

FREE

Hills to Hawkesbury Living

Free TV Guide, Community news and Local Business Directory

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

10,000 copies circulated



Early photos from Brooklyn showing the Hotel and the construction of the Brooklyn Bridge

BROOKLYN

The general area was known as Peat's Ferry crossing for a long time until January 1884 when a plan of survey for the subdivision of land owned by Peter and William Fagan was registered with the suburb name of Brooklyn. A hotel of the same name followed later in the year. The town owes its existence and location to the main northern railway line with the railway arriving in Brooklyn in 1887 when the single track section north from Hornsby was completed.

In January 1886, the Union Bridge Company from New York was awarded the contract to build a railway bridge across the Hawkesbury River. The Hawkesbury River Railway Bridge was the final link in the Eastern seaboard rail network and was a major engineering feat at the time of its construction. "Hawkesbury River" was the original platform name when the station opened in 1887 but the nomenclature varied over the following twenty years with the names "Flat Rock", "Brooklyn" and "Hawkesbury" all being used until the final change in 1906 to Hawkesbury River.

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Any Age Fitness

The human body responds to exercise at any age. Studies have shown those who began exercise as late as 70 to 85 have experienced benefits. The benefits of exercise include:

- ☞ Decrease Blood Pressure
- ☞ Assist in weight control
- ☞ Promotes psychological well-being
- ☞ Reduced risk of developing disease
- ☞ Reduce feelings of depression and anxiety
- ☞ Increase strength, physical endurance and muscle mass
- ☞ Maintaining/improving joint flexibility and mobility
- ☞ Assist in controlling and reducing the severity of lifestyle related disease

You are not too old to start on a program. I did it after 30 years of smoking, becoming obese and having open heart surgery. I wanted to do this for myself and to be an example to others. I understand what the mature body goes through when entering a fitness program because I am 62. I

started my journey into fitness hardly able to walk a few hundred metres without feeling pain and fatigue. Within two years I was running half marathons. Once qualified as a trainer, I was soon training people of all ages individually and in groups. I have continued my education taking courses in rehabilitation and courses to help anybody over 50. Whatever your fitness goal may be, I can help you. My goal, my passion, is to help you improve your quality of life. Your individual, sane training program will take place in my Castle Hill Fitness Studio. You can train by yourself or bring a partner or friend.



For more info, contact Eddie Gallier mobile 0419 629 771 or visit www.castlehillfitnessstudio.com.au

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Wise Health & Wellness

Natural Wisdom for staying healthy

Is it time to see a Naturopath?



How often have you heard someone say "As long as you have your health".

And yet, how often do we consciously make a decision to ensure that we do maintain our health?

Most of us know what happens if our car is not given a regular service. At the most inconvenient time it breaks down.

Making an effort to ensure that our health is on track escapes most of us in our busy lives and

then the inevitable happens. We get sick. We get "towed" to the doctor to get us back on the road again as quickly as possible.

Having a consultation with a naturopath allows your current health to be fully assessed, areas of concern addressed and nutritional deficiencies corrected so that the body can function optimally.

Naturopath, Lena Madry has recently opened Wise Health and Wellness in Castle Hill to provide natural alternatives to re-establish and maintain optimal health and well-being. Naturopathy uses a number of gentle therapeutics such as herbal medicine, nutritional supplementation and massage to improve your current state of health.

Lena runs a children's health clinic on Wednesday afternoons for short consultations at a

family friendly discount. She also specialises in men's health and healthy aging.

If you are lacking energy, run down after a recent illness and you want to build a healthy immune system or if you want to explore options for healthy aging then it's time to see a naturopath. If you have digestive disorders, food intolerances or allergies or would like help with detoxing or weight loss than its time to see a naturopath.

For an Appointment Call Lena on 0404468305.



Local Heritage Incentive Fund – supporting our local history

Council supports the unique history of the Hawkesbury and is encouraging people to apply for the Local Heritage Incentive Fund 2015/2016 for minor maintenance works to cemetery monuments.

Anyone planning to undertake works to a cemetery monument associated with a heritage item in the Hawkesbury can apply for this incentive fund, which provides dollar for dollar grant funding of up to \$2,000 for minor conservation works to cemetery monuments. The incentive is jointly funded by Hawkesbury City Council and the NSW Office and Environment Heritage.

Hawkesbury Mayor Kim Ford said "Some of the oldest

Cemeteries in this country are right here in the Hawkesbury. From a historical view point, cemeteries form part of our nation's heritage and are a record of the community as well as the people who established and lived in this district. The Local Heritage Incentive Fund is a wonderful way of supporting this history.

An information session for the 2015/2016 heritage incentive fund will be held on Wednesday, 5 August 2015 at Council's Administration Building, 366 George Street, Windsor between 6:30pm and 8pm. For further information or to register for the information session, visit Council's website www.hawkesbury.nsw.gov.au or call Council's customer service staff on (02) 4560 4444.

continued on next page

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Popular gallery volunteer steps down after a decade of service



To say that she's 'a pearl of a girl' is not far off the mark. For the last decade, Dawn Taylor has

been a volunteer member of Hawkesbury Regional Gallery, which categorises its members according to gem stones, based on the acronym Gallery mEMberS, or GEMS.

But all good things come to an end, and Dawn has decided to retire from service, having been with the Gallery from the very beginning. In that time, she has performed a number of roles including Bar Attendant, Guide and Front of House/Reception.

For more information about becoming a volunteer at Hawkesbury Gallery, Museum or Library, contact Council's Volunteer Coordinator on (02) 4560 4439 or csvolunteers@hawkesbury.nsw.gov.au

Watch out for delivery of illegal fill

Council is urging all residents to be weary of operators offering free 'clean' fill. In recent weeks,

Council has had several reports of unscrupulous operators distributing flyers to Hawkesbury households, offering free 'clean' fill, but delivering illegal fill that is contaminated with building and demolition waste, harmful chemicals or asbestos.

If you have any doubts or suspect any suspicious activity in your area, contact councils Customer Service on (02) 4560 4444 or ring the Environmental Protection Authority's Environment Line on 131 555.

Light Years Ahead - Hawkesbury

Hawkesbury City Council has joined forces with eight other Western Sydney councils to reduce energy costs and consumption by replacing old and inefficient street lights as part of the largest street lighting replacement project ever conducted in NSW.

The Light Years Ahead project is coordinated by the Western Sydney Regional Organisation of Councils (WSROC) which has brought together nine of their member councils to participate.

Approximately 13,000 street lights will be replaced with LED lighting in the nine local government areas of Hawkesbury, Parramatta, Blacktown, Blue Mountains, Fairfield, The Hills, Holroyd, Liverpool and Penrith. The \$7.8 million dollar project, which received funding from the Australian Government, began in late 2014. Installation in Hawkesbury City begins in August 2015 and is expected to be completed by March 2016, with distribution network service provider Endeavour Energy installing the lights.

Council will replace more than 550 lights - over 15% percent of the total lights in the Hawkesbury.

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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, Kooka, Yo Gabba Gabba!, Chuggington, The Furberster 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	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 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	6:30 Sofia The First: Scrambled Pets	6:30 Amazing Facts	6:30 Hook Line and Sinker: Texas Murray Cod: 19 Lagoons	6:30 Dora The Explorer	6:30 GEM Presents	7:00 Kids' Wb Sunday	6:30 Hillsong	6:05 Victorious	8:00 World Series Sprintcars	6:30 Chinese News	6:30 New Hope Adventist
9:00 Insiders	9:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	7:00 Weekend Sunrise	7:00 Tomorrow's World	7:00 Sinker: Great Barrier Reef Sleep Over	7:00 Weekend Today	6:40 Carry On Cabby	7:05 Looney Tunes Classics	7:00 Joseph Prince: New Creation Church	6:30 Xiaolin Chronicles	9:00 The Rugby Championship 2015	7:00 Al Jazeera	7:00 Camer Ted Armstrong
10:00 Offsiders	10:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	8:00 The Morning Show	8:00 Michael Yousef	8:00 David Jeremiah	8:00 Wide World Of Sports	7:30 Home Shopping	7:30 Captain Flinn And The Pirate	7:00 Joseph Prince: New Creation Church	7:05 Bladeblade: Shogun Steel	9:00 The Rugby Championship 2015	7:00 Al Jazeera	7:30 Lighthouse
10:30 Australia Wide	10:30 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	9:00 Home Shopping	9:00 Tomorrow's World	9:00 Sinker: Great Barrier Reef Sleep Over	9:00 Wide World Of Sports	8:30 Home Shopping	8:00 Teen Titans Go!	7:30 Joel Osteen	8:05 Pokémon	11:30 The Great Australian Spelling Bee	7:30 Italian News	8:00 Awesome Church
11:00 The World This Week	11:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	11:00 The Zoo	11:00 Amazing Facts	11:00 Hook Line and Sinker: Jumbo Tuna	11:00 Sunday Footy Show	10:00 Adventures In Rainbow Country	8:30 Scooby-Doo!	8:00 Everyday Gourmet With Justine Schofield	8:30 Victorious	2:00 Gillette World Sport	8:40 French News	8:30 Life Source
11:30 Songs of Praise: County Fermanagh	11:30 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	12:00 TBA	12:00 Tomorrow's World	12:00 Sinker: Jumbo Tuna	12:00 Wild Life Of Tim Faulkner	10:30 School For Scoundrels	8:30 Scooby-Doo! Mystery Incorporated	8:30 Studio 10: Sunday	9:00 Teenage Mutant Ninja Turtles	2:30 Just Go	8:40 French News	9:00 Inspire Church
12:00 Landline	12:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	4:00 Medical Emergency	12:00 Club Rugby LIVE	12:00 Hook Line and Sinker: Jumbo Tuna	2:00 Wild Life Of Tim Faulkner	1:00 Foo Fighters - Sonic Highways	9:00 The Looney Tunes Show	10:00 The Bolt Report	10:00 Mako: Island of Secrets	3:00 The Bolt Report	11:00 Spanish News	9:00 Christian Media
1:00 Gardening	1:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	4:30 Border Security - Australia's Front Line	2:30 Club Rugby LIVE	2:30 Hook Line and Sinker: Jumbo Tuna	2:00 Wild Life Of Tim Faulkner	2:30 World's Scariest	9:30 Adventure Time	4:00 Far Flung With Gary Mehigan	10:30 90210	4:00 Far Flung With Gary Mehigan	12:00 Arabic News	10:00 C3 TV
Australia	1:30 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	5:00 Seven News At 5	4:30 FINA World Swimming Championships 2015	4:30 Hook Line and Sinker: Jumbo Tuna	2:30 World's Scariest	3:00 Nine's Live Sunday Football	10:00 Young Justice	5:00 Shred	2:30 Neighbours	5:00 Shred	1:00 Monster Moves	11:00 Sydney Indoor
1:30 The Mix	1:30 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	5:30 Sydney Weekender	6:00 Olympians - Off The Record: Matt Mitchem	6:00 Olympians - Off The Record: Matt Mitchem	3:30 Nine's Live Sunday Football	4:00 The Last Time I Saw Paris	11:00 Power Rangers Dino Charge	5:30 Becker	5:00 The King Of Queens	5:30 I Fish	2:00 Speedweek	11:00 Sydney Indoor
2:00 The Gallipoli Symphony	2:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	6:00 Seven News Weekender	6:30 Man Made Marvels: Sydney Opera House	6:30 Man Made Marvels: Sydney Opera House	4:00 The Last Time I Saw Paris	4:00 The Last Time I Saw Paris	11:00 Power Rangers Dino Charge	5:30 Becker	5:00 The King Of Queens	5:30 I Fish	2:00 Speedweek	11:00 Sydney Indoor
3:45 As You Dream It	3:45 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	6:00 Seven News Weekender	7:30 Escape To The Country: Essex	7:30 Escape To The Country: Essex	4:00 The Last Time I Saw Paris	4:00 The Last Time I Saw Paris	11:00 Power Rangers Dino Charge	5:30 Becker	5:00 The King Of Queens	5:30 I Fish	2:00 Speedweek	11:00 Sydney Indoor
4:10 New Tricks: Into The Woods	4:10 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	6:00 Seven News Weekender	7:30 Escape To The Country: Essex	7:30 Escape To The Country: Essex	4:00 The Last Time I Saw Paris	4:00 The Last Time I Saw Paris	11:00 Power Rangers Dino Charge	5:30 Becker	5:00 The King Of Queens	5:30 I Fish	2:00 Speedweek	11:00 Sydney Indoor
5:15 New Tricks: Into The Woods	5:15 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	6:00 Seven News Weekender	7:30 Escape To The Country: Essex	7:30 Escape To The Country: Essex	4:00 The Last Time I Saw Paris	4:00 The Last Time I Saw Paris	11:00 Power Rangers Dino Charge	5:30 Becker	5:00 The King Of Queens	5:30 I Fish	2:00 Speedweek	11:00 Sydney Indoor
6:00 Would I Lie To You?:	6:00 Sesame Street, Play School, Bananas In Pajamas, Bottle Top Bill, Daniel Tiger's Neighbourhood, Poopyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden	6:00 Seven News Weekender	7:30 Escape To The Country: Essex	7:30 Escape To The Country: Essex	4:00 The Last Time I Saw Paris	4:00 The Last Time I Saw Paris	11:00 Power Rangers Dino Charge	5:30 Becker	5:00 The King Of Queens	5:30 I Fish	2:00 Speedweek	11:00 Sydney Indoor
6:30 Compass: Limited Partnership	6:10 Peter Rabbit	6:00 Seven News	8:30 Escape To The Country: Devon	8:30 Seinfeld: The Maestro	6:00 Nine News Sunday	6:30 David Attenborough's Life	1:30 Danoz	6:00 Family Feud - Sunday	6:00 Family Feud - Sunday	6:00 Family Feud - Sunday	5:30 Hitler's People to Kitchen	6:30 Vasilis's Garden
7:00 ABC News	6:25 Curious George	7:00 Sunday Night	9:30 Fantasy Homes by the Sea: Mallorca	6:30 Seinfeld: The Wink	7:00 The Voice	7:30 The Ashes: Australia V England	2:00 The Crew	6:30 Bondi Rescue	6:30 The Simpsons	6:30 M*A*S*H	6:30 SBS World News	6:30 New Hope Adventist
7:40 Grand Designs: Limited Partnership	7:00 Spicks & Specks	8:00 Dancing With The Stars	10:30 Best Houses Australia	7:00 Movie: Iron Man	8:30 60 Minutes	9:10 A.D. Kingdom And Empire	3:30 Young Justice	7:00 Gold Coast Cops	7:00 Futurama	7:30 Secrets of the Colosseum	7:30 TV Classics: The Mickey Rooney Show	7:00 Camer Ted Armstrong
8:30 The Politician's Husband	7:30 Wild Things With Dominic Monaghan	10:00 Bones: The Murder In The Middle East	11:00 Man Made Marvels: Sydney Opera House	9:30 Movie: Rambo	9:10 A.D. Kingdom And Empire	11:10 Stalker	4:30 The Batman	7:30 Modern Family	7:30 The Simpsons	8:30 TBA	7:35 Secrets of the Colosseum	7:30 Lighthouse
9:30 Silent Witness	8:15 Gruen Planet	11:00 Covert Affairs: Brink Of The Clouds	12:00 Motorway Patrol	11:15 Movie: Sleepy Hollow	9:30 Movie: Rambo	12:05 Gotham	5:30 Thunderbirds Are Go	8:30 CSI: Cyber	8:30 Movie: The Siege	9:30 Movie: The Siege	8:35 Uranium: Twisting the Dragon's Tail	8:00 Coffee Break
10:30 Misery Loves Comedy	8:30 Sunday Best: Joy Division	12:00 Do No Harm: You Made Me Do This	12:30 FINA World Swimming Championships 2015	1:30 South Beach Tow: What's Up With Christie?	11:15 Movie: Sleepy Hollow	1:00 What Would You Do?	6:30 Crocodile Dundee	9:30 NCIS	8:30 Movie: The Siege	11:50 Gillette World Sport	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
12:05 Alias Ruby Blade	10:05 Teenage & Gay	12:00 Do No Harm: You Made Me Do This	12:30 FINA World Swimming Championships 2015	1:30 South Beach Tow: What's Up With Christie?	1:00 What Would You Do?	1:50 NINE Presents	8:30 The Big Bang Theory	10:30 Midnight In Paris	11:50 Gillette World Sport	12:20 The Americans	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
1:25 ProppaNow	10:55 Bodysockers: My Tattoo Hell: 2	12:00 Do No Harm: You Made Me Do This	12:30 FINA World Swimming Championships 2015	1:30 South Beach Tow: What's Up With Christie?	1:00 What Would You Do?	2:00 Spyforce	9:30 Gotham	12:30 48 Hours	12:20 The Americans	1:20 RPM	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
2:05 The Politician's Husband	11:40 Louis Theroux	1:00 Grey's Anatomy: Dark Was The Night	12:30 FINA World Swimming Championships 2015	2:00 Jail - Las Vegas	1:30 South Beach Tow: What's Up With Christie?	3:00 Global Shop	11:30 Almost Human	4:00 Life Today With James Robison	12:10 Star Trek: Next Generation	2:20 COPS	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
3:05 Misery Loves Comedy	12:40 Portlandia: Mixologist; One Moore Episode; Cool Wedding; Grover	2:00 Home Shopping	12:30 FINA World Swimming Championships 2015	3:00 Hook Line and Sinker: Jumbo Tuna	2:00 Jail - Las Vegas	3:30 Skippy - The Bush Kangaroo	12:30 Captivity	5:00 Home Shopping	5:00 Home Shopping	3:20 RPM Moment	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
5:00 The New Inventors	2:15 News Update	3:00 NBC Today	12:30 FINA World Swimming Championships 2015	4:00 Mark Berg's Fishing Addiction	3:00 Hook Line and Sinker: Jumbo Tuna	4:00 Good Morning America - Sunday	2:10 The Batman	5:00 Home Shopping	5:00 Home Shopping	3:30 Live MotoGP	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
5:30 Eggheads: Oxford Jazzers	5:00 The Numtums	4:00 NBC Meet The Press	12:30 FINA World Swimming Championships 2015	5:00 Great Escapes	4:00 Mark Berg's Fishing Addiction	5:00 Nine News Early Edition	3:00 Young Justice	5:00 Home Shopping	5:00 Home Shopping	5:00 Gillette World Sport	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
	5:05 Driver Dan's Story Train	5:00 Sunrise Extra	12:30 FINA World Swimming Championships 2015	5:00 Great Escapes	5:00 Nine News Early Edition	5:30 Today	3:30 Yu-Gi-Oh! Zexal	5:00 Home Shopping	5:00 Home Shopping	5:30 Shred	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
	5:15 Guess With Jess	5:30 Seven Early News	12:30 FINA World Swimming Championships 2015	5:00 Great Escapes	5:30 Today		4:00 Paw Patrol	5:00 Home Shopping	5:00 Home Shopping	5:30 Shred	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
	5:30 Angelina Ballerina		12:30 FINA World Swimming Championships 2015	5:00 Great Escapes	5:30 Today		4:30 Robocar Poli	5:00 Home Shopping	5:00 Home Shopping	5:30 Shred	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
	5:40 Olivia		12:30 FINA World Swimming Championships 2015	5:00 Great Escapes	5:30 Today		4:50 Thunderbirds	5:00 Home Shopping	5:00 Home Shopping	5:30 Shred	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
	5:55 Bert & Ernie's		12:30 FINA World Swimming Championships 2015	5:00 Great Escapes	5:30 Today		5:30 Yu-Gi-Oh! Classic	5:00 Home Shopping	5:00 Home Shopping	5:30 Shred	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
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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 Parliament Question Time 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, 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, Poochy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Hunt, Postman Pat, Lala-Lah's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, 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: A Sister's Secret 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 NBC Today 10:30 NBC Meet The Press 11:30 Best Houses Australia 12:00 FINA World Swimming Championships 2015 2:35 Escape To The Country: Devon 3:30 Dr Oz 4:30 60 Minute Makeover 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Westpoint 11	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 Randy Cunningham 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm Country: Devon 3:30 Dr Oz Trompe Le Monde 4:30 60 Minute Of S.H.I.E.L.D 3:00 Swamp People 4:00 American Chainsaw 4:30 North Woods Law 5:30 Hillbilly Handfishin'	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 12:00 It Shouldn't Happen To A Vet 1:55 Tasty Conversations 2:00 Alive & Cooking 2:30 Countryfile 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 Power Rangers Dino Charge 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Green Lantern 11:00 Power Rangers Super Megaforce 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ LIVE 2:00 Ground Floor 2:30 The Tom & Jerry Show 3:00 Spongebob Squarepants 3:30 Rabbits 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 The Great Australian Spelling Bee Encore 12:00 Dr Phil 1:00 The Home Team 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 Beyblade Metal Fury 6:30 Sidekick 7:05 Waku 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrawy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Laverne & Shirley 3:30 Everybody Loves Raymond 4:00 Cheers 4:30 Frasier 5:00 The King Of Queens 5:30 Becker	6:00 Home Shopping 8:00 ET's Fishing Classics 8:30 The Home Team 9:00 RPM 10:00 Totally Wild 10:30 Let's Do Coffee 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 Undercover Boss 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 2:00 Late Show With David Letterman 3:00 Undercover Boss 4:00 Whacked Out Sports 4:30 Operation Repo 5:00 I Fish 5:30 Letters and Numbers 6:30 M*A*S*H 7:30 Undercover Boss 9:30 Movie: Stoker 11:30 The League 12:00 Home Shopping 2:00 MotoGP 2015 3:30 Gillette World Sport 4:00 Netball World Cup 2015 5:30 Whacked Out Sports	6:00 CEC Report 6:30 Euromaxx 7:00 Jumping Jellybeans 7:30 Apna Punjab 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: The Scavengers 12:00 Vasilis' 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 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 11:25 Divorce: Aussie Islamic Way 12:25 Parliament Question 1:25 Movie: Blackbeard The Pirate 3:00 Movie: The Spanish Main 5:00 The New Inventors 5:30 Eggheads: The John Bull	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 9:20 Louis Theroux 10:20 Tonight Show Starring Jimmy Fallon 11:05 Joy Division 12:45 Doctor Who: The Rings Of Akhatah 1:30 The Tonight Show Starring Jimmy Fallon 2:10 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 8:30 Ramsay's Hotel Hell: Applegate River Lodge 9:30 The Blacklist: Tom Keen 11:30 Hannibal: Mukozuke 12:30 Desperate Housewives: Who Can Say What's True? 1:30 Home Shopping 3:00 Sons And Daughters 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	7:30 Cities of the Underworld: Vietnam 8:30 A Touch Of Frost - The Appendix Man 10:45 Wire In The Blood: Still She Cries 1:00 Bargain Hunt: Westpoint 11 2:00 Homes Under The Hammer 3:00 RSPCA Animal Rescue 3:30 Dr Oz: Extreme Controversial Vitamin Injections 4:30 The Martha Stewart Show: Mexico City With Martha 5:30 Harry's Practice	6:30 Mythbusters: Big Rig Myths 7:30 Pawn Stars Paw Shop Pinot 8:30 American Restoration 9:30 American Pickers 11:30 World's Worst Tenants: Full Moon River 12:00 SportsFan Clubhouse 1:00 Talking Footy 2:00 All Worked Up 3:00 Repo Games: Obama Lives In Sherwood Forest; Model Mayhem 4:00 American Chainsaw: Animal Attraction 4:30 Hillbilly Handfishin': Bad To The Bone 5:30 Zoom TV	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:50 Lip Sync Battle 9:50 Two And A Half Men 10:20 Mom 10:50 2 Broke Girls 11:45 Underbelly: The Golden Mile 12:35 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 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 Seaway	4:05 Looney Tunes Classics 4:30 Scooby-Doo! Mystery Incorporated 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 End Of Watch 11:50 The Originals 12:50 Go Surround Sound 1:00 Regular Show 1:30 Rabbits 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 The Project 7:30 The Great Australian Spelling Bee 8:30 Have You Been Paying Attention? 9:30 NCIS - New Orleans 10:30 Under The Dome 11:30 The Project Queens 12:30 The Doctors 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	6:00 Family Feud 6:30 Neighbours 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 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 Undercover Boss 9:30 Movie: Stoker 11:30 The League 12:00 Home Shopping 2:00 MotoGP 2015 3:30 Gillette World Sport 4:00 Netball World Cup 2015 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:30 Nigella Bites 6:00 World News 7:30 Why Are Thin People Not Fat? 8:30 The Island with Bear Grylls: Women's Island; Men's Island 10:25 SBS World News 11:00 Bosch 11:55 Movie: Look For a Star 2:00 Community - Abed's Uncontrollable Christmas: Asian Population Studies 2:50 Coppers 3:45 24 Hours in Emergency 4:40 Cryo 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Flash Gordon 6:00 Nigella Bites 6:30 Euromaxx 7:00 Joy's World 7:30 4WD TV 8:00 Classic 4WD TV 8:30 Just2wheelz 9:00 Australian Fishing Network 9:30 You Fish 10:00 Al Jazeera and Reports 11:30 In Good Shape 12:00 All you Need 12:30 Theatre Games Live 1:00 Movie: Letter of Introduction 3:00 Shift 3:30 Movie: The White Orchid 5:00 Front Up 5:30 Awesome Church

