Louis Theroux: Behind Bars	5:00 Sunrise Extra	1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced	4:00 Good Morning America - Sunday	3:30 Skippy - The Bush Kangaroo	11:55 Hoffman	4:30 Joyce Meyer, Enjoy Everyday Life	11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
	1:20 News Update	5:30 Seven Early News	1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced	5:00 Mark Berg's Fishing Addiction	4:00 Good Morning America - Sunday	11:55 Hoffman	5:00 Seaway	11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
	5:05 Driver Dan's Story Train		1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced		5:00 Nine News Early Edition	11:55 Hoffman		11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
	5:15 Guess With Jess		1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced		5:30 Today	11:55 Hoffman		11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
	5:30 Angelina Ballerina		1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced			11:55 Hoffman		11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
	5:40 Olivia		1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced			11:55 Hoffman		11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out
	5:55 Bert & Ernie's		1:00 Four In A Bed: Ramsay's; Fifteens Of Swinley; Lincoln Yurts; The Fieldhead Hotel; Winner Announced			11:55 Hoffman		11:00 Mission: Impossible II	11:00 Mission: Impossible II	11:00 Mission: Impossible II	12:05 The Glades	8:30 Annie's Coming Out

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Landline 11:00 Australia Wide 11:30 Compass 12:00 ABC News At Noon 1:00 Grand Designs 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, The Hive, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pozo, Sarah & Duck, Bing, Five Minutes More, Cloudcuckooes, Night Garden 12:00 Sesame Street, Play School, Hunt, Postman Pat, La-Lah's Adventures, Abney & Teal, Mook, Elmo The Musical, Q Poxie 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoochie dookie!, Mister Maker, Thomas and Friends, dirtgirlworld, Fireman Sam, Peppa Pig, Octonauts, Pag & Cat 6:00 Ben And Holly's Little Kingdom	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Middy Movie: The Perfect Assistant 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 11:00 TBA 12:00 Chicago Fire: God Has Spoken 2:00 Revenge: Intrigue 3:00 Animal Airport 3:30 Escape To The Country: Gloucestershire 4:30 60 Minute Makeover 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Anglessey 18 7:30 Cities of the Underworld: London's Lost Cities	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Henry Hugglemonster 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Hot Seat Driving Us Crazy 12:00 T.J. Hooker 1:00 Covert Affairs: Space (I Believe In) 2:00 The Amazing Race 3:00 Swamp People 4:00 Billy The Exterminator: Spider Invasion 4:30 Gator Boys 5:30 Classic Car Rescue: Fiat 500	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat 2:30 Antiques Roadshow 3:30 David Attenborough's Life 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 River Cottage - Bites 9:15 International Champions Cup New York Red Bulls v SL Benfica 11:30 Friends 12:00 The Night My Number Came Up 2:00 Alive & Cooking 2:30 Antiques Roadshow 3:30 David Attenborough's Life 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 PAW Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ LIVE 2:00 Anger Management 2:30 The Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' WB	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Wakfu 7:35 Sidekick 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 1:00 Everybody Loves Raymond 1:30 Taxi 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Frasier 3:30 Cheers 4:00 King Of Queens 4:30 Couch Time 4:35 The Late Late Show with James Corden	6:00 Home Shopping 8:00 Undercover Boss 9:00 RPM 10:00 Australian Rally Championship 11:00 M*A*S*H 12:00 The Living Room 1:00 Awake 2:00 Ross Kemp: Back On The Frontline 3:00 Black Gold 4:00 Late Show With David Letterman 5:00 Extreme Boats Big Angry Fish 5:30 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Tour De France 2015 Daily Update 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Bazaar - Provence 1:30 Tour de France 2015 Stage Replay 3:30 Two Greedy Italians... Still Hungry - Alps 4:30 The Dales With Ade Edmondson 5:00 Canal Walks 5:30 Tour De France 2015 Daily Highlights	6:00 CEC Report 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Apna Panjab 8:00 Enquiring Minds 8:30 Master Class In Oils 9:00 Move It or Lose It 9:30 Journal 10:00 The New Adventures of Tarzan 10:30 Movie: Wild Guitar to Kitchen 1:00 Coffee Break 1:30 Adrian's Reptile World 2:00 Regional Italian Cuisine 2:30 Quadriga 3:00 Move It or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Beedesh Bangla 5:00 Gday Malt Aussies 5:30 Tomorrow Today
6:00 Antiques Roadshow 7:00 ABC News 7:30 7.30 8:00 Australian Story 8:30 Four Corners 9:20 Media Watch 9:35 Q&A 10:40 Lateline 11:10 The Business 11:30 Possum Wars 12:25 Movie: Shampoo 2:15 Movie: Second Chance 3:35 Movie: Look Who's Laughing 5:00 The New Inventors 5:30 Eggheads: Decadent Tendencies	6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:15 That '70s Show 8:40 Alex James 9:30 Drug Runners: The Peruvian Connection 10:20 Ben: Diary Of A Heroin Addict 11:05 Tonight Show Starring Jimmy Fallon 11:50 Russell Brand: End The Drugs War: From Addiction To Recovery 1:45 That '70s Show 2:10 The Tonight Show Starring Jimmy Fallon 2:50 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Home and Away 8:00 Highway Patrol 8:30 Ramsay's Hotel Hell: The Monticello Hotel 9:30 The Blacklist: The Kenyon Family 11:30 Hannibal: Hassun 12:30 Desperate Housewives: Putting It Together 1:30 Home Shopping 3:00 Sons And Daughters 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	8:30 A Touch Of Frost: True Confessions 10:45 Air Crash Investigations: Pushed To The Limit 11:45 Bargain Hunt: Anglessey 18 1:00 Waking The Dead: Missing Persons - Part 1 & 2 3:00 Borderline Clubhouse 3:30 Dr Oz: Eat Twice As Much And Lose 5 Pounds This Month! 4:30 The Martha Stewart Show: Flavorful Recipes With Chef April Bloomfield 5:30 Shortland Street	6:30 Mythbusters: Hindenburg Skin 7:30 Pawn Stars: Old Man's Booty 8:30 American Restoration 9:30 American Pickers 11:30 World's Worst Tenants: Naughty Nana 12:00 SportsFan Clubhouse 2:00 Talking Footy 2:00 All Worked Up 2:30 Repo Games: Barely Legal Lindsey Old Man Nasty 3:30 Scare Tactics: Power Outrage; Backwoods Booby Trap 4:30 Classic Car Rescue: VW Camper 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Big Bang Theory 9:00 The Hangover Part 3 11:00 2 Broke Girls Dealers 1:00 Dangerman 2:00 Home Shopping 2:30 Global Shop 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 Midsomer Murders 9:30 International Champions Cup Inter v Real Madrid 12:00 Secret Dealers 1:00 Dangerman 2:00 Home Shopping 2:30 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Seaway	4:05 Looney Tunes Classics 4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 Auction Hunters 8:00 Top Gear 9:30 Law Abiding Citizen 11:40 The Originals 12:40 Adventure Time 1:00 Regular Show 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	5:00 TEN Eyewitness News 6:00 Family Feud 6:30 The Project 7:30 MasterChef Australia 10:00 Have You Been Paying Attention? 11:00 Under The Dome 12:00 The Project 1:00 The Doctors 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	5:30 Becker 5:55 Couch Time 6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:00 Rules Of Engagement 8:30 Extant 11:30 Late Late Show with James Corden 12:30 Dexter 1:40 Glee 3:05 Medium 4:00 Jag 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Undercover Boss 9:30 2015 Formula 1 Pirelli Hungarian Grand Prix 10:30 Movie: The Usual Suspects 12:45 The Glades 1:45 Home Shopping 2:15 Ross Kemp: Back On The Frontline 3:15 Blokesworld 3:45 Hardliners 4:15 Emergency Search & Rescue 4:45 Gillette World Sport 5:00 FIA Formula E Championship	6:00 Nigella Bites 6:30 World News 7:30 What's The Right Diet For You? 8:30 Is Your Brain Male or Female? 9:30 West Meets East: Mystical India 10:25 SBS World News 11:00 What's Killing Our Bees? 12:00 Masters of Sex - Phallic Victories; Manhigh 2:10 Community - Aerodynamics of Gender; Cooperative Calligraphy 3:00 Movie: Persepolis 4:45 At The Formal 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - The New Adventures of Tarzan 6:30 Euromaxx 7:00 Joy's World 7:30 4WD TV 8:00 Classic 4WD TV 8:30 My Drive 9:00 Australian Fishing Network 9:30 Fishin' Trip 10:00 Al Jazeera 10:30 Documentaries and Reports 11:30 In Good Shape 12:00 All you Need 12:30 Theatre Games Live 1:00 Movie: The Jungle Book 3:00 Shift 3:30 Movie: Our Town 5:00 Front Up 5:30 Awesome Church

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How to Enjoy Winter Exercise by Trevor Patrick



Exercise in the home can be uninteresting if you simply walk on your exercise machine, ride your stationery bike or even walk on-the-spot for a recommended 30 minutes.

Move your exercise machine so you face your television screen, switch on the Tour de France programme and start walking or riding. You will be transported to another world, where athletes strive to be the very best. Along with a backdrop of historic chateaux [pictured] or stunning mountain passes, the race showcases

the beauty of France, just like a rolling postcard. You will witness the beautiful countryside of rural France and the challenging mountain roads. You will notice the steep fall-away sides of the roads where there are no safety fences [pictured]. Crashes are part of cycling. They happen frequently and can greatly impact a result, a season, or even a career. The tour is three weeks of nightly inspiration, even when watching from afar.

Stage 5 last Wednesday July 8, the cyclists passed the Memorial National

Australien at Villers-Bretonneux where 10,773 Australian soldiers are named who were killed during World War I. [pictured]

Stage 21 on Sunday July 26, the Tour will climax at Paris with the grand parade and sprint on the Champs-Elysees.

The positive influence is for you to take up regular exercise. All the time you will be improving your own physical condition, especially your heart and circulation.

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Four Corners 10:45 Media Watch 11:00 Family Confidential 11:30 The Mix 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, The Hive, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudcuckooes, Night Garden 12:00 Sesame Street, Play School, Hunt, Postman Pat, La-La's Adventures, Abney & Teal, Mook, Elmo The Musical, Q Poxie 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla doopla!, Mister Maker, Thomas and Friends, dirtgirlworld, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat 6:00 Ben And Holly's Little Kingdom	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 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Chicago Fire Warm And Dead 2:00 Royal Pains 3:00 Animal Airport 3:30 The Martha Stewart Show 4:30 60 Minute Makeover 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Newark 7 7:30 The Vicar Of Dibley - Christmas 2004	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Driving Us Crazy 12:00 T.J. Hooker 1:00 Covert Affairs: Crackity Jones 2:00 The Amazing Race 3:00 Swamp People 4:00 Billy The Exterminator 4:30 Gator Boys 5:30 Classic Car Rescue 6:30 Mythbusters: Underwater Car	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 9:30 Danoz 10:30 Alive & Cooking 11:00 Friends And Ours 1:50 GEM Presents 2:00 Alive & Cooking 2:30 Midsomer Murders 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 PAW Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice 11:00 Power Rangers 12:00 Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ LIVE 2:00 The Middle 2:30 The Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' WB	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 Gold Coast Cops 11:30 Bondi Rescue 12:00 Dr Phil 1:00 Everyday Loves Raymond 1:30 Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef 4:00 King Of Queens 4:30 Couch Time 4:35 The Late Late Show with James Corden	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Wakfu 7:05 Sidekick 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Everybody Loves Raymond 11:30 Taxi 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Frasier 3:30 Cheers 4:00 King Of Queens 4:30 Couch Time 4:35 The Late Late Show with James Corden	6:00 Home Shopping 8:00 Robson's Extreme Fishing Challenge 9:00 Barossa Roots 10:00 Totally Wild 10:30 Gillette World Sport 11:00 M*A*S*H 12:00 The Living Room 1:00 Awake 2:00 Undercover Boss 3:00 Monster Jam 4:00 Late Show With David Letterman 5:00 Extreme Boats' Big Angry Fish 5:30 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 The World 2:00 Undercover From Above - Italy: Stromboli to Salinurte 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 Stephen Hawking's Future Universe 4:25 Secrets Of Our Living Planet	6:00 Tomorrow Today 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Little Explorers 8:00 Gday Malt Aussies 8:30 Master Class in Oils 9:00 Move it or Lose It 9:30 Journal 10:00 The New Adventures of Tarzan 10:30 Movie: Night Fright 12:00 Rounder Records 40th Anniversary 2:00 Victoria's Islands 2:30 Television Classics 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Heran News Week 5:00 Russian News Time 5:30 Sightsee TV 6:00 6:00 Series - The New Adventures of Tarzan
6:00 Antiques Roadshow 7:00 ABC News 7.30 8:00 Foreign Correspondent 8:30 New Tricks: The Little Brother 9:30 Wonders Of Life With Brian Cox 10:30 Lateline 11:05 The Business 11:20 The Hour 12:20 Movie: Happy Birthday, Wanda June 2:00 The Grammar Of Happiness 2:50 The Hour 3:50 Wonders Of Life With Brian Cox 5:00 The New Inventors 5:30 Eggheads: Marmac	6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who: The Wedding Of River Song: Confidential: When Time Froze 8:30 Good Game 9:00 The Agony Of Ecstasy 9:30 Australians On Drugs 10:25 Tonight Show Starring Jimmy Fallon 11:10 Drug Runners 11:55 The Checkout 12:30 Alex James 1:20 The Tonight Show Starring Jimmy Fallon 2:00 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Home and Away 7:30 Restaurant Revolution 9:00 Winners & Losers: The Cold Light Of Day 11:00 Mistresses: Rebuild 12:00 Smash: The Nominations 1:00 Home Shopping 3:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	8:30 Foyle's War: Lesson In Murder 10:30 Wire In The Blood: Shadows Rising 12:30 Bargain Hunt: Newark 7 1:30 Waking The Dead: Sins - Part 1 - 2 3:30 Dr Oz: Turbocharge Your Metabolism For Your Body Type! 4:30 The Martha Stewart Show: The Coffee Show With Hugh Jackman 5:30 Shortland Street	7:30 Highway Patrol: Crash 8:00 Motorway Patrol 8:30 Outback Trucks 9:30 Prospectors 10:30 Goldfathers 11:30 American Stuffers 12:30 WWE Afterburn 1:30 South Beach 2:00 What's Up With Christie?: The Last To Know 2:30 Young, Lazy & Driving Us Crazy 3:30 Scare Tactics: For Whom The Bridge Trolls: Drone Helicopter 4:30 Classic Car Rescue: Mercedes 450 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 9:00 Embarrassing Bodies Downunder 10:00 Obsessive Compulsive Cleaners 11:00 Supersize: Got Thin Got Fat Again 12:00 20/20 1:00 Extra 1:30 Danoz 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 Poirot 8:30 Agatha Christie's Marple 10:35 Person Of Interest 11:35 Got Home Alive 12:30 Footy Classified 1:30 Friends 2:00 Home Shopping 2:30 Global Shop 4:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	4:05 Looney Tunes Classics 4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 Auction Hunters 8:30 The Matrix Revolutions 11:00 Jonah Hex 12:40 Adventure Time 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	4:30 The Bold & The Beautiful 5:00 Eyewitness News 6:00 Family Feud 6:30 The Project 7:30 Gold Coast Cops 8:00 Bondi Rescue 8:30 NCIS 9:30 NCIS: Los Angeles 11:30 The Project 12:30 The Doctors 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning 5:00 Home Shopping	5:30 Becker 6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:00 Rules Of Engagement 8:30 Bondi Ink 9:30 NCIS: Los Angeles 11:30 The Project 12:30 The Doctors 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 David Attenborough's Madagascar 8:30 World's Busiest 9:30 48 Hours 10:30 Those Who Kill 11:30 The Glades 12:30 Home Shopping 2:00 Undercover Boss 3:00 GT Academy 4:00 FIA Formula E Championship	5:30 Letters and Numbers 6:00 Nigella Bites 6:30 World News 7:30 Who Do You Think You Are? 8:30 Go Back To Where You Came From 9:35 Dateline 10:05 SBS World News 10:35 Rachel Khoo's Kitchen Notebook 11:05 Masters of Sex - Parallax: Kyrie Eleison: Fight: Dirty Job: Giants 4:25 The Food Lovers' Guide to Australia 5:00 Korean News 5:35 Japanese News	6:30 Euromaxx 7:00 Corey's Wild World 7:30 Enquiring Minds 8:00 Skandalosa 8:30 Blend Line TV 9:00 Beyond the Divide 9:30 Sydney Indoor Hockey All-Stars Finals 10:00 Al Jazeera English 10:30 The CEC Report 11:00 Vasil's Garden to Kitchen 12:00 It's Not You, It's Bree 1:00 New Game Plus 1:00 Speaker TV 1:30 Guitar Gods and Masterpieces 2:00 Songwriters Across Australia 2:30 Front Up 3:00 The Why Generation 3:30 Movie: Wild Guitar 5:00 Fusion Latina 5:30 Life Source

