

# Central West *Leader*



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## The good times roll in tourism

After a slow start to the tourist season, numbers have skyrocketed in recent weeks to match expectations set earlier in the year.

Due to a number of factors, floods, the opening of international borders, a COVID breakout, and an election, Autumn tourist numbers were down with a number of cancellations for tourist vendors, such as Outback Aussie Tours.

However, as the year has progressed the prophecy of “the best year for tourism seen” has begun to come to fruition.

STORY PAGE 3

## The way of the west

Students from A. B. Paterson college conducted their annual voyage to the heart of Queensland this week with a pit stop at one of Longreach's most recognised properties, Camden Park Station.

The children were given the opportunity to learn about life on the station and the history of the outback.

They were given the chance to participate in three key authentic bush activities: whip-cracking, stew brewing, and of course, sheep shearing (which was conducted as a lecture).

STORY PAGE 9



## Backing up a fun day at the wheel

The second annual 'Burra back up' was held this week—an event that is unique to the outback that pits the best reverse caravan parkers in the country against each other.

Here is club president Sue Wyton, a second-placed local John Bird, and club secretary Kerry Robinson.

STORY PAGE 2

# Boost to health

Construction of a new primary health centre in the remote community of Windorah in the Central West is now underway, with completion expected by the end of the year.

Assistant Minister for Health and Regional Health Infrastructure Julieanne Gilbert today

broke ground on the new \$12.4 million facilities on the corner of Maryborough and Cecil streets.

She said the new Windorah PHC would be built in a prefabricated modular style, like the new Boulia Primary Health Centre and Wellbeing Centre.

“The new Windorah PHC will be a single-level, 19-module, interlinked building designed in Queensland style with a pitched roof,” she said.

“The staff accommodation features wide verandahs, while there is ample ramp access to the primary health centre building.

“This modular build process reduces construction time and makes it easier to add additional structural components in the future as needs require, thereby future-proofing the new Windorah health centre.”

STORY PAGE 3

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## The editor's desk

There's something about rugby league that is undeniably inspirational.

This week, three of my favourite teams exemplified exactly what that meant.

Firstly, two players down, the Maroons managed to pull off one of the best wins in the sport's history.

Then the Broncos managed to back that up, with most of their players out, and come home with the win this weekend.

Finally, locally, the Tigers raised a significant amount of money for a good cause on their Ladies' Day.

In Queensland there is genuine magic around rugby league, and, to us, it has cemented itself as the world's greatest game.

- Michael R Williams



## INSIDE

COLUMNS ..... page 7

WHAT'S ON ..... page 8

TV GUIDE .....pages 13-20

PUZZLES ..... page 24

RURAL ..... page 25

GARDENING ..... page 26

SPORT .....pages 29-32

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# Backing a winner

By Kerry Robinson; Muttaborra Community Development Association

Muttaborra Caravan Reversing Championships held their second event on Saturday 16 July.

It was a lot quieter than last year with only 11 competitors, but the atmosphere was the same and the wind to match it.

There were some great reversers and some not-so-good, but all had a go and there were prizes to be won.

Thank you to Barcaldine Regional Council for the donation of the first prize and Men's Shed that kept us fed as well as a big thank you to all of our volunteers as if it wasn't for them these events wouldn't happen.

### Results:

- 1st Prize – Ross Gorel – Barcaldine Regional Council - \$500 and trophy
- 2nd Prize – John Bird - \$250
- 3rd Prize – Ken Midson - \$150
- 4th Prize – John Tregoe - \$100
- Wooden Spoon – Roger Cooper - \$50 Voucher to Exchange Hotel Muttaborra
- Best Bloody Laugh - Karen - \$30 voucher- Muttaborra Shop & Fuel
- Best Domestic - Ken and Donna Robinson- \$50 Voucher- Kiss 'n make up dinner for two – Exchange Hotel
- Best Dummy Spit – Ken Robinson – \$30 voucher - A Hayden Pty Ltd
- Best Fancy Dressed - Chris Wentworth- \$20 Voucher – Roads & Rivers Cafe

### Encouragement Awards

- David Barrow – Wine & Glass
- Gerrard Norman- Wine & Stubbie Cooler



## VOX POP

### WE TAKE IT TO THE STREETS

How good was origin?



Kellie Dicinoski said the win was unreal.



Anwar Aitballe went for Queensland. Ebony was excited for Queensland and Indiana Gretton said it was a great game.