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Do you live on John Macarthur's original farmland? by Trevor Patrick

The celebrated developer of the wool industry of Australia, John Macarthur, purchased much of the hills district early in the late 18th and early 19th century. Macarthur arrived in the colony on board the *Surprise*, a ship of the Second Fleet, in June 1790, carrying the first detachment of the New South Wales Corps under the command of Captain Nicholas Nepean. Also on board was Mrs Elizabeth Macarthur, her infant son Edward and surgeon John Harris. Lieutenant John Macarthur was appointed paymaster of the NSW Corp and using his position purchased land grants given to the soldiers from 1794 to 1797. Four men, William Balmain, Thomas Bride, David Kilpack and Zadoc Petit, provided 180 acres; a further 29 soldiers added 800 acres to the Macarthur holdings to create the 1,110 acre Pennant Hills Farmland known as Lodgeworthy and Cornish Hill Farm, so named because Macarthur's father-in-law came from Cornwall. The



Macarthur Flock

colonial muster return of 1800 detailed that the area grew wheat, maize, and barley and supported goats, pigs, sheep and cattle. The Pennant Hills farmland is now known as the suburb of Carlingford and West Pennant Hills. In 1801, Macarthur purchased James Fleet Cover's 100 acre grant for 25 pounds which became the Cumberland State Forest in 1939.

There are dozens of fascinating stories about the people and places along the

Pennant Hills range which stretches from the northern shore of the Parramatta River at Rydalmere and Melrose Park, through Brush Farm, Mobbs Hill, Carlingford, Beecroft, West Pennant Hills and Thornleigh.

In Search of the Pennant Hills book takes you on a journey of discovery on every page and is richly illustrated with historic pictures and maps, fully indexed and referenced for any future investigation in Australian archives. The 208 page book is available for purchase direct from the author. Email: trevorp04@gmail.com. Visit www.hillstory.com.au where you may view many stories of yesteryear.

Send your book order to: Trevor Patrick - Post Office Box 176, Kenthurst NSW 2156. Copies only \$60, post paid throughout Australia. *In Search of the Pennant Hills The stories of the three settlements known as Pennant Hills from 1788 to 1906.*

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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 Parliament Question Time 3:10 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, Poochy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lali-Lali's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoppla doopla!, Mister Maker, Thomas and Friends, The Hive, 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: Expecting Amish 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 NBC Today 12:00 Movie: The Day Of The Jackal 3:00 Animal Squad: Appleby Horses 3:30 Dr Oz 4:30 60 Minute Makeover 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Norfolk 25 7:30 The Vicar Of Dibley - Xmas 2006	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 9:00 Kick Butowski 9:30 Randy Cunningham 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm 1:00 Operation Repo: What's Up Doc: Roll in the Hay 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Swamp People 4:00 American Chainsaw 4:30 North Woods Law	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 1:30 The Hotplate 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 12:00 Yours, Mine And Ours 1:50 GEM Presents 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 Green Lantern 11:00 Power Rangers 12:00 Yours, Mine And Ours 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 9:00 My Little Pony 9:30 Wurrwhy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:30 Laverne & Shirley 4:00 Everyday Gourmet With Justine Schofield 4:30 The Bold & The Beautiful 5:00 The King Of Queens 5:30 Becker	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Sidekick 7:05 Waku 7:35 Victorious 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrwhy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:30 Laverne & Shirley 4:00 Everybody Loves Raymond 4:30 Frasier 5:00 The King Of Queens 5:30 Becker	6:00 Home Shopping 8:00 Robson's Extreme Fishing Challenge 9:00 Behind The Lens 10:00 Totally Wild 10:30 Gillette World Sport 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 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 8:10 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 - Spain: 1:30 France 24 2:30 Television Classics 3:30 Move it or Lose It 4:00 Al Jazeera News 4:30 Tales of the Unexpected 4:30 Wildest Arctic - Arctic Ocean 5:30 Letters and Numbers	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 10:30 Movie: Gamera the Invincible 12:00 Nikki Yanofsky 2:00 Victoria's Islands 2:30 Television Classics 3:30 Move it or Lose It 4:00 Jumping Jellybeans 4:30 In Good Shape 5:00 Russian News Time 6:00 6:00 Serials - Flash Gordon Conquers the Universe
7:00 ABC News 7:30 7.30 8:00 Foreign Correspondent 8:30 Kevin McCloud's Escape To The Wild: Chile 9:20 Frantic Family Rescue 10:20 Lateline 10:50 The Business 11:10 The Hour 12:10 Parliament Question Time 1:10 Thunderheads 2:05 The Cut: The Best Sex I Ever Had 3:00 The Jonathan Ross Show 3:50 The Hour 5:00 The New Inventors 5:30 Eggheads: Tenuous Link	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 9:00 Good Game 9:20 The Keith Lemon Sketch Show 9:45 Humans 10:30 Archer: Archer Vice: House Call 10:50 The Tonight Show Starring Jimmy Fallon 11:30 Catfish 12:15 Alan Carr: Chatty Man 1:05 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 and Away 7:30 Special: Cats Make You Laugh 8:30 Winners & Losers: Lean On Me 10:30 Ramsay's Kitchen Nightmares: Ruby Tates 11:30 Mistresses: Open House 12:30 It's Always Sunny In Philadelphia: Mac Kills His Dad 1:00 Home Shopping 3:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	8:30 Foyle's War: Fifty Ships 10:50 Downton Abbey 12:20 Waking The Dead: Skins - Part 1 1:20 Waking The Dead: Skins - Part 2 2:20 Bargain Hunt: Norfolk 25 3:20 Harry's Practice 4:00 Dr Oz: Shred Your Fat Pants! The Revolutionary Plan: 6 Weeks, 4 5:00 The Martha Stewart Show: Photo Frame Ideas	5:30 Hillbilly Handfishin' 6:30 Mythbusters 7:30 Motonway 8:30 Outback 9:30 Prospectors 10:30 Bomb Hunters 11:30 American Stuffers 12:30 WWE Afterburn 1:30 South Beach 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 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Truth About Sugar 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 11:40 Got Home Alive 12:30 Friends 1:00 Dangerman 2:00 Home Shopping 3:00 Global Shop 4:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	4:05 Looney Tunes Classics 4:30 Scooby-Doo! Mystery Incorporated 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: A Game Of Shadows 11:05 Takers 1:15 Go Surround Sound 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 First At Five 6:00 Family Feud 7:30 The Project 7:30 The Great Australian Spelling Bee 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	6:00 Family Feud 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 Rules Of Engagement 8:30 Bondi Ink Tattoo 9:30 Movie: The Beautician And The Beast 11:40 The Late Late Show with James Corden 12:40 Glee 1:40 The King Of Queens 2:05 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 Great Bear Stakeout With Billy Connolly 8:30 David Attenborough's Madagascar 9:30 Netball World Cup 2015 11:30 Those Who Kill 12:30 The League 1:00 Home Shopping 2:00 Ross Kemp: Back On The Frontline 4:00 Netball World Cup 2015	6:00 Nigella Bites 6:30 World News 7:30 Who Do You Think You Are? 8:30 Insight 9:30 Dataline 10:00 SBS World News 10:30 Masters of Sex 11:30 Rectify - Running with the Bull: Sleeping Giants; Charlie Darwin 2:05 Movie: Bride Flight 4:20 Peach Juice 4:30 UEFA Super Cup 2015 - Barcelona vs Sevilla 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 Craft Beer Crusaders 10:00 Al Jazeera English 10:30 The CEC Report 11:00 Vasilis' Garden to Kitchen 12:30 LPEP 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: The Scavengers 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 Kevin McCloud's Escape To The Wild 12:00 ABC News At Noon 12:30 National Press Club Address 1:30 Chris Humphrey Wild Life 2:00 Parliament Question Time 3:10 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, 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, Pocoyo, Sarah & Duck, Bing, Five Minutes More, Cloudbabies Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Laila-Laila's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Pootle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pajamas, 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: Mother, May I Sleep With Danger? 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 Border Security 8:00 The Force - Behind The Line 8:30 Criminal Minds: Protection	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 NBC Today 12:00 Chicago Fire: A Problem House 2:00 Private Practice: The Breaking Point 3:00 Animal Squad: Surrey Horses 3:30 Dr Oz: The Biggest Loser's Biggest Secrets To Lose Weight! 4:30 60 Minute Makeover: Birkenhead 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 8:30 Art Attack 9:00 Kick Buttowski 9:30 Randy Cunningham 10:00 Fish Hooks 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm 1:00 Operation Repo: Lodge A Complaint; Spicy Salsa 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Big Shrimpin' 4:00 American Chainsaw 4:30 North Woods Law	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 1:30 The Hotplate 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 Raising The Wind 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 Green Lantern 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	6:00 Entertainment Tonight 6:30 Huey's Kitchen 7:00 Ben's Menu 7:30 The Bold & The Beautiful 7:35 Pokemon 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurraway 10:00 Touched By An Angel 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 4:00 Cheers 5:00 The King Of Queens	6:00 Home Shopping 8:00 Reel Action 8:30 The Home Team 9:00 Living Dangerously 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	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 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 Global 3000 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 Lady Confesses 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	
8:00 How Not To Behave 8:30 The Weekly Wit Charlie Pickering 9:00 Julia Zemiro's Home Delivery 9:30 Adam Hills 10:15 Upper Middle Bogan 10:45 Lateline 11:15 The Business 11:30 The Moaning Of Life 12:15 Four Corners 1:05 Media Watch 1:20 Parliament Question Time: 2:20 Movie: Saint's Double Trouble 3:25 The Moaning Of Life 4:10 Adam Hills 5:00 The New Inventors 5:30 Eggheads: The Farringtons	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: My Big Boob Hell 10:20 Tonight Show Starring Jimmy Fallon 11:05 Great Ormond Street 12:05 That '70s Show 12:25 Doctor Who 1:15 The Tonight Show Starring Jimmy Fallon 1:55 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	10:30 Motive: Pitfall 11:30 Bates Motel: Caleb 12:30 It's Always Sunny In Philadelphia: The Gang Goes On Family Fight 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: Anglesley 17 7:30 Rosemary & Thyme: A Simple Plot 8:30 Inspector Morse 10:50 I Shouldn't Be Alive 12:00 Bargain Hunt: Anglesley 17 1:00 Dr Oz: Fat Melters! 2:00 Dr Oz: Can Iyanla Vanzant Fix Your Broken Health? 3:00 Canada Wild: Canada Wild 4:00 Borderline: Food Court 4:30 The Martha Stewart Show: The Pasta Show 5:30 Harry's Practice Handfishin'	5:30 Hillbilly Handfishin' 6:30 Mythbusters 7:30 Man Finds Food 8:30 Hardcore Pawn 9:30 Pawn Stars 10:30 Baggage Battles 11:00 Rude Tube: Cyber Stars 11:30 1000 Ways To Die 12:00 Operation Repo: Lodge A Complaint: Spicy Salsa; Return to Cynder, Seeing Stars 2:00 WWE Afterburn 3:00 Jail 4:00 American Chainsaw 4:30 Hillbilly Handfishin' 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 Wyatt Earp 12:30 Friends 1:00 Secret Dealers 2:00 Home Shopping 3:00 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	4:05 Looney Tunes Classics 4:30 Scooby-Doo! Mystery Incorporated 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! Australia 6:00 Regular Show 6:30 Adventure Time 7:00 The Middle 7:30 The Big Bang Theory 8:30 U.S. Marshals 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 First At Five 6:00 Family Feud 7:00 Everybody Loves Raymond 7:30 The Bachelor Australia 8:40 Madam Secretary 9:40 Sherlock Holmes: Elementary 11:40 The Project 12:40 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 Corden 12:30 Glee 1:30 The King Of Queens 2:00 Touched By Angel 3:00 Charmed 4:00 Jag 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 COPS 8:30 Hawaii Five-O 9:30 Legends 10:30 Netball World Cup 2015 12:00 The League 12:30 Home Shopping 2:00 Glory 3:00 COPS 4:00 Netball World Cup 2015	5:30 Letters and Numbers 6:00 Nigella Bites Universe 6:30 SBS World News 7:30 Dan Snow: Birth of Empire 8:40 24 Hours in Police Custody 9:40 Bosch 10:35 SBS World News 11:05 An Honest Liar 12:40 Rectify - Donald the Normal: Act As If; Maltzoff; Weird As You 4:00 Duck Quacks Don't Echo 4:50 Jack Attack	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 Restoring Dreams 8:30 Movie: Cold Sweat 10:00 Al Jazeera 10:30 Community Kitchen 11:00 Anthology of Interest 11:30 Beyond the Divide 12:00 Television Classics 12:30 Comics Live In Your Lounge Room 1:00 Fusion Latina 1:30 Documentaries and Reports 2:30 Underground Sounds 3:30 Movie: Gamera the Invincible 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 Exhumed 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 Parliament Question Time 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 7:30 7.30	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 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, Humf, Postman Pat, Lab-Lab's Adventures, Abney & Teal, Miko, Emo The Musical, Q Poodle 5, 5:00 ABC News: Little Princess, Tree Fu Tom, 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 Ben And Holly's Little Kingdom	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: Helen West: Shadow Play 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 NBC Today 12:00 Chicago Fire: Defon 1 2:00 Private Practice: If I Hadn't Forgotten... 3:00 Animal Squad: House Of Horrors 3:30 Dr Oz: Dr. Oz Takes On TV's Sextuplet Toddlers! 4:30 60 Minute Makeover: Swindon 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 9:00 Win, Lose or Draw 9:30 Randy Cunningham 10:00 I Didn't Do It: The Pilot 10:30 Crash & Bernstein 3:30 Dr Oz: Dr. Oz Takes On TV's Sextuplet Toddlers! 12:00 Do No Harm 1:00 Operation Repo: Return to Cynder, Seeing Stars 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Big Shrimpin'	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 1:30 The Hotplate 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 Mutiny On The Buses 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 Green Lantern 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 9:00 Squarepants 10:00 The Batman 10:30 Green Lantern 11:00 Power Rangers 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 5:00 The King Of Queens 5:30 Becker	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Sidekick 7:05 Waku 7:35 Victorious 8:00 Scope 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrawy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Laverne & Shirley 3:30 Everybody Loves Raymond 4:00 Cheers 4:30 Frasier 5:00 The King Of Queens 5:30 Becker	6:00 Home Shopping 8:00 The Home Team 8:30 MotoGP 2015 10:30 Just Go 11:00 M*A*S*H 12:00 The Living Room 1:00 Back In The Game 1:30 The Millers 2:00 Late Show With David Letterman 3:00 Undercover Boss 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 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! 1:30 The Islands - Peloponnese 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 Hasan Everywhere 4:35 The Sixties	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 Flash Gordon Conquers the Universe 10:30 Movie: I Killed That Man 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 William Tell 5:30 The Buccaneers
8:00 Who's Been Sleeping In My House?: Adelaide 8:30 Glitch 9:30 Dirty Laundry Live 10:20 Lateline 10:50 The Business 11:05 Good Cop 12:05 Bluestone 42 12:35 Parliament Question Time 1:35 Anatomy: Nerve 2:05 Sydney International Piano Competition 3:05 The Jonathan Ross Show 3:55 Good Cop 5:00 The New Inventors 5:30 Eggheads: The TIB Street Family	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 Weekly With Charlie Pickering 9:05 The IT Crowd 9:30 Never Mind The Buzzcocks 10:05 Sexy Beasts 10:35 The Tonight Show Starring Jimmy Fallon 11:15 Good Game 11:45 Beauty & The Beast 12:35 Doctor Who 1:20 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 and Away 8:00 Restaurant Revolution 10:00 TBA 11:00 TBA 12:00 Zero Hour: Chain 1:00 Home Shopping 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Leominster 12 7:30 Doc Martin: Blood Is Thicker 8:30 Lewis: Entry Wounds 10:30 Mr Selfridge 11:30 Bargain Hunt: Leominster 12 12:30 Waking The Dead: Pieta - Part 1 1:30 Waking The Dead: Pieta - Part 2 2:30 Dr Oz: Laxative Abuse: The Hidden Dangers 3:30 Dr Oz: Dr. Oz's 13 Miracles For 2013! 4:30 The Martha Stewart Show: Moroccan Cooking 5:30 Home Shopping	4:00 American Chainsaw 4:30 Swamp Men 5:30 Hillbilly Handfishin' 6:30 Mythbusters 7:30 World's Craziest Fools 8:00 What Went Down 8:30 Ink Master 9:30 Movie: Jackass Number Two 11:30 Tricked 12:30 SportsFan Clubhouse 1:30 Bizarre ER 2:30 Jail - Las Vegas Jailhouse 3:00 Swamp Men 4:00 American Chainsaw 4:30 Hillbilly Handfishin' 5:30 Home Shopping	6:00 Nine News 7:00 A Current Affair 7:30 Nine's Live Thursday Night 8:40 The Footy Show 1:40 NINE Presents 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 Poirot 8:40 New Tricks 10:50 CSI: Crime Scene Investigation 11:50 Black Adder The Third 12:30 Friends 1:00 Gideon's Way 2:00 Home Shopping 3:00 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	4:30 Scooby-Doo! Mystery Incorporated 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 10:00 Big School 11:10 Little Britain 12:20 Mad 12:40 Adventure Time 1:00 The Doctors 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 First At Five 6:00 Family Feud 7:30 The Project 7:30 The Bachelor Australia 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	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 Movie: Stardust 11:35 Bondi Ink Tattoo 12:35 The Late Late Show with James Corden 1:35 Glee 2:35 The King Of Queens 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: Catch Me If You Can 11:50 Darren & Brose 12:20 Blokesworld Street Food 1:20 The League 1:50 Home Shopping 2:20 RPM 3:20 Maxim TV 4:20 Monster Jam 5:15 Gillette World Sport 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:30 French Food 8:00 Rachel Khoo's Kitchen Notebook 8:30 Ainsley Harriott's Street Food 9:30 Masters of Sex 10:30 World News 11:00 How to Lose Your Virginity 12:20 Movie: The House of Branching Love 2:15 Rectify - The Great Destroyer, Until You're Blue, Unhinged 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 10:30 New Game Plus 11:00 That's Good for Footy 12:00 Underground Sounds 1:00 Movie: Cold Sweat 2:30 Comics Live In Your Lounge Room 3:00 Theatre Games Live 3:30 Movie: The Lady Confesses 4:30 Documentaries and Reports 5:30 C3 TV