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Q&A 11:10 The Jonathan Ross Show 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 Chris Humphrey's Wild Life 2:00 The Time Of Our Lives 3:00 Catalyst 3:45 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow 7:00 ABC News 7:30 7.30	6:00 Play School, Bananas In Pajamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, The Hive, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pajamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopy, Sarah & Duck, Bing, Five Minutes More, Cloudcuckoo Land 12:00 Sesame Street, Play School, Humf, Postman Pat, Lala's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Pootle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pajamas, hoopla doopla!, Master Maker, Thomas and Friends, d'Neenwood, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Dangerous Intentions Dangerous Intentions 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute 6:00 Seven News 7:00 Home & Away 7:30 Restaurant Revolution	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Chicago Fire: Nazdarovay! 2:00 Private Practice: Deal With It 3:00 Animal Airport 3:30 The Martha Stewart Show 4:30 60 Minute Makeover: Billerica 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack 9:00 Kick Buttowski 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Crazy Driving Us Crazy 12:00 T.J. Hooker 1:00 Covert Affairs 2:00 Amazing Race 3:00 Swamp People 4:00 Billy The Exterminator: Attack Of The 15 Foot Snake 4:30 Gator Boys 5:30 Classic Car Rescue 6:30 Mythbusters 7:30 Beverly Hills Pawn	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 9:30 River Cottage - Bites 9:45 International Champions Cup Chelsea v FC Barcelona 12:00 International Champions Cup Club America v SL Benfica 2:00 Alive & Cooking 2:30 Countryfile 3:30 Poirot 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 PAW Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ LIVE 2:00 The Middle 2:30 The Tom & Jerry Show 3:00 Spongebob Squarepants 4:00 Kids' WB	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 Bondi Vet 12:00 Dr Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful 4:45 Kids' WB	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Wakfu 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop Adventures 9:00 My Little Pony 9:30 Wurrwhyy 10:00 Touched By An Angel 11:00 Everybody Loves Raymond 11:30 Taxi 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Frasier 3:30 Cheers 4:00 King Of Queens 4:30 Couch Time 4:35 The Late Late Show with James Corden	6:00 Home Shopping 8:00 Reel Action 8:30 Emergency Search & Rescue 9:00 North Of The Daintree 10:00 Totally Wild 10:30 Movie Juice 11:00 M*A*S*H 12:00 The Living Room 1:00 Awake 2:00 Undercover Boss 3:00 David Attenborough's Madagascar 4:00 Late Show With David Letterman 5:00 Extreme Boats Big Angry Fish 5:30 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News From Cyprus 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Dateline 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 An Original Duckumentary 4:30 360° Geo Reports with Silvio Rivier	6:00 Shift 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Beedee Bangla 8:00 Heran News Week 8:30 Regional Italian Cuisine 9:00 Move It or Lose It 9:30 Journal 10:00 The New Adventures Of Tarzan 10:30 Movie: Shoot out at Big Sag 11:30 Grainger's World 12:30 Our Time 1:00 Skandalosa 1:30 Joy's World 2:00 Enquiring Minds 2:30 The Why Generation 3:00 Move It or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Apna Panjab 5:00 Ozindian 5:30 Arts 2 6:00 6.00 Series - The New Adventures Of Tarzan
8:00 How Not To Behave 8:30 The Weekly Writer Charlie Pickering 9:00 Julia Zemiro's Home Delivery 9:30 Adam Hills: The Last Leg 10:00 Upper Middle Bogan 10:30 Lateline 11:15 The Business 11:30 Outside Chance 12:00 Four Corners 12:45 Media Watch 1:00 Movie: Buddies 2:35 Movie: The Men 4:05 Adam Hills: The Last Leg 5:00 The New Inventors 5:30 Eggheads: Five Blind Ladies	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:30 Four Corners: Ice Rush 9:20 How Drugs Work: Cannabis 10:20 Tonight Show Starring Jimmy Fallon 11:00 Australians On Drugs 12:05 Doctor Who 1:05 The Tonight Show Starring Jimmy Fallon 1:45 ABC News Update 5:00 The Numbjums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	9:30 Criminal Minds: A Place At The Table 10:30 Motive: Dead End 11:30 Bates Motel: Gone But Not Forgotten 12:30 It's Always Sunny In Philadelphia: The Gang Spies Like U.S. 1:00 Home Shopping 3:00 Sons And Daughters 3:30 Harry's Practice 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Malvern 9 7:30 Rosemary & Thyme 8:30 Inspector Morse 11:00 Suspects 12:00 Bargain Hunt: Malvern 9 1:00 Dr Oz: Tony Horton's Breakthrough Plan To Reshape Your Body! 2:00 Home Shopping 3:00 Sons And Daughters 3:30 Harry's Practice 4:00 Borderline 4:30 The Martha Stewart Show: Mexico City With Martha 5:30 Shortland Street	8:30 Hardcore Pawn 9:30 Pawn Stars: The Wright Stuff 10:30 Baggage Battles: Crate Expectations 11:00 Rude Tube: X-Rated 11:30 1000 Ways To Die 12:00 Men At Work: Inventing Milo Super Milo 1:00 Scare Tactics: The Blob, Freddy's Revenge 2:00 WWE Afterburn 3:00 Young, Lazy And Driving Us Crazy 4:00 Billy The Exterminator 4:30 Classic Car Rescue 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Mysteries Of Laura 10:40 Neighbours At War 11:10 Renters 11:40 Weeds 12:10 Arrow 1:00 Extra 1:30 Danoz 2:30 Skippy - The Bush Kangaroo 3:00 Global Shop 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 The Ashes: Third Test - Australia V England 3:00 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	4:05 Looney Tunes Classics 4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 The Big Bang Theory 8:30 Lethal Weapon 4 11:10 The Last Ship 12:10 Mad 12:30 Adventure Time 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	5:00 TEN Eyewitness News 6:00 Family Feud 6:30 Neighbours 7:00 The Project 7:30 The Bachelor 8:30 Madam Secretary 9:30 Sherlock Holmes: Elementary 11:30 The Project 12:30 The Doctors 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	5:30 Becker 6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:00 Futurama 8:30 The Simpsons 9:00 Futurama 9:30 The Simpsons 10:00 Bob's Burgers 11:00 Duckman 11:30 The Late Late Show with James Corden 12:30 Glee 1:30 Clueless 2:00 Touched By Angel 3:00 Medium 4:00 Jag 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 COPS 8:30 Hawaii Five-0 9:30 Legends 11:30 Blue Bloods 12:30 The Glades 1:30 Home Shopping 2:00 Australian Rally Championship 3:00 Glory 5:00 COPS	5:30 Letters and Numbers 6:30 M*A*S*H 7:30 COPS 8:30 Hawaii Five-0 9:30 Legends 11:30 Blue Bloods 12:30 The Glades 1:30 Home Shopping 2:00 Australian Rally Championship 3:00 Glory 5:00 COPS	6:30 Euromaxx 7:00 Adrian's Reptile World 7:30 Ice Dogs Ice Hockey 8:00 Classic Restos 8:30 Movie: Five Minutes to Live 10:00 Al Jazeera 10:30 Community Kitchen 11:00 Anthology of Interest 11:30 Beyond the Divide 12:00 Television Classics 12:30 In Wollongong Tonight 1:00 Fusion Latina 1:30 Documentaries and Reports 2:30 Underground Sounds 3:30 Movie: Night Flight 5:00 Global 3000 5:30 Inspire Church 5:35 Japanese News

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Australian Story 10:30 Foreign Correspondent 11:00 The Dreamhouse 11:30 Exhumed 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow 6:55 Clarke & Dawe 7:00 ABC News	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, The Hive, Grandpa In My Pocket 9:40 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudcuckoo Land, Night Garden 12:00 Sesame Street, Play School, Hunt, Postman Pat, Laila-Laila's Adventures, Abney & Teal, Moomin, The Musical, Q Poxie's Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla doopla!, Mister Maker, Thomas and Friends, digin'world, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat 6:00 Ben And Holly's Little Kingdom	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: Hard Evidence 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Chicago Fire Better To Lie 2:00 Private Practice: Remember Me 3:00 Animal Airport 3:30 The Martha Stewart Show 4:30 60 Minute Makeover 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack: Discovery 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Hot Driving Us Crazy 12:00 T.J. Hooker: Requiem For A Cop 1:00 Covert Affairs: Hang Wire 2:00 The Amazing Race 3:00 Swamp People 4:00 Billy The Exterminator: Rattlesnake Combat	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat 6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Footy Show 12:30 Extra 1:00 Spyforce 2:00 Danoz 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 9:30 Spongebob Squarepants 10:30 River Cottage - Bites 10:45 International Champions Cup Manchester United v PSG 1:00 Friends 1:30 The Dog Rescuers 2:00 Alive & Cooking 2:30 Secret Dealers 3:30 Big Body Squad 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 PAW Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:30 Young Justice 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ LIVE 2:00 The Middle 2:30 The Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' WB 4:05 Looney Tunes Classics	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 TBA 12:00 Dr Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful Show with James Corden	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Wakfu 7:35 Sidekick 7:35 Pokemon 8:00 Scope 10:30 Just Go 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Everybody Loves Raymond 11:30 Taxi 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Frasier 3:30 Cheers 4:00 King Of Queens 4:30 Couch Time 4:35 The Late Late Show with James Corden	6:00 Home Shopping 8:00 2015 Formula 1 Pirelli Hungarian Grand Prix 9:00 Venom 10:00 Totally Wild 10:30 Just Go 11:00 M*A*S*H 12:00 The Living Room 1:00 Awake 2:00 Monster Jam 3:00 World's Busiest 4:00 Late Show With David Letterman 5:00 Extreme Boats Big Angry Fish 5:30 I Fish 6:00 Family Feud 6:30 M*A*S*H 7:30 Last Man Standing 8:30 The Millers 9:00 Movie: The Naked Gun 10:45 Darren & Brose 11:15 Blokesworld 11:45 Unsupervised 12:15 Home Shopping 2:15 RPM 3:10 Maxim TV 4:10 Monster Jam 5:05 FIA Formula E Championship	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Greece! The Islands - Corfu 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 Weekend Warriors 4:30 Jackie Without Jack 5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:30 French Food Safari 8:00 Rachel Khoo's Kitchen Notebook Melbourne 8:30 Go Back To Where You Came From 9:35 Bosch 10:30 World News 11:00 Comings and Goings of Live Peepshows 12:00 Masters of Sex - Story of My Life: Who's On First? One For the Money, Two For the Show; The Revolution Will Not Be Televised 4:15 Food Lovers' Guide to Australia 4:50 Luke Nguyen's Greater Mekong Bitesize 5:00 Korean News 5:35 Japanese News	6:00 Focus on Europe 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Ozdian 8:00 Quadriga 8:30 Skandalosa 9:00 Move it or Lose It 9:30 Journal 10:00 The New Adventures of Tarzan 10:30 Movie: White Comanche 12:00 Regional Italian Cuisine 12:30 Corey's Wild World Wildlife Adventures 1:00 In Good Shape 2:00 Coffee Break 2:30 Sightsee TV 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Little Explorers 5:00 Quartermass and the Pit 6:00 6:00 Serials - The New Adventures of Tarzan 6:30 Euromaxx 7:00 Our Time 7:30 Community Kitchen 8:00 Science Spectrum 8:30 The Why Generation 9:00 LPIEP 9:30 The Reel Thing 10:00 Al Jazeera 10:30 New Game Plus 11:00 That's Good for Footy 12:00 Underground Sounds 1:00 Movie: Five Minutes to Live 2:30 In Wollongong Tonight 3:00 Theatre Games Live 3:30 Movie: Shoot out at Big Sag 4:30 Documentaries and Reports 5:30 C3 TV
7:30 7.30 8:00 Who's Been Sleeping In My House?: Merton 8:30 Gilch 9:30 Dirty Laundry Live 10:20 Lateline 10:50 The Business 11:05 Good Cop 12:05 Bluestone 42 12:35 Jennifer Byrne Presents The Seven Deadly Sins 1:05 Anatomy: Hair 1:35 Art Of America 2:35 The Jonathan Ross Show 3:25 A Quiet Word: A Quiet Word With Richard E. Grant 3:55 Good Cop 5:00 The New Inventors 5:30 Eggheads: Chess Club 7	6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:20 That '70s Show 8:40 Cherry Healey 9:40 How Drugs Work: Ecstasy 10:40 Tonight Show Starring Jimmy Fallon 11:20 Good Game 11:50 The Weekly With Charlie Pickering 12:20 How Drugs Work: Cannabis 2:10 Doctor Who 2:10 Tonight Show Starring Jimmy Fallon 2:50 That '70s Show 3:15 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Home and Away 7:30 Restaurant Revolution 8:40 Movie: The Proposal 11:00 Ramsay's Costa Del Nightmares: Le Granada Divino 12:00 Zero Hour: Pendulum 1:00 Home Shopping 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Newark 4 7:30 Doc Martin: Old Dogs 8:30 Lewis: The Ramblin' Boy 10:30 Mr Selfridge 11:30 Wire In The Blood: Justice Painted Blind 1:30 Waking The Dead: Duty And Honour - Part 1 - 2 3:30 Borderline 4:00 The Martha Stewart Show: Photo Frame Ideas 5:00 Shortland Street 5:30 Home Shopping	4:30 Gator Boys 5:30 Classic Car Rescue 6:30 Mythbusters 7:30 World's Craziest Fools 8:00 What Went Down 8:30 Tricked 9:30 Ink Master 10:30 America's Hardest Prisons 11:45 Jail - Las Vegas Jailhouse 12:15 SportsFan Clubhouse 1:30 Bizarre ER 2:30 Jail - Las Vegas Jailhouse 3:30 Young, Lazy & Driving Us Crazy 4:30 Classic Car Rescue: Ferrari 5:30 Home Shopping	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Footy Show 12:30 Extra 1:00 Spyforce 2:00 Danoz 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 The Ashes: Third Test - Australia V England 3:00 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 Britain's Got Talent 9:30 International Champions Cup Real Madrid v AC Milan 12:30 Mad 12:30 Adventure Time 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 PAW Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	5:00 TEN Eyewitness News 6:00 Family Feud 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:30 Zoo 9:30 Law & Order: S.V.U. 10:30 Blue Bloods 11:30 The Project 12:30 Movie Juice 1:00 The Doctors 2:00 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	5:30 Becker 6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:30 Futurama 8:30 Rules Of Engagement 9:00 Movie: Mean Girls 11:00 The Late Late Show with James Corden 12:00 Glee 1:00 Everybody Loves Raymond 1:30 Clueless 2:00 Touched By An Angel 3:00 Medium 4:00 Jag 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Last Man Standing 8:30 The Millers 9:00 Movie: The Naked Gun 10:45 Darren & Brose 11:15 Blokesworld 11:45 Unsupervised 12:15 Home Shopping 2:15 RPM 3:10 Maxim TV 4:10 Monster Jam 5:05 FIA Formula E Championship	7:30 French Food Safari 8:00 Rachel Khoo's Kitchen Notebook Melbourne 8:30 Go Back To Where You Came From 9:35 Bosch 10:30 World News 11:00 Comings and Goings of Live Peepshows 12:00 Masters of Sex - Story of My Life: Who's On First? One For the Money, Two For the Show; The Revolution Will Not Be Televised 4:15 Food Lovers' Guide to Australia 4:50 Luke Nguyen's Greater Mekong Bitesize 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - The New Adventures of Tarzan 6:30 Euromaxx 7:00 Our Time 7:30 Community Kitchen 8:00 Science Spectrum 8:30 The Why Generation 9:00 LPIEP 9:30 The Reel Thing 10:00 Al Jazeera 10:30 New Game Plus 11:00 That's Good for Footy 12:00 Underground Sounds 1:00 Movie: Five Minutes to Live 2:30 In Wollongong Tonight 3:00 Theatre Games Live 3:30 Movie: Shoot out at Big Sag 4:30 Documentaries and Reports 5:30 C3 TV

RAFFLES

THURSDAY MEAT RAFFLE
 Fresh Meat Trays to be won every Thursday. Tickets on sale from 6:00pm
 Draw starts at 7:00pm

SATURDAY MEAT & VOUCHER RAFFLE
 Meat Trays and Gift cards to be won! Tickets on sale from 1:00pm
 Draw commences at 2:00 pm

SUNDAY VARIETY RAFFLE
 Meat Trays, Seafood Trays, Fruit baskets, Grocery Baskets, laundry and confectionery hampers to be won every Sunday! Tickets on sale from 5pm
 Draw commences at 6pm