Sue Kinsey said the win was "bloody fantastic!"



Brooke Oates was pretty happy with the win.



Penny Anderson felt awesome about the win and Scarlett Gowing was happy too.



Casey Owens is from Victoria, she went for neither Maroons nor Blues.



Sue Smith, Roxy Smith, and Bella Wright were happy with the win.



Lorraine-Mary Dickinoski was overwhelmingly happy to see Queensland win.

# Tourists return after lull

By Michael R Williams

After a slow start to the tourist season, numbers have skyrocketed in recent weeks to match expectations set earlier in the year.

Due to a number of factors, floods, the opening of international borders, a Covid breakout, and an election, Autumn tourist numbers were down with a number of cancellations for tourist vendors, such as Outback Aussie Tours.

However, as the year has progressed the prophecy of "the best year for tourism seen" has begun to come to fruition.

Founder and owner of Outback Aussie Tours Alan Smith said the contrast in tourist numbers has been noticeable.

"At the start of the year, we had great booking numbers, and it's no secret the late wet season has knocked about the start of our year," he said.

"It puts our own block up when the news reports say we've got these mammoth storms coming and major flooding—and they do that for a reason, but they haven't come to effect.

"But that's over now, that's passed, it's been a great, and it's setting us up to having a beau-

tiful landscape to share with visitors travelling by."

Mr Smith said now he's seeing a full boat every night with growing interest throughout the winter school holidays.

"The school holidays are the peak tourist season for western Queensland—June/ July is where we see the greatest numbers," he said.

"But going into the hotter months, the heat is chasing people away less these days as more people have air conditioners.

"We can expect things to be good these days until September."

Mr Smith said the late wet season only built up demand for outback experiences, from which, economically, our towns are currently benefitting.

"The more we work together and market tourism with our fellow operators in outback Queensland, and the more we start telling of the points of differences between the towns, we still start to build new markets for people who want to come out," he said.

"I still meet people who said they chose us over Bali or Tasmania or anywhere else; even though things have opened up, we're still seeing a pent-up demand.



Allan Curtis said the outback was better than Brisbane and liked that he did not have to get on a plane.

"There's a big push to increase international tourism into Queensland; now is a great time to invest in outback tourism, but we do need to weary of outside forces."

Mr Smith said numbers are likely to remain strong through the year.

"Will the party end? no—but it will change," he said.

"What's the new normal? we won't know until we look back at our figures."

Mr Smith said he is thankful for the support from locals.



Sandy, Tony, and Muffin Smith said they came to support local farmers and have enjoyed the various sites.

## New health precinct underway for Windorah

By Central West Hospital and Health Service

Construction of a new primary health centre in the remote community of Windorah in the Central West is now underway, with completion expected by the end of the year.

Assistant Minister for Health and Regional Health Infrastructure Julieanne Gilbert today broke ground on the new \$12.4 million facilities on the corner of Maryborough and Cecil streets.

She said the new Windorah PHC would be built in a prefabricated modular style, like the new Boulia Primary Health Centre and Wellbeing Centre.

"The new Windorah PHC will be a single-level, 19-module, interlinked building designed in Queensland style with a pitched roof," she said.

"The staff accommodation features wide verandahs, while there is ample ramp access to the primary health centre building.

"This modular build process reduces construction time and makes it easier to add additional structural components in the future as needs require, thereby future-proofing the new Windorah health centre."

The site is part of an area identified for future health and emergency services facilities within the Barcoo Shire Council town plan for Windorah.

"I'd like to thank the shire council for making this site available to secure the future of health services in the local community," Mrs Gilbert said.

"Building on this new site will ensure that



Pictured at the ground-breaking ceremony for the new \$12.4 million Windorah Primary Health Centre on 14 July are, from left: Tim Turner (Queensland Health Capital and Asset Services Branch), Jane Williams (Central West HHS Board Chair), Sally O'Neil (Barcoo Shire Council Mayor), Julieanne Gilbert (Assistant Minister for Health and Regional Health Infrastructure), George Gorringer (Mithaka country Traditional Owner), Christopher Sullivan (Central West HHS Chief Executive) and Grant Casemore (Queensland Health Capital and Asset Services Branch).

health services can continue to be delivered uninterrupted from the current Windorah Primary Health Centre on Victoria St, behind the Western Star Hotel, while the new facility is being built."

The Windorah project will be delivered by AUSCO Modular.