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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 3:30 Proud Possessors 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!, Otonauts 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, Humf, Postman Pat, Laila-Laila's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla doopla!, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Otonauts, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: Breaking The Surface 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 NBC Today 12:00 Movie: The Saint 2:30 Homes Under The Hammer 3:30 Dr Oz: Five Epic Diet Disasters Smart Women Are Making 4:30 60 Minute Makeover: Edgeware 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Sawbridgeworth 3 7:30 Dog Patrol: Dog Patrol S4: Ep 6 8:00 Animal Airport	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Doc McStuffins 9:00 Win, Lose or Draw 9:30 Randy Cunningham 10:00 I Didn't Do It 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm 1:00 Operation Repo: Way Too Cheery; Biohazard 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Big Shrimpin' 4:00 Swamp Men	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 Five Golden Dragons 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 Green Lantern 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	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 The Home Team 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 The King Of Queens 5:30 Becker	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Scaredy Squirrel 7:05 Waku 8:00 Vic The Viking 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurraway 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Laverne & Shirley 3:30 Everybody Loves Raymond 4:00 Cheers 4:30 Frasier 5:00 The King Of Queens 5:30 Becker	6:00 Home Shopping 8:00 Undercover Boss 9:00 Delivering The Pandas 10:00 Totally Wild 10:30 Hardliners 11:00 M*A*S*H 12:00 The Living Room 1:00 Rush 2:00 Late Show With David Letterman 3:00 Far Flung With Gary Mehigan 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 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 Silvia Colloca 4:30 Backroads USA	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 Flash Gordon 10:30 Movie: Wacky Taxi 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 Life Links 5:30 Enquiring Minds
6:00 Antiques Roadshow: Aberystwyth 2 7:00 ABC News 7:30 7.30 8:00 Midsomer Murders 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 7:30 Spicks & Specks 7:30 Doctor Who 8:15 That '70s Show 8:40 Catfish 9:20 Second Chance 9:40 Prostitution 10:40 Tonight Show Starring Jimmy Fallon 11:20 Sex Rehab With Dr Drew 12:00 The Human Tissue Squad 1:00 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 Better Homes and Gardens 8:30 Movie: Made Of Honor 10:40 Movie: The Sixth Sense 1:00 Titanic 3:00 Home Shopping 4:00 NBC Today	8:30 Escape To The Country: Gloucestershire 9:30 Escape To The Country: Essex 10:30 Homes Under The Hammer 11:30 Best Houses Australia 12:00 Bargain Hunt: Sawbridgeworth 3 1:00 RSPCA Animal Rescue 1:30 Escape To The Country: Essex 2:30 Dr Oz: Rev Up Your Metabolism Slump! 3:30 Dr Oz: 6 Days To Your Complete Body Reshape! 4:30 The Martha Stewart Show: Four-Star Recipes With Chef Daniel Humm 5:30 Home Shopping	5:00 American Chainsaw 5:30 Hillbilly Handfishin' 6:30 How I Met Your Mother: Field Trip 7:00 AFL Premiership Season: Pre Game Rnd 20: Sydney v Collingwood 7:30 AFL Premiership Season: Rnd 20: Sydney v Collingwood 11:30 Olympians - Off The Record 12:00 Movie: I Am Bruce Lee 2:00 Movie: The Strangers 4:00 Big Shrimpin': Rising Storm 5:00 Swamp Men: Deadly Blow	6:00 Nine News 7:00 A Current Affair 7:30 Nine's Live Friday Night Football 10:00 Footy Show 10:45 The Graduate 12:50 Friends 1:20 River Cottage Bites 1:30 A Kind Of Loving 3:35 Floating Dutchman 5:00 Obese USA	6:30 Friends 7:30 Who Do You Think You Are? 8:30 Love Happens 10:45 The Graduate 12:50 Friends 1:20 River Cottage Bites 1:30 A Kind Of Loving 3:35 Floating Dutchman 5:00 Obese USA	4:05 The Looney Tunes Show 4:30 Scooby-Doo! Mystery Incorporated 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Tom And Jerry 7:40 Mirror Mirror 9:55 Red Riding Hood 12:00 The Following 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 First At Five 6:00 Family Feud 6:30 The Project 7:30 The Living Room 8:30 The Graham Norton Show 9:30 Have You Been Paying Attention? 10:30 The East 12:55 The Doctors 1:30 Home Shopping 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 Neighbours 7:00 So You Think You Can Dance 9:00 New Girl 9:30 Snog Marry Avoid? 10:10 Sex And The City 10:50 Movie Juice 11:20 The Late Late Show with James Corden 12:20 Glee 1:20 Becker 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 COPS 8:30 TBA 9:30 Ross Noble's Australian Trip 10:30 Netball World Cup 2015 12:00 Bellator MMA 2:00 Darren & Brose 2:30 COPS 3:30 Undercover Boss 4:30 Netball World Cup 2015	5:00 Room 101 - Matt Preston 5:30 Letters and Numbers 6:00 Raymond Blanc: How to Cook Well 6:30 SBS World News 7:30 Tony Robinson's Victory in Europe 8:25 The Crusades 9:25 Who Do You Think You Are? 10:25 SBS World News 11:00 Movie: The Skin I Live In 1:10 Movie: The Lost Bladesman 3:05 Movie: A Happy Event 5:00 Korean News 5:35 Japanese News	6:00 Six O'Clock Serials - Flash Gordon Conquers the Universe 6:00 Euromaxx 7:00 Sightsee TV 7:30 That's Fishing 8:00 Ultimate Fishing Show 8:30 Grainger's World Masterpieces 10:00 Al Jazeera English 10:30 The Shlocky Horror Picture: The Werewolf of Washington 12:30 Universal Concert Hall: Nikki Yanofsky 2:30 Speaker TV 3:00 Community Kitchen 3:30 The Real 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: The Great Flood: 18,000 To 5,000 Years Ago 1:00 Antiques Roadshow 2:00 Midsomer Murders 3:35 Ripples From Wave Hill 4:30 Landline 5:00 Inspector George Gently: Gently Go Man	6:00 Franklin And Friends, Koko, 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, Poochy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Arthur, Maya The Bee, Humf, Postman Pat, Lala-Lah's Adventures, Abney & Teal, Mouk, Eimo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pajamas, hoola dooplal, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Octonauts Peg + Cat	6:00 Saturday Disney 7:00 Weekend Sunrise 10:00 The Morning Show 12:00 The Zoo 12:30 Disney Movie: Let It Shine 2:30 Movie: Northanger Abbey 4:30 Better Homes And Gardens 5:30 Border Security - Australia's Front Line	6:00 Home Shopping 7:00 Saturday Disney 9:00 Jessie: We Are So Grounded 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: 1993 Dallas Cowboys 7:00 A Football Life: Derrick Thomas 8:00 Home Shopping 9:00 Zoom TV 10:30 Hook Line and Sinker: United Kingdom 11:30 Ice Pilots: A Tale Of Two Pilots 12:30 Ice Pilots: Ice Jam 1:30 Super Factories 2:30 Reef Wranglers 3:00 Footy Flashbacks: 1992 Elimination Final: St Kilda v Collingwood 5:00 Nine News: First At Five 5:30 Getaway	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 A Very Brady Sequel 3:00 The Trans Borneo Challenge 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 Five Golden Dragons 8:00 Danz 8:30 Home Shopping 9:00 Adventures In Rainbow Country 9:30 Countryfile 10:30 Dangerous Voyage 12:00 David Campbell Sings John Bucchino 1:00 Postcards 1:30 Duncan's Thai Kitchen 2:00 Gunfight At Comanche Creek 4:00 42	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 Danz 2:00 The Crew 3:00 Green Lantern: The Animated Series	6:00 RPM 7:00 ET's Fishing Classics 7:30 The Home Team 8:00 Family Feud Of Secrets 8:30 Studio 10: Saturday 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 Danz 2:00 The Crew 3:00 Green Lantern: The Animated Series	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 TBA 4:00 90210	6:00 Home Shopping 8:00 M*A*S*H 9:00 Shred 9:30 Operation Repo Cup 2015 1:00 RPM 2:00 2015 Dunlop 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 3:30 Island Feast 3:25 James May's Man Lab 4:25 Scotland: Rome's Final Frontier 5:30 The Stuarts	6:00 All you Need 6:30 New Hope Adventist 7:00 Camer Ted Armstrong 7:30 Christian Media 8:00 Words of Hope 8:30 Life News 9:00 Life Links 9:30 Corey's Wild World Wildlife Adventures 10:00 4WD TV 10:30 Classic 4WD TV 11:00 Just2wheez 11:30 You Fish 12:00 That's Fishing 12:30 Ozindian 1:00 Apra Panjab 1:30 Fusion Latina 2:00 Gday Malt Aussies 2:30 Drive it! 3:00 Australian Fishing Network 3:30 Blend Line TV 4:00 Restoring Dreams 4:30 Classic Restos 5:00 Ice Dogs Ice Hockey 5:30 Master Class in Oils
6:30 Gardening Australia 7:00 ABC News 7:30 Last Tango in Halifax 8:30 New Tricks: Things Can Only Get Better 9:30 Old School 10:25 The Bletchley Circle 11:10 The Weekly With Charlie Pickering 11:45 Adam Hills: The Last Leg 12:25 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 The Home Show 9:15 Live At The Apollo 10:05 Dirty Laundry Live 10:55 The IT Crowd 11:20 Archer 11:45 Portlandia: Cops Redesign; Catnap; Motorcycle; Feminist Bookstore 10th Anniversary 1:30 The Home Show 2:20 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: The Amazing Spider-Man 9:45 Movie: Lara Croft: Tomb Raider 11:45 The Goldbergs: Stop Arguing And Start Thanking 12:15 Titanic 2:15 Last Resort: Nuke It Out 3:30 It Is Written: How To Bond Best - Your Heart and Your Eyes 4:00 Home Shopping 5:00 Dr Oz: New Ayurvedic Fat Fighters!	6:30 Castle: Proof! You're Dead 7:30 Castle: Lucky Sliff 8:30 Movie: I Give it A Year 10:30 Body Of Proof: Hard Knocks 11:30 Wire In The Blood: The Colour Of Amber 1:30 Homes Under The Hammer 2:30 The Martha Stewart Show: The Perfect Turkey; Essential Recipes And Cooking Tips; Fall Wreaths And Breakfast Crepes 5:30 Harry's Practice	4:30 AFL Premiership Season Rnd 20: Port Adelaide v GWS 7:15 AFL Premiership Season Rnd 20: Geelong v Hawthorn 10:30 Movie: Trading Places 12:55 1000 Ways To Die 2:00 Super Factories: Caterpillar 3:00 Ice Pilots: A Tale Of Two Pilots 4:00 Ice Pilots: Ice Jam 5:00 Zoom TV 5:30 Home Shopping	6:00 Nine News Saturday 7:00 Madagascar 3: Europe's Most Wanted 8:50 Jack The Giant Slayer 11:10 The Rite 1:20 Main Event 3:20 Count Arthur Strong 3:45 Nine Presents 4:00 Skippy - The Bush Kangaroo 4:30 Global Shop 5:00 Leading The Way 5:30 Wesley Impact	6:30 Fiba Oceania Basketball Championships Australian Opals v New Zealand Tall Ferns 8:30 Fiba Oceania Basketball Championships Australian Boomers v New Zealand's Tall Blacks 10:30 The Enforcer 12:30 Cahill United States Marshal 2:30 Accident 4:30 Adventures In Rainbow Country 5:00 Duncan's Thai Kitchen 5:30 Postcards	3:30 The Amazing World Of Gumball 4:30 The Tom & Jerry Show 5:30 The Looney Tunes Show 6:00 Scooby-Do! Mystery Incorporated 6:30 Charlie & The Chocolate Factory 8:50 Stargy & Hutch 10:50 Scary Movie 2 12:30 The Following 3:30 Yu-Gi-Oh! Zexal 4:00 PAW Patrol 4:30 Robocar Poli 4:50 Thunderbirds 5:30 Yu-Gi-Oh! Classic	7:30 TBA 9:30 Transformers 12:20 48 Hours Shopping 4:30 It Is Written 5:00 Hour Of Power	6:00 Becker 7:00 Everybody Loves Raymond 8:30 The Graham Norton Show 9:30 Sex And The City 10:50 The Late Late Show with James Corden 11:50 The Loop 2:25 Becker 3:30 Everybody Loves Raymond 5:00 Home Shopping	6:30 Monster Jam 7:30 Moments Of Impact 8:30 48 Hours 9:30 Ross Noble's Australian Trip 10:30 Have You Been Paying Attention? 11:30 Movie Juice 12:00 Blokesworld 12:30 Elementary 1:30 Bellator MMA 3:30 Shred 4:00 Netball World Cup 2015	6:30 SBS World News 7:30 Wild West with Ray Mears 8:30 Room 101 - Noni Hazlehurst 9:00 Movie: Café Been Paying 11:30 Movie Juice 12:00 Blokesworld 12:30 Elementary 1:30 Bellator MMA 3:30 Shred 4:00 Netball World Cup 2015	6:00 Drive It! 6:30 TV Classics: William Tell 7:30 The Buccaneers 7:30 Unusual Concert Hall: Carel Kraeyenhof 8:30 Europe in Concert - Jessie J. & Eliza Doolittle 9:30 Songwriters Across Australia 10:00 Speaker TV 10:30 Underground Sounds Masterpieces 12:00 Movie: The Werewolf of Washington 1:30 Grainger's World 2:30 LPIEP 3:00 New Game Plus 3:30 Comics Live In Your Lounge Room 4:00 CEC Report 4:30 Craft Beer Crusaders 5:00 Drive it! 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, Kooka, Yo Gabba Gabba!, Chuggington, The Furberster 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	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 Spicks & Specks	6:30 Sofia The First	6:30 Amazing Facts	6:30 Hook Line and Sinker: Hervey Bay	6:30 Dora The Explorer	6:30 GEM Presents	7:00 Kids' WB	6:05 Victorious	6:05 Victorious	8:00 World Series	6:30 Chinese News	6:30 New Hope Adventist
9:00 Insiders	7:00 Spicks & Specks	7:00 Weekend Sunrise	7:00 Tomorrow's World	7:00 Michael Yousef	7:00 Weekend Today	6:40 Mutiny On The Buses	7:05 Looney Tunes Classics	6:30 Hillsong	6:30 Xialin	8:00 World Series	7:00 Al Jazeera	7:00 Camer Ted Armstrong
10:00 Offsiders	7:00 Spicks & Specks	11:00 The Morning Show - Weekend	7:30 Tomorrow's World	7:30 David Jeremiah	7:30 Home Shopping	6:40 Mutiny On The Buses	7:30 Captain Flinn and the Pirate	7:00 Joseph Prince: New Creation Church	7:00 Toasted TV	9:00 Movie Juice	7:00 Al Jazeera	7:30 Lighthouse
10:30 Australia Wide	7:00 Spicks & Specks	11:00 The Morning Show - Weekend	8:00 David Jeremiah	8:00 David Jeremiah	8:30 Home Shopping	7:00 Wide World Of Sports	7:30 Joel Osteen	7:30 Joel Osteen	7:05 Beyblade: Shogun Steel	9:30 Gillette World Sport	7:30 Italian News	8:00 Awesome Church
11:00 The World This Week	7:00 Spicks & Specks	11:30 TBA	8:30 It Is Written	9:30 Hook Line and Sinker: Cindy Maree	11:00 Sunday Footy Show	10:00 The Avengers	8:00 Everyday Gourmet With Justine Schofield	8:00 Everyday Gourmet With Justine Schofield	7:35 iCarly	10:00 Reel Action	8:40 French News	9:00 Inspire Church
11:30 Songs Of Praise: Creative Stratford	7:00 Spicks & Specks	4:00 Air Crash Investigations	9:30 Home And Away	10:00 AFL Game Day	1:00 Foo Fighters - Sonic Highways	11:00 The Avengers	8:30 Scooby-Doo! Mystery Incorporated	8:30 Scooby-Doo! Mystery Incorporated	8:05 Pokemon	10:30 The Rugby Championship 2015	9:30 Greek News	9:00 Inspire Church
12:00 Landline	7:00 Spicks & Specks	5:00 Seven News At 5	12:00 Travel Oz: Dubai 2 - Culture	11:30 Hook Line and Sinker: For The Record	2:00 Wild Life Of Tim Faulkner	10:00 The Avengers	9:00 The Looney Tunes Show	9:00 The Looney Tunes Show	8:25 Toasted TV	1:00 Netball World Cup	10:30 German News	9:30 Christian Media
1:00 Gardening	7:00 Spicks & Specks	5:30 Sydney Weekender	12:45 Travel Oz: Antartica: Mawson's Hut	12:30 AFL Premiership Season: Women's Exhibition Match	2:00 Wild Life Of Tim Faulkner	11:00 The Avengers	10:00 The Bolt Report	10:00 The Bolt Report	8:55 Toasted TV	3:00 The Bolt Report	11:00 Spanish News	10:00 C3 TV
Australia	7:00 Spicks & Specks	5:30 Sydney Weekender	1:30 Lyndey Milan's Taste Of Australia	2:30 AFL Premiership Season: Pre Game Rnd 20: Western Bulldogs v Melbourne	2:30 Life Challenge: Kokoda	11:00 The Avengers	11:00 The Talk	11:00 The Talk	9:00 Teen Titans Go!	4:00 Adventure	12:00 Arabic News	11:30 Restoring Dreams
1:30 The Mix	7:00 Spicks & Specks	5:30 Sydney Weekender	2:00 The Travel Bug: Japan (Takayama To Kanazawa)	3:00 AFL Premiership Season: Rnd 20: Western Bulldogs v Melbourne	3:30 Nine's Live Sunday Football	11:00 The Avengers	1:00 Good Chef	1:00 Good Chef	8:30 Studio 10: Sunday	4:00 Adventure	1:00 The World Game	12:00 Ultimate Fishing Show
2:00 The A-Z Of Contemporary Art: A-K	7:00 Spicks & Specks	5:30 Sydney Weekender	3:00 Going Bush: Paper Trail	3:00 AFL Premiership Season: Rnd 20: Western Bulldogs v Melbourne	3:30 Nine's Live Sunday Football	11:00 The Avengers	1:30 Getaway	1:30 Getaway	11:00 Power Rangers Dino Charge	4:30 Operation Repo	2:00 Speedweek	12:30 Turkish News
2:30 The Writers' Room	7:00 Spicks & Specks	5:30 Sydney Weekender	3:30 Borderline	3:00 AFL Premiership Season: Rnd 20: Western Bulldogs v Melbourne	3:30 Nine's Live Sunday Football	11:00 The Avengers	2:00 Ride Vaquero	2:00 Ride Vaquero	11:30 Rabbids Invasion	5:00 Hardliners	4:00 Football Asia	1:00 The World Game
3:00 Parkinson	7:00 Spicks & Specks	5:30 Sydney Weekender	4:00 Coastwatch	6:00 Seinfeld: The Burning	6:30 Movie: Grown Ups 2	11:00 The Avengers	4:00 Comes A Horseman	4:00 Comes A Horseman	12:00 The Tom & Jerry Show	5:00 Hardliners	4:30 Operation Repo	12:30 Turkish News
4:00 New Tricks	7:00 Spicks & Specks	5:30 Sydney Weekender	4:30 Building Extreme Alaska	6:00 Seinfeld: The Burning	6:30 Movie: Grown Ups 2	11:00 The Avengers	4:00 Comes A Horseman	4:00 Comes A Horseman	12:30 Spongebob Squarepants	5:00 Hardliners	5:00 World of Cycling 2015	1:00 The World Game
5:00 Last Tango In Halifax	7:00 Spicks & Specks	5:30 Sydney Weekender	5:30 The Border	6:30 Movie: Grown Ups 2	6:30 Movie: Grown Ups 2	11:00 The Avengers	2:00 The Crew	2:00 The Crew	1:30 Danoz	5:30 Becker	5:00 World of Cycling 2015	1:30 Shift
6:00 Would I Lie To You?	6:10 Peter Rabbit	6:00 Seven News	6:30 TBA	8:30 Movie: Elysium	6:00 Nine News Sunday	6:30 Antiques Roadshow	3:00 Green Lantern: The Animated Series	6:00 Family Feud	6:00 Family Feud	6:00 Family Feud	5:30 Hitler's People	6:00 Focus on Europe
6:30 Compass: Discovering Jesus	6:25 Curious George	7:00 Sunday Night	7:30 Escape To The Country: Cumbria	10:45 Movie: Escape From New York	7:00 The Voice	7:30 David Attenborough's Life	3:00 Young Justice	6:30 Bondi Rescue	6:30 The Simpsons	6:30 M*A*S*H	6:00 Focus on Europe	6:30 Vasilis's Garden
7:00 ABC News	6:50 Shaun The Sheep	8:00 Dancing With The Stars	8:30 Escape To The Country: Dorset	12:45 Locked Up Abroad: Philippine Terror	9:00 60 Minutes	8:30 The Fugitive	4:30 The Batman	7:00 Gold Coast Cops	7:00 Futurama	7:30 TBA	6:30 SBS World News	7:30 TV Classics
Sunday	7:00 Spicks & Specks	10:00 Bones: The Woman In The Whirlpool	9:30 Fantasy Homes by the Sea	2:00 Jail	10:10 A.D. Kingdom And Empire	11:10 Believe	5:30 Thunderbirds	7:30 Modern Family	7:30 The Simpsons	8:30 COPS: Adults Only	7:35 Petra: Lost City of Stone	8:00 Coffee Break
7:40 Grand Designs	7:30 Wild Things With Dominic Monaghan	10:00 Bones: The Woman In The Whirlpool	10:30 Best Houses Australia	2:30 Lizard Lick	11:10 Stalker	12:05 Station Six Sahara	Are Go	8:30 CSI: Cyber	8:30 Movie: Ferris Bueller's Day Off	9:30 Live MotoGP 2015	8:35 Uranium: Twisting the Dragon's Tail	8:30 Ozploitation
8:30 The Politician's Husband	8:15 Gruen Planet	11:00 Covert Affairs: Grounded	11:00 Building Extreme Alaska	3:30 Hook Line and Sinker: For The Record	12:05 Gotham	12:05 Station Six Sahara	6:00 Thunderbirds	9:30 NCIS	10:40 House Of Lies	11:00 Gillette World Sport	9:35 Sex and the West	8:30 Ozploitation
9:30 Silent Witness	8:30 Sunday Best: Crossfire Hurricane	12:00 Do No Harm: This Is How It Ends	12:00 Escape To The Country: Cumbria	3:30 Hook Line and Sinker: Hervey Bay	1:00 What Would You Do?	1:50 Nine Presents	Are Go	10:30 This Means War	11:15 The Late Late Show with James Corden	11:30 The Americans	11:00 Gillette World Sport	9:35 Sex and the West
10:30 Finding Vivian Maier	11:20 Bodysockers	1:00 Grey's Anatomy: Suddenly	1:00 Fantasy Homes by the Sea	4:30 Hook Line and Sinker: Hervey Bay	2:00 Spyforce	2:00 Spyforce	6:00 Thunderbirds	12:30 48 Hours	12:45 Star Trek: Next Generation	12:30 COPS: Adults Only	11:30 The Americans	11:00 Gillette World Sport
11:55 Caddie	12:10 Louis Theroux	2:00 Home Shopping	1:00 Fantasy Homes by the Sea	5:00 Hook Line and Sinker: Bermagui	3:00 Global Shop	3:00 Global Shop	Are Go	1:30 Home Shopping	12:45 Star Trek: Next Generation	12:30 COPS: Adults Only	12:30 COPS: Adults Only	11:30 The Americans
1:40 Crookhat And The Kulanada	1:10 Portlandia: Cops Redesign; Catnap;	3:00 NBC Today	2:00 Dr Oz: Laxative Abuse: The Hidden Dangers; All-Natural Appetite Suppressants To Stop Your Hunger!	5:00 Hook Line and Sinker: Cindy Maree	3:30 Skippy - The Bush Kangaroo	4:00 Good Morning America - Sunday	6:30 Arthur And The Invisibles	4:00 Life Today With James Robison	4:00 Life Today With James Robison	1:30 Netball World Cup 2015	12:20 Movie: White Night Wedding	12:30 COPS: Adults Only
2:00 The Politician's Husband	2:50 ABC News Update	4:00 NBC Meet The Press	2:00 Dr Oz: Laxative Abuse: The Hidden Dangers; All-Natural Appetite Suppressants To Stop Your Hunger!	5:30 Hook Line and Sinker: Cindy Maree	4:00 Good Morning America - Sunday	5:00 Nine's News	8:30 The Big Bang Theory	5:00 Home Shopping	5:00 Home Shopping	3:30 Netball World Cup 2015	12:20 Movie: Black and White	12:30 COPS: Adults Only
3:00 Finding Vivian Maier	5:00 The Numtums	5:30 Seven Early News	4:00 The Martha Stewart Show: Thanksgiving Side Dishes	5:30 Hook Line and Sinker: Cindy Maree	5:00 Nine's News	5:30 Today	9:30 Looper	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	11:00 Front Up
4:30 Eggheads: The Bowledovers	5:05 Driver Dan's Story Train	5:30 Seven Early News	5:00 The Martha Stewart Show: Thanksgiving Side Dishes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	12:00 Almost Human	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	11:30 Theatre Games Live
5:00 Order In The House	5:15 Guess With Jess	5:30 Seven Early News	5:00 The Martha Stewart Show: Fall Wreaths With Katie Holmes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	1:00 The Island Of Dr. Moreau	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	12:00 William Tell
	5:30 Angelina Ballerina	5:30 Seven Early News	5:00 The Martha Stewart Show: Fall Wreaths With Katie Holmes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	3:30 Yu-Gi-Oh! Zexal	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	12:00 William Tell
	5:40 Olivia	5:30 Seven Early News	5:00 The Martha Stewart Show: Fall Wreaths With Katie Holmes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	4:00 Paw Patrol	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	12:00 William Tell
	5:55 Bert & Ernie's	5:30 Seven Early News	5:00 The Martha Stewart Show: Fall Wreaths With Katie Holmes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	4:30 Robocar Poli	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	12:00 William Tell
		5:30 Seven Early News	5:00 The Martha Stewart Show: Fall Wreaths With Katie Holmes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	4:50 Thunderbirds	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	12:00 William Tell
		5:30 Seven Early News	5:00 The Martha Stewart Show: Fall Wreaths With Katie Holmes	5:30 Hook Line and Sinker: Cindy Maree	5:30 Today	5:30 Today	5:30 Yu-Gi-Oh! Classic	5:00 Home Shopping	5:00 Home Shopping	5:30 Gillette World Sport	4:00 Our Food - West of Scotland	12:00 William Tell