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 One Plus One 10:30 Kids On Speed? 11:30 Hospital Chaplains 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Oodnauts Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, The Hive, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudcubbies Night Garden 12:00 Sesame Street, Play School, Hunt, Postman Pat, Lala's Adventures, Abney & Teal, Moki, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hooopia doopla!, Mister Maker, Thomas and Friends, dirlinworld, Fireman Sam, Peppa Pig, Oodnauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: Ice 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Chicago Fire: A Coffin That Small 2:00 Dr Oz: Cut Your Carb Cravings In One Week - Lose Weight With Carbs 3:00 Animal Airport 3:30 The Martha Stewart Show 4:30 60 Minute Makeover: Tooting 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Leominster 13 4:30 Gator Boys	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Driving Us Crazy 12:00 T.J. Hooker: The Hostages 1:00 Covert Affairs: Levitate Me 2:00 The Amazing Race 3:00 Swamp People 4:00 Billy The Exterminator: Bat Attack 4:30 Gator Boys	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 How To Stuff A Wild Bikini 2:00 Alive & Cooking 2:30 Secret Dealers 3:30 Big Body Squad 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 PAW Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ LIVE 2:00 The Middle 2:30 The Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' WB	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Living Room 12:00 Dr. Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Late Late Show with James Corden	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Wakfu 7:05 Sidekick 7:35 Pokemon 8:00 Vic The Viking 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Everybody Loves Raymond 11:30 Taxi 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Frasier 3:30 Cheers 4:00 King Of Queens 4:30 Couch Time 4:35 The Late Late Show with James Corden	6:00 Home Shopping 8:00 Australian Rally Championship 9:00 From The Quadrangle 10:00 Totally Wild 10:30 Hardliners 11:00 M*A*S*H 12:00 Undercover Boss 1:00 Awake 2:00 Emergency Search & Rescue 3:00 TBA 4:00 Late Show With David Letterman 5:00 Extreme Boats Big Angry Fish 5:30 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 NITV News Week In Review 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 Strip The City 4:25 Two Laps 4:30 Backroads USA 5:00 Room 101 - Ray Martin	6:00 Quadriga 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Russian News Time 8:00 Adrian's Reptile World 8:30 Joy's World 9:00 Move it or Lose It 9:30 Journal 10:00 The New Adventures Of Tarzan 10:30 Movie: Suddenly 12:00 Television Classics 12:30 Science Spectrum 1:00 Sweet and Sour 1:30 Master Class in Oils 2:00 Arts 21 2:30 Our Time 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 All you Need 5:00 In Good Shape 5:30 Enquiring Minds
6:00 Antiques Roadshow: Wentworth Woodhouse 1 7:00 ABC News 7:30 7.30 8:00 Q! Health And Safety 8:30 Jonathan Creek: The Sinner & The Sandman 9:30 Line Of Duty 10:30 Lateline 11:00 The Business 11:20 Dirty Laundry 12:05 rage	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:15 That '70s Show 8:40 Cocaine Cowboys 10:35 How Drugs Work: Cocaine 11:35 Tonight Show Starring Jimmy Fallon 12:20 How Drugs Work: Ecstasy 1:15 Doctor Who 2:05 Tonight Show Starring Jimmy Fallon 2:45 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Better Homes and Gardens 8:30 TBA 12:30 Movie: Frost/ Nixon 3:00 Home Shopping 4:00 NBC Today	7:30 Dog Patrol 8:00 Animal Airport 8:30 Escape To The Country: Norfolk 9:30 Escape To The Country: Cornwall 10:30 Homes Under The Hammer 11:30 Best Houses Australia 12:00 Bargain Hunt: Leominster 13 1:00 Dr Oz: The Newest, Fastest Fat Busters! 2:00 Borderline 2:30 Escape To The Country: Cornwall 3:30 The Martha Stewart Show: The Pasta Show 4:30 Animal Airport 5:00 Shortland Street 5:30 Home Shopping	5:30 Classic Car Rescue: Ferrari 6:30 How I Met Your Mother: Ducky Tie 7:00 AFL Premiership Season: Pre Game Rnd 18: Hawthorn v Richmond 7:30 AFL Premiership Season: Rnd 18: Hawthorn v Richmond 11:00 Movie: Jackass 2.5 12:30 Movie: Van Wilder: Freshman Year 2:30 Locked Up Abroad: Tokyo Takedown 3:40 Jail 4:00 Young, Lazy & Driving Us Crazy 5:00 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 Nine's Live Friday Night Football 9:30 Nine's Friday Night Football 11:30 Taking Lives 1:30 Oranges And Sunshine 3:30 Skippy - The Bush Kangaroo 4:00 Global Shop 4:30 Good Morning America	6:30 Friends 7:30 The Ashes: Third Test - Australia V England 3:00 The Man Who Finally Died 5:00 Alive & Cooking 5:30 The Dog Rescuers	4:05 The Looney Tunes Show 4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Scooby Doo On Zombie Island 7:30 Shark Tale 9:30 Hall Pass 11:40 Anger Management 12:10 Mad 12:30 Supernatural: The Animation: The Spirit of Vegas; Moonlight 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News 6:00 Family Feud 7:30 So You Think You Can Dance? 9:30 New Girl 10:00 Snog Mary Avoid? 10:40 Sex And The City 11:20 Movie Juice 11:50 The Late Late Show with James Corden 12:50 Glee 1:50 Touched By An Angel 2:55 Medium 4:00 Jag 5:00 Home Shopping	5:30 Becker 6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 So You Think You Can Dance? 9:30 New Girl 10:00 Snog Mary Avoid? 10:40 Sex And The City 11:20 Movie Juice 11:50 The Late Late Show with James Corden 12:50 Glee 1:50 Touched By An Angel 2:55 Medium 4:00 Jag 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Black Gold 8:30 COPS: Adults Only 9:30 Movie: True Justice: One Shot One 11:30 Bellator MMA 1:30 Home Shopping 2:00 2015 Formula 1 Pirelli Hungarian Grand Prix 3:00 Darren & Brose 3:30 COPS: Adults Only 4:00 Ross Kemp: Back On The Frontline 5:00 FIA Formula E Championship	5:30 Letters and Numbers 6:00 Raymond Blanc: How to Cook Well 6:30 SBS World News 7:30 Secrets Of Britain 8:30 Secrets Of The Castle 9:30 Go Back To Where You Came From 10:30 SBS World News 11:05 Go Back To Where You Came From 1:05 Movie: Even the Rain 3:00 Duck Quacks Don't Echo 3:50 Sandhurst Military Academy 5:00 Korean News 5:35 Japanese News	6:00 Six O'Clock Serials - Flash Gordon 6:00 Raymond Blanc: Conquers the Universe 6:30 Euromaxx 7:00 Sightsee TV 7:30 That's Fishing 8:00 Ultimate Fishing Show 8:30 Grainger's World 9:30 Guitar Gods and Masterpieces 10:00 Al Jazeera English 10:30 The Shlocky Horror Picture Premier: Nude on the Moon 12:30 Universal Concert Hall: Rounder Records 40th Anniversary 2:30 Speaker TV 3:00 Community Kitchen 3:30 The Reel Thing 4:00 Anthology of Interest 4:30 Tomorrow Today 5:00 That's Good for Footy


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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 rage 10:30 rage Guest Programmer 11:30 Spicks And Specks 12:00 First Footprints: Super Nomads: 50,000 To 30,000 Years Ago 1:00 Antiques Roadshow 2:00 Country House Rescue 3:00 Rick Stein's India 4:00 Q! Health And Safety 4:30 Landline 5:00 Midsomer Murders: The Sword of Guillaume	6:00 Franklin And Friends, Kooka, Yo Gabba Gabba!, Chuggington, The Furthest Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rook, Charlie And Lola, The Hive, Grandpa In My Pocket, 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Laila-Laila's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoppie doopal!, Mister Maker, Thomas and Friends, dirtgirlworld, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat	6:00 Saturday Disney 7:00 Weekend Sunrise 10:00 The Morning Show 12:00 Movie: Space Buddies 2:00 Movie: My Girl 4:00 Medical Emergency 4:30 Better Homes And Gardens 5:30 Sydney Weekender	6:00 Home Shopping 7:00 Saturday Disney 9:00 Jessie: Tempest In A Teacup 9:30 Shake It Up 10:00 Home Shopping 11:00 RSPCA Animal Rescue 11:30 Great South East 12:00 Creek To Coast 12:30 Sydney Weekender 1:00 Queensland Weekender 1:30 WA Weekender 2:00 SA Life Favourites 2:30 Intolerant Cooks 3:00 Club Rugby 5:00 Homes Under The Hammer 6:00 Motorway Patrol	6:00 America's Game: The Super Bowl Champions: 1991 Washington Redskins 7:00 A Football Life: Don Shula 8:00 Home Shopping 9:00 Zoom TV 10:30 Selling Big: Edmonton 11:00 TBA 11:30 Meat Men: White Label Burger 12:00 Meat Men: The Prime Rib 12:30 Meat Men: Burger Re-Mix 1:00 Meat Men: Steaks On A Plane! 1:30 Hillbilly Handfishin': Kansas Girls Do It Better 2:30 Swamp People: Shooting Wild	6:00 PAW Patrol 6:30 Dora The Explorer 7:00 Weekend Today - Saturday 10:00 Mornings - Saturday 12:00 Super Nanny: Beyond The Naughty Step 12:30 Hot In Cleveland 1:00 Empire Of The Sun 4:00 Adam's Pasta Pilgrimage 4:30 Dr. Lisa To The Rescue 5:00 Nine News: First At Five 5:30 Getaway	6:00 The Night My Number Came Up 8:00 Danoz 8:30 Adventures In Rainbow Country 9:00 Circus Of Fear 10:45 Blue Murder At St Trinians 12:30 Postcards 1:00 Duncan's Thai Kitchen 1:30 The Trouble With Girls 3:30 PT 109	6:00 Thunderbirds 7:00 Kids' Wb 7:05 Looney Tunes Classics 7:30 Pirate Express 8:00 Teen Titans Go! 8:30 Scooby-Do! Mystery Incorporated 9:00 The Tom & Jerry Show 9:30 Adventure Time 10:00 The Batman 10:30 Ben 10: Omniverse 11:00 The Day My Butt Went Psycho 11:30 Move It 12:00 Kitchen Whiz 12:30 Spongebob Squarepants 1:30 Danoz 2:00 The Crew 3:00 Green Lantern: The Animated Series	6:00 RPM 7:00 ET's Fishing Classics 7:30 Good Chef Bad Chef 8:00 Family Feud 8:30 Studio 10: The World 10:00 Studio 10: Saturday Extra 11:00 The Living Room 12:00 The Talk Murder 4:25 90210 5:30 Becker	6:00 Toasted TV 6:05 Victorious 6:30 Pokemon 7:00 Shezow 7:30 Mako Island Of Secrets 8:00 Totally Wild 8:30 Scope 9:00 Toasted TV 9:05 The Loop 11:35 So You Think You Can Dance 1:30 Diagnosis Murder 4:25 90210 5:30 Becker	6:00 Home Shopping 8:00 M*A*S*H 9:00 Shred 9:30 Undercover Boss 10:30 Undercover Boss 11:30 Temporary Australians 12:00 Black Gold 1:00 RPM 2:00 2015 Australian GT Series 3:00 The Offroad Adventure Show 3:30 Undercover Boss 4:30 Reel Action 5:00 Escape With ET 5:30 Robson's Extreme Fishing Challenge	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 PBS Newshour 2:00 The Incredible Spice Men 2:30 Ottolenghi's Mediterranean Island Feast 3:25 Shane Delia's Spice Journey 3:30 D-Day: The Soldiers' Story 4:30 Roman Homicides 5:30 The Stuarts	6:00 All you Need 6:30 New Hope Adventist 7:00 Gamer Ted Armstrong 7:30 Christian Media 8:00 Words of Hope 8:30 Life News 9:00 Corey's Wild World Wildlife Adventures 9:30 Drive It! 10:00 4WD TV 10:30 Classic 4WD TV 11:00 My Drive 11:30 Fishin' Trip 12:00 That's Fishing 12:30 Ozindian 1:00 Agra Panjab 1:30 Fusion Latina 2:00 Gday Malt Aussies 2:30 Australian Fishing Network 3:00 Sydney Indoor Hockey All-Stars Finals 3:30 Blend Line TV 4:00 Restoring Dreams 4:30 Classic Restos 5:00 Ice Dogs Ice Hockey
6:30 Gardening Australia 7:00 ABC News 7:30 Father Brown: The Deadly Seal 8:20 Doc Martin 9:05 The Bletchley Circle 9:55 The Weekly With Charlie Pickering 10:25 Adam Hills: The Last Leg 11:05 Rage Guest Programmer 5:00 Rage	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Total Wipeout 8:30 Four Corners 9:20 Louis Theroux 10:20 Dirty Laundry Live 11:05 Cocaine Cowboys 1:05 How Drugs Work: Cocaine 2:05 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's	6:00 Seven News 7:00 Movie: Spider- Man 2 9:35 Movie: Get Him To The Greek 11:50 The Goldbergs: Who Are You Going To Telephone? 12:20 Last Resort: Captain 1:20 Last Resort: Blue On Blue 2:15 Malibu Country: Baby Steps 2:45 Malibu Country: Shell Games 3:30 It Is Written: The Kings Dream 4:00 Home Shopping 5:00 Dr Oz: Dr. Oz's 3-Day Energy Boosting Jumpstart Cleanse!	6:30 Castle: Last Call 7:30 Castle: Nikki Heat 8:30 Movie: The Saint 11:00 Body Of Proof: Point of Origin 12:00 Homes Under The Hammer 1:00 Borderline 2:00 Dr Oz: Secrets The Fast Food Industry Doesn't Want You To Know! 3:00 Dr Oz: Your Biggest Cancer Risks: Dr. Oz's Biggest Solutions! 4:00 Dr Oz: Melt Your Fat Fast! How To Reset Your Secret Fat Loss 5:00 The Martha Stewart Show: The Girl Scout Show	3:30 Swamp People: First Mates 4:30 AFL Premiership Season: Rnd 18: Sydney v Adelaide 7:15 AFL Premiership Season: Rnd 18: Carlton v North Melbourne 10:30 Movie: Transporter 3 12:45 Movie: Next 3:00 Jail 3:30 Meat Men: White Label Burger 4:00 Meat Men: The Prime Rib 4:30 Meat Men: Burger Re-Mix 5:00 Zoom TV 5:30 Home Shopping	6:00 Nine News Saturday 7:00 Monsters Vs Aliens 9:00 TBA 12:00 Extreme Measures 2:05 Divine Madness 3:40 The Baron 4:35 Global Shop 5:00 Extra 5:30 Wesley Impact	6:30 Kalgoolie Cops 7:30 The Ashes: Third Test - Australia v England 3:00 The Trouble With Girls 5:00 My Crazy Obsession 5:30 Postcards	3:30 The Amazing World Of Gumball 4:30 The Tom & Jerry Show 5:30 The Voice 7:30 What A Girl Wants 9:40 Stick It 11:50 National Lampoon's Senior Trip 1:45 The Looney Tunes Show 2:05 Green Lantern: The Animated Series 2:30 The Amazing World Of Gumball 3:30 Yu-Gi-Oh! Zexal 4:00 PAW Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	6:00 Far Flung With Gary Mehigan 7:00 Epic 9:00 Mission: Impossible Ghost Protocol 11:40 V8 Supercars: Highlights 12:40 48 Hours 1:30 Home Shopping 4:30 It Is Written 5:00 Hour Of Power	7:00 Everybody Loves Raymond 8:30 The Graham Norton Show 9:30 Ross Kemp: Back On The Frontline 10:30 Have You Been Paying Attention? Encore 11:30 Movie Juice 12:00 Blokesworld 12:30 Elementary 1:30 Bellator MMA 3:30 48 Hours 4:30 COPS 5:30 Shred	6:30 SBS World News 7:30 Wild West with Ray Mears 8:30 Room 101 - Poh Ling Yeow 9:00 Movie: The Intouchables 11:10 Movie: Welcome to the Sticks 1:00 Movie: Galantuomini 2:55 Capitalism: A Love Story 5:00 Korean News 5:35 Japanese News	5:30 Master Class in Oils 6:00 Drive It! 6:30 TV Classics: Quatermass and the Pit 7:30 Universal Concert Hall: Celtic Thunder - It's Entertainment! 8:30 Europe in Concert: K.T. Tunstall 9:30 Songwriters Across Australia 10:00 Speaker TV 10:30 Underground Sounds 11:30 Guitar Gods and Masterpieces 12:00 Movie: Nude on the Moon 1:30 Grainger's World 2:30 LPEP 3:00 New Game Plus 3:30 In Wollongong Tonight 4:00 CEC Report 4:30 Drive It! 5:00 Ice Dogs Ice Hockey 5:30 Life News	