AUSCO Modular also partnered with St Hilliers Property Pty Ltd to deliver the \$7.24

million Boulia Primary Health Centre and Wellbeing Centre in November 2019.

Health Minister Yvette D'Ath said the Windorah PHC replacement works would create about 35 full-time equivalent jobs over the life of the project.

Ms D'Ath said the new Windorah PHC would include:

- Four consultation rooms, two more than the existing PHC and both telehealth-enabled, an ambulance bay, emergency treatment area, reception and waiting area.
- A two-bedroom, two-bathroom staff accommodation unit with a full kitchen and lounge space also forms part of the design.

"The new primary health centre will deliver a state-of-the-art health facility for the Windorah and surrounding community," Ms D'Ath said.

"It will allow for the fullest use of the latest technology, as well as allowing for future technological developments.

"Telehealth, for instance, has already revolutionised the delivery of health services to rural and remote communities throughout Queensland.

"It's opening a whole new world for health care in remote areas by providing specialist care without the need to travel long distances.

"The new Windorah PHC will be fitted with all the connections and the capacity to participate fully in this digital world.

"The project also will provide opportunities for local businesses to participate directly in the project's construction and/or commissioning phase."

## Correction

In last week's Leader, we published a story regarding new nurse graduates coming in to work in the central west region.

In that article it was said that there would be 15 new graduates, unfortunately, after printing, a graduate dropped out meaning there are only 14 starting in the region.

We apologise for any inconvenience.

## Police watch

- A 24-year-old male from Longreach was issued with a banning order which bans him from all licenced premises in Longreach and Ilfracombe for the next month.
- Between 9pm on the 9 July 2022 and 1am 10 July, a vehicle parked on Rosella Street, Longreach has been damaged. If anyone has any information relating to this incident, please contact Policelink 131 444
- A 23-year-old female was charged for driving without a driver's licence in Longreach last week.
- 1598 roadside breath tests were conducted.
- 20 roadside drug tests were conducted.
- 16 speeding infringements were found.
- 5 work diary infringements were found.
- 2 drivers failed to display P plates tickets.
- 2 notice appear drink driving (.050% & .093%) were found.
- 1 notice to appear drug drive was issued.
- 1 possession dangerous drug and utensil was found.

## Special Longreach Ram Sale 12 Aug

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# United for NAIDOC march

By Michael R Williams

This year's NAIDOC march in Longreach saw large support from local schools and members of the community.

The march traditionally ventured from the corner of Eagle and Swan St and ended at the CQID building on Duck St.

Iningai custodian Tony Weldon said the event was a great way to bring people together of all colours.

“As you can see the people here are from all walks of life,” he said.

“Last year we had a really good roll on.

“This year we set out to make it even better, and the schools really got on board.”

The event went on to feature art painting, music and snacks for local students.





Kien Dickson with his family after selling his jersey for over \$1000.

# Tigers show stripes

By Michael R Williams

Over \$11,000 was raised at the Longreach/ Ilfracombe Tigers Ladies Day auction for Outback Independent Living, an organisation seeking to develop housing for local people living with disabilities.

The auction was of newly designed player jerseys made for the event, and the highest selling bid reaching over \$1000 was jersey 13 for captain/ coach Kien Dickson.

The Ladies Day was sponsored by and helped organised by local hair salon, Rubegg 4 Hair.

Club President Nadia Hoad said the club itself will look to add a donation itself, based on profits from Ladies Day, to add to the generous support given to Outback Independent Living from the community.

Ladies Day itself is an important day for community rugby league as it is a day that acknowledges the efforts put in by women into



Tom Boyle auctioning off Tiger's players jerseys for Outback Independent Living.

the sport both on the field and off.

"Whether they be volunteers, participants, wives, girlfriends, administration helpers, it's

about recognising that we all play a role in helping rugby league continue—especially out in these small towns," Ms Hoad said.

"It's about giving the women somewhere special to sit and get together and enjoy each other's company.

"In most games, us women are usually doing jobs."

Ms Hoad said Outback Independent Living was ideal for their fundraising as they wanted to keep the funding in the community.

"Adam Ballard [a possible recipient of Outback Independent Living's services] does have a lot to do with our club," she said.

"He comes to training with us every Tuesday and Thursday night.

"He's one of our most loyal followers."

Ms Hoad said there are many other people in the club with disabilities who would benefit from the housing that could be supplied by Outback Independent Living.