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Frantic Family Rescue
Tuesday, 11 August 2015 - 9:20pm
Premiere

#ourABC

Every day Australian families race frantically from one extra-curricular activity to the next – from athletics to music lessons, dance classes and math tutoring – the list is long and exhausting. When they aren't racing around they're glued to devices – the merry-go-round of distraction. The result is a generation of permanently frazzled families.

We meet three busy Australian families, trapped in the frenetic modern pace of family life. Their days are a whirlwind of activity. The result of which is a growing sense that the joy of life is getting lost in the race to achieve parenting perfection.

Enter Carl Honoré: on a mission to save Australian kids from our culture of over-parenting. And he comes with a plan. A plan he calls the 'slow fix'.

Over four weeks we follow Carl and his 'slow families' as they live the slow experiment. Is slow the answer for these three families? Can they fight the addiction to speed and go cold turkey on a diet of slow?



Sexy Beasts
Thursday, 13 August 2015 - 10:05pm
Series Premiere

In a world where attraction is often based purely on looks, and social media encourages us to choose a potential date in a split second, judged solely on someone's appearance, *Sexy Beasts* uses Hollywood prosthetics to transform people before they go on a first date, taking their real looks out of the equation. Using personality alone, can they find that elusive spark, and meet 'The One'?

During each episode, we see either a woman or man vetting three potential love interests, with each person wearing their own bespoke prosthetic disguise. The choice of 'outfit' has a personal story behind it that reveals a bit about their character. Will Alex the demon find love with Belinda the monster, Charlotte the werewolf, or Vicky the alien? Can Bethany the witch find 'Mr Right' when she dates franken Josh, old man Scott, or Ricardo, the weird purple thing?

It won't be easy - these dates happen in the real world, so prepare to see a demon try and find monster love in a cheese shop; and an old man trying to woo a witch on the dodgems, whilst bemused members of the public look on.

Everyone's real faces are only revealed to the other participants in the show and to us at home after all the dating is done. Having picked their favourite, have the singles gone for someone that could be their usual 'type', or has dating based solely on personality led them down a different route? And, have they now found the beginnings of true love as a result?



Uranium: Twisting the Dragon's Tail
Sunday, 16 August - 8.35pm
New Episode

Twisting the Dragon's Tail tells the incredible story of the rock that shaped the modern world. From its creation in an exploding star before Earth existed, to its deployment in nuclear weapons, nuclear power and nuclear medicine, this three-part series reveals how, in a single generation, uranium went from something virtually unknown to becoming the most desirable and terrifying rock on Earth.

The series is presented by Australian-born, Canadian-raised physicist Dr Derek Muller, creator of the hit YouTube science channel Veritasium. Throughout his journey, which includes ventures through nine countries, Derek unleashes a historian's passion for detail, a physicist's understanding of science, and a journalist's instinct to uncover a fresh look at this controversial subject and reveal a complex, poignant story.



AUSSIE PUMP INDIAN CONNECTION

One of the country's leading manufacturers and distributors, Australian Pumps Industries, recently welcomed Mal Patel to the organisation. Mal is the grandson of the founder of New Sagar Submersibles. As such he has grown up as one of three generations of pump engineers in the sub-continent.

The company, located in the district of Mansa in Gujarat State played a major part in bringing deep well submersible pumps to agriculture and village water supply. "The introduction of deep well submersibles changed the economy and productivity of the area enabling the growing of cotton, grains and other produce" said Mal Patel.

Australian Pump recognised the relevance of the growing opportunities in India. With a population in excess of a billion and an increasing demand for more sophisticated first world products, the company sees its range of pumps and pressure cleaners being in demand in the near future.

Australian Pump has the simple aim of providing the best pumps and pressure cleaners of their kind in the world. The company acknowledges that's a hugely ambitious target but one that provides opportunities for a genuine global approach. Aussie Pump brand products are sold widely in the Middle East, Africa, the USA and even Europe.

Their products are often competing with third world equipment where costs rather than price are priorities. "In spite of that we always find there are

key markets in government, construction, mining or even professional farming where the customer is far more concerned with efficiency and performance than price" said Aussie Pump's Product Manager, Brad Farrugia.

The company claims to have pressure cleaners operating in copper mines in the Andes, trash pumps in construction jobs in Mauritania, fire fighting pumps in Europe and Africa and even pressure cleaners and pumps in mining projects in Mongolia.

Mal Patel joins Brad's team of Distributor Support. After that, as an "International" trainee. He will move onto the engineering department, production, and logistics, eventually working his way right through the organisation's systems.

"The impending free trade deal with India will be a huge step forward for Aussie Pumps. India sees 20 million people a year leave the land and move into the cities creating a new middle class and playing a major role in India's growing economy" said Farrugia.

With India's growing requirement for raw materials and more sophisticated equipment, Australian Pump is already laying the ground work to help in the creation of India's 100 brand new cities!

Further information about career opportunities at Aussie Pumps is available from the Australian Pump website www.aussiepumps.com.au



Brad Farrugia, Mal Patel and Shanik Lokuge support the national Aussie Gold Distributor network from the Castle Hill head office.



Secret Garden

by Laura Rittenhouse,
www.laurarittenhouse.com

A few years ago I joined a farm gate tour which included a picnic lunch at the Secret Garden on the UWS campus. I came away from that day with two thoughts: the Hawkesbury is a lovely area and I wanted a Secret Garden in my neighbourhood! Now that I live in the Hawkesbury get to enjoy both.

The Macquarie Towns Garden Club held an excursion at the Secret Garden in July and, based on the turnout, I can safely say I'm not the only one to appreciate what the Secret Garden has to offer.

This not-so-secret garden has been around for almost 20 years and has built up a thriving nursery stocking hundreds of plants. I don't think I've ever visited without buying something. My first purchase of three strawberry plants continues to spread and produce back in my old stomping grounds on the North Shore. But it's not the fact that the plants are healthy

and suited for the local climate that keeps me coming back, it's the park-like atmosphere that encourages me to linger plus the adorable resident pigs, ducks, chickens and goat that compel me to return. This garden is one of those gems that can be enjoyed by people of any background or age and has likely sparked the gardening bug in more than one visitor.

Why not visit the Secret Garden at their Spring Fair on Saturday, 12 September, get inspired and come along to a garden club meeting? On September 3rd, Leif Rosengaard speaks to the club about Bonsai.

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 or feedback for me, send it c/o: contribute@hillstohawkesbury.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 Landline 11:30 Australia Wide 11:30 Compass 12:00 ABC News At Noon 1:00 Grand Designs 2:00 Parliament Question Time 3:00 Catalyst 3:30 TBA 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!, Octonants 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, Pozoyn, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lali-Lali's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoopla doopla!, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Octonants, Peg + Cat	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: A Teacher's Crime 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 NBC Today 10:30 NBC Meet The Press 11:30 Best Houses Australia 12:00 Chicago Fire: A Power Move 2:00 Revenge: Suspicion 3:00 Animal Squad 3:30 Escape To The Country: Dorset 4:30 60 Minute Makeover: Romford 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Norfolk 26	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Mickey Mouse Clubhouse 8:30 Art Attack: Construction 9:00 Win, Lose or Draw 9:30 Randy Cunningham 10:00 I Didn't Do It 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm 1:00 Grimm: The Ungrateful Dead 2:00 Marvel's Agents Of S.H.I.E.L.D.: The Magical Place 3:00 American Chainsaw	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 12:00 The Duke Wore Jeans 2:00 Alive & Cooking 2:30 Antiques Roadshow 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 Move It 8:00 Kitchen Whiz 8:30 Power Rangers Dino Charge 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Green Lantern: The Animated Series 11:00 Scooby-Do! Mystery Incorporated 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Ground Floor 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 The Home Team 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 Couch Time 4:00 Cheers 4:30 Frasier	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Scaredy Squirrel 7:05 Wakfu 7:35 Victorious 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrawy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 JAG 2:00 Judging Amy 3:00 Laverne & Shirley 3:30 Everybody Loves Raymond 3:55 Couch Time 4:00 Cheers 4:30 Frasier	6:00 Home Shopping 8:00 ET's Fishing Classics 8:30 The Home Team 9:00 Apex Predators 10:00 Totally Wild 10:30 Let's Do Coffee 11:00 M*A*S*H 12:00 The Living Room 1:00 Rush 2:00 Late Show With David Letterman 3:00 Undercover Boss 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 - Stary Night in Maastricht 1:55 Celtic Woman: World 3:00 Al Jazeera News Cuisine 3:30 Hairy Bikers' Asian Adventure - Thailand 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 Punjab 8:00 Enquiring Minds 8:30 Master Class in Oils 9:00 Move It or Lose It 9:30 Journal 10:00 Flash Gordon 10:30 Conquers the Universe 10:30 Movie: Of Human Bondage 12:00 Vasilis 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: Fountains Abbey 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 Australia On Trial 12:25 Parliament Question Time 1:25 Movie: Some Like It Hot 3:25 Movie: Bride By Mistake 5:00 The New Inventors 5:30 Eggheads: Shabba	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 9:30 Louis Theroux 10:30 Tonight Show Starring Jimmy Fallon 11:15 Crossfire Hurricane 1:10 Doctor Who: Nightmare In Silver 1:55 The Tonight Show Starring Jimmy Fallon 2:35 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 Highway Patrol 8:00 Motorway Patrol 8:30 Ramsay's Hotel Hell: Hotel Chester 9:30 The Blacklist: Vanessa Cruz 11:30 Hannibal: Futamoto 12:30 Desperate Housewives: What's The Good Of Being Good 1:30 Home Shopping 3:00 Sons And Daughters 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	7:30 Cities of the Underworld: Hitler's Underground Lair: Berlin 8:30 A Touch Of Frost 10:50 Wire In The Blood 1:00 Bargain Hunt: Norfolk 26 2:00 Homes Under The Hammer 3:00 Dr Oz: The Most Eligible Doctors Reveal Their Best Health Secrets! 4:00 RSPCA Animal Rescue 4:30 The Martha Stewart Show: The Chocolate Show 5:30 Harry's Practice	3:30 Big Shrimpin' 4:30 Swamp Men 5:30 High Tech Rednecks 6:30 Mythbusters 7:30 Pawn Stars 8:30 American Restoration 9:30 American Pickers 11:30 World's Worst Tenants 12:00 SportsFan Clubhouse 1:00 Talking Footy 2:00 Jail 3:00 Scare Tactics: UFO Abduction; Bigfoot Attacks 4:00 Swamp Men 5:00 Big Shrimpin'	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 TBA 9:40 Two And A Half Men 10:10 Mom 10:40 2 Broke Girls 11:35 Underbelly: The Golden Mile 12:35 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 Sphere 11:25 Absolutely Fabulous 12:05 Footy Classified 1:05 Dangerman 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 Scooby-Do! Mystery Incorporated 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 TBA 11:30 The Originals 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 The Project 7:30 The Great Australian Spelling Bee 8:30 Have You Been Paying Attention? 9:30 NCIS: New Orleans 10:30 Under The Dome 11:30 The Project 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	5:00 King Of Queens 5:30 Becker 6:00 Family Feud 6:30 Neighbours 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 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 Undercover Boss 9:30 Movie: The Peacemaker 12:00 Home Shopping 2:00 MotoGP 2015 3:30 Bokesworld 4:00 Hardliners 4:30 Undercover Boss 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:35 World's Best Diet 8:30 The Island with Bear Grylls: Women's Island; Men's Island 10:25 SBS World News 11:00 Bosch - Fugazi 11:55 Movie: Ten Winters 1:45 Community - Celebrity Pharmacology 212; Advanced Dungeons & Dragons 2:35 Coppers 3:30 24 Hours in Emergency 4:25 Food Lovers' Guide to Australia 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Flash Gordon 6:00 Nigella Bites Conquers the Universe 6:30 Euromaxx 7:00 Joy's World 7:30 4WD TV 8:00 Classic 4WD TV 8:30 Just2wheelz 9:00 Australian Fishing Network 9:30 You Fish 10:00 Al Jazeera & Reports 11:30 In Good Shape 12:00 All you Need 12:30 Theatre Games Live 1:00 Movie: Constantine and the Cross 3:00 Shift 3:30 Movie: Wacky Taxi 5:00 Front Up 5:30 Awesome Church



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THROUGH STATE MP'S EYES by David Elliott, Member for Baulkham Hills

NSW GOVERNMENT SEEKS YOUNG ADVISORS

Local young people can now nominate for the 2015 NSW Youth Advisory Council (YAC).

Council members come from all over the State and are broadly representative of the diversity of young people living in NSW in terms of gender, Aboriginality, and cultural and linguistic background.

The Youth Advisory Council is one of the most effective ways for young people to be involved in Government decision making.

The Youth Advisory Council makes an important and valuable contribution to the NSW Government's work and the way we deliver services for young people in NSW.

Baulkham Hills is home to many outstanding and well qualified young people and I encourage them all to apply for the Council.

The 12 member Council provides a direct avenue of communication between young people and the NSW Government.

Young people with experience in youth and community organisations or who have particular life experience that would further enrich policy conversations are encouraged to apply.

Information and application forms for membership of the Youth Advisory Council are available on the Advocate's website at www.acyp.nsw.gov.au from the Advocate acyp@acyp.nsw.gov.au or (02) 9286 7231. Applications close at 5:00pm Monday 31st of August 2015.

BETTER OUTCOMES FOR YOUNG PEOPLE

Local organisations can now apply for funding under the next round of the Youth Opportunities Program.

The NSW Government's Youth Opportunities Program provides grants to organisations to deliver youth-led and youth-driven community projects that have a positive development focus.

Up to \$1 million will be awarded to projects that engage

young people to lead and increase community participation.

The NSW Government is encouraging organisations and community groups to submit projects aimed at empowering and increasing the confidence of young people across the state to reach their full potential.

This is the NSW Government supporting grass-roots projects focused on making a positive difference to the lives of many young people including those from Aboriginal and culturally and linguistically diverse backgrounds, disadvantaged youth and those with a disability.

Since the Youth Opportunities program launched in 2012 almost \$6 million has been granted to more than 85 youth development projects.

Information relating to the program guidelines, the application process and dates for the workshops are available at: www.youth.nsw.gov.au. The on-line application process closes at 5:00pm on Monday 31 August 2015.

VICTIMS OF CRIME ASSESSMENT DATE ANNOUNCED

Victims of crime who were in the transition between the old Victims Compensation Scheme and the new Victims Support Scheme can have their claims reassessed from September 2015.

A key part of the justice system is ensuring the victims of crime are treated with care, compassion and respect. It was clear from talking to victims and stakeholders, that elements of the transition of these claims from the old Victims Compensation Scheme to the new Victims Support Scheme created some inequities.

The NSW Government has acted to address those inequities. We have kept our promise to give people who were affected by the transition the chance to have their claims reassessed.

All eligible victims will receive written notification from the Department of Justice during September outlining the application process.

Applicants must apply before 31 August 2016 to have their claim reassessed.

Applicants will have six months from the date of their application to provide sufficient evidence as required under the old scheme.

In cases where they received more support from the transitional scheme, they will be given the opportunity to withdraw their application.

The cost of reassessing transitional claims and making compensation payments to claimants has been accounted for in the NSW Budget.

The Victims Support Scheme has made it faster and easier for people to get help when they need it, not months or years later. People now receive payments within a month rather than 31 months under the old scheme. People can also access extensive counselling by qualified professionals.

For more information call the Victims Support Line on (02) 8688 6600, email vsrp@justice.nsw.gov.au or visit the Victims Services website at <http://www.victimsservices.justice.nsw.gov.au/>

SENIORS WEEK GRANTS OPEN

Local community groups can now apply for funding through the

2016 NSW Seniors Week grants program.

The NSW Seniors Week festival which will be held from Friday, 1 April to Sunday, 10 April 2016 is the largest festival for seniors in the Southern Hemisphere, with over 300,000 seniors participating in events across NSW each year.

Seniors Week grants support local councils, volunteer groups and community organisations with the costs of developing and hosting NSW Seniors Week events and activities in their local communities.

There are two funding categories available in 2016:

- Grants of up to \$1,000 to deliver local events or activities in their communities, and
- Grants from \$1,001 to \$5,000 for larger events which focus on this year's theme.

The theme of the 2016 NSW Seniors Week is 'Health Living' and organisations are encouraged to hold events and activities that inform seniors about the importance of staying healthy and active.

Applications for the 2016 NSW Seniors Week grants program close at 5.00pm on Friday, 4 September 2015. Applications are to be submitted online at www.nswseniorsweek.com.au.



David Elliott MP

STATE MEMBER FOR BAULKHAM HILLS



Please contact me if you have concerns or need help relating to


- Roads and transport services
- Hospital waiting lists and health services
- Education and school facilities
- Crime and safety concerns
- Planning and environment issues
- Other State Government matters including JP applications and congratulatory birthday and wedding messages.

The electorate of Baulkham Hills includes Baulkham Hills, Bella Vista, Northmead, Winston Hills and parts of Kellyville, Castle Hill, Carlingford, North Rocks, Old Toongabbie and North Parramatta.