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 Rage	6:00 Franklin And Friends, Koko, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Oodanauts	6:00 Jake And The Never Land Pirates	6:00 Home Shopping	6:00 Home Shopping	6:00 Paw Patrol	6:00 Home Shopping	6:00 Thunderbirds	6:00 Mass For You At Home	6:00 Toasted TV	6:00 Home Shopping	6:10 Hong Kong News	6:00 Words of Hope
7:00 Weekend Breakfast	7:00 Puffin Rock, Charlie Bubble Bath Bay, Peppa Pig, Lola, The Hive, Grandpa In My Pocket	6:30 Sofia The First	6:30 Amazing Facts	6:30 Hook Line and Sinker: Sweets Island - Part 1 - 2	6:30 Dora The Explorer	6:30 Hook Line and Sinker: Cindy Maree	7:00 Kids' WB	6:30 Hillsong	6:05 Victorious	8:00 World Series	6:30 Chinese News	6:30 New Hope Adventist
9:00 Insiders	9:00 Sesame Street, Play School, Bananas In Pyjamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Pootyoo Sarah & Duck, Bing, Five Minutes More, Cloudcubbies	7:00 Weekend Sunrise	7:00 Tomorrow's World	7:30 Home Shopping	7:00 Weekend Today	10:00 AFL Game Day	7:05 Looney Tunes Classics	7:00 Joseph Prince: New Creation Church	6:30 Xiaolin Chronicles	9:00 Movie Juice	7:00 Al Jazeera English News	7:00 Gamer Ted Armstrong
10:00 Offsiders	12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Lali-Lali's Adventures, Adventures Of Abney & Teal, Mook, Elmo The Musical, Q Pootle 5, Little Princess, Dinosaur Train, Timmy Time, Play School	10:00 The Morning Show - Weekend	8:00 David Jeremiah	9:30 Hook Line and Sinker: Cindy Maree	10:00 Wide World Of Sports	11:00 Sunday Footy Show	7:30 Captain Flinn and the Pirate Dinosaurs	7:30 Joel Osteen	7:00 Toasted TV	9:30 Monster Jam	7:30 Italian News	7:30 Lighthouse
10:30 Australia Wide	4:00 Bananas In Pyjamas, hoola dooplal, Mister Maker, Thomas and Friends, Meet the Small Potatoes, Peg + Cat	11:00 TBA	8:30 It Is Written	10:00 Home Shopping	10:00 The Avengers	11:00 Pacific Destiny	8:00 Teen Titans Go!	8:00 Everyday Gourmet With Justine Schofield	7:05 Team Hot Wheels: Skills To Thrill	10:30 Reel Action	8:10 Filipino News	8:00 Awesome Church
11:00 The World This Week		4:00 Air Crash Investigations	9:00 Home Shopping	9:30 Home And Away	11:00 The Avengers	11:00 Australian Geographic	8:30 Scooby-Doo! Mystery Incorporated	8:30 Studio 10: Sunday	8:05 Pokemon	11:30 Shred	8:40 French News	9:30 Christian Media
11:30 Songs of Praise: Colchester		5:00 Seven News At 5	12:00 Travel Oz: Newell Highway 2	11:30 Great Escapes	1:00 Foo Fighters - Sonic Highways	2:00 Wild Life Of Tim Faulkner	9:00 The Looney Tunes Show	10:00 The Bolt Report	8:25 Toasted TV	12:00 Undercover Boss	9:30 Greek News	10:00 C3 TV
Ancient & Modern		5:30 Sydney Weekender	12:45 Travel Oz: Dubai 1 - Family	12:30 Hook Line and Sinker: Swains Odyssey	2:00 Wild Life Of Tim Faulkner	2:30 Tigers About The House	9:30 Adventure Time	11:00 Good Chef	8:55 Toasted TV	1:00 World's Busiest	10:30 German News	11:00 Sydney Indoor Hockey All-Stars Finals
12:00 Landline			1:30 The Travel Bug: Cambodia	1:30 Mark Berg's Fishing Addiction	2:30 Tigres About The House	3:30 Nine's Live Sunday Football	10:00 Young Justice	Bad Chef	9:00 Teenage Mutant Ninja Turtles	2:00 Temporary Australians	12:00 Arabic News	11:30 Restoring Dreams
1:00 Gardening			2:30 Club Rugby	2:30 Hillbilly Handfishin': Win One For The Skipper	3:30 Nine's Live Sunday Football	4:15 Spencer's Mountain	10:30 The Batman	11:30 The Talk	10:00 Mako: Island of Secrets	3:00 Pat Callinan's 4x4 Adventures	12:30 Turkish News	12:00 Ultimate Fishing Show
Australia			3:30 FINA World Swimming Championships 2015	3:30 Dust Up	4:30 AFL Premiership Season: Rnd 18: Fremantle v GWS		11:00 Power Rangers Dino Charge	1:30 The Off Road Adventure Show	10:00 Mako: Island of Secrets	4:00 TBA	1:00 Cycling: Evocities MTB Highlights 2015	12:30 Henan News
1:30 The Mix							11:30 Rabbids Invasion	2:00 I Fish	10:30 The Brady Bunch	5:00 Extreme Boats!	2:00 Speedweek	1:00 Beedesh Bangla
2:00 When Bjork Met Attenborough							12:00 The Tom & Jerry Show	3:00 The Bolt Report	11:30 Star Trek: Next Generation	Big Angry Fish	4:00 2015 Superbike World Championship - Stage 9: Laguna Seca, USA	1:30 Grainger's World
3:00 Tender							12:30 Spongebob Squarepants	4:00 V8 Supercars: Highlights	12:30 90210	5:30 I Fish	4:30 Cycling: 2015 Port to Port MTB	2:30 4WD TV
4:25 Father Brown: The Deadly Seal							1:30 Danoz	5:00 TEN Eyewitness News	2:30 Neighbours			3:00 Classic 4WD TV
5:10 Restoration Man: Water Tower, Settle							2:00 The Crew	First At Five	5:00 Mork & Mindy			3:30 My Drive
6:00 The Book Club: August									5:30 Becker			4:00 Fishin' Trip
												4:30 That's Fishing
												5:00 Australian Fishing Network
6:30 Compass: Limited Partnership (Part 1)	6:00 Ben And Holly's Little Kingdom	6:00 Seven News	7:30 Escape To The Country: Norfolk	7:30 Movie: The Next Karate Kid	6:00 Nine News Sunday	6:30 David Attenborough's Life	3:30 Young Justice	6:00 Family Feud	6:00 Family Feud	6:00 Family Feud	5:30 Destination Flavour Bitesize	5:30 Master Class in Oils
7:00 ABC News	6:10 Peter Rabbit	7:00 Sunday Night	8:30 Escape To The Country: Somerset	9:45 Movie: Rambo	7:00 The Voice	7:30 The Ashes: Third Test - Australia V England	4:30 The Batman	6:30 Modern Family	6:30 The Simpsons	6:30 M*A*S*H	5:35 Churchill and the Fascist Plot	6:00 Focus on Europe
Sunday	6:25 Curious George	8:00 TBA	9:30 Fantasy Homes by the Sea: Jurassic	11:30 1000 Ways To Die: Dying To Tell The Story	9:00 60 Minutes	10:10 A.D. Kingdom And Empire	5:30 Thunderbirds Are Go	7:30 TBA	7:00 Futurama	7:30 COPS	6:30 SBS World News	6:30 Vasilis's Garden to Kitchen
7:40 Grand Designs	6:50 Shaun The Sheep	10:00 TBA	10:30 Best Houses Australia	11:50 AFL Premiership Season: Rnd 18: Essendon v Western Bulldogs	10:10 A.D. Kingdom And Empire	11:10 Stalker	6:00 Thunderbirds Are Go	9:00 CSI: Cyber	7:30 The Simpsons	8:30 V8 Supercars Highlights	6:30 SBS World News	7:30 TV Classics
8:30 The Politician's Husband	7:00 Spicks & Specks	11:00 Covert Affairs	11:00 Megastructures: China's Smart Tower	12:05 The Following	11:10 Stalker	12:05 The Following	6:30 Wrath Of The Titans	11:00 NCIS	8:30 Movie: Bachelorette	9:30 Movie: Collateral	7:35 Byzantium: A Tale Of Three Cities	8:00 Coffee Break
9:30 Silent Witness	7:30 Wild Things With Dominic Monaghan	12:00 Do No Harm: But I'm Allergic	12:00 Make My Home Bigger: Harriet And Richard	1:00 What Would You Do?	11:10 Stalker	12:05 The Following	8:30 The Big Bang Theory	11:00 The East	10:20 House Of Lies	12:00 Gillette World Sport	8:35 The Murder Trial	8:30 Ozploitation
10:30 Bom to Fly: Elizabeth Streb Vs Gravity	8:15 The Checkout	1:00 Grey's Anatomy: Heart-Shaped Box	12:30 FINA World Swimming Championships 201	1:50 Nine Presents	11:10 Stalker	12:05 The Following	9:30 Gotham	1:30 Home Shopping	11:00 The Late Late Show with James Corden	12:30 The Glades	10:25 Obama at War	11:00 Front Up
11:25 Balibo	8:30 Sunday Best: Freddie Mercury: The Great Pretender	2:00 Home Shopping	12:30 FINA World Swimming Championships 201	2:00 Spyforce	11:10 Stalker	12:05 The Following	10:30 Arrow	4:00 Life Today With James Robison	12:40 Star Trek: Next Generation	1:30 The Americans	11:30 Movie: Lantana	11:30 Theatre Games Live
1:15 Movie: That's Right, You're Wrong	9:55 Secrets of Mexico's Drug War	3:00 NBC Today	12:30 FINA World Swimming Championships 201	4:00 Hook Line and Sinker: Swains Odyssey	11:10 Stalker	12:05 The Following	11:30 Almost Human	4:30 CBS - This Morning	4:30 Becker	2:30 48 Hours	1:40 Movie: Walesa: Man of Hope	12:00 Quartermass and the Pit
2:50 The Politician's Husband	10:50 Mock The Week	4:00 NBC Meet The Press	12:30 FINA World Swimming Championships 201	5:00 Hook Line and Sinker: Sweets Island - Part 1	11:10 Stalker	12:05 The Following	12:30 Anger Management		5:00 Home Shopping	3:30 COPS	3:50 Our Food - North Wales	1:00 Community Kitchen
3:50 The Politician's Husband	1:25 News Update	5:00 Sunrise Extra	2:35 Harry's Practice	5:00 Hook Line and Sinker: Sweets Island - Part	11:10 Stalker	12:05 The Following	1:00 Beware The Batman			4:30 Monster Jam	5:00 Korean News	1:30 The Reel Thing
5:00 The New Inventors	5:00 The Numtums	5:30 Seven Early News	3:00 The Martha Stewart Show	5:30 Hook Line and Sinker: Sweets Island - Part	11:10 Stalker	12:05 The Following	3:00 Young Justice			5:30 Shred	5:35 Japanese News	2:00 Anthology of Interest
5:30 Eggheads: Bearly Conscious	5:05 Driver Dan's Story Train		4:00 Dr Oz: The New 3-Day Weekend Cleanse!		11:10 Stalker	12:05 The Following	3:30 Yu-Gi-Oh! Zexal					2:30 Beyond the Divide
	5:15 Guess With Jess		5:00 Dr Oz: Episode #4071		11:10 Stalker	12:05 The Following	4:00 Paw Patrol					3:00 Fusion Latina
	5:30 Angelina Ballerina				11:10 Stalker	12:05 The Following	4:30 Robocar Poli					3:30 Movie: White Comanche
	5:40 Olivia				11:10 Stalker	12:05 The Following	5:30 Yu-Gi-Oh! Classic					5:00 Focus on Europe
	5:55 Bert & Ernie's				11:10 Stalker	12:05 The Following						5:30 Lighthouse

We welcome your contributions. Letters to the Editor, local community group reports and details of local events. Please email us at contribute@hillstohawkesbury.com.au or call 02 9652 1193.

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The Politician's Husband
Sunday, 2 August 2015 - 8:30pm
Series Premiere

#ourABC

The Politician's Husband, written by Paula Milne and directed by Simon Cellan-Jones, is a companion piece to the multi-award-winning The Politician's Wife.

Aiden Hoynes (David Tennant), a senior Cabinet Minister, is happily married to Freya (Emily Watson), a junior minister who has consistently put her career ambitions on hold for the sake of Aiden's career and their family.

When Aiden's career path into the top echelons comes to an abrupt halt, the power balance within the marriage is irrevocably shifted as he witnesses his wife's political career soar.

Desperate to salvage his political career and cling to power at whatever cost, Aiden risks destroying everything he holds most dear.

In episode one, Aiden Hoynes and Freya Gardner are the golden couple of British politics. Aiden resigns from cabinet in a failed leadership bid thwarted by his best friend Bruce Babbish (Ed Stoppard).

In the cabinet reshuffle Freya is appointed to cabinet, while Aiden returns to the back benches and a life of political obscurity. Finally out of her husband's shadow, Freya is forced to choose between her own career ambitions and publicly supporting her husband.

Cast: Aiden Hoynes (David Tennant), Freya Gardner (Emily Watson); Bruce Babbish (Ed Stoppard), Joe Hoynes (Jack Shepherd), Marcus Brock (Roger Allam), Noah Hynes (Oscar Kennedy), Ruby Hoynes (Lucy Hutchinson) and Dita Kowalski (Anamaria Marinca).



Humans
Monday, 3 August 2015 - 8:30pm
Series Premiere

What makes us human? Can a synthetic creation ever think and feel the way we do?

This brand new, ambitious eight-part drama, from the makers of Broadchurch, takes this scenario and turns it into both a hair-raising thriller and rumination on the nature of humanity. Humans is a riveting look at a question that gets just a little less hypothetical every day.

Joe Hawkins makes the decision to invest in the latest must-have gadget for any busy family – a Synth. Terrified he is losing his wife Laura, he believes the addition of a highly-developed robotic servant almost identical to humans will give them back the time they so desperately need to help them re-connect both as a couple and as a family. Joe and the kids take the Synth home, and christen her Anita. Anita is an immediate hit, and a chaotic house is suddenly transformed into an oasis of tidy, organised, well-fed contentment.

On her return from a work trip, a threatened Laura seems less susceptible to Anita's efficiently chilly charms.

Others have long since abandoned any scepticism and embraced their Synths as part of the family. Widower George Millican has formed a close relationship with his out-of-date synth but the authorities are keen to replace it with a more up-to-date model.

Meanwhile, Leo is a human on the run with his synth, Max, and the two unlikely companions are desperately searching for someone. But who, and why? CAST: William Hurt, Katherine Parkinson and Colin Morgan.



The Island with Bear Grylls: Women's Island
Monday, 3 August at 8.30pm
New Series Premiere

Bear Grylls explores the survival instincts and behaviour of 14 women stranded on a remote, uninhabited Pacific island. Left with just the clothes they stand up in and a few basic tools, they're been given no food and just a day's supply of drinking water.

Like their counterparts on the male island, these women will be utterly alone for six weeks, left to film everything themselves. So when stripped of the luxuries and conveniences of 21st century living, will these women have the skills and mental strength to survive and rival the male islanders?

Episode One:

As the island comes into sight, it's a far cry from the postcard vision of paradise some of the women had been expecting: more mud than sand and dense, unforgiving jungle right up to the water's edge.

The strong Pacific currents mean the group are forced to abandon the safety of Bear's boat and swim ashore. With sunset fast approaching the group kick into survival mode and make camp in the jungle - at the mercy of deadly creatures and voracious sandflies - their first lesson... that nature bites back.



Quilt Show

What: Arcadian Quilters are having a Quilt Show

When: August 29-30th proudly sponsored by - Bendigo Bank Galston.

Where: Galston Community Centre, 37 Arcadia Road, Galston

Time: 9.30am to 4pm.
Entry \$5 Adults - Children Free. Disabled Access available

An Exhibition of Quilts made by Members who will be on hand to explain their techniques, applications and answer any questions about the quilts.

A lot of gorgeous quilting fabric has been donated to the group and

have been made into Quilts of various sizes suitable for Grandparents to Grandchildren and everyone in between will be for sale.

There will be Trading tables, a Members stall and enjoy some Tea/Coffee and cake.

A Raffle Quilt to be won - tickets 3 for \$5 or \$2 each

All money raised going to Cancer Research and several local charities of choice.

Contact - Carole 9894 7749



your Garden



Gardening in the Hawkesbury

by Laura Rittenhouse,
www.laurarittenhouse.com

Beginning with today's edition, I'll be regularly sharing some thoughts on gardening with the readers of *The Hills to Hawkesbury Living Magazine*. I'm a keen amateur gardener who's an active member of our local garden club, Macquarie Towns Garden Club. I'll keep you posted on what the club's doing and throw in some other thoughts and ideas related to gardening over the coming issues.

Today I want to share some highlights from the club meeting held on 2 July where Joy Fielding, a long-standing member of the NSW Begonia Society spoke to us about begonias. She brought along several of her own begonias so we could see the diversity available in this decorative plant. She then demonstrated pruning and propagation techniques. The samples on display included tree (aka cane or angel wings), shrub-like, rhizomatous, tuberous and rex begonias.

Of these, tree, shrub and rhizomatous begonias are great for our local climate. All can

tolerate sun up to mid-day. All are easy to care for and propagate. And, of course, they all have beautiful flowers and leaves. Her talk encouraged me to give begonias another try - my efforts to date have been less than impressive. First step, get out there and prune my gangly tree begonia, a job that can be done in winter!

July is one of the months with 5 Thursdays this year. As such the MTGC will be holding an outing at the Secret Garden on the grounds of UWS, Hawkesbury Campus on 30 July. We'll meet at the garden at 10:00 a.m. Our regular August meeting will be held August 6th at 2:00 p.m. at the Windsor Library where Susan Fenelly will speak about making rosewater. We'll also be holding our AGM at that meeting

Remember, if you're interested in gardening, join us at the Macquarie Towns Garden Club. We meet at 2:00 p.m. on the first Thursday of each month at the Windsor Library. Check us out at: www.macquarietownsgardenclub.wordpress.com. If you have suggestions, comments or feedback for me, send it c/o: contribute@hillstohawkesbury.com.au.



OPEN DAY

14TH NOVEMBER

10.00am to 1.00pm

WISEMANS FERRY PUBLIC SCHOOL .. Est. 1865

Old Northern Road, Wisemans Ferry

Memorabilia Wanted!

We would love to hear from any ex-students/parents or teachers that would like to join in our 150 year celebrations.

In particular, we are searching for photographs, artifacts, documents, certificates and stories that relate to your time at Wisemans Ferry Primary School.

We will be able to copy or scan these documents etc. and your items will not only be part of our exhibition on Open Day but also part of history!

If you have memorabilia you would like to share, would like to place an order or simply need more information please contact Liz on 0429 017 000 Or email: liztempleton@bigpond.com

WISEMANS FERRY PUBLIC SCHOOL 150 YEARS EST: 1865

* Planting of trees and laying of pavers will be carried out during the ceremony on Open Day!

Plant a tree and/or lay a paver !

To commemorate 150 years, we are inviting families of past, present and future students and teachers to leave a lasting legacy on our Open Day!

Buy a paver engraved with your family's name for \$25



and / or a plant for \$10

Order forms must be received no later than 30/8/2015



ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Landline 11:00 Australia Wide 11:30 Compass 12:00 ABC News At Noon 1:00 Grand Designs 2:00 The Time Of Our Lives 3:00 Catalyst 3:45 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, Guess How Much I Love You, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pozo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lah-Lah's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle's Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla doopla!, Mister Maker, Thomas and Friends, dirtgirlworld, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: A Woman's Rage 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 11:00 NBC Meet The Press 12:00 Movie: Forces Of Nature 2:00 Make My Home Bigger 2:25 FINA World Swimming Championships 2015 6:45 Olympians - Off The Record: Susie O'Neill 7:30 Cities of the Underworld: Stalin's Secret Lair: Moscow	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack: Astronaut 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy And Driving Us Crazy 12:00 Covert Affairs 1:00 The Amazing Race 2:00 Marvel's Agents Of S.H.I.E.L.D.: Pilot 3:00 Swamp People 4:00 Billy The Exterminator 4:30 Gator Boys 5:30 Classic Car Rescue	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat	6:00 International Champions Cup 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 9:30 Danoz 10:30 Alive & Cooking 11:00 Friends 12:00 It Always Rains On Sunday 2:00 Alive & Cooking 2:30 Countryfile 3:30 David Attenborough's Life 4:30 The Ellen Degeneres Show	6:00 Robocar Poli 6:30 Paw Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Power Rangers Dino Charge 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice: Invasion 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Anger Management 2:30 Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 TBA 12:00 Dr Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Shirley 5:00 Mork & Mindy 5:30 Becker	6:00 Home Shopping 8:00 ET's Fishing Classics 8:30 The Home Team 9:00 Tragedy At Sea 10:00 Totally Wild 10:30 Let's Do Coffee 11:00 M*A*S*H 12:00 The Living Room 1:00 Awake 2:00 Late Show With David Letterman 3:00 Black Gold 4:00 Whacked Out Sports 4:30 Operation Repo 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Andre Rieu: Welcome To My World - Maastricht My Hometown; Vienna Memories 2:45 Love at First Sight 3:00 Al Jazeera News 3:30 Two Greedy Italians... Still Hungry 4:30 The Dales with Ade Edmondson 5:00 David Rocco's Amalfi Getaway	6:00 CEC Report 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Apna Panjab 8:00 Enquiring Minds 8:30 Master Class in Oils 9:00 Move it or Lose It 9:30 Journal 10:00 Flash Gordon Conquers the Universe 10:30 Movie: I'm from Arkansas 12:00 Vasil's Garden to Kitchen 1:00 Coffee Break 1:30 Adrian's Reptile World 2:00 Regional Italian Cuisine 2:30 Quadriga 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Beedesh Bangla 5:00 Gday Malt Aussies 5:30 Tomorrow Today	
6:00 Antiques Roadshow: RAF Marham 1 7:00 ABC News 7:30 7.30 8:00 Australian Story 8:30 Four Corners 9:20 Media Watch 9:35 Q&A 10:40 Lateline 11:10 The Business 11:30 Edge of Nowhere 12:25 Movie: Tycoon 2:35 Movie: The Last Days Of Pompeii 4:15 A Quiet Word: A Quiet Word With Ross Noble 5:00 The New Inventors 5:30 Eggheads: Philly At Fifty	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:15 Gruen Planet 8:30 Humans 9:15 Louis Theroux: Gambling in Las Vegas 10:20 Tonight Show Starring Jimmy Fallon 11:00 Freddie Mercury 12:30 Doctor Who: A Town Called Mercy 1:15 The Tonight Show Starring Jimmy Fallon 2:00 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Home and Away 7:30 TBA 8:40 The Blacklist: T Earl King VI 9:40 TBA 10:40 Hannibal: Takiawase 11:35 Zero Hour: Chain 12:30 Desperate Housewives: What's To Discuss, Old Friend 1:30 Home Shopping 3:00 Sons And Daughters 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	8:30 A Touch Of Frost 10:45 Air Crash Investigations 12:00 Borderline: Thai Dodgy Film School 12:30 FINA World Swimming Championships 2015 2:30 Dr Oz: Rick Springfield's Secret Health Battle With Depression; Dr. Oz's Ultimate "How Healthy Are You?" Quiz! 4:30 The Martha Stewart Show: Moroccan Cooking 5:30 Shortland Street	6:30 Mythbusters 7:30 Pawn Stars: Hot Air Buffon 8:30 American Restoration 9:30 American Pickers 11:30 World's Worst Tenants: Hot Rods 12:00 SportsFan Clubhouse 1:00 Talking Footy 2:00 All Worked Up 2:30 Repo Games: Cops And Repos 3:00 Operation Repo 3:30 Scare Tactics: Unsafe; Bedridden But Deadly 4:30 Classic Car Rescue 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 Lip Sync Battle 9:40 Two And A Half Men 10:10 Mom 10:40 2 Broke Girls 11:40 Underbelly: The Golden Mile 12:30 Extra 1:00 The Avengers 2:00 Danoz 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News 5:30 Today	5:30 Gilmore Girls 6:30 Friends 7:30 Monarch Of The Glen 8:40 The Young Victoria 10:50 Person Of Interest 11:50 Absolutely Fabulous 12:30 Footy Classified 1:30 Friends 2:00 Home Shopping 2:30 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Seaway	4:00 Kids' Wb 4:05 Looney Tunes Classics 4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 Auction Hunters 8:00 Top Gear 9:30 Priest 11:30 The Originals 12:30 Adventure Time 1:30 Home 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	5:00 TEN Eyewitness News 6:00 Family Feud 7:00 Everybody Loves Raymond 7:30 Rules Of Engagement 8:30 The Simpsons 9:30 Extant 10:30 Witches Of East End 11:30 The Late Late Show with James Corden 12:30 Dexter 1:30 Glee 2:30 Taxi 3:00 Medium 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Undercover Boss 9:30 Movie: Minority Report 12:30 The League 1:00 Home Shopping 2:00 Ross Kemp: Back On The Frontline 3:00 Bokesworld 3:30 Undercover Boss 4:30 Monster Jam 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nicella Bites 6:30 SBS World News 7:30 Fat vs. Sugar 8:30 The Island with Bear Grylls: Women's Island; Men's Island 10:25 SBS World News 11:00 Bosch - 'Tis the Season; Lost Light 12:45 Movie: Running on Empty 2:15 Community - Conspiracy Theories and Interior Design; Mixology Certification 3:05 Coppers 4:00 24 Hours in Emergency 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Flash Gordon Conquers the Universe 6:30 Euromaxx 7:00 Joy's World 7:30 4WD TV 8:00 Classic 4WD TV 8:30 Just2wheelez 9:00 Australian Fishing Network 9:30 Fishin' Trip 10:00 Al Jazeera 10:30 Documentaries & Reports 11:30 In Good Shape 12:00 All you Need 12:30 Theatre Games Live 1:00 Movie: Scott of the Antarctic 3:00 Shift 3:30 Movie: Never Too Late 5:00 Front Up 5:30 Awesome Church	