## Land resources grants to resume

The Palaszczuk Government is looking to re-vamp the land resource grants program which they said, aims to maximise jobs, investment and sustainable productivity.

Resources Minister Scott Stewart said registration of interest had opened for the revamped Natural Resource Recovery Program

"Queensland's natural land resources are a significant contributor to our agricultural, resources and tourism industries. We want to ensure our natural resources are nurtured for sustainable industry growth now and into the future. This new program will maximise both investment, and outcomes for our regions," Mr Stewart said.

Building on the success of the former Natural Resources Investment Program, the Natural Resource Recovery Program will support sustainable productivity, and jobs, from Queensland's land resources.

## Doctor issues dire mental health warning

A doctor is warning that the younger population is headed towards a mental health crisis, as recent data from a leading telehealth service reveals Australians aged 18-35-years-old are overrepresented in consultations and prescriptions for depression and anxiety in the last two years, and numbers are continuing to grow.

Dr Andrew Thompson is the Medical Director at InstantScripts, an award-winning telehealth service which has helped more than 400,000 Australians access prescriptions and doctor consultations online.

He says the data raises serious concerns for young Australians and points to a dire need for awareness and expansion of services that address mental health problems. InstantScripts analysed its patient data and uncovered that from January to end-May this year, 18-35-year-olds were responsible for 59 per cent of consultations for depression and anxiety.

Dr Thompson anticipates that by the end of the year, this number will soar above 2021 levels, which saw 65 per cent of 18-35-year-olds representing mental health consultations last year, and 49 per cent in 2020. The younger population has also accounted for 59 per cent of prescriptions for depression and anxiety as of end of May this year, which is already up from 58 per cent in 2021 and 49 per cent in 2020.

## Video to tackle vaping habits

Moreton police today launched a series of videos designed to urge children to "think twice" before vaping.

In Caboolture, Member for Morayfield and Minister for Police Mark Ryan and Health Minister Yvette D'Ath joined Superintendent John Hallam to launch the awareness campaign, which educates school-aged children about the health implications of vaping. The two-part video series also includes information about the legislation affecting vaping, as well as health messaging supported by Queensland Health and the Lung Foundation.

Superintendent Hallam said police had an important role to play in addressing vaping among young people and highlighted the effects it could have on the broader community.

"As police, we have the responsibility of educating our community and enforcing Queensland's laws, including laws that impact underage vaping," Supt Hallam said.

# Storyfest to feature real publishing skills

By Michael R Williams

A number of Australia's most successful writers are set to feature at this year's Storyfest Out West and with them, the industry's most important skills will be shared.

These are skills that may be well established for inner city children who are more regularly exposed to them, but author Will Kostakis said it was his mission to bring those skills to kids in the bush.

"I was fortunate enough to get a book deal when I was 17, and a big reason for that was because I had so many teachers and

opportunities to meet authors at my own high school," he said.

"Since then, I've been trying to inspire as many as I can who are a part of the next generation."

Mr Kostakis said, as a touring writer, he's noticed a huge gap in opportunities for rural children in writing.

"There's no reason a student in Longreach shouldn't have the same opportunities that I had growing up in inner Sydney," he said.

"I've really enjoyed working with Story-

fest in the past, and I'm really excited to get out to Longreach.

"Hopefully, I can spark a love of reading and writing."

Mr Kostakis said his approach to teaching the young students will be in listening to what the kids actually have to say.

"Good writing is often about unlearning the way you're taught to write in school," he said.

"We need to learn to write the way we speak—to capture that voice.

"I believe we're all natural storytellers."

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# Gunna's big clean sweep

By Boulia Camel Races

Camel 'Gunna' lumbered home to continue his clean sweep of the camel racing circuit, taking out the most prestigious win in Australia's camel racing on Sunday, Boulia's 1500m Cup.

Boulia Camel Races, Australia's richest camel race, touted the 'Melbourne Cup of Camel Races' was witnessed by 3,000 travellers in Outback Queensland on the edge of the Simpson Desert.

This year is a special year for local Boulia camel Gunna to take home the win as it marks the 25th Anniversary of the Boulia Camel Races, which was first held in 1997.

"To win this Cup is amazing, every jockey will tell you it's the main one they want to win," beamed winning Jockey Kyrraley Woodhouse.