For any enquiries or help, please contact me on 9686 3110, email baulkhamhills@parliament.nsw.gov.au or call into Suite 1, 25-33 Old Northern Road, Baulkham Hills



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 Parliament Question Time 3:10 Catalyst 3:40 TBA 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow: Stowe 1	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: Neighbourhood, Poochy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lala-Lah's Adventures, Abney & Teal, Mouk, Elmo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, 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: Foreclosed 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 NBC Today 12:00 Chicago Fire: No Regrets 2:00 Royal Pains: Hammer Time 3:00 Animal Squad 3:30 Dr Oz: Ultimate Medical Myth Busted! 4:30 60 Minute Makeover: Cockfosters 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Dorking 23 7:30 The Vicar Of Dibley - New Years 2007	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Mickey Mouse Clubhouse 8:30 Art Attack: Birds 9:00 Win, Lose or Draw 9:30 Randy Cunningham 10:00 I Didn't Do It 10:30 Crash & Bernstein 11:00 The Amazing Race 5:30 Homes Under The Hammer 2:00 Marvel's Agents Of S.H.I.E.L.D 3:00 American Chainsaw 3:30 Big Shrimpin' 4:30 Swamp Men	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 1:30 The Hotplate 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 9:00 Surprises 9:30 Danoz 10:30 Alive & Cooking 11:00 Friends 12:00 Home At Seven 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 Move It 8:00 Kitchen Whiz 8:30 Rabbids Invasion 9:00 Home Shopping 9:30 Danoz 10:30 Alive & Cooking 11:00 Friends 12:00 Home At Seven 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 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 The Home Team 1:30 Entertainment Tonight 2:00 The Doctors 3:00 Judge Judy 3:30 Good Chef 4:00 Extra 4:30 TMZ 5:00 TMZ Live 6:00 The Middle 6:30 Tom & Jerry Show 7:00 Spongebob Squarepants 7:30 Rabbids Invasion	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Scaredy Squirrel 7:05 Wakfu 7:35 Victorious 8:00 Totally Wild 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrawy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 JAG 2:00 Judging Amy 3:00 Laverne & Shirley 3:30 Everybody Loves Raymond 4:00 Cheers 4:30 Frasier 5:00 King Of Queens	6:00 Home Shopping 8:00 Robson's Extreme Fishing Challenge 9:00 Untamed Territory 10:00 Totally Wild 10:30 Gillette World Sport 11:00 M*A*S*H 12:00 The Living Room 1:00 Rush 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 8:10 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 Tales of the Unexpected 4:30 Wildest Arctic	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: The Brain Machine 12:00 Carol Kraayenhof 1:00 Jessie J. and Eliza Doolittle 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 In Good Shape 5:00 Russian News Time 5:30 Sightsee TV 6:00 6:00 Serials - Flaming Frontiers
7:00 ABC News 7:30 7.30 8:00 Foreign Correspondent 8:30 Kevin McCloud's Escape To The Wild: Belize 9:20 Sperm Donors Anonymous 10:20 Lateline 10:50 The Business 11:10 The Hour 12:10 Parliament Question Time: The Senate 1:10 Movie: Let's Make Music 2:30 The Cut: Picking The Seam 3:25 The Hour 4:30 The New Inventors: Grand Final 5:30 Eggheads: Severn Stars	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 Good Game 9:05 The Keith Lemon Sketch Show 9:30 Humans 10:50 The Business 11:10 The Hour 12:10 Parliament Question Time: The Senate 1:10 Movie: Let's Make Music 2:30 The Cut: Picking The Seam 3:25 The Hour 4:30 The New Inventors: Grand Final 5:30 Eggheads: Severn Stars	6:00 Seven News 7:00 Home & Away 7:30 TBA 8:30 Winners & Losers: Through The Looking Glass 10:30 Ramsay's Kitchen Nightmares 11:30 Mistresses: Friends With Benefits 12:30 It's Always Sunny In Philadelphia: Frank Retires 12:15 Alan Carr 1:00 Home Shopping 3:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	8:30 Foyle's War: Among The Few 10:50 Downton Abbey 12:00 Bargain Hunt: Dorking 23 1:00 Homes Under The Hammer 2:00 Dr Oz: The Myths Even Gynecologists Believe!: Dr. Oz Answers Your Most Awkward Questions Of All Time! 4:00 RSPCA Animal Rescue 4:30 The Martha Stewart Show: Modernist Cooking With Chef Nathan Myhrvold 5:30 Harry's Practice	5:30 High Tech Rednecks 6:30 Mythbusters 7:30 Highway Patrol 8:00 Motorway Patrol 8:30 Special: Megastructures: Singapore's Vegas 9:30 Prospectors: Risky Business 10:30 Bomb Hunters 11:30 American Stuffers 1:00 Extra Afterburn 1:30 Jail 2:30 Scare Tactics: Limo In Area 51 3:00 Scare Tactics: Meteor Man 3:30 Motorway Patrol 4:00 Swamp Men 5:00 Big Shrimpin'	6:00 Nine News 7:00 A Current Affair 7:30 The Hotplate 8:40 The Truth About Fat 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 Dangerman 2:00 Home Shopping 2:30 Global Shop 4:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	4:00 Kids' Wb 4:05 Looney Tunes Classics 4:30 Scooby-Do! Mystery Incorporated 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 Mike & Molly 7:30 Auction Hunters 8:30 Constantine 11:00 TBA 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	6:00 Family Feud 6:30 The Project 7:30 The Great Australian Spelling Bee 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	5:30 Becker 6:00 Family Feud 6:30 The Project 7:00 Neighbours 7:00 Everybody Loves Raymond 7:30 Rules Of Engagement 8:30 Bondi Ink Tattoo 9:30 Movie: The Brady Bunch 11:25 The Late Late Show with James Corden 12:25 Glee 1:25 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 Great Bear Stakeout With Billy Connolly 8:30 David Attenborough's Madagascar 9:30 Movie: Cast Away 12:20 Those Who Kill 1:20 Home Shopping 2:20 Moments Of Impact 4:20 RPM Moment Boss 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 Rectify - Hoorah 11:20 The Young Montalbano 1:30 Movie: Eyes Wide Open 3:15 Who Do You Think You Are? 4:15 Les Conquerants 4:30 UEFA Champions League 2015-2016 5:00 Korean News 5:30 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 Craft Beer Crusaders 10:00 Al Jazeera English 10:30 The CEC Report 11:00 Vasilis's Garden to Kitchen 12:30 LPEP 1:30 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: Of Human Bondage 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 Australian Story 10:30 Foreign Correspondent 11:00 Orbit 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 Parliament Question Time 3:00 Catalyst 3:30 TBA 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 7:30 7.30	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, Poochy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lali-Lah's Adventures, Abney & Teal, Mouk, Elmo 5:00 ABC News: The Musical, Q Pootle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pyjamas, 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 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 NBC Today 12:00 Chicago Fire: Shoved In My Face 2:00 Private Practice: The Standing Eight 3:00 Animal Squad: Skinny Rottweiler 3:30 Dr Oz: Dr. Oz's Detox Plan! 4:30 60 Minute Makeover: Wakefield 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Malvern 10 7:30 Doc Martin: Aromatherapy	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Mickey Mouse Clubhouse 12:00 Chicago Fire: Art Attack 9:00 Win, Lose or Draw 9:30 Randy Cunningham 10:00 I Didn't Do It 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm 1:00 Grimm 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Mounted In Alaska 3:30 Big Shrimpin' 4:30 Swamp Men	6:00 Today 9:00 Mornings 11:30 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 1:30 The Hotplate 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 The Big Job 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 Move It 8:00 Kitchen Whiz 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Green Lantern: The Animated Series 11:00 Scooby-Doo! Mystery Incorporated 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Mike & Molly 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 TBA 12:00 Dr Phil 1:00 The Home Team 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 5:00 King Of Queens	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Scaredy Squirrel 7:05 Wakfu 7:35 Victorious 8:00 Scope 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrawy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 JAG 2:00 Judging Amy 3:00 Everybody Loves Raymond 3:30 Everybody Loves Raymond 4:00 Cheers 4:30 Frasier 5:00 King Of Queens	6:00 Home Shopping 8:00 The Home Team 8:30 MotoGP 2015 10:00 Totally Wild 10:30 Adventure Angler 11:00 M*A*S*H 12:00 The Living Room 1:00 Rush 2:00 Late Show With David Letterman 3:00 Moments Of Impact 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 Greece! The Islands - Peloponnese 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 Sixties	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 Flaming Frontiers 10:30 Movie: American Empire 12:00 Regional Italian Cuisine 12:30 Corey's Wild World Wildlife Adventures 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 William Tell 5:30 The Buccaneers
8:00 Who's Been Sleeping In My House?: Bundaberg 8:30 The Honourable Woman 9:30 Catastrophe 10:00 Stories I Want To Tell You In Person 10:30 Lateline 11:00 The Business 11:15 Dirty Laundry 11:55 Bluestone 42 12:25 Parliament Question Time 1:25 National Press Club Address 2:35 The Jonathan Ross Show 3:25 The Honourable Woman 4:25 Catastrophe 5:00 The New Inventors 5:30 Eggheads: KWIQ	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 8:45 The Weekly With Charlie Pickering 9:15 The IT Crowd 9:40 Utopia: A Fresh Start 10:10 Sexy Beasts 10:40 Tonight Show Starring Jimmy Fallon 11:20 Good Game 11:50 Beauty & The Beast 12:40 Doctor Who 1:55 Tonight Show Starring Jimmy Fallon 2:40 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 Restaurant Revolution 10:00 TBA 11:00 TBA 12:00 Zero Hour: Suspension 1:00 Home Shopping 3:30 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	8:30 Lewis: The Lions Of Nemea 10:30 Mr Selfridge 11:30 Special: Megastuctures: World's Tallest TV Tower 12:30 Bargain Hunt: Malvern 10 1:30 Dr Oz: Fat Melters! 2:30 Dr Oz: The HCG Shot For Weight Loss: Is It Right For You? 3:30 Special: Megastuctures: World's Tallest TV Tower 4:30 The Martha Stewart Show: Cooking With Peter Facinelli 5:30 Home Shopping	5:30 High Tech Rednecks 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 2:30 Scare Tactics: Ghost Train; UFO Trailer Attack 3:30 Swamp Men 4:30 Big Shrimpin' 5:30 Home Shopping	6:00 Nine News 7:00 A Current Affair 7:30 Nine's Live Thursdays Night Football 9:40 The Footy Show 1:40 NINE Presents 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: Fifth Test - Australia V England 10:30 The Ashes: Fifth Test - Australia V England 3:00 Global Shop 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	4:05 Looney Tunes Classics 4:30 Scooby-Doo! Mystery Incorporated 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Adventure Time 7:00 Mike & Molly 7:30 TBA 9:40 Big School 10:50 Little Britain 12:00 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 The Project 7:30 The Bachelor Australia 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 5:00 Home Shopping	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 Movie: Pretty In Pink 11:00 Bondi Ink Tattoo 12:00 The Late Late Show with James Corden 1:00 Everybody Loves Raymond 1:30 Frasier 2:00 Touched By An Angel 3:00 Medium 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 7:30 Last Man Standing 8:30 The Millers 9:00 Movie: The Phantom 11:00 Blokesworld 11:30 Unsupervised 12:00 The League 12:30 Home Shopping 2:00 Maxim TV 3:00 Ross Kemp: Back On The Frontline 4:00 Monster Jam 5:00 Gillette World Sport 5:30 Whacked Out Sports	5:30 Letters and Numbers 6:00 Nigella Bites 6:30 SBS World News 7:30 Luke Nguyen's France - Paris 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 The Manor 12:35 Movie: The First Grader 2:30 Duck Quacks Don't Echo 3:20 Meet My Wild Friends 4:25 Food Lovers' Guide to Australia 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Flaming Frontiers 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 Real 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: The Naked Kiss 2:30 Comics Live In Your Lounge Room 3:00 Theatre Games Live 3:30 Movie: A Walking Nightmare 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 Compass 12:00 ABC News At Noon 1:00 Antiques Roadshow 2:00 The Time Of Our Lives 3:00 Catalyst 3:40 TBA 4:30 Eggheads 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Antiques Roadshow: Chatham 1	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, Poochy, Sarah & Duck, Bing, Five Minutes More, Cloudbabies, Night Garden 12:00 Sesame Street, Play School, Humf, Postman Pat, Lala-Lah's Adventures, Abney & Teal, Mouk, Elmo 5:00 ABC News: The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pajamas, 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: Sam Churchill: Search For A Homeless Man 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 NBC Today 12:00 Chicago Fire: Tonight's The Night 2:00 Homes Under The Hammer 3:00 Animal Squad: Horse With Strangles 3:30 Dr Oz: What's In America's Food And Drink Products? Banned In Other 4:30 60 Minute Makeover: Milton Keynes 5:30 Homes Under The Hammer 6:30 Bargain Hunt: Epsom 20 7:30 Dog Patrol: Dog Patrol S4: Ep 7	6:00 Home Shopping 7:00 Sheriff Callie's Wild West 7:30 Jake And The Never Land Pirates 8:00 Mickey Mouse Clubhouse 8:30 Art Attack 9:00 Win, Lose or Draw 9:30 Randy Cunningham 10:00 I Didn't Do It 10:30 Crash & Bernstein 11:00 The Amazing Race 12:00 Do No Harm 1:00 Grimm 2:00 Marvel's Agents Of S.H.I.E.L.D. 3:00 Big Shrimpin' 4:00 Swamp Men	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 Spongebob Squarepants 10:30 Alive & Cooking 11:00 Friends 12:00 Carry On Cleo 1:50 GEM Presents 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 Move It 8:00 Kitchen Whiz 8:30 Rabbids Invasion 9:00 Surprises 9:30 Spongebob Squarepants 10:00 The Batman 10:30 Green Lantern: The Animated Series 11:00 Scooby-Doo! Mystery Incorporated 11:30 Yu-Gi-Oh! Classic 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Mike & Molly 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 The Home Team 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 4:00 Kids' Wb	6:00 Toasted TV 6:05 Beyblade Metal Fury 6:30 Scaredy Squirrel 7:05 Wakfu 7:35 Victorious 8:00 Vic The Viking 8:35 Littlest Petshop 9:00 My Little Pony 9:30 Wurrayhy 10:00 Touched By An Angel 11:00 Mork & Mindy 11:30 Frasier 12:00 Medium 1:00 Jag 2:00 Judging Amy 3:00 Laverne & Shirley 3:30 Everybody Loves Raymond 4:00 Cheers 4:30 Frasier	6:00 Home Shopping 8:00 Undercover Boss 9:00 Life Underground 10:00 Totally Wild 10:30 Hardliners 11:00 M*A*S*H 12:00 The Living Room 1:00 Rush 2:00 Late Show With David Letterman 3:00 Undercover Boss 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 4:25 Silvia Colloca 4:30 Backroads USA	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 Flaming Frontiers 10:30 Movie: Too Many Women 11:00 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 3:00 Our Time 3:00 Move it or Lose It 3:30 Journal 4:00 Jumping Jellybeans 4:30 All you Need 5:00 Life Links 5:30 Enquiring Minds
7:00 ABC News 7:30 7.30 8:00 Midsomer Murders: Dark Secrets 9:30 Line Of Duty 10:30 Lateline 11:00 The Business 11:20 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 40 Year Old Virgins 10:25 Tonight Show Starring Jimmy Fallon 11:10 Sex Rehab With Dr Drew 11:55 Doctor Who 12:40 That '70s Show 1:05 Tonight Show Starring Jimmy Fallon 1:45 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 10:45 Movie: Edge Of Darkness 1:10 Last Resort: Big Chicken Dinner 2:30 Malibu Country: Bro Code 3:00 Home Shopping 4:00 NBC Today	8:00 Animal Airport 8:30 Escape To The Country: Lincolnshire 9:30 Escape To The Country: Somerset 10:30 Best House On The Street: Guildford 11:30 Best Houses Australia 12:00 Homes Under The Hammer 1:00 Bargain Hunt: Epsom 20 2:00 Dr Oz: What Your Face Reveals About Your Health 3:00 Dr Oz: Dr. Oz's Flat Belly Plan! 4:00 Harry's Practice 4:30 The Martha Stewart Show: Turkey, Sides And Pie 5:30 Home Shopping	5:00 How I Met Your Mother 5:30 Hard Knocks 2015 7:00 AFL Premiership Season: Pre Game Rnd 21: Hawthorn v Port Adelaide 7:30 AFL Premiership Season: Rnd 21: Hawthorn v Port Adelaide 11:00 Movie: Centurion 1:05 Movie: Insidious 3:30 Jail 4:00 Swamp Men: Shootout 5:00 Big Shrimpin': The Fleet's Fortune	6:00 Nine News 7:00 A Current Affair 7:30 Nine's Live Friday Night Football 10:00 TBA 12:30 The Men Who Stare At Goats 2:30 Spyforce 3:30 Extra 4:00 Global Shop 4:30 Good Morning America	6:30 Friends 7:30 The Ashes: Fifth Test - Australia V England 10:30 The Ashes: Fifth Test - Australia V England 3:00 I Believe In You 5:00 Alive & Cooking 5:30 Friends	4:05 Looney Tunes Classics 4:30 Scooby-Doo! Mystery Incorporated 5:00 Ben 10: Omniverse 5:30 Teen Titans Go! 6:00 Regular Show 6:30 Tom & Jerry Meet Sherlock Holmes 7:30 TBA 9:30 TBA 11:30 TBA 12:00 The Following 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 The Living Room 8:30 TBA 9:30 Have You Been Paying Attention? 10:30 Two Little Boys 12:40 The Doctors 1:30 Home Shopping 12:35 The Crazy Ones 1:05 Everybody Loves Raymond 1:35 Frasier 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 TBA 9:30 Movie: Universal Soldier 11:35 Bellator MMA 1:30 Home Shopping 2:00 COPS Back On The Frontline 4:00 Adventure Angler 4:30 Undercover Boss 5:30 Whacked Out Sports	5:00 Room 101 - Noni Hazlehurst 5:30 Letters and Numbers 6:00 Raymond Blanc 6:30 SBS World News 7:30 Richard III: The Burial of the King 8:25 The Crusades 9:25 Who Do You Think You Are? 10:25 SBS World News 11:05 Movie: Red Slate 12:40 Movie: Salami Aleikum 2:30 Movie: La Vie en Rose 5:00 Korean News 5:35 Japanese News	6:00 Six O'Clock Serials - Flaming Frontiers 6:30 Euromaxx 7:00 Sightsee TV 7:30 That's Fishing 8:00 Ultimate Fishing Show 8:30 Grainger's World - Australias Deadliest Destinations Ep. 3 9:30 Guitar Gods and Masterpieces 10:00 Al Jazeera English 10:30 The Shlocky Horror Picture: Manos: The Hands of Fate 12:30 Universal Concert Hall: Carel Kraayenhof 1:30 Jessie J. and Eliza Doolittle 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: Clair Browne, Simon Tedeschi, Luke McGregor and Tom Gleeson 12:00 First Footprints: The Biggest Estate: 9,000 Years Ago To 1788 1:00 Antiques Roadshow: Chatham 1 2:00 Midsomer Murders: Dark Secrets 3:30 The Day The Shark Came In 4:30 Landline 5:00 Inspector George Gently	6:00 Franklin And Friends, Kooka, Yo Gabba Gabba!, Chuggington, The Furthest 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, Poopy, Sarah & Duck, Bing, Five Minutes More, Cloudy With A Chance Of Meatballs 12:00 Sesame Street, Arthur, Maya The Bee, Hunt, Postman Pat, Lala-Lah's Adventures, Abney & Teal, Mook, Elmo The Musical, Q Poodle 5, Little Princess, Tree Fu Tom, Timmy Time, Play School 4:00 Bananas In Pyjamas, hoppla doopla!, Mister Maker, Thomas and Friends, The Hive, Fireman Sam, Peppa Pig, Octonauts, Peg + Cat 6:00 Ben And Holly's Little Kingdom	6:00 Saturday Disney 7:00 Weekend Sunrise 10:00 The Morning Show 12:00 Movie: The Cheetah Girls - One World 2:00 Movie: Mansfield Park 4:30 Better Homes And Gardens 5:30 Border Security - Australia's Front Line	6:00 Home Shopping 7:00 Saturday Disney 9:00 Jessie: Creepy Connie's Curtain Call 9:30 Shake It Up: Merry Merry It Up 10:00 Home Shopping 11:00 SA Life Favourites 11:30 Great South East: Great South East S1: Ep 985 12:00 Creek To Coast 12:30 Sydney Weekender 1:00 Queensland Weekender 1:30 WA Weekender 2:00 Best House On The Street: Guildford 3:00 Escape To The Country: Lincolnshire 4:00 Homes Under The Hammer	6:00 America's Game: The Super Bowl Champions: 1994 San Francisco 49ers 7:00 A Football Life: Steve Sabol 8:00 Home Shopping 9:00 Zoom TV 10:30 Mark Berg's Fishing Addiction: Tairua, New Zealand 11:30 Sihl Timbersports: World Championships 2014 - Individual Event 12:00 Ultimate Factories: Super Subway 1:00 Ice Pilots 2:00 AFL Premiership Season: Rnd 21: GWS v Sydney	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 Who Do You Think You Are? 2:00 Black Beauty 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 Carry On Cleo 7:50 GEM Presents 8:00 Danzo 8:30 Home Shopping 9:00 Adventures In Rainbow Country 9:30 The Avengers 10:30 Countryfile 11:30 Postcards 12:00 Duncan's Thai Kitchen 12:30 The Anniversary 2:30 Giant	6:00 Thunderbirds 7:00 Kids' WB 7:05 Looney Tunes Classics 7:30 Pirate Express 8:00 Teen Titans Go! 8:30 Scooby-Doo! Mystery Incorporated 9:00 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 Danzo 2:00 Ground Floor 3:00 Green Lantern: The Animated Series	6:00 I Fish 7:00 ET's Fishing Classics 7:30 The Home Team 8:00 Family Feud 8:30 Studio 10: Saturday 10:00 Studio 10: Saturday Extra 11:00 The Living Room 12:00 The Talk 2:00 The Doctors 3:00 Movie Juice 3:30 Just Go 4:00 What's Up Down Under 4:30 Places We Go With Jennifer Adams 5:00 TEN Eyewitness News First At Five	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 Encore 1:30 TBA 3:30 90210 4:30 Becker 5:00 Teen Choice Awards 2015	6:00 Home Shopping 8:00 M*A*S*H 9:00 Undercover Boss 10:00 Operation Repo 12:30 Glory 1:30 River To Reef 2:00 TBA 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 Countdown	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 PBS Newshour 2:00 The Incredible Spice Men 2:30 Ottolenghi's Mediterranean Island Feast 3:25 James May's Man Lab 4:30 Archaeology: A Secret History	6:00 All you Need 6:30 New Hope Adventist 7:00 Camer Ted Armstrong 7:30 Christian Media 8:00 Words of Hope 8:30 Life News 9:00 Life Links 9:30 Corey's Wild World Wildlife Adventures 10:00 4WD TV 10:30 Classic 4WD TV 11:00 Just2wheez 11:30 You Fish 12:00 That's Fishing 12:30 Ozindian 1:00 Apra Parijab 1:30 Fusion Latina 2:30 Drive It! 3:00 Australian Fishing Network 3:30 Blend Line TV 4:30 Restoring Dreams 4:30 Classic Restos 5:00 Ice Dogs Ice Hockey
6:30 Gardening Australia 7:00 ABC News 7:30 Last Tango In Halifax 8:30 New Tricks: The One That Got Away 9:30 Old School 10:25 The Weekly With Charlie Pickering 10:55 Adam Hills: The Last Leg 11:40 rage Guest Programmer 5:00 Rage	6:10 Peter Rabbit 6:25 Curious George 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Total Wipeout 8:30 The Home Show 9:20 Live at the Apollo 10:05 The IT Crowd 10:30 Sexy Beasts 11:00 Archer: Archer Vice: Southerbound and Down 11:25 Portlandia: No Olympics 11:45 Portlandia: Brunch Village 12:10 Portlandia: Winter in Portlandia 12:30 Portlandia: Take Back MTV 12:55 The Home Show: Maida Vale 1:40 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 TBA 9:45 Movie: Lara Croft Tomb Raider: The Cradle Of Life 12:05 Last Resort: Cinderella Liberty 1:05 Last Resort: Blue Water 2:05 Malibu Country: Merry Malibu Christmas 2:35 Malibu Country: Push Comes To Shove 3:05 Harry's Practice 3:30 It Is Written: How To Bond Best - Your Heart and Your Hand 4:00 Home Shopping 5:00 Dr Oz: How Bad Are Your Health Mistakes?	5:00 Animal Airport 5:30 Dog Patrol: Dog Patrol S4: Ep 7 6:00 Motorway Patrol 6:30 Castle: The Final Nail 7:30 Castle: One Life To Lose 8:30 Movie: Under The Tuscan Sun 11:00 Body Of Proof: Your Number's Up 12:00 Wire In The Blood: Nocebo 2:00 Homes Under The Hammer 3:00 Dog Patrol: Dog Patrol S4: Ep 7 3:30 The Martha Stewart Show: Thanksgiving Dilemmas Solved 4:30 The Martha Stewart Show: Martha's Holiday Finds 5:30 Harry's Practice	5:00 Treasure Trader: Shrunkn Human Body 5:30 Inside West Coast Customs 6:30 AFL Premiership Season: Pre Game Rnd 21: St Kilda v Geelong 7:00 AFL Premiership Season: Rnd 21: St Kilda v Geelong 10:30 Movie: Two Hands 12:30 Movie: Bulletproof Monk 2:40 Jail 3:00 Ice Pilots: Water Wings 4:00 Mark Berg's Fishing Addiction 5:00 Zoom TV 5:30 Home Shopping	6:00 Nine News Saturday 7:00 Monsters Vs Aliens 10:50 The Prestige 11:30 Frantic 2:00 Rails & Ties 4:00 Count Arthur Strong 4:30 Global Shop 5:00 Leading The Way 5:30 Wesley Impact	6:30 Border Force 7:30 The Ashes: Fifth Test - Australia V England 10:30 The Ashes: Fifth Test - Australia V England 3:00 The Anniversary 5:00 Duncan's Thai Kitchen 5:30 Postcards	3:30 The Amazing World Of Gumball 4:30 Tom & Jerry Show 5:30 The Looney Tunes Show 6:00 TBA 7:30 The Road To El Dorado 9:30 TBA 11:30 TBA 12:00 The Following 3:00 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 TBA 9:05 TBA 11:30 V8 Supercars: Highlights 12:30 Home Shopping 4:30 It Is Written 5:00 Hour Of Power Show with James Corden 11:40 The Loop 2:10 Everybody Loves Raymond 3:30 Becker 4:00 Star Trek: Next Generation 5:00 Home Shopping	7:00 Everybody Loves Raymond 7:30 Everybody Loves Raymond 8:30 The Graham Norton Show 9:30 Sex And The City 10:10 New Girl 10:40 The Late Late Show with James Corden 11:40 The Loop 2:10 Everybody Loves Raymond 3:30 Becker 4:00 Star Trek: Next Generation 5:00 Home Shopping	6:30 Monster Jam 7:30 Moments Of Impact 8:30 V8 Supercars Highlights 9:30 Ross Noble's Australian Trip 10:30 Have You Been Paying Attention? 11:30 Movie Juice 12:00 Blokesworld 12:30 Elementary 1:30 48 Hours 2:30 Bellator MMA 4:30 Monster Jam 5:30 Hardliners	5:30 The Flying Scotsman 6:30 SBS World News 7:30 Ray Mears' Close Encounters 8:30 Room 101 - Vince Colosimo 9:00 Movie: Rust and Bone 11:15 Movie: A Prophet 1:55 Lines of Wellington - Part 1-3 5:35 Japanese News	5:30 Master Class in Oils 6:00 Drive It! 6:30 TV Classics: William Tell 7:00 The Buccaneers 7:30 Universal Concert Hall: The Tenors 9:30 Songwriters Across Australia 10:00 Speaker TV 10:30 Underground Sounds 1:55 Lines of Wellington - Part 1-3 Masterpieces 12:00 Movie: Manos: The Hands of Fate 1:30 Grainger's World 2:30 LPIEP 3:00 New Game Plus 3:30 Comics Live In Your Lounge Room 4:00 CEC Report 4:30 Craft Beer Crusaders 5:00 Drive It! 5:30 Life News