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THROUGH STATE MP'S EYES by Ray Williams, Member for Castle Hill



YOUTH PARLIAMENT

Sydney YMCA run Youth Parliament during the school holidays, which provides young leaders with the opportunity to actually experience being a part of the parliamentary process as members of their respective areas. Young people have the opportunity to create solutions to the problems facing NSW and debate those ideas in NSW Parliament House in front of real MPs! I was recently asked to be Speaker in the House for a day during Youth Parliament. Participants have the opportunity to advocate for their communities on a wide range of issues, with all passed legislation handed to the NSW Government and Opposition at the conclusion of the week. Youth Parliament involves two camps: Training Camp and a Residential Camp. Training Camp is a four day camp held in the April school holidays where participants meet face-to-face for the first time, write their bills and reports, and receive all the skills and training they will need when they get to Parliament. Residential Camp is a week-long camp held in the July holidays. Youth Parliament is offered to young people in years 10-12 or equivalent. If you're passionate about your community and the future of NSW, if you have an open mind and are willing to learn, and if you want to meet new people and have a life-changing experience, then Youth

Parliament is right for you! The Youth Parliament program is run by a team of 28 volunteers called "The Taskforce," lead by Program Coordinator Eloise Griffin. All taskforce members are past participants of the program. They are there to guide the participants on their leadership journey and empower them to unlock their inner leader and advocate! The cost of attending the program is \$700. This covers two camps, and includes all meals, accommodation and transport while on camp (not including transport to and from camp). Congratulations to Jenny Yang who did an outstanding job representing our electorate of Castle Hill. Anyone interested can email contactus.nsw@ymcansw.org.au for further information on this program.

NEW BUS SERVICES

The North West will benefit from 315 extra weekly bus services, taking the number of extra public transport services introduced by the NSW Government to more than 14,000.

The new services, which include a brand new bus route with 175 extra weekly Hillsbus services connecting Blacktown and Parramatta, as well as 140 extra services on existing routes. As key employment hubs in Sydney's West and North West continue to grow, the NSW Government is determined to

ensure the public transport services are in place to help people get around. The NSW Government are committed to making public transport the number one option by providing extra services when and where they're needed. Hillsbus is introducing extra weekly services on popular routes connecting

suburbs including Rouse Hill, Parramatta, Castle Hill and the City. The extra weekly services on existing Hillsbus routes include:

- 40 additional trips per week on route M60 between Castle Hill and Pennant Hills via Cherrybrook, providing additional services during morning and afternoon peak periods
- 20 additional trips per week on route T65 between Rouse Hill Town Centre and Parramatta via the North-West T-way, providing additional services during morning peak periods
- 20 additional trips per week on

route T64 between Rouse Hill Town Centre and Parramatta via the Norwest Business Park, Norwest Private Hospital and the North-West T-way, providing additional services during morning and afternoon peak periods

- 20 additional trips per week on route T63 between Rouse Hill Town Centre and Parramatta via the North-West T-way, providing additional services during morning and afternoon peak periods
- 20 additional trips per week on route 617X between Rouse Hill and the City via the North-West T-way and M2, providing additional services during morning peak periods
- 15 additional trips per week on route 607X between Rouse Hill Town Centre and the City via the North-West T-way and M2, providing additional services during morning peak periods
- 5 additional trips per week on route 601 between Rouse Hill Town Centre and Parramatta via Windsor Road, providing additional services during morning peak periods

CONGRATULATIONS

Fred & Inna Ohandi, 60th Wedding Anniversary; Miss Jean Hardiman, 100 years old on the 28th July



Ray Williams MP

MEMBER FOR CASTLE HILL
PARLIAMENTARY SECRETARY TO THE PREMIER

Suite 202, 10-14 Market Lane
Rouse Hill Town Centre NSW 2155
phone: (02) 8882 9555 fax: (02) 8882 9411
email: castlehill@parliament.nsw.gov.au
web: raywilliamsmp.com.au

As your State MP I can help

- ~ represent you in Parliament
- ~ communicate your issues with Ministers & Govt. Departments
- ~ put you in touch with services that can help you
- ~ with Congratulatory Messages for 50th or 60th Wedding Anniversaries & 90th or 100th Birthdays
- ~ by providing *Justice of Peace* services in my office

ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Four Corners 10:45 Media Watch 11:00 Family Confidential 11:30 The Mix 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow: Port Sunlight 1	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggles!, Oodons!, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, Guess How Much I Love You, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Hunt!, Postman Pat, Laila-Laila's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla dooplal!, Mister Maker, Thomas and Friends, dirtworld!, Fireman Sam, Peppa Pig, Oodons!, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: A Daughter's Nightmare 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Movie: Indecent Proposal 2:30 FINA World Swimming Championships 2015 6:30 Bargain Hunt: Anglesey 16	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack: Maze 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Hot Seat 12:00 Covert Affairs 1:00 The Amazing Race 2:00 Marvel's Agents Of S.H.I.E.L.D.: 0-8-4 3:00 Swamp People 4:00 Billy The Exterminator 4:30 Gator Boys	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat 1:50 Alive & Cooking 2:20 Secret Dealers 3:20 Monarch Of The Glen 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 9:30 Danoz 10:30 Alive & Cooking 11:00 Friends 12:00 Spring In Park Lane 1:50 Alive & Cooking 2:20 Secret Dealers 3:20 Monarch Of The Glen 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 Paw Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice: Invasion 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 The Middle 2:30 Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 TBA 12:00 Dr Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Sidekick 7:05 Wakfu 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Frasier 12:00 Medium 1:00 JAG 2:00 Judging Amy 3:00 Everybody Loves Raymond 3:30 Cheers 4:00 The King Of Queens 4:30 Laverne & Shirley 5:00 Mork & Mindy 5:30 Becker	6:00 Home Shopping 8:00 Robson's Extreme Fishing Challenge 9:00 Red & Yellow Heroes 10:00 Totally Wild 10:30 Gillette World Sport 11:00 M*A*S*H 12:00 The Living Room 1:00 Awake 2:00 Late Show With David Letterman 3:00 Monster Jam 4:00 Whacked Out Sports 4:30 Operation Repo 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:00 Filipino News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 The World From Above 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 What Makes Us Human? 4:30 Secrets Of Our Living Planet 5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:30 Who Do You Think You Are? 8:30 Insight 9:30 Dateline 10:00 SBS World News 10:30 The Murder Trial 12:20 Rectify - Always There 1:15 Rectify - Sexual Peeling 2:05 Rectify - Modern Times 2:55 Movie: Biblioth�que Pascal 5:00 Korean News 5:35 Japanese News	6:00 Tomorrow Today 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Little Explorers 8:00 Gday Malt Aussies 8:30 Master Class in Oils 9:00 Move it or Lose It 9:30 Journal 10:00 Flash Gordon Conquers the Universe 10:30 Movie: Phantom Ship 12:00 Celtic Thunder - It's Entertainment! 2:00 Victoria's Islands 2:30 Television Classics - Mickey Rooney Show 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Heran News Week 5:00 Russian News Time 5:30 Sightsee TV 6:00 6:00 Serials - Flash Gordon Conquers the Universe
7:00 ABC News 7.30 8:00 Foreign Correspondent 8:30 Kevin McCloud's Escape To The Wild: Tonga 9:20 Wonders Of Life With Brian Cox: Home 10:30 Lateline 10:50 The Business 11:10 The Hour 12:10 Movie: The Slender Thread 1:45 The Cut: A Little Bit Of Biff 2:40 The Hour 3:40 Wonders Of Life With Brian Cox: Home 5:00 The New Inventors 5:30 Eggheads: The Dolphins	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:10 That '70s Show 8:30 Good Game 9:05 The Keith Lemon Sketch Show 9:30 Humans 10:20 Archer 10:45 Tonight Show Starring Jimmy Fallon 11:25 Alan Carr 12:15 Doctor Who 1:00 That '70s Show 1:25 The Tonight Show Starring Jimmy Fallon 2:05 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Home & Away 7:30 TBA 8:40 Winners & Losers: Intervention 9:40 TBA 11:35 Mistresses: Boundaries 12:30 Smash: The TONYS 1:30 Home Shopping 3:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	7:30 The Vicar Of Dibley - NY 2005 8:30 Foyle's War: Eagle Day 10:30 Wire In The Blood: Shadows Rising 12:30 FINA World Swimming Championships 2015 3:00 Borderline: Hastings Bust Afterburn 3:30 Dr Oz: Red Flags Your Body Is Aging Too Fast! 4:30 The Martha Stewart Show: Four-Star Recipes With Chef Daniel Humm 5:30 Shortland Street	5:30 Classic Car Rescue 6:30 Mythbusters 7:30 Highway Patrol 8:00 Motorway Patrol About Calories 8:30 Outback Truckers 9:30 Prospectors: Bodies Downunder 10:40 Obsessive Compulsive Cleaners 11:40 20/20 12:30 Anger Management 1:00 Extra 1:30 South Beach Tow: Ruthless; Black Dhalia 2:30 Jail - Las Vegas Jailhouse 3:30 Scare Tactics: Pond Creature; Car Wash 4:30 Classic Car Rescue: Corvette 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Truth About Calories 9:40 Embarrassing Bodies Downunder 10:40 Obsessive Compulsive Cleaners 11:40 20/20 12:30 Anger Management 1:00 Extra 1:30 Danoz 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 Poirot 8:30 Midsomer Murders 10:40 Person Of Interest 11:35 Got Home Alive 12:30 Friends 1:00 Danganman 2:00 Home Shopping 2:30 Global Shop 4:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Danganman	4:00 Kids' Wb 4:05 Looney Tunes Classics 4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 Auction Hunters 8:30 Sherlock Holmes 11:05 Showdown In Little Tokyo 12:35 Adventure Time 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	6:00 Family Feud 6:30 The Project 7:30 TBA 8:30 NCIS 9:30 NCIS: Los Angeles 11:30 The Project 12:30 The Doctors 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning 1:30 Glee Back On The Frontline 4:15 Undercover Boss 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 David Attenborough's Madagascar 9:30 Movie: Vanilla Sky 12:15 Those Who Kill 1:15 The League 1:45 Home Shopping 2:15 Black Gold 3:15 Ross Kemp: Back On The Frontline 4:15 Undercover Boss 5:15 RPM Moment 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:30 Who Do You Think You Are? 8:30 Insight 9:30 Dateline 10:00 SBS World News 10:30 The Murder Trial 12:20 Rectify - Always There 1:15 Rectify - Sexual Peeling 2:05 Rectify - Modern Times 2:55 Movie: Biblioth�que Pascal 5:00 Korean News 5:35 Japanese News	6:30 Euromaxx 7:00 Corey's Wild World Wildlife Adventures 7:30 Enquiring Minds 8:00 Skandalosa 8:30 Blend Line TV 9:00 Beyond the Divide 9:30 Sydney Indoor Hockey All-Stars Finals 10:00 Al Jazeera English 10:30 The CEC Report 11:00 Vasil's Garden to Kitchen 12:00 LPIEP 12:30 New Game Plus 1:00 Speaker TV 1:30 Guitar Gods & Masterpieces 2:00 Songwriters Across Australia 2:30 Front Up 3:00 The Why Generation 3:30 Movie: Catch me a Spy 5:00 Fusion Latina 5:30 Life Source	



Angelica was abandoned at a local pound. She are fun loving, friendly, happy girl who has had all of her vet work done and is ready to go to her new home. She is good with other dogs but a bit timid around new dogs, and in only a short time has shown how smart she is and has learnt to sit, stay, stop, toilet, come here, heal, no, respond to her name and is house trained. She will no doubt get even better with this commands as her training continues. Angelica loves people and her carer calls her "my little shadow". She always strives to do the right thing and dislikes being in trouble. She will make a great pet for a family who are after a devoted companion to share their lives with. Angelica will be larger than staffy size when fully grown.



Breed: Staffy x | **Gender:** female | **Date of Birth:** 01 March 2015 | **Colour:** brindle | **Size:** medium | **Adoption Price:** \$450 | **Location:** St Peters (Sydney) | **Contact:** Judy 0415671449 | **Email:** judy@dchanimalrescue.org.au | **Website:** dchanimaladoptions.com.au

ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Q&A 11:10 Kevin McCloud's Escape To The Wild 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 The Book Club 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow: Port Sunlight 2 7:00 ABC News	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, Guess How Much I Love You, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Hunt!, Postman Pat, Laila-Laila's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla dooplal, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: A Good Murder 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute 6:00 Seven News 7:00 Home and Away	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Chicago Fire: Retaliation Hit 2:00 FINA World Swimming Championships 2015 6:00 Olympians - Off The Record: Brett Aitken 6:00 Seven News 7:00 Home and Away	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack: Tombola 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 Young, Lazy & Hot Seat Driving Us Crazy 12:00 Covert Affairs Race 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Swamp People 4:00 Billy The Exterminator 4:30 Gator Boys 5:30 Rat B'stards 6:30 Mythbusters	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat 2:00 Alive & Cooking 2:30 Countryfile 3:30 Poirot 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Sailors Three 1:45 River Cottage - Bites 2:00 Alive & Cooking 2:30 Countryfile 3:30 Poirot 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 Paw Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice: Invasion 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 The Middle 2:30 Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' Wb 4:05 Looney Tunes Classics	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 TBA 12:00 Dr Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful 5:00 Mork & Mindy 5:30 Becker	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Sidekick 7:05 Wakfu 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Frasier 12:00 Medium 1:00 JAG 2:00 Judging Amy 3:00 Everybody Loves Raymond 3:30 Cheers 4:00 King Of Queens 4:30 Laverne & Shirley 5:00 Mork & Mindy 5:30 Becker	6:00 Home Shopping 8:00 Reel Action 8:30 The Home Team 9:00 The Shark Tracker 10:00 Totally Wild 10:30 Movie Juice 11:00 M*A*S*H 12:00 The Living Room 1:00 Back In The Game 2:00 Late Show With David Letterman 3:00 David Attenborough's Madagascar 4:00 Whacked Out Sports 4:30 Operation Repo 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Dateline 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 Insight 4:30 360° Geo Reports with Silvio Rivier	6:00 Shift 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Beedeeh Bangla 8:00 Heran News Week 8:30 Regional Italian Cuisine 9:00 Move it or Lose It 9:30 Journal 10:00 Flash Gordon Conquers the Universe 10:30 Movie: The Last Alarm 11:30 Grainger's World 12:30 Our Time 1:00 Skandalosa 1:30 Joy's World 2:00 Enquiring Minds 2:30 The Why Generation 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Apna Panjab 5:00 Ozdian 5:30 Arts 2
7:30 7.30 8:00 How Not To Behave 8:30 The Weekly With Charlie Pickering 9:00 Julia Zemiro's Home Delivery 9:30 Adam Hills: The Last Leg 10:15 Upper Middle Bogan 10:45 Lateline 11:15 The Business 11:30 Outside Chance 12:00 Four Corners 12:45 Media Watch 1:00 Movie: Come Back, Little Sheba 2:35 Movie: A Likely Story 4:00 Adam Hills: The Last Leg 5:00 The New Inventors 5:30 Eggheads	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:15 That '70s Show 8:35 The Human Tissue Squad 9:35 Bodyshockers 10:20 Tonight Show Starring Jimmy Fallon 11:05 Great Ormond Street 12:05 That '70s Show 12:30 Doctor Who 1:15 The Tonight Show Starring Jimmy Fallon 2:00 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	7:30 TBA 8:40 Criminal Minds: Mr Scratch 10:35 Motive: Bad Blonde 11:30 Bates Motel: Shadow Of A Doubt 12:30 It's Always Sunny In Philadelphia: The Gang Misses The Boat 1:00 Home Shopping 3:00 Sons And Daughters 3:30 Harry's Practice 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Sawbridgeworth 2 7:30 Rosemary & Thyme: Sweet Angelica 8:30 Inspector Morse: Deadly Slumber 11:00 Suspects 12:00 Borderline: Hastings Bust 12:30 FINA World Swimming Championships 2015 3:00 Borderline: Auckland Sausage Factory 3:30 Dr Oz: Dr. Oz's Happiness Boosters! 4:30 The Martha Stewart Show: The Perfect Turkey 5:30 Shortland Street	7:30 Air Crash Investigations 8:30 Hardcore Pawn 9:30 Pawn Stars: Weird Science 10:30 Baggage Battles: California Scheming 11:00 Rude Tube: You've Got Fails 11:30 1000 Ways To Die 12:00 Operation Repo: Maid To Order Moaning Lisa; Give Me An A 1:30 Scare Tactics: Alien House Call 2:00 WWE Afterburn 3:00 Young, Lazy & Driving Us Crazy 4:00 Billy The Exterminator 4:30 Rat B'stards 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Mysteries Of Laura 10:40 Neighbours At War 11:10 Renters 11:40 Weeds 12:10 Arrow 1:00 Extra 1:30 Danoz 2:30 Skippy - The Bush Kangaroo 3:00 Global Shop 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 New Tricks 8:40 The Power Of One 11:15 Person Of Interest 12:10 Secret Dealers 1:00 Gideon's Way 2:00 Home Shopping 2:30 Global Shop 4:30 River Cottage - Bites 4:45 International Champions Cup	4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 The Big Bang Theory 8:30 Man On A Ledge 10:30 The Last Ship 11:30 Anger Management 12:00 Mad 12:30 Adventure Time 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	5:00 TEN Eyewitness News 6:00 Family Feud 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:00 Futurama 8:30 The Simpsons 9:00 Futurama 9:30 The Simpsons 10:00 Bob's Burgers 11:00 Duckman 11:30 The Late Late Show with James Corden 12:30 Glee 1:30 The King Of Queens 2:00 Touched By An Angel 3:00 Medium 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 COPS 8:30 Hawaii FiveO 9:30 Legends 11:30 Blue Bloods 12:30 The League 1:00 Home Shopping 2:00 Glory 4:30 COPS 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nicella Bites 6:30 SBS World News 7:30 Dan Snow: Birth of Empire: The East India Company 8:35 24 Hours in Police Custody 9:40 Bosch - Blue Religion 10:35 SBS World News 11:05 Night Will Fall Interest 11:30 Rectify - Plato's Cave 1:20 Rectify - Drip, Drip 2:10 Rectify - Jacob's Ladder 3:00 Movie: Private Eye 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Flash Gordon Conquers the Universe 6:30 Euromaxx 7:00 Adrian's Reptile World 7:30 Ice Dogs Ice Hockey 8:00 Classic Restos 8:30 Movie: Evel Knievel 10:00 Al Jazeera English 10:30 Community Kitchen 11:00 Anthology of Interest 11:30 Beyond the Divide 12:00 Television Classics - Mickey Rooney Show 12:30 Comics Live In Your Lounge Room 1:00 Fusion Latina 1:30 Documentaries and Reports 2:30 Underground Sounds 3:30 Movie: Phantom Ship 5:00 Global 3000 5:30 Inspire Church	



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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Australian Story 10:30 Foreign Correspondent 11:00 Bali High Wedding 11:30 Exhumed 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 2:55 What's Your Story? 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts, Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, Guess How Much I Love You, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pyjamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Let's Go Poozy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humfr, Postman Pat, Lah-Lah's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Pootle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla doopla!, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: Rapture 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 NBC Today 12:00 Chicago Fire: Let Her Go 2:00 FINA World Swimming Championships 2015 6:30 Bargain Hunt: Newark 6	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 T.J. Hooker: Payday Pirates 12:00 Covert Affairs 1:00 The Amazing Race 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Swamp People 4:00 Billy The Exterminator 4:30 Gator Boys 5:30 Rat B'stards 6:30 Mythbusters	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat	6:00 International Champions Cup 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 The City Under The Sea 1:50 Alive & Cooking 2:20 Secret Dealers 3:20 New Tricks 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 Paw Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice: Invasion 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 The Middle 2:30 Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' Wb 4:05 Looney Tunes Classics	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 TBA 12:00 Dr Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful 5:00 Mork & Mindy 5:30 Becker	6:00 Toasted TV 6:05 Gormiti Nature Unleashed 6:30 Sidekick 7:05 Wakfu 8:00 Scope 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Frasier 12:00 Medium 1:00 JAG 2:00 Judging Amy 3:00 Everybody Loves Raymond 3:30 Cheers 4:00 The King Of Queens 4:30 Laverne & Shirley 5:00 Mork & Mindy 5:30 Becker	6:00 Home Shopping 8:00 ET's Fishing Classics 8:30 The Home Team 9:00 Alien 10:00 Crustacean Crabs 10:00 Totally Wild 10:30 Just Go 11:00 M*A*S*H 12:00 The Living Room 1:00 Back In The Game 2:00 Late Show With David Letterman 3:00 David Attenborough's Madagascar 4:00 Whacked Out Sports 4:30 Operation Repo 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 9:30 Journal 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Greece! The Islands 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 Weekend Warriors 4:30 The Maker 4:35 The Sixties	6:00 Focus on Europe 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Ozindian 8:00 Quadriga 8:30 Skandalosa 9:00 Move It or Lose It 9:30 Journal 10:00 Flash Gordon Conquers the Universe 10:30 Movie: Marie Galante 12:00 Regional Italian Cuisine 12:30 Corey's Wild World 1:00 In Good Shape 1:30 Master Class in Oils 2:00 Coffee Break 2:30 Sightsee TV 3:00 Move It or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 Little Explorers 5:00 Quartermass and the Pit
6:55 Clarke & Dawe 7:00 ABC News 7:30 7.30 8:00 Who's Been Sleeping In My House?: Selsdon 8:30 Glitch 9:30 Dirty Laundry Live 10:15 Lateline 10:40 The Gallipoli Symphony 12:00 Lone Pine Centenary Commemoration 1:00 The Business 1:20 The Screening Room 2:20 Anatomy: Tissue 2:50 The Jonathan Ross Show 3:40 Out Of The Ashes 5:00 The New Inventors 5:30 Eggheads	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:30 The Weekly With Charlie Pickering 9:00 The IT Crowd 9:30 Cherry Healey 10:30 Tonight Show Starring Jimmy Fallon 11:10 Good Game 11:45 Great Ormond Street 12:45 Doctor Who 1:45 Tonight Show Starring Jimmy Fallon 2:25 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Home And Away 8:00 TBA 9:10 TBA 10:10 TBA 11:05 TBA 12:00 Zero Hour: Chain Shopping 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	7:30 Doc Martin: In Loco 8:30 Lewis: Intelligent Design 10:30 Mr Selfridge 11:30 Supercarrier: Dangerzone 12:30 FINA World Swimming Championships 2015 3:00 Dr Oz: From Gay To Straight? The Controversial Therapy! 4:00 The Martha Stewart Show: Essential Recipes And Cooking Tips 5:00 Shortland Street 5:30 Home Shopping	7:30 Doomsday Castle 8:30 Tricked 9:30 Ink Master 10:30 America's Hardest Prisons 11:45 Jail - Las Vegas Jailhouse 12:15 SportsFan Clubhouse 1:30 Bizarre 2:30 Jail - Las Vegas Jailhouse 3:30 South Beach Tow: The Inspection 4:00 Billy The Exterminator 4:30 Rat B'stards 5:30 Home Shopping	6:00 Nine News 7:00 A Current Affair 7:30 Top Gear 8:40 The Footy Show 10:30 The Ashes: Fourth Test - Australia V England 12:30 Extra 1:00 Spyforce 2:00 Danoz 2:30 Global Shop 3:00 Skippy - The Bush Kangaroo 3:30 Good Morning America 5:00 Nine News Early Edition 5:30 Today	6:30 Friends 7:30 The Ashes: Fourth Test - Australia V England 10:30 The Ashes: Fourth Test - Australia V England 3:00 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	4:30 Young Justice 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 Britain's Got Talent 9:30 Big School 10:30 Little Britain 11:40 Mom 12:05 Mad 12:30 Adventure Time 1:00 Regular Show 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	5:00 TEN Eyewitness News 6:00 Family Feud 7:00 Everybody Loves Raymond 8:00 Futurama 8:30 The Simpsons 9:00 Movie: Katy Perry: Part Of Me 10:55 The Late Late Show with James Corden 11:55 Glee 12:55 Everybody Loves Raymond 1:30 The King Of Queens 2:00 Touched By An Angel 3:00 Medium 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Last Man Standing 8:30 The Simpsons 9:00 Movie: The Naked Gun 2 1/2 10:45 Darren & Brose 11:15 Blokesworld 12:15 The League 12:45 Home Shopping 2:15 Maxim TV 3:15 Monster Jam 4:10 Gillette World Sport 4:35 Undercover Boss 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:30 French Food Safari 8:00 Rachel Khoo's Kitchen Notebook 8:30 Ainsley Harriott's Street Food 9:30 Masters of Sex 10:35 SBS World News 11:05 Gail Porter on Prostitution 12:05 Movie: Bang-Bang Wedding! 1:40 Movie: A Distant Neighbourhood 3:25 Movie: Silent Wedding 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Flash Gordon Conquers the Universe 6:30 Euromaxx 7:00 Our Time 7:30 Community Kitchen 8:00 Science Spectrum 8:30 The Why Generation 9:00 LPIEP 9:30 The Reel Thing 10:00 Al Jazeera English 10:30 New Game Plus 11:00 That's Good for Footy 12:00 Underground Sounds 1:00 Movie: Evel Knievel 2:30 Comics Live In Your Lounge Room 3:00 Theatre Games Live 3:30 Movie: The Last Alarm 4:30 Documentaries and Reports 5:30 C3 TV	



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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 One Plus One 10:30 Trust Me I'm A Doctor 11:30 Hospital Chaplains 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 Father Brown 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow: St Andrews 2	6:00 Play School, Bananas In Pajamas, Yo Gabba Gabba!, Chuggington, The Furchester Hotel, Ready, Steady, Wiggle!, Octonauts Bubble Bath Bay, Peppa Pig, Puffin Rock, Charlie And Lola, Guess How Much I Love You, Grandpa In My Pocket 9:00 Sesame Street, Play School, Bananas In Pajamas, Adventures Of Bottle Top Bill, Daniel Tiger's Neighbourhood, Let's Go Pogo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lah-Lah's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Pootle 5, Little Princess, Dinosaur Train, Timmy Time, Play School 4:00 Bananas In Pajamas, hoppla doopla!, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: Captive 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Match It 7:30 Ghosts Of Time 8:00 Pipsqueaks 8:30 Harry's Practice 9:00 Home And Away 9:30 Make My Home Bigger: Martyn And Mai Mai 10:00 NBC Today 12:00 Movie: The Stepford Wives 2:00 FINA World Swimming Championships 2015 7:00 Coastwatch 7:30 Dog Patrol	6:00 Home Shopping 7:00 Sofia The First 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack 9:00 Kick Buttowski 9:30 Kickin It 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 J Hooker: Lady In Blue 12:00 Covert Affairs 1:00 Do No Harm 2:00 Marvel's Agents Of S.H.I.E.L.D 3:00 Swamp People 4:00 Billy The Exterminator 4:30 North Woods Law 5:30 Hillbilly Handfishin' 6:30 How I Met Your Mother	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 The Guardian 2:00 Party Of Five 3:00 Nine News Now 4:00 Nine's Afternoon News 5:30 Millionaire Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Gilmore Girls 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Arabian Adventure 2:00 Alive & Cooking 2:30 Countryfile 3:30 Obese USA 4:30 The Ellen Degeneres Show 5:30 Gilmore Girls	6:00 Robocar Poli 6:30 Paw Patrol 7:00 Yu-Gi-Oh! Zexal 7:30 Kitchen Whiz 8:00 Pyramid 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Young Justice: Invasion 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 The Middle 2:30 Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbids Invasion 4:00 Kids' Wb	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Living Room 12:00 Dr. Phil 1:00 Everyday Gourmet With Justine Schofield 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef Bad Chef 4:00 Everyday Gourmet With Justine Schofield 4:30 Laverne & Shirley	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Sidekick 7:05 Waku 7:35 Pokemon 8:00 Vic The Viking 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwahy 10:00 Touched By An Angel 11:00 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Everybody Loves Raymond 3:30 Cheers 4:00 The King Of Queens 4:30 Laverne & Shirley	6:00 Home Shopping 8:00 Undercover Boss 9:00 The One And Only 10:00 Totally Wild 10:30 Hardliners 11:00 M*A*S*H 12:00 The Living Room 1:00 Back In The Game 2:00 Late Show With David Letterman 3:00 TBA 4:00 Whacked Out Sports 4:30 Operation Repo 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Al Jazeera English News 7:30 Italian News 8:10 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 NITV News Week In Review 1:30 France 24 International News 1:45 The Journal 2:00 PBS Newshour 3:00 Al Jazeera News 3:30 Strip the City 4:30 Backroads USA 5:00 Room 101 - Poh Ling Yeow	6:00 Quadriga 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Russian News Time 8:00 Adriani's Reptile World 8:30 Joy's World 9:00 Move It or Lose It 9:30 Journal 10:00 Flash Gordon Conquers the Universe 10:30 Movie: The White Orchid 12:00 Television Classics - The Mickey Rooney Show 12:30 Science Spectrum 1:00 Sweet and Sour 1:30 Master Class in Oils 2:00 Arts 21 2:30 Our Time 3:00 Move It or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 All you Need 5:00 In Good Shape 5:30 Enquiring Minds
7:00 ABC News 7:30 7.30 8:00 Q! Highs And Lows 8:30 Jonathan Creek 9:30 Line Of Duty 10:30 Lateline 11:05 The Business 11:20 Dirty Laundry 12:10 rage	6:00 Ben And Holly's Little Kingdom 6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:15 That '70s Show 8:40 Catfish 9:20 Second Chance 9:35 Teenage and Gay 10:25 Tonight Show Starring Jimmy Fallon 11:05 Sex Rehab With Dr Drew 11:50 The Undateables: Sam / Ray / Steve 12:40 Doctor Who 1:25 Tonight Show Starring Jimmy Fallon 2:05 ABC News Update 5:00 The Numtums 5:05 Driver Dan's Story Train 5:15 Guess With Jess 5:30 Angelina Ballerina 5:40 Olivia 5:55 Bert And Ernie's Great Adventures	6:00 Seven News 7:00 Better Homes And Gardens 8:30 TBA 9:30 Escape To The Country: Warwickshire 10:50 TBA 12:50 Last Resort: Eight Bells 1:50 Last Resort: Voluntold 3:00 Home Shopping 4:00 NBC Today	8:00 Animal Airport 8:30 Escape To The Country: Essex 9:30 Escape To The Country: Warwickshire 10:30 Homes Under The Hammer 11:30 Best Houses Australia 12:00 Borderline: Malaysian In Finland 12:30 FINA World Swimming Championships 2015 3:00 Harry's Practice 3:30 Escape To The Country: Warwickshire 4:30 Dr Oz: Dr. Oz On Location! The Biggest Lifesaving Hour In Oz 5:30 Home Shopping	7:00 AFL Premiership Season: Pre Game Rnd 19: Adelaide v Richmond 7:30 AFL Premiership Season: Rnd 19: Adelaide v Richmond 11:00 Movie: Jackass 3.5 12:45 Movie: Van Wilder 2: The Rise of Taj 3:00 Meat Men: Emergency Steaks 3:30 Jail 4:00 South Beach Tow: Hit It And Quit It 4:30 Iceberg Hunters: The Third Man: Bring Out The Big Guns 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 Nine's Live Friday Night Football 9:30 Nine's Friday Night Football 11:30 10,000 BC 1:45 Adoration 3:30 Extra 4:00 Global Shop 4:30 Good Morning America	6:30 Friends 7:30 The Ashes: Fourth Test - Australia V England 10:30 The Ashes: Fourth Test - Australia V England 3:00 Strange Invaders 5:00 Adventures In Rainbow Country 5:30 Friends	4:05 Looney Tunes Classics 4:30 TBA 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Stormbreaker 8:30 The Host 11:10 Zombie Strippers! 1:00 Supernatural: The Animation 1:30 Rabbids Invasion 2:00 TMZ Live 3:00 TMZ 3:30 Yu-Gi-Oh! Zexal 4:00 Paw Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News 6:00 Family Feud 6:30 The Project 7:30 The Living Room 8:30 TBA 11:00 Have You Been Paying Attention? 12:00 The Project 1:00 The Doctors 2:00 Home Shopping	5:00 Mork & Mindy 5:30 Becker 6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 So You Think You Can Dance? 9:30 New Girl 10:00 Snog Marry Avoid? 11:00 Movie Juice 11:30 The Late Late Show with James Corden 12:30 Glee 1:30 The King Of Queens 2:00 Touched By An Angel 3:00 Medium 4:00 Jag 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 COPS: Adults Only 8:30 TBA 9:30 True Justice: Payback 10:30 Netball World Cup 2015 12:00 Bellator MMA 2:00 Darren & Brose 2:30 COPS: Adults Only 3:30 Ross Kemp: Back On The Frontline 4:30 Hardliners 5:00 Temporary Australians 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Raymond Blanc Conquers the Universe 6:30 SBS World News 7:30 Secrets Of Britain 8:30 Joan of Arc: God's Warrior 9:35 Who Do You Think You Are? 10:35 SBS World News 11:10 Movie: Perfect Sense 12:50 Movie: 13 Semesters 2:40 Movie: Black Heaven 4:30 Food Lovers' Guide to Australia 5:00 Korean News 5:35 Japanese News	6:00 Six O'Clock Serials - Flash Gordon 6:30 SBS World News 7:00 Sightsee TV 7:30 That's Fishing 8:00 Ultimate Fishing Show 8:30 Grainger's World - Australias Deadliest Destinations Ep. 1 9:30 Guitar Gods and Masterpieces 10:00 Al Jazeera English 10:30 The Shlocky Horror Picture: Beast from Haunted Cave 12:30 Universal Concert Hall: Celtic Thunder - It's Entertainment! 2:30 Speaker TV 3:00 Community Kitchen 3:30 The Reel Thing 4:00 Anthology of Interest 4:30 Tomorrow Today 5:00 That's Good for Footy

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FOOD FOR THOUGHT — OUR CHANGING TASTES

Recently whilst out looking at a menu with friends at a restaurant my thoughts, turned to how things have changed over the past 50 or 60 years in relation to food.