Woodhouse Camels Racing Team's 'Gunna' is onto a winning streak through Outback Queensland, taking out the Cup win at Bedourie Camel Races the weekend before, then following up in Boulia with a clean sweep taking out both the 400m Toby Harris Memorial Quarter Mile Flyer followed by the big one, the 1,500m Tourism & Events Qld Cup Final.

The 1,500m Cup is the longest and most prestigious win on Australia's camel racing circuit.

"It was a hard race, he had the best start, Mal is an excellent handler and he knew when to let go and he held me get Gunna out with his little raaahs as well," said winning jockey Kyralley, who crossed the line to the cheers of husband, camel trainer Tom Woodhouse and as a team effort with camel handler Mal Buttle from Victoria.

"He led from the start, I could see Tex out the corner of my eye the whole way and Rachel that jockey (racing for Chris Hill of Uluru's team) made we work hard for the win.

"When we came down that home straight I saw they were a fair way behind but I wasn't stopping, I rode him all the way home.

"He went to sit down about 10 metres out from the starting barriers and we're like, no, not this time, but he stayed up and he was great.

"That's how you know he's ready to race, he sits down... he's just grumpy," she says with a laugh.

"But then he just motors on home, he's a pretty special camel."

Kyralley recounted the race, "it's a hard race and it makes it a hell of a lot easier when you've got a good camel that just knows their job.

"He went fast and I was like, pace yourself, pace yourself, then I saw Tex out the corner of my eye and Gunna started trotting and I said not today."

Kyralley explains" the big 1,500m race is a fully mental race for both the camel and yourself.

Some people sing to the jockeys, some people yell a bit, but I stay quiet and then every 50 or 100 metres I give a raaah and that does the trick."

Local Boulia camel team, Woodhouse Camels has a long history of racing in Boulia, having first competed in 1999.

Winning camel 'Gunna' was wild caught and his first appearance at Boulia Camel Races was as a two-year-old camel in the Boulia Camel Races challenging and hilarious camel tagging competition.

Tom Woodhouse recalled, "he was actually one of my father's camels, he was one of the last ones my father broke in."

Tom explained that their champion camel wasn't always in top racing form recalling "in



his first ever race he busted one of the running rails here at the Boulia racetrack, he went over it and threw Kyrraley who was the jockey and kicked her in the chest.

She was breastfeeding at the time and the poor kid had to go onto formula for a week," he laughed.

"After dad retired I took Gunna and actually swapped a side-by-side (buggy) for him.

"I think I got the better end of the deal," Tom chuckled.

Camel 'Tex' two raced for trainer Chris Hill of Alice Springs crossed the line second in Boulia's Cup Final, followed by 'Dolly' riding for Anna Bay, New South Wales camel trainer Rod Sandom in third.

3,000 travellers gathered on the edge of the Simpson Desert to witness the iconic race which was first held in 1997 and this year marked its 25th Anniversary.

The inundation of tourists balloons the population of Boulia 10-fold, from 300 residents to 3,000 for the event.

The five teams of competing travel teams camel from across Australia and took home a

share in the \$45,000 prize pool, which makes the Boulia Camel Races Australia's richest camel races.

Race caller Andrew Saunders who has been calling the races in Boulia since the first one in 1997 said of the weekend, "It's the 25th Anniversary and everything has run smoothly, it's been amazing on the track.

We've had little incidents which have been great, I think it adds a bit of colour and fun when a camel breaks."

"The quality every year improves, we see 'Gunna' who is a very good camel and 'Tex', when you get stables travelling from all over Australia the racing is top shelf," said Andrew.

"It's way different to the early days of racing 25 years ago, it was very amateurish, there were two racing colours, the jockeys just wore a t-shirt and they just pulled the camels out of the backyard and raced them.

"But now they spend months training the camels, they wear proper racing silks, everything is serious.

"It's very different to the first one in 1997, which was won by camel 'Jessie' who was an army camel.

"The army had camels back then and she was a good camel, but if you think they are slowly coming down the straight now you should have been here 25 years ago, it was awful how slow they were," Andrew recalled.

Boulia is where camel racing is Australia's first turned professional, rather than just a tourist exhibition, with the introductions of longer races, drug testing and legal bookmakers who had a busy time in Boulia over the weekend.

Surrounding the racing and bookies action in Boulia was a full program of live music, novelty races, helicopter rides and the Great Australian Ride-on Lawn Mower Race.

No reports have yet come in of travellers spotting Boulia's Min Min Lights on their journey to Boulia, the mysterious phenomenon that continues to be sighted by travellers on Boulia's remote Outback roads each year, continuing the legend and intrigue.