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First I would like to welcome all the new readers of this page or column. "Memories" is now appearing in three publications;- "Hills to Hawkesbury Living Magazine", "The Monthly Chronicle" and the "Galston-Glenorie-Hills Rural News"

In each edition I will share with you some of my memories and also memories of contributors or readers who have forward their memories to me. (contact details at the bottom of this page or column.)

This story was written in 1978 by Mr. L Nieuwenhuis and was submitted by his wife Bertha, a reader from West Pennant Hills. These are his words and his story.

"The Visitor"

The year was 1942, the place Sukabumi, West Java. My father and older brother had been imprisoned by the Japanese. My mother, younger brother and myself, who had not yet reached the eligible age of 12 years to be confined, were living together with one of our neighbours and her 4 year old son called Ted. Her husband had been interned also and the women in those days sought each other's protection and comfort by sharing their homes.

We were living in constant fear of the Japanese soldiers around us, but especially for the much feared Kempetai, the most cruel section of the Japanese Military Forces. We had already witnessed, many times, people being taken by them from their homes never to return again. If you were under the slightest suspicion you would fall into their hands and there was little, or no, hope of coming back alive. They were famous for their tortures and great cruelty.

Imagine how we felt when one afternoon a car surrounded by eight motorcycles, stopped in front of our place. A minute later our house was surrounded by Kempetai soldiers with fixed bayonets on their rifles. An officer banged on our door and all we could do was open it. By this time a high ranking Kempetai officer had reached the house and came in, went straight to the dining room, took a chair and sat down. We stood around terrified and expecting the worse. He just sat there for quite a while, which seemed to us to be a lifetime. Not a word was spoken. The only thing that my poor nervous mother could think of to break this unbearable silence and suspicion, was to offer him a cup of tea! He shook his head and gesticulated us to sit down and have a cup of tea ourselves.

We obeyed, but we did not enjoy that tea party very much. We were still trembling all over with fear, being sure that this was going to be the end of at least one of us.

About an hour after his arrival, (it seemed to us to be an eternity) he suddenly got up, walked to his car and drove off with all his entourage. We were left behind bewildered about the meaning of this strange happening. We made all sorts of wild guesses, which did not relieve us from our tension. Of one thing, we were sure, a Kempetai officer could not possibly have any good purpose for this visit.



Four days later in the afternoon, this same officer and his entourage returned and the same procedure was repeated: guards surrounding our house, a knock on the door, the high ranking officer walking in and sitting down on the same chair with the same silence, making us again terrified. After the same long unbearable silence my mother again offered him a cup of tea and in the same silent way we were ordered to have our cup of tea. "Of course", we thought, "the coward is scared to accept the cup of tea from us, in case of poisoning", and how we'd loved to do this very thing! Just as on his previous visit he stayed for about an hour and left just as abruptly, leaving us wondering what was going to happen next.

These nerve wracking visits were repeated several times in exactly the same way, until one afternoon he ordered our Indonesian house boy to sit next to him, making us more fearful than ever. However to our big surprise he gesticulated the boy to buy cake, chocolates, cigarettes, colour in books and pencils. When the boy returned half an hour later, which time we spent in having our usual afternoon tea party in the same silence, he placed all his purchases in front of the officer on the table. Immediately the officer got up and without saying a word left in the same way as usual, leaving us behind, even more puzzled.

During his following visit he again ordered our houseboy to make the same purchases as during his last visit. While the boy was carrying out the order the officer suddenly took little Ted, put him on his knee and gesticulated that he wanted the colour in books and pencils he had ordered to be bought during his previous visit. When these were brought in he began to colour in the pictures while holding the boy on his knee. He proved to have a great talent for this.

We had never seen such a fine art of blending colours. When the boy returned from his shopping spree the officer got up and left as silently and abruptly

as before. Several visits were repeated just in the same way as this one.

One afternoon during yet another visit he took an envelope out of his pocket and showed us a photograph of a boy, who appeared to be of the same age as Ted and with tears in his eyes he gesticulated that that this was a picture of his son. Suddenly, the reason for his visits dawned on us. This intense and cruel Kempetai officer had not made his visits with the evil intentions we had feared so much, but his purpose had been to imagine himself to be back home with his son to satisfy his longings for him.

This was to be his last visit. Two days later in the middle of the night there was a loud banging on our front door. Trembling all over we opened the door and were confronted with another Kempetai officer, who seemed very upset. In broken Malay he informed us that our visitor had been killed in combat that morning.

The world had lost a much dreaded man, but a little boy had lost his loving father.

**The author of the story Mr Nieuwenhuis was later interned in Indonesia by the Japanese from the age of 12 to 15 after which he then endured the Indonesian uprising and was subsequently rescued by Allied forces and sent to Holland where he met Bertha who he later married. They came to Australia in July 1951 and started their life here from scratch.*

NOW TELL US YOUR MEMORIES...

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 what your memories are. If posting a story for publication please allow for up to a month for the story to appear. It may appear earlier but quite often I receive a story just after a deadline for the next issue.



A Kempetai officer

WHAT'S ON IN THE HILLS TO HAWKESBURY REGION

Sat 1st 8th Aug - Sat 16 Apr 2016
10am - 12pm

Bilpin Markets

Venue: Bells Line of Road, Bilpin, Bilpin Community Hall
Every Saturday 10am to 12noon.
Call (02) 4567 1215. Visit www.hawkesburyaustralia.com.au

Sat 8th - Sun 30th Aug - 12pm
Tax Help - Vinegar Hill Memorial Library

Venue: Vinegar Hill Memorial Library, 29 Main Street, Rouse Hill 2155
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

Sat 8th & Sun 9th Aug - 10am - 4pm
Hawkesbury Bridal Extravaganza

Venue: Hawkesbury Showground, Racecourse Rd, Clarendon NSW 2756
It's on again! Showcasing suppliers from all over the Hawkesbury Region. Featuring live entertainment, fashion shows, free samples & giveaways, this event is one not to be missed! Call 0421 795 812. Visit www.hawkesburytourism.com.au

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

Venue: Hawkesbury Showground, Racecourse Rd, Clarendon NSW 2756
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). Visit www.destinationsydneysurrounds.com.au

Sat 8th Aug - 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.destinationsydneysurrounds.com.au

Sat 8th & Sun 9th Aug - 9am - 5pm
Anti-Aviary Workshop - DIY Orchard Enclosure

Venue: Bandusia Country Retreat, 1056 Upper Macdonald Rd, NSW
Get rid of the ruffle and get peace of mind by constructing your own anti-aviary. The Anti-aviary is about keeping out birds and creatures that decimate your fruit. Anti-aviaries give you peace of mind to know your veggies and cockatoos, parrots and

possums won't decimate fruit trees. Call (02) 4568 2036. Visit www.permaculturesydneynstitute.org

Sun 9th Aug - 9am - 2pm
Wilberforce Winter Market

Venue: Wilberforce School of Arts Hall, Wilberforce Rd, NSW 2765
Popular annual fund-raising market run by the local Country Women's Association. Home-made baked goods, flowers, craft, activities for the kids plus lots more. Call 02 4576 3450. Visit www.hawkesburytourism.com.au

Sun 9th Aug - 8am
Sunday Funday - Raising funds for Beyond Blue

Venue: Stock Bar & Grill, 78 March Street, Richmond NSW 2753
Jumping castle, Monster truck, Fairy floss, Face painting, Pony rides, Animal farm Live music from 1pm Raffle prizes Kids Cupcake Competition - Win Kidz Zoo party at home. Call 02 4578 7640. Visit www.hawkesburytourism.com.au

Sun 9th Aug - 8am - 10:30am
The Brewery Buffet Breakfast

Venue: The Australian Hotel & Brewery 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.destinationsydneysurrounds.com.au

Mon 10th Aug - 14th Sept - 9.45am - 12pm

Friendship and Hobby morning
Venue: Kellyville Anglican Church, 45 President Road, Kellyville.
Classes on offer - knitting and crocheting - card making - bridge - lead lighting - art (acrylic) - family history - scrabble. Pay only for materials used. All in the too hard basket? Well, just come along for morning tea and a chat, sometimes we chat more than we create. Call 0410 438 233 or 0427 816 985 for more info or just come along.