It is not only in Australia but world-wide there has been dramatic changes in the foods that we eat.

Back in the 1950s and early 60s in Australia at least the standard fare in the way of meals would have been Meat and two or three veg during most meals with Fish on a Friday. (Remember those days?). Eating out during that time may have been a meal in a cafeteria located in a store such as a larger city located Coles or Woolworths. The take away would have been perhaps a Pie with sauce or some fish & chips wrapped in paper. The most popular pies throughout the Sydney area were Sargents and also Gartrell White's "Big Ben" pies which were baked square and had the motto a "A square meal at any time". Sargent's Pies, had a connection with the Hills district as the owner of Sargent's Pies lived at Castle Hill?

During the post WW2 migrant intake many migrants and in particular Greek and Italian migrants entered into the food industry by way of opening Delicatessens, Fruit Shops, Fish shops and Milk Bars. The fish shops and milk bars were largely dominated by people of Greek heritage. Milk Bars bearing such names as "Olympia", "Paragon" and "Theo's" etc. were found in many suburbs and country towns. These became the home of the great Aussie Hamburger which included beetroot, pineapple, egg and bacon as well as many of the ingredients now found on American styled hamburgers.

Central and Eastern European migrants introduced us to many of the delicatessen lines such as Kransky, Salami, Bratwurst and other various sausage meat or smallgoods lines. Also we must not forget the Garlic which was popular with many European migrants but no so popular with Anglo-Celtic Australians or British migrants at the time.

Southern European migrants from Spain, Italy and Greece also introduced Olives as an ingredient to many dishes in Australia

During the 1960s Chinese Restaurants became more popular with many, as wages and the



economy improved and people ate out more. There was also the proliferation of restaurants such as Cahill's in Sydney where each Cahill's restaurant was themed to different countries or cultures (Anyone remember those?). Coffee shops and coffee lounges also took off during the 1960s with some such as Repin's becoming quite popular. Many of the darkened coffee lounges featured entertainment with solo folk singers providing background music. This is where many experienced for the first time coffee other than the "Coffee & Chicory" or the powdered coffee. Where one could get, an Espresso for the first time.

As we enter into the 1970s. Asian foods found greater popularity as refugees and migrants from Viet Nam, Cambodia and East Timor increased in number. Places such as Cabramatta and Bankstown opened up numerous Vietnamese Restaurants. Existing Chinese Restaurants extended their menus to include dishes from Southern China and Viet Nam. We also experienced the growth of the multi-national restaurant

chains such as McDonalds, KFC and Pizza Hut etc. which made getting a quick meal so much easier.

In more recent times Lebanese and other Middle Eastern food has gained much popularity in Australia due to the influx of people from many of the countries of that region and we must not

forget the Thai restaurants who have come up with such interesting and amusing names such as "Bow Thai" "Thai-ranosaurs", "Thai Tanic", "Appethaising", "En-Thai-Sing" etc. Can you think of any other Thai restaurant names?

Naturally we should also not forget the various Indian restaurants that have sprung up in the past 20 or 30 years or so. In the UK a Friday night curry has largely replaced the Friday night fish and chips and possibly so in Australia.

So here is some food for thought. When was the last time that you saw someone sitting in the park munching on a pie with sauce? You are more likely to see someone biting into a kebab these days.

When did you last eat a Chiko roll or have fish fingers? You probably had a Chinese take-away instead, more recently. Do people still have Coffee and Chicory? You can hardly find it on the supermarket shelves but you can easily find various flavoured coffee pods. Olives and garlic are now ingredients in many foods that Australians now eat regularly. Yes, I think our taste has changed somewhat over the past half century or more.

Now how about you?

If you have some great memories, or perhaps you belong to a local community organisation and would like to share your experiences with us then feel free to share your memories or experiences by writing to PO Box 1278, Baulkham Hills, NSW 1755 or email to metropoll@optusnet.com.au. You can also share memories on any of my facebook memories groups including Hills District Memories which you will find here <https://www.facebook.com/groups/Hills.memories/>

You can write about childhood memories of where you may have grown up. Tell us about your school days. Where you worked, played or went on holidays. Your first car or your first date. This page is about memories so tell us yours.



WHATS ON IN THE HILLS TO HAWKESBURY REGION

Sat 25th July - 11am - 4pm The SLA Makeup Academy Open Day

Venue: Unit 22, 10 Gladstone Rd, Castle Hill
Meet our trainers, tour the academy, receive early bird pricing on all courses booked, receive a complimentary gift bag on arrival (when registered) and go in the draw to win some lucky door prizes! Call 1300 770 428. Visit www.sydneysthillsaustralia.com.au

Sat 25th July - 8am - 12pm The Hawkesbury Harvest Farmers and Fine Food Markets

Venue: Castle Hill Showground, Showground Road, Castle Hill NSW
The Hawkesbury Harvest Farmers and Fine Food Markets are just what the doctor ordered. Now running on the 2nd and 4th Saturdays. Twice a month for your enjoyment. (8am - 12noon). Entry to the Showground is via Showground Road. (A new set of traffic lights between Gilbert and Carrington Rd). Visit www.destinationsydneyssurrounds.com.au

Sat 25th July - 9:30am - 3pm Bilpin Markets

Venue: Bilpin District Hall, Bells Line of Road, Bilpin NSW
New season Bilpin apples, fresh local produce, cakes and plants. Tea and coffee, refreshments and light lunch available. Visit www.destinationsydneyssurrounds.com.au

Sat 25th & Sun 26th July 10:30am - 3:30pm Toy Festival at Rouse Hill House and Farm

Venue: Rouse Hill House & Farm, 356 Annangrove Road, Rouse Hill NSW 2155
Join us at Rouse Hill House and Farm for a FREE weekend of fun, play and creativity for the whole family at the historic Rouse Hill House and Farm estate. Visit www.destinationsydneyssurrounds.com.au

Sat 25th July - 9am - 5pm Introduction to Biodynamics Workshop

Venue: Bandusia Country Retreat, 1056 Upper Macdonald Rd, Upper Macdonald (St Albans), NSW, Australia
This workshop will provide an Introduction to Biodynamics for the beginner. It will cover the basics of Biodynamic farming and show

how BD is easily incorporated into permaculture design. It will demonstrate that, by using both permaculture and biodynamics, absolutely no sprays are needed on your produce to control fungal and other pests and diseases. Call (02) 4568 2036. Visit www.permaculturesydneyinstitute.org

Sun 26th July - Sun 24th Jan 8:00am - 1:00pm Glenorie Growers Markets - Glenorie

Venue: 3 Post Office Road, Glenorie NSW 2157
The front grounds of Glenorie RSL Club is the venue for Glenorie Growers' Market, which is held on the fourth Sunday of each month. The Glenorie RSL is located behind Woolworths and there is plenty of parking available. Call 0423 727 826. Visit www.glenori growers.com.au

Sunday 26th July - All Day Teddy Bear's Picnic

Venue: The Australian Pioneer Village, Rose Street, Wilberforce NSW 2756
We will have a Teddy Bear's Picnic, Teddy doctor to check the health of your bear, crafts including build a bear, painting plaster moulds and more/activities/games. Don't forget BRING YOUR FAVOURITE TEDDY BEAR. Call 02 4575 1777. Visit www.theaustralianpioneervillage.com.au

Sun 26th July - 8am - 10:30am The Brewery Buffet Breakfast

Venue: The Australian Hotel & Brewery, 350 Annangrove Rd Rouse Hill NSW
Come & enjoy a Full buffet breakfast @ The Brewery Every Sunday 8am till 10.30am. \$20 per adult \$15 per child (2-12yrs). Call 9679 4555. Visit www.destinationsydneyssurrounds.com.au

Sun 26th July - 9am - 5pm Fruit Tree Pruning Workshop

Venue: Bandusia Country Retreat, 1056 Upper Macdonald Rd, Upper Macdonald (St Albans), NSW, Australia
Traditional pruning techniques have their place but so do unconventional techniques. Summer V's winter pruning workshop presents new, old and alternative ways to prune, grow and maintain your fruit

trees to increase production and decrease pest and disease issues. Call (02) 4568 2036. Visit www.permaculturesydneyinstitute.org

Wed 29th July - 26th Aug 7:15pm - 9:30pm Glenbrook TM Speechcraft

Venue: Blaxland Public School, 5 Baden Place, Blaxland
Glenbrook Toastmasters are holding their popular speechcraft course over 5 consecutive Wednesdays starting 29 July 2015 and concluding 26 August 2015. Start time - Arrive 7.15pm for a 7.30pm star. Call 0406 244 985. Visit www.d70toastmasters.org.au

Fri 31st July - 5pm - 10pm Blue Light Underage Disco

Venue: Richmond Club, 6 East Market st, Richmond NSW
Blue Light Underage Disco, 5.00pm - 10.00pm, Richmond Club, 6 East Market St Richmond, Tickets: \$5 Juniors (5-11), \$11 Seniors (12-17) Theme: Onesies. Visit www.destinationsydneyssurrounds.com.au

Fri 31st July - 12am Tax Help - Castle Hill

Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154
Are your tax affairs simple? If you earn around \$50,000 or less, then you could be eligible for help from Australian Tax Office volunteers who will provide free advice and help with basic tax returns. Call 9761 4510. Visit www.thehills.nsw.gov.au

Fri 31st July - 10am - 12pm Composting and Worm Farming Workshop

Venue: West Pennant Hills Valley Community Centre, 42a Hill Road (near intersection with View Street), West Pennant Hills 2125
This project was supported by the Environmental Trust as part of the NSW EPA's Waste Less, Recycle More initiative, funded from the waste levy. Call 9843 0310. Visit www.thehills.nsw.gov.au

Sat 1st & Sun 2nd Aug All Holden Day - Clarendon

Venue: Racecourse Road Clarendon NSW 2756
This year, come celebrate 30 years of All Holden Day! The NSW All Holden Day is held annually on the first weekend in August at the Hawkesbury Showground, opposite the Richmond RAAF

Base. Call 0414 449 275. Visit www.allholdenday.com.au

Sat 1st Aug - 9am - 5pm Earthworks & Water Workshop

Venue: Bandusia Country Retreat, 1056 Upper Macdonald Rd, NSW, Australia
Good earthworks design and construction for your permaculture system is crucial for regenerating your land, creating a lower maintenance, self-sustaining system and future proofing your property for food and water. Call (02) 4568 2036. Visit www.permaculturesydneyinstitute.org

Sat 1st Aug - 12pm - 4pm Spirit of Anzac Exhibition - The Hills Historical Society

Venue: The Hills District Historical Society, Building 10, Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills 2153
Commemorating 10 years of Anzac, The Hills District Historical Society present the "Spirit of Anzac" exhibition. From April to October, this special exhibition will be on display at the Heritage Centre Building 10, Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills. Visit www.destinationsydneyssurrounds.com.au

Sat 1st Aug - 9am - 3pm Emporium Boutique Markets

Venue: Castle Hill Showgrounds, Castle Hill
Emporium boutique Events, Expos and boutique shopping

Banksia Yarns



Shop 7 Magnolia Mall
285 Windsor St, Richmond

0401 279853

Hours: Mon - Fri: 9:30 - 5pm
Sat: 9:30 - 1pm

shop@banksiayarns.com.au

markets offering boutique corporate style events. Visit www.hawkesburyaustralia.com.au

Sat 1st Aug - 9am - 3pm
Parish of Richmond Fete - St Monica's

Venue: St Monica's Church, Bourke Street, Richmond NSW 2753
St Monica's Fete is a Hawkesbury tradition that celebrates the close relationship St Monica's Primary School and the Parish of Richmond have with the Hawkesbury. Call 45781410. Visit www.parishofrichmond.org.au

Sat 1st & Sun 2nd Aug
6am - 5pm & 6am - 2pm
2015 TWO DAY SWAP MEET

Venue: Hawkesbury Showground, Racecourse Road, Clarendon NSW
The NSW All Holden Day Display and Swap Meet is held annually on the first weekend in August at the Hawkesbury Showground, Racecourse Road, Clarendon NSW (opposite Richmond RAAF Base). Call 0414 449 275. Visit www.allholdenday.com.au

Sun 2nd Aug - 9am - 2pm
Bella Vista Farm Open Day & Free Spirit Markets

Venue: Bella Vista Farm Park, Elizabeth MacArthur Drive, Bella Vista 2153
The doors of the historic homestead are being thrown open with tours by The Friends of Bella Vista. Our volunteers from the Friends of Bella Vista farm are available to chat and answer any question about the Farm and its history. Call 61 2 9843 0555. Visit www.thehills.nsw.gov.au

Sun 2nd Aug - All Day
Horses's Birthday Celebration

Venue: The Australiana Pioneer Village, Rose Street, Wilberforce NSW 2756
Come and enjoy the fun...a very special experience awaits you!
Entry: Adults \$5.00, Children \$3.00, Family \$15.00. Static displays, heavy horses, show ring and parade, plus the Horse's Birthday Cake. Call (02) 4575 1777. Visit www.theaustralianapioneervillage.com.au

Sun 2nd Aug
2015 All Holden Display Day

Venue: Hawkesbury Showground, Racecourse Road, Clarendon NSW
Original and Customised Cars will be proudly displayed. So enter your HOLDEN - Sedan, Ute, Wagon, Van, 1 Tonner, be it stock

or modified it does not matter so enter now and be a part of this great day. Call 0414 449 275. Visit www.allholdenday.com.au

Sun 2nd Aug - 10am - 3pm
Round She Goes Preloved Fashion Market

Venue: Box Hill Town Hall, 1022 Whitehorse Road, Melbourne
Round She Goes Fashion Market is for women with designer taste on a high street budget! Round She Goes is an award-winning indoor fashion event held just four times per year and features 60 different stalls selling women's preloved designer threads and quality vintage fashion, handmade jewellery & accessories! Visit roundshegoes.com.au

Mon 3rd Aug
10:30am - 11:30am
Baulkham Hills Book Club - Baulkham Hills Library

Venue: Baulkham Hills Library, 1 Railway Street, Baulkham Hills 2153
A love of reading brings this group together. They select, read and discuss a wide range of books over a nice morning tea. Call 9761 5735. Visit www.thehills.nsw.gov.au

Mon 3rd Aug - 12.30p.m.
The Arthritis Foundation Parramatta Support Group

Venue: 2nd Floor Parramatta Council Chambers Building, 2 Civic Place.
Speaker from Fairtrading on "Your rights as a shopper". Please bring a sandwich and drink. All welcome. Call 8850 7056.

The Hawkesbury Nepean Chapter of the Fellowship of First Fleeters

meet every second Saturday of the month at 11am in the Tebbutt Room adjoining the Hawkesbury Library at 300 George St Windsor. Members do not necessarily have to be descendants of those who arrived aboard any of the 11 ships of the First Fleet at Sydney Cove on 26 January 1788. Members can include spouses, partners and friends of descendants and those interested in Australia History. For further details please ring Sharon 0419434776.

Thurs 6th Aug
9:30am - 12:30pm
Smart Start Workshop

Venue: The Hills Shire Council, 3 Columbia Court, Baulkham Hills 2153
Smart Start is a program developed by The Hills Shire Council specifically designed to show new businesses how to get known, get informed and get connected. Call 02 9762 1108. Visit www.thehills.nsw.gov.au

Thurs 6th Aug - 10:30am - 12pm
Castle Hill Book Club

Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2153
A love of reading brings this group together. They select, read and discuss a wide range of books. Call 9761 4510. Visit www.thehills.nsw.gov.au

Thurs 6th Aug
Macquarie Towns Garden Club

Venue: John Tebbutt Room at Hawkesbury Central Library, Deerubbin Centre, 300 George St, Windsor NSW
If you love gardening, enjoy visiting other people's gardens, and consider a visit to the nursery a pleasure not to be rushed, you will be in good company at Macquarie Towns Garden Club. Call 4588-5717. Visit macquarietownsgardenclub.wordpress.com

Fri 7th Aug - 10am - 12pm
Menu Planning and Healthy Eating Workshop

Venue: Vinegar Hill Memorial Community Centre Margaret Catchpole Room, Civic Way, Rouse Hill Town Centre, Rouse Hill 2155
This project was supported by the Environmental Trust as part of the NSW EPA's Waste Less, Recycle More initiative, funded from the waste levy. Call 9843 0310. Visit www.thehills.nsw.gov.au

Fri 7th Aug - 10am - 11am
Dural Book Club - This club is at capacity

Venue: Dural Library, Pellitt Lane, Dural 2158
A love of reading brings this group together. They select, read and discuss a wide range of books over a nice morning tea. Call 9761 5756. Visit www.thehills.nsw.gov.au

Fri 7th Aug - Mon 2nd Nov
10am - 4pm (Friday to Monday)
Wildwood Garden

Venue: 29 Powells Road, Bilpin NSW 2758

Wildwood is a two-hectare garden nestled among 10ha of towering natives. It is set on a gentle slope with broad, crushed granite paths that meander beside a waterfall and ponds, then wind beneath the trees and across sweeping lawns to a tranquil lake. Seats are scattered throughout to encourage visitors to relax and enjoy the atmosphere. Call 0417 042 460. Visit www.wildwoodgarden.com.au

Fri 14th Aug - 9.30a.m. - 11a.m.
Red Cross, Castle Hill

Venue: The Tribute Room, Level 1, Castle Grand Library Building, Castle Hill
Red Cross, Castle Hill Branch will hold it's 26th Annual General Meeting. All welcome. Call 8850 7056.

Wed 26th Aug - 11am
Galston VIEW Club

Venue: Dural Country Club
Galston VIEW Club will be holding its August luncheon meeting. Guest Speaker for the day will be Graham Simms, who will discuss the background, lives and unique nature of two Aussie Characters, Bea Miles and Arthur Stace (The Eternity Man). Visitors welcome. Call Vivien 9894-1189.