The Boulia Camel Races is supported by the Queensland Government, through Tourism and Events Queensland, and features on the It's Live! in Queensland events calendar.

# Protection a process

The threat of a disease incursion into Australia's environment should not be underestimated.

Nor should it be a cause for panic.

Responsible steps can be taken that will ensure Australia maintains its disease-free status.

We need to be careful to follow government advice around which times to declare and present for inspection when returning to Australia.

We also need to be mindful we don't provide the strategy or goal for the weaponisation of the virus.

This can even occur through the threat of its arrival and the subsequent impact on commodity prices as local producers disengage from the buying market. Australia today is exactly the same as Australia has always been, free of Foot and Mouth and Lumpy Skin Disease.

Is it possible that this may change in the future, well yes it is, but it hasn't yet.

We should prevent alarm from sinking in and change the rhetoric to ensure it doesn't

## FROM MY DESK

**SEAN DILLON**  
BARCALDINE MAYOR



arrive, rather than focus purely on the alleged inevitability that it will and the consequences.

On-farm Biosecurity is an important cog in the protection process.

Maintaining a visitor log - where appropriate - and management of feral pests are a continual process that we should all be undertaking.

Communicating with friends and family who may be visiting a foreign country where FMD is endemic (there are others, Indonesia is just the most recent) the need to be mindful when re-entering Australia is just as important as a government detection scheme.

Like any security, all good Biosecurity

begins at home.

Barcaldine Regional Council will be distributing information in the coming weeks highlighting this critical responsibility that all travellers have and assisting those returning from at-risk countries where they seek such assistance.

Other local governments are undertaking similar steps.

In recent weeks our Council area has seen the commencement of a full-time waste collection service contract with JJ Richards.

This process will take a number of months to fully bed down, including the new schedule for collection.

Substantial benefits will be received by council and the community over the duration of the contract and we look forward to offering a 50 per cent rebate for the cost of replacing bins that may be damaged this year.

This was announced as part of our budget process and will assist homeowners and businesses who are all clearly impacted by cost of living pressures to maintain a safe working bin.

## Housing stress at all corners

Homelessness is often assumed to be an urban problem because homeless people are more numerous, more geographically concentrated, and more visible in urban areas.

However, people experience the same difficulties associated with homelessness and housing stress in regional and rural Australia.

Homelessness in these regions often goes unnoticed because it is largely "hidden", with many people staying with friends or family, couch surfing, living in their car, camping or in crisis short-term emergency accommodation.

This is especially being exacerbated now due to the affordable housing crisis in our cities and larger regional centres forcing people further into rural areas seeking affordable accommodation.

Families, women, the elderly, men, and young people for a range of reasons, including poverty, losing employment, financial crisis, domestic violence, relationship breakdown, or due to a lack of affordable housing experience housing stress and/or homelessness.

To assist in addressing this growing issue of homelessness in our region Anglicare Central Queensland has newly appointed Colin Tidswell as a Homelessness Case Manager.

Colin comes with a wealth of experience in the housing, homelessness and community development sectors working with marginalised peoples and communities.

The position, based in Longreach, will work with some of the most disadvantaged in our community by providing emergency relief such as food vouchers, tenancy support, financial budgeting, crisis accommodation and support to those experiencing homelessness to find safe suitable long-term housing.

If you or someone you know needs homelessness support – 1300 769 814

## At the heart of every community is a pub

Ilfracombe might be considered Gallifreyan, having two hearts like a certain Doctor.

I've told of one, our Post Office, and today I'd like to tell about our other heart, the Wellshot Hotel, otherwise known as the 'Ilfracombe pub' or, simply, 'the pub'.

We have been as fortunate with our publicans as with our postmistresses, all being more than simply business people.

They are of and for the community, and our current publican is as much of an asset as our postmistress.

We are a lucky community, indeed.

Although neither an imbibor of alcohol nor coffee, I have had many occasions to enjoy the pub over the years.

The pub itself is an experience, with its rustic decor, including a collection of hats that were there when I first arrived.

One of my father-in-law's battered work hats is there, and he still mutters that it is a perfectly good hat.

His brand is displayed as well.

And then there is the money on the ceiling, one of the most novel fundraisers I've

## ILFRACOMBE INKLINGS

**JOANNE ROBERTSON**



ever come across.

But what really makes the pub a community hub is the friendly, dedicated staff who always provide warm, smiling service.