Mon 10th Aug - 3pm - 5pm
Max Potential Showcase

Venue: The Lyceum, Castle Hill RSL Club, 77 Castle Street, Castle Hill 2154
The Max Potential program offers 20 weeks of personal leadership development including individual coaching of young adult leaders from school and the community to help them maximize their potential. Call (02) 8858 4818. Visit www.thehills.nsw.gov.au

Mon 10th Aug - 9am - 5pm
Industrial Floors & Pavements Workshop - New South Wales
Venue: The Hills Lodge, Castle Hill. 1 Salisbury Rd (Corner Windsor Rd),

Castle Hill, NSW 2154 Australia
This course provides design engineers the opportunity to design concrete industrial floors from first principles and then understand the workings of software programs designed to speed up the process. Call 02 9680-3800. Visit www.etia.net.au

Tues 11th Aug - 6:30pm - 8:30pm
Secrets of the Asian Diet to Promote Health & Longevity

Venue: Nutrition & Wellbeing Clinic, Suite 10, 80 Cecil Avenue Castle Hill
Discover kitchen secrets of centenarians from Okinawa and the China Study. Reduce your insulin resistance and lower your risk of heart attack, osteoporosis and cancer using food as medicine. Call 9899 5208. Visit www.nwbc.com.au

Tues 11th Aug - 7pm - 9pm
Fed Up with Children's Behaviour with Sue Dengate

Venue: Rebellion Room, Level One Castle Hill Library and Community Centre, 14 Pennant Street
Sue Dengate talk will focus on the effects of food intolerances on children including: Tantrums, arguments, oppositional defiant behaviour, Asthma, itchy skin, rashes, migraines. Difficulty falling asleep, frequent night waking. Depression, unexplained tiredness, difficulty concentrating. Call 9761 4510. Visit www.thehills.nsw.gov.au

Tues 11th Aug - 6:30pm - 11pm
Ordinary Council Meeting

Venue: Hawkesbury City Council, Administration Building, Chambers
Ordinary Council meetings will be held on the second Tuesday (except in January) and the last Tuesday (except in December) of the month or as otherwise determined by Council. Call (02) 4560 4500. Visit www.hawkesbury.nsw.gov.au

Tues 11th Aug - 9am - 5pm
Masonry Design Workshop - New South Wales

Venue: The Hills Lodge, Castle Hill. 1 Salisbury Rd (Corner Windsor Rd)
This session specifically looks at masonry veneer and cavity (double brick) design and construction in the various Australian states including the relevant AS3700-2011 code requirements for these forms of construction. Call 02 9680-3800. Visit www.etia.net.au

Tues 11th Aug - 9am - 5pm
Contract Law & Professional Indemnity Workshop - New South Wales

Venue: The Hills Lodge, Castle Hill. 1 Salisbury Rd (Corner Windsor Rd)
This workshop has been specifically designed for Engineering and Building Construction professionals to assist them in understanding (a) Professional Indemnity Insurance. Call 02 9680-3800. Visit www.etia.net.au

Wed 12th Aug - 10:30am - 11:30am
Let's Talk about Preventing Falls

Venue: Baulkham Hills Library, 1z Railway Street, Baulkham Hills 2153
Join a representative from Health Promotion Service for Older People and learn more about why people fall, ways to avoid having a fall and the importance of exercise in preventing falls. Call 9761 5735. Visit www.thehills.nsw.gov.au

Wed 12th Aug - 10am
Restoring Family Photographs

Venue: Hawkesbury Central Library, Windsor
An introduction to the basics of photo restoration with Melissa Hulbert, using the program Photoshop Elements. Call (02) 4560 4460. Visit www.hawkesbury.nsw.gov.au

Wed 12th Aug - 9am - 5pm
Liquid Retaining Structures Design Workshop - New South Wales

Venue: The Hills Lodge, Castle Hill 1 Salisbury Rd (Corner Windsor Rd)
This full day workshop is primarily aimed at design engineers and anyone with a technical background who needs to be able to either perform simple structural designs or design checks on any form of liquid retaining structure whether it be

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reservoirs, water retaining structure or otherwise. Call 02 9680-3800. Visit www.etia.net.au

**Thurs 13th Aug - 10am - 12pm
Free Anti-Theft Number Plate
Screws**

Venue: Kellyville Plaza, 30 Wrights Road, Kellyville 2153
The Hills Police will be fitting anti-theft number plate screws for free at Kellyville Plaza Make your car more secure. Visit www.thehills.nsw.gov.au

**Thurs 13th Aug - 7:30pm - 8:30pm
Vinegar Hill Book Club - Vinegar
Hill Memorial Library**

Venue: Vinegar Hill Memorial Library, 29 Main Street, Rouse Hill 2155
A love of reading brings this group together. They select, read and discuss a wide range of books over a nice morning tea. Call 8889 5200. Visit www.thehills.nsw.gov.au

**Sat 15th & Sun 16th Aug - 10am
Oliver Hume Melbourne Property
Expo**

Venue: Castle Hill RSL, 77 Castle St
The Oliver Hume Melbourne Property Expo will surprise you with exciting opportunities to buy in one of the world's most liveable cities and will include: Presentations on the opportunities and potential of buying in Melbourne from Oliver Hume experts. Visit www.eventfinda.com.au

**Sat 15th & Sun 16th Aug
9am - 5pm**

**Sheep Workshop for meat, dairy,
wool and mowing**

Venue: Bandusia Country Retreat, 1056 Upper Macdonald Rd
So you've decided on Sheep for your property. But what do you do next? How should you prepare for and look after them? What do they need, what do you need to do to keep them? What are the right breeds for your farm or property? Call (02) 4568 2036. Visit www.pernaculturesydneyinstitute.org

**Sat 15th 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
From April to October, this special exhibition will be on display at the Heritage Centre. Visit www.destinationsydneysurrounds.com.au

**Sat 15th Aug - 7pm
A Night With The Phantom**

Venue: The Sebel Resort & Spa Hawkesbury Valley, 61 Hawkesbury Valley Way, Windsor NSW
Join The Sebel Hawkesbury Resort & Spa to help raise money for Mission Australia! Entertainment

from Sydney based "Phantom of the Opera" performers. Visit www.destinationsydneysurrounds.com.au

**Sun 16th Aug - 10am - 4pm
The Great Fete**

Venue: Samuel Gilbert Public School
Fun and affordable family day out with a massive 15 fantastic carnival rides plus face painting, games, prizes, pony rides, market stalls, international food, giant cake stall, trash n treasure collector bargains and much more. Call 0421 282 638. Visit www.greatfete.com.au

**Sun 16th Aug - 10am - 5pm
Earn Your Own Tucker**

Venue: Rouse Hill House and Farm, 356 Annangrove Rd, Rouse Hill
The sun is up and it's time for your kids to have fun and muck in to get the chores done. Help feed the chickens and collect the eggs, grind the corn and make butter. Call 9627 6777. Visit www.blacktownaustralia.com.au

**Mon 17th Aug - 10am - 1pm
Keeping Backyard Chickens
Workshop**

Venue: Vinegar Hill Memorial Community Centre Rex Money Room, Civic Way, Rouse Hill Town
Learn how to keep backyard chickens. Enjoy the farm fresh eggs and free fertiliser. Workshops are only available to residents who live in The Hills Shire. Call 9843 0310. Visit www.thehills.nsw.gov.au

**Mon 17th Aug - 7:30pm
The Star Surveyor of Sydney Town**

Venue: Building 10, Balcombe Height Estate (Masonics), 92 Seven Hills Rd
Dawes Point under Sydney Harbour Bridge is named after him but there are few who really know just exactly who William Dawes was. Call 9634 2670. Visit www.thehills.nsw.gov.au

**Tues 18th Aug - 3:30pm - 5pm
Book Week Drop in Craft Sessions**

Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154

**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.

Help us decorate the library for Book Week! Attend drop-in craft sessions and create a stained glass artwork for display in the library. Call 9761 4510. Visit www.thehills.nsw.gov.au

**Thurs 20th Aug - 10am
Knit In - Baulkham Hills Library**

Venue: Baulkham Hills Library, 1z Railway Street, Baulkham Hills 2153
Join us in our annual support for "Wrap with Love" - a community organisation which distributes the wraps to communities in need around the world. Call 9761 5735. Visit www.thehills.nsw.gov.au

**Thurs 20th Aug - 10am - 12pm
What's Cooking - Living
Sustainably Workshop**

Venue: Community Environment Centre, Annangrove Road
From the oven to the dinner table. Learn all about using fresh ingredients to achieve wholesome goodness in your cooking. Easy to make recipes supplied in a helpful, practical and informal environment. Call 9654 3571. Visit www.thehillsenvironment.eventbrite.com.au

**Fri 21st Aug - 10:30am - 11:30am
Inventi Ensemble Concert Classics**

Venue: Box Hill Community Arts Centre, 470 Station St, Melbourne
Join Inventi Ensemble for their debut. After a successful season of concerts in 2014, Inventi bring high quality chamber music in an intimate environment. Call 435458400. Visit www.eventfinda.com.au

**Fri 21st Aug - 9am - 2pm
The Hills Community Services -
Speed Networking**

Venue: Castle Hill Community Centre, Pioneer Room, Crn Castle & Pennant Street, Castle Hill 2154
The Hills Community Services Speed Networking event will be held on Friday 21 August at the Pioneer Room at Castle Hill Community Centre. Call (02) 9843 0237. Visit www.thehills.nsw.gov.au

**Fri 21st Aug - 10am - 12pm
Living with Less: De-cluttering
Workshop**

Venue: Vinegar Hill Memorial Community Centre Margaret Catchpole Room, Civic Way
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.thehillswasteservices.eventbrite.com.au

**Fri 21st Aug - 10am
Knit In - Castle Hill Library**

Venue: Castle Hill Library, 14 Pennant Street, Castle Hill 2154
Join us in our annual support for

"Wrap with Love" - a community organisation which distributes the wraps to communities in need around the world. Call 9761 4510. Visit www.thehills.nsw.gov.au

**Fri 21st Aug - 10am
Knit In - Vinegar Hill Memorial
Library**

Venue: Vinegar Hill Memorial Library, 29 Main Street, Rouse Hill 2155
Join us in our annual support for "Wrap with Love" - a community organisation which distributes the wraps to communities in need around the world. Call 8889 5200. Visit www.thehills.nsw.gov.au

**Fri 21st Aug
10:30am - 12:30pm
Get Crafty - Vinegar Hill**

Venue: Vinegar Hill Memorial Library, 29 Main St, Rouse Hill 2155
If you're interested in anything craft related, beginner or expert, come and meet people with similar interests. You could learn or teach someone a new craft such as needlepoint, quilting or knitting. Call 8889 5200. Visit www.thehills.nsw.gov.au

**Sat 29th Aug, 5th & 12th Sept
10am - 12.30pm**

Richmond Community Services Inc
Couples Communication with free childcare. For Dads and Mums/primary carers of children aged 0-12 years. Call 02 4588 3503. Visit www.rcsi-neighbourhoodcentre.org

**12th, 19th & 26th Aug, 2nd, 9th
& 16th Sept - 9.30am - 12.30pm
Richmond Community Services Inc**

Stepping Stones—Triple P with free childcare. For parents/primary carers of children with disabilities aged 0-12. Call 02 4588 3503. Visit www.rcsi-neighbourhoodcentre.org

**Soft Furnishing and Upholstery
- Wed 9.30 - 11.45 or 12.15 -
2.15.** Tutored class cost \$86.50 per term or \$11 per week

Chess - Tues 12.15 - 2.15, suitable for beginners to experienced players. Social class cost \$50 per term or \$7 per week

**Knitting - Tues 12.15 -
2.15,** suitable for beginners to experienced knitters. Social class cost \$50 per term or \$7 per week.

Yoga - Fri 9.30 - 10.30, Vinyasa Hatha, a flowing sequence moving in and out of postures to improve wellbeing. Tutored class cost \$86.50 per term or \$11 per week.

Located at Learning in the Hills, Balcombe Heights Estate 92 Seven Hills Road Baulkham Hills. For more information please ring 9639 7918

Article for Avalon's Fundraiser



Avalon is a beautiful, vibrant four year old girl who was born 10 weeks early and weighed in at just one kilogram. Due her severe prematurity, Avalon suffered

a moderate degree brain injury and at the age of one, she was diagnosed with cerebral palsy, which is a non progressive but permanent disability. Avalon struggles to sit on her own and cannot walk, but she is showing signs that she may one day but able to do both of these simple things that we take for granted every day. In the past 18 months Avalon started an amazing therapy in Los Angeles that taught her to crawl, and gave her a degree of independence. Shortly after this huge accomplishment she suffered a major setback.

Avalon's hips were a growing concern, and in November last year due to this she required major hip surgery on her left hip. This set her back in many ways and the road to recovery has been a struggle, but she is now able to start therapy again. Avalon has such determination that with continued therapy she has a real chance of achieving many great things. A year ago Guardian Realty heard about Avalon and wanted to help with the average annual therapy fee of \$50,000. They are holding a Charity Golf Day at Lynwood Country Club in Pitt Town on 4th September, which looks set to be a fantastic day. If you are interested in going along or simply making a donation, please contact Elle Marshall on 9653 1666. Thank you for being a part of her journey giving Avalon a chance to walk. If you would like to follow Avalon's journey, go to her Facebook page: Avalon Jade's Journey. Photo by Tarrynn at GMT Photography.

Waste Management - 2015 Chemical CleanOut

Get ready for the 2015 Chemical CleanOut! This year's Chemical CleanOut will be held

on Sunday, 23 August 2014 at Hawkesbury Showground, Racecourse Road, Clarendon between 9am and 3:30pm.

The Chemical CleanOut is a FREE service for the safe disposal of a range of common household chemicals which could cause harm to our health and the environment if not disposed of correctly.

For more information about the Household Chemical CleanOut visit www.cleanout.com.au.

Get involved in Local Government Week 2015

Local Government Week will be celebrated in the Hawkesbury from 3 - 9 August 2015.

The Mayor of Hawkesbury, Kim Ford is encouraging local residents to get involved in this great community event.

'There are lots of free events and activities planned throughout Local Government Week in the Hawkesbury.

I encourage residents to make the most of this program of events and participate in the many opportunities available.'

This year's theme for Local Government week is 'Active All Areas' and reflects the need for councils to engage with various communities which may differ by age, culture and race. It also reflects the need for councils to ensure those communities have physical accessibility and support.

Residents are encouraged to check the program, as bookings are essential for some events.

Children's Book Week @ Your Library Book Character Parade

Public and school libraries across Australia celebrate Australian Children's literature as an annual, week-long event. This year, Hawkesbury Library Service will celebrate Children's Book Week with a Book Character Parade on Saturday, 22 August at 11am. Children are encouraged to dress up as their favourite book character and bring along

the book. There will be lots of fun activities, prizes and storytelling on the day.

The Mayor of Hawkesbury, Councillor Kim Ford, encourages residents to participate in this free event.

This event will be held at Hawkesbury Central Library, 300 George Street, Windsor and is free for participants. Bookings are essential, phone 4560 4460 or email programs@hawkesbury.nsw.gov.au with your name(s), contact number and the event you wish to attend.

Hawkesbury Animal Shelter Open Day

Local residents and their pets are sure to have fun at the annual Hawkesbury Companion Animal Shelter Open Day, to be held on Saturday, 8 August from 9am to midday as part of Local Government Week.

Organised by the Hawkesbury Companion Animal Shelter staff, the Open Day will include animal focused market stalls, a BBQ and a cake stall. The Hawkesbury Community Nursery next door to the Shelter will also be offering free plants to residents on the same day in celebration of National Tree Day - with 1000 native plants to give away.

Shelter volunteers will also be on hand to talk about their experiences and to encourage more people to volunteer.

For more information about Hawkesbury Companion Animal Shelter Open Day, please call 4560 4644.

New electronic magnifier

Hawkesbury Library Service has just purchased a Desktop Magnifier (or CCTV), which helps people who are visually impaired to easily read a range of documents.

The machine is a very user friendly tool with its large 24 inch screen, high range of magnification (up to x100), variety of colour contrast modes and a speech feature which will read text to the user. The magnifier will be launched at

Hawkesbury Central Library, Windsor on Tuesday, 4 August at 3pm by the Mayor of Hawkesbury, Councillor Kim Ford during Local Government Week (3 August - 9 August 2015).

For catering purposes, please RSVP by Monday, 3 August by calling (02) 4560 4460 or email programs@hawkesbury.nsw.gov.au with your name(s), contact number and the name of the event.

Living Sustainably Walks & Workshops

What's cooking this week Thursday 20th August 10.00 to 12 Noon

From the oven to the dinner table. Learn all about using fresh ingredients to achieve wholesome goodness in your cooking. Easy to make recipes supplied in a helpful, practical and informal environment.

Pickling and Preserving Saturday 22nd August 9.30 to 12.30pm

Make the most of any excess garden harvest and maximise the use of your in-season produce. Practical pickling demonstrations using lemon and pumpkin (recipes supplied) and hints for what they can be used with.

Seasonal gardening (Spring) Thursday 27th August 10.00 to 11.30am

Come along and get involved or just observe. A comprehensive workshop covering a range of gardening topics from improving your soil, organising Year Round Food, to constructing a no-dig garden.

Platypus walk, Bidjigal Reserve Saturday 29th August 10.00 to 12 noon

Platypus once lived in Excelsior Creek. View the variety of plants which flourish in this beautiful creek valley and on the sandstone ridge above. Plants to be seen on this walk include Spring flowers and bush tucker.

Bookings essential:
Book online at: www.thehillsenvironment.eventbrite.com.au or call 9843 0555.

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: dturnbull@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.gwrovers.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.cfwns.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, Hambleton 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 Gwentyth 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.hmh.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/thehillslc

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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Hills District RSL Sub-Branch (Meeting at The Galston Club)

The Hills District Sub-Branch would like to hear of members or past members of the Defence Force who would be prepared to link up with the Sub-Branch, particularly those who are living in the Galston-Arcadia area. We believe there are some 3000 younger veterans who are living rough on the streets of Sydney, and it is the desire of the Sub-Branch to reach out to any of these people who are living in this area. We have a concern, too, for wives/ husbands of those serving overseas, who may be finding life somewhat

difficult. In an attempt to contact these people the Sub-Branch had a Coffee Catch Up recently with some success.

More of such ventures are planned. The Sub-Branch has a vision to reach out to others, and if you think you can help to fulfil that vision please call: Bill Rosier, President on 0432847137, or Judith Fay Taylor, Secretary on 0428 666 696.



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