Richmond Community Services Inc

✔ **Seasons For Growth** - An ongoing group for kids: For kids aged 9-10 years old dealing with loss or significant change — July, 4th, 11th, 18th & 25th August, 1st & 8th September 2015 - 4-5pm

✔ **Loss & Grief - Supporting Your Kids** - With Free Childcare: For Dads and Mums/primary carers of children aged 0-12 years — Wednesday 5th August - 6:30 - 9pm

✔ **Stepping Stones** - A Free 6 Week Ongoing Group - Free Childcare: For parents of children with disabilities 0-12. Priority given to families in the Hawkesbury. Booking Essential Limited Places — 12th, 19th & 26th August, 2nd, 9th & 16th September 2015 - 9.30am—12.30pm

For Bookings: Call 02 4588 3503 (direct line for EO) 02 4588 3555 / 02 4588 3502 (Generic)
Fax: 02 4578 3322. Visit www.rcsi-neighbourhoodcentre.org

Free Morning Tea at Riverstone Uniting Church

Everyone welcome at a free Morning Tea to be held at St Andrews Uniting Church, corner of Garfield Road and Oxford Street Riverstone on Tuesday 28th July 2015 starting at 9-30am. The speaker will be Leigh Hatcher of T.V. and Radio fame.

Dharug & Lower Hawkesbury Historical Society - August Outing - Saturday 29 August

Join the Society to visit historic 19th century Alison Homestead. The Homestead was a target of arson in 2011 but has been rebuilt with the official reopening in October so we are getting a preview! All outer buildings are original. Afterwards we will cross to road to the Wyong Milk Factory circa 1921, where we will be greeted by life size coloured cow statues! Lunch here at the café or BYO to enjoy on the banks of Wyong River watching kayakers. There is also the opportunity to visit small local cheese maker and chocolatier.

Meet at Alison Homestead, corner Cape Rd and Alison Road, West Wyong (at the end of Yarramalong Road. Meeting for BYO morning tea at 10.30 am for 11 am tour. Cost \$5 ? payable on the day. For enquiries and bookings (essential) please email enquiries@dlhs.org.au or phone/text 0404 272 969.

National Tree Day 2015 - Plant Giveaway

To celebrate National Tree Day (26 July) and Local Government Week (3 to 9 August), Hawkesbury Bushcare and the Hawkesbury Community Nursery will be giving away over 1,000 native plants. This year is the 20th Anniversary of Planet Ark's National Tree Day.

The Hawkesbury Community Nursery will be open on Saturday, 8 August from 9am to 12noon and Monday, 10 August from 10am to 12noon for residents to collect their plants.

Residents of the Hawkesbury are eligible to receive two free plants per person or six free plants per family as part of the giveaway. To receive your free plants, proof of residency is required. Plants will

only be provided to residents and family members in attendance.

For further details about the free plant giveaway please contact Martin Gauci, Council's Community Bushcare Officer on (02) 4560 4525 or email gauci@hawkesbury.nsw.gov.au.

For more details on National Tree Day or Schools Tree Day visit <http://treeday.planetark.org/>

Free Movie Screening - Paperback Hero

Hawkesbury Library Service will screen an Australian film, Paperback Hero on Thursday, 6 August at 10am and again at 6pm, courtesy of the National Film and Sound Archive.

Paperback Hero is a romantic comedy from 1999, starring Hugh Jackman and Claudia Karvan. It tells the story of Jack Willis, a truck driver with a secret - he has just become a top-selling romance author and he does not want anyone to find out.

Each viewing is free, however, bookings are essential. Call (02) 4560 4460 or email programs@hawkesbury.nsw.gov.au with your name(s), contact number and which session you would like to attend.

Parks - St Albans Park - New Sign And Bushcare Group



A new interpretive sign stands proudly at St Albans Park, much to the delight of the local St Albans community who gathered there recently for the sign's unveiling and to enjoy a BBQ celebration together.

The sign aims to inform the community and tourists about the important work by the St Albans Bushcare Group 'the St Albans Village Weed Wackers', who wack the weeds out on the third Sunday of every month from 9am to midday.

The St Albans Village Weed Wackers started in February last year and so far they have completed around 300 hours of work that has targeted weeds such as Arundo Grass, Turkey Rhubarb and Trad. As well as the hard task of removing weeds, the Weed Wackers also plant local native species, helping native flora to re-establish.

Bushcare Groups are not only about weeds - there are lots of social gatherings that include BBQs. Everyone is welcome to join any of Council's Bushcare Groups. Onsite training and tools are provided. For information about joining or forming a Bushcare Group near you, contact Council's Community Bushcare Officer on (02) 4560 4525.

MCA Photography on show

A stunning collection of photography from the Museum of Contemporary Art (MCA) will open at Hawkesbury Regional Gallery in Windsor on Friday, 7 August, continuing until Sunday, 4 October.

For more information please contact Diana Robson, Gallery Director on (02) 4560 4440.

Arcadian Quilters Inc

When: Meet 1st, 3rd, 5th Wednesdays at 9.30am
2nd & 4th Monday Evenings at 7.30pm
Where: Galston Community & Health Centre Cnr the Glade & Arcadia Road, Galston
Contact: Carole 9894 7749

Volunteers

Hills Community Aid are looking for casual volunteers to support our Social Enterprise coffee van the Hills Daily Grind with community events. Our coffee van provides volunteers with opportunities to gain training and experience with making coffee, customer service and point of sale techniques. The Hills Daily Grind works closely with the public to provide community information and support Homeless and people in need with Kindness Cups (free coffee). If you are looking for a volunteer opportunity with rewarding outcomes please ring Bronwyn 96296038 or bronwynm@hca.org.

Garden Competition 2015 - Entries Now Open

The 2015 Hawkesbury Garden Competition is now open! Entries close on 1 September 2015.

Entrants can select ONE of the seven categories to enter in this year's competition, with all entrants going in the running for Best Regional Garden and Grand Champion Garden.

For all enquires please call Council on (02)4560 4444 or email gardencomp@hawkesbury.nsw.gov.au.

Dural & District Prostate Cancer Support Group

The next meeting for the Dural & District Prostate Cancer Support Group is on August 17th, 7:00pm for 7:15pm at Dural Country Club, Casa Nostra Room, 662A Old Northern Road, Dural.

This will be a Support Group Discussion Evening where the Group and others can share their Cancer Journey Experiences. Men with Prostate Cancer, their families and carers are most welcome.

For further information call: Graham 866 7896 or email gstaggs@accsoft.com.au

Art Demo

On Monday 3 August at 7.30pm, Baulkham Hills Art Society will be holding their monthly demonstration at the Crestwood Community Centre (UBD 170 F3), Crestwood Drive and MacKillop Drive.

Dural art teacher Maree Sproats Dip.Ed.(art) will be the featured artist. Maree's demonstration will create a portrait using 'Schmincke' pastels and Conte pencils. This will be a "hands - on" experience aimed to give budding artists a chance to experiment with these new 'skin tone' materials.

She will also be previewing the paintings of Queensland artist David Wells. Maree Sproats gave up formal school teaching with an urge to teach art to people of all ages. Maree conducts workshops and 'Kreative Kids' art classes from 'Her Studio' and art supplies office in Dural.

Details Lorraine on 9674 1240

COMMUNITY GROUPS

OUR COMMUNITY GROUPS ARE ALWAYS LOOKING FOR NEW MEMBERS

Hornsby Ku-ring-gai & Hills District Cricket Association Inc Operates from various locations in region - call for information a club in your area. Phone: Craig Menzies 0488 772 707. Email: executive.officer@hkhdca.com.au Web: www.hkhdca.com.au

The Lions Club of Berowra Inc A charity service club. Meetings held on third Thursday of the month at 7:00pm for 7:30pm. Contact: President Colin Hunter 02 9456 1121 (h) Email: info@berowralions.org.au Web: www.berowralions.org.au

Rotary Club Of West Pennant Hills & Cherrybrook Inc.

Location: Meets at Springfield Receptions, 245 Newline Rd, Dural NSW 2158. Meetings are held every Monday night at 6:30 pm Email: dtturnbull@lhgroup.com.au. Web: www.wphrotary.org. Contact: Secretary Barry Lambert ph:02 9651 5896, mob:0412 465 819

2nd Castle Hill Rovers Youth organisation for males and females 18-26 interested in abseiling, caving, canyoning, bushwalking, hiking, flying, rock climbing, scuba diving, socialising and other adventurous activities. Email: sarah.hart@optus.com.au. Web: www.gwsrovers.com.au. Contact: Rover Advisor - Todd McDonnell 0409 221 459

Zonta Club of Sydney Hills Inc Meets at Hills Lodge Boutique Hotel, Windsor Rd, Castle Hill NSW 2154. Email: sydneyhills@zontadistrict24.org. Web: www.zontadistrict24.org. Meetings held 3rd Mon of month 6.00 pm. Bookings essential and visitors always welcome. Contact: President - Brenda Bradbery 9484 2700 or 0414 641 408

Community Fdn of North Western Sydney Kellyville Community Centre, Wrights Rd, Kellyville NSW 2155. Email: presidentcfwns@gmail.com. Web: www.cfnws.org.au CFNWS is an independent, not for profit, charitable organisation operating since 2007 and run entirely by volunteers. Our Bridging the Gap program works with local service providers to bridge the gap by providing additional assistance to disadvantaged people in the region including sport and recreation assistance, essential equipment and services and No Interest Loans Scheme.

Australian Sikh Association Inc 8 Meurants Lne, Glenwood NSW 2768. Email: asa@asa.org.au. Web: www.asainc.org.au. ASA offers Daily Path/Keertan/Scriptural Readings, questions can be asked about Sikh history, culture and beliefs. ASA provides Punjabi language classes, and some music classes. A Resource Centre has been built where services like library, cultural youth activities and Community Forums etc. are offered. Contact: 0433 580 539

Scouts Australia - Greater Western Sydney Region

Provide young people with a program that has them and you feeling good, having fun, and developing life skills. Activities for youth aged 6-26 years. Referral to local groups, meeting on various evenings. Hours: Tues-Fri 9.00 am - 3.30 pm. Further information 02 9639 2488

Email: gws.region@nsw.scouts.com.au Web: www.greaterwestscouts.com.au

Boys' Brigade NSW

Email: bbns@brigadeaustralia.org Web: boys.brigadeaustralia.org. Youth activities for 5-18 year olds. Male Only. Boys. Contact: NSW Head Office - 9896 7247 & 1800 819 704

Sleep Disorders Australia - NSW Branch

39 Brunette Dr, Castle Hill NSW 2154. Email: mail@sleepoz.org.au. Web: www.sleepoz.org.au. Provides information and support for people living with sleep disorders, especially sleep apnoea, restless legs syndrome and insomnia. Hours: Mon-Fri 9am-5pm. Contact 02 9990 3514

STaR Association - Suite 5, 11 Packard Ave, Castle Hill NSW 2154. Email: office@star.org.au. Web: www.star.org.au. The STaR (Special Teaching and Research) Association is a small registered charity established by a group of parents and professionals who believe in the value of inclusive education. STaR provides early intervention support for children up to the age of 6 with disabilities and their families within mainstream childcare centres. Hours: Mon-Fri 9.00 am - 5.00 pm. Phone: 8850 1269.

Cystic Fibrosis Australia Unit 26, 5 Inglewood Pl, Norwest Business Park, Baulkham Hills NSW 2153. Email: general@cfa.org.au. Web: www.cysticfibrosis.org.au. National body comprising member State Associations. Assists member organisations to achieve common objectives by developing national education programs & collecting & distributing information about Cystic Fibrosis at national and international levels. Mon-Fri 9am-5pm. Contact: 1800 635 008.

The Hills Community Aid and Information Service Inc. - 390 Windsor Road, Baulkham Hills NSW 2153. Hills Community Aid have Tax Help available Tuesday, Wednesday and Thursday at Hills Community Aid, 390 Windsor Road Baulkham Hills or Learning in the Hills, Balcombe Heights Estate 92 Seven Hills Road Baulkham Hills (Turner Building 4 & 5). To book an appointment please rings Hills Community Aid 9639 8620.

Learning in the Hills tutored and social classes range from \$35 - \$95 per term; for a copy of our full program please ring 9639 7918 or http://www.hca.org.au/learning-in-the-hills/.

Macquarie Towns Garden Club

If you love gardening, are passionate about plants, and enjoy the company of other like-minded people, we invite you to join our garden club. We meet on the first Thursday of the month at Windsor. For details contact Louise Johnson by phone on 4588-5717 or email stephenandlouise@bigpond.com.

Drum4Fun - African influenced drumming classes held fortnightly at Dural Memorial Hall 604 Old Northern Rd Dural Thursdays 7-8.30pm cost \$100 for 5 week term \$25 casual visit. Term 3 begins 17th July - Contact michele@drum4fun.com.au mob 0417 141 262 www.drum4fun.com.au

Winston Hills Joey Scouts

Monday nights 6.30-7.30pm. Winston Hills Scout Hall, Edison Parade, Winston

Hills. Joey Scouts is for boys and girls 6-8 years. Joeys help to develop leadership and team skills, meet new friends and be creative, imaginative and have fun. For more information contact Helen Sara 9862 8482. Email hsara@optusnet.com.au.

The Family History Group of the Parramatta and District Historical Society meets on the first Saturday of each month at 1.30pm in the Coach House, Hambledon Cottage, Cnr. Hassall Street & Gregory Place, Parramatta. New members and visitors are always welcome. For further information please phone (02) 9686 3203.

The Hills Trefoil Guild (Adult section of Girl Guides-NSW/ACT). Our meetings for members: ex-guides, female members of Scouts and women who have not been Guides but are prepared to make the Guide Promise; are held on the 3rd Friday of each month commencing at 10am, concluding approximately 12.45pm in the Guide Hall, Bounty Avenue, Castle Hill. For further info please contact Sandra on 9659 3770.

Country Womens Association, Kurrajong Meets on 3rd Wednesday of each month, 10am to 12pm at the CWA Hill, 58 Old Bells Line of Road, Kurrajong. Contact Gwenth Cox 02 4572 1317.

Hawkesbury Artists and Artisans Trail

For details of next Art Trail, ph: 02 45 677 400 or email: Leanne@mellowcrest.com Web: www.haat.com.au

The Hills Motor Scooter Group is looking for riders who live in or near the Hills area who would be interested in joining an informal group for mid-week rides on a monthly basis. The group normally ride on the 2nd Tuesday of every month to a nominated destination usually for coffee or occasionally for lunch. Our riding distances would more suit motor scooters of 125cc power or greater. For more information please contact Kerry on (02) 88564794

Hawkesbury District Agricultural Association

Hawkesbury Agricultural Show, horse & cattle shows, show hire facilities. Hawkesbury Showground. Meetings: 3rd Tuesday of each month 7.30pm-9.00pm at Showground Committee Room. Volunteers accepted. Ph: 4577 3591 (BH) Email: hdaa@hawkesburyshow.com.au. Web: www.hawkesburyshow.com.au

Hawkesbury Model & Hobby Show Inc

Sydney's only Model and Hobby exhibition is held each year in July at Hawkesbury Showground Clarendon. Contact 0413-306-497. Email: hmhshow@gmail.com Web: www.hmhshow.org.au

Senior ladies ,over 60 needed to play tennis. Tuesdays 9.30am. Hastings Park, Cherrybrook. Ring Dorothy. 96343081.

Castle Hill Senior Citizens Club Inc.,

All seniors are welcome to be a member of our club. Our activities include: Indoor Bowls, Cards, Rummy-Kub, Darts, Bus tours, BBQ's and luncheons. Contact Secretary for further information Phone 02 9680 8786.

Annangrove Playgroup. Playgroup for 0-6 year olds. Fridays 9-11am within Annangrove Public School. 185 Annangrove Road, Annangrove.

No weekly fees. **Open day Wed 20th Aug, 10-12noon.** Contact Annette: 0434 401 077

Arcadian Quilters are a group of women who share friendship, fun and their interest in patchwork and quilting. We welcome new members and if you would like to join us we meet at 9.30 am on 1st, 3rd and 5th Wednesday of each month at the Galston Community Health and Resource Centre, Cnr Arcadian Road and The Glade, Galston. We also hold a night meeting every 2nd and 4th Monday at 7.30pm. As a group we are currently making several scrap quilts for charity. If you would like further information please phone Carole on 9894 7749.

The Hills Learning Centre Parent Support Group - meets every third Wednesday of the month at 7.30pm. Join us this month on the 17th -Topic: "Coping with challenging behaviours"- RSVP info@thehillslc.com.au or contact Mary on (02)8850 0555. Find us on Facebook www.facebook.com/thehillslcparentsupport

Dural Men's Shed meets at Dural Sport and Leisure Centre corner Pellitt Lane and Kenthurst Rd each Thursday and Saturday from 9am. Woodwork and Metalwork/Welding facilities. Enquiries Chris Thomas 0402478498 . www.duralmensshed.org

Bushrangers Hash House Harriers

Meet every Monday evening at 6.30pm at a pre determined area in the Hills district, we are a social mixed walking/running group. Our group is one of about 8 clubs in the Sydney district and part of a worldwide organization of Hash House Harriers (google). All newcomers are most welcome. For more information contact Peter Matthey 0408289562

Hawkesbury Woodcraft Co-operative Ltd meet every Sat & 3rd Tues at Woodlands Rd, Wilberforce between 10.00am -2.00pm. New members ladies/gents all ages are welcome to learn or engage in Woodturning, Box Making, Scrollsawing, Marquetry, Model making, Pyrography, etc. Contact John Jones 4579 6061 or Ian West4721 8709

Thursday Ladies Tennis Competition in the Hills District Players of all standards are welcome. For more details and contacts please see our website at hillsladiestennis.org

Tennis Ladies over 50 needed to play tennis on Tuesday mornings 9.30 - 12.30 at Thomas Thompson Park, Cedarwood Drive, Cherrybrook - soon to be re-located to West Pennant Hills Sports Club, New Line Road, West Pennant Hills. Contact Margaret 9484 -7635 or Maureen 9899-5450

The National Seniors Australia are you over 50? Retired, or thinking about it. If so, take a look at the National Seniors Australia, Hills branch. We meet first Thursday each month at the Baulkham Hills Sports Club, 11 renown road, Baulkham Hills. Time: 9.30am to 11.45 approx. At each meeting we have a guest speaker participate in lunch after the meeting. Also, weekly lunch locations, monthly trips and tours. Convivial surroundings and friendly people, with similar interests, come along and be made welcome! Further detail ph 9899 3940.

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