It's a place to meet visitors and enjoy a good feed, a place for local fire brigade meetings, and countless other group functions.

It's also a place where the community gathers for wakes, after laying to rest one of the members in the local cemetery.

And there's the annual Christmas Eve party for locals, complete with barbecue and Santa Claus.

Many memorable events have been held on the grounds, from rodeos to concerts to fundraisers.

Plenty of times I have enjoyed the casual atmosphere of kids running tame while the grownups kick back and listen to some of the finest musicians Australia has to offer.

It's also a place that has put Ilfracombe on the tourist map, drawing people from far and wide to experience what the pub and the town itself have to offer. What Tracy and her team bring to the community is inestimable in value, a real drawcard.

Last month the Wellshot received a well-deserved Community and Achievement award for their contribution to the local community.

They raise money for community groups and host fundraisers for families in need.

I'm sure much more goes on, but hopefully, this gives you an idea of how important the Wellshot Hotel is to the community of Ilfracombe.

It is indeed one of two hearts that bring us together in times of celebration and sorrow, good fellowship and purpose.

May our two hearts continue beating for Ilfracombe into the future.

We really are blessed to have them.

## Central West region surpasses 1000 Covid cases

Central West Hospital and Health Service Chief Executive Mr Christopher Sullivan

More than 1000 cases of Covid-19 have now been recorded in the Central West since the first case on 22 December 2021.

We currently have 24 active cases across the region and have now recorded 1003 cases since 22 December.

As the numbers show, we are continuing to see Covid-positive cases and numbers are surging throughout Queensland as the virus continues to mutate. It is important people remain vigilant and responsive by staying home when sick, washing their hands regularly, keeping their distance from others where possible and wearing a face mask when they can't.

Indeed, wearing a mask whenever out in public is good advice during the current wave of Covid-19 for all Central West residents, but especially if you are elderly or immunocompromised. It is also recommended when indoors and you can't physically distance, for instance, when at shopping centres or at schools.

These measures, combined with remaining

up to date with your Covid-19 and influenza vaccinations, can minimise the spread of these viruses and reduce the risk of serious illness.

Covid-19 vaccinations continue to be available to all who need them, and bookings can continue to be made through your local multipurpose health service or primary health centre.

## State of environment grim

**By Farmers for Climate Action**

The 2021 State of the Environment report released this week paints a dire picture of environmental harm that comes as no surprise to Australian farmers, who see first-hand the damage done by climate change.

Farmers for Climate Action CEO Dr Fiona Davis said climate change, driven by the burning of fossil fuels, is hurting rural communities by making floods, fire and drought worse.

"There are multiple factors driving environmental damage, but climate change makes all of these worse," she said.

"Farmers and their communities rely on a healthy environment for their livelihoods, and to grow the food we eat.

"They deserve safety and security, but in this unbalanced climate caused by carbon emissions; they are facing fires, floods and droughts.

"Farmers are leading the way on emissions

reduction, and it's time the coal, gas and transport sectors did their bit too."

Farmers are planting shelterbelts that increase pasture and cattle growth, and installing renewable energy such as wind and solar that can help drought-proof farms and create jobs.

With support, this can be quickly scaled up across the agriculture sector.

A report produced by EY for Farmers for Climate Action into opportunities in a low emissions future found agriculture could reach net zero by 2040 whilst increasing production and without shrinking the beef herd or sheep flock.

"We can grasp the opportunity to create a regional jobs boom while we drive down emissions this decade," Dr Davis said.

The State of the Environment report noted the state of the Murray Darling Basin: "Rivers and catchments are mostly in poor condition, and native fish populations have declined by more than 90 per cent in the past 150 years: a trend that appears to be continuing today," the report said.

## Longreach Private Dental

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# What’s on

## Longreach and Central West Community Event Billboard

### Friday, 22 July

#### Croquet

Contact: Jean Williams on 07 4651 2354.

Location: Oak Street, Barcaldine

Time: 8am

#### First Five Forever

An interactive educational experience for children learning to read.

Location: Longreach Library

Time: 9.30am

### Saturday, 23 July

#### Winter Markets

Homemade wares, arts and crafts, raffles, plants, BBQ, jams, cakes and so much more.

Location: Tivoli Theatre Museum, Alpha

Time: 8am

To book a stall, telephone 07 4985 1050 or email alpha007@bigpond.com. \$5.00 for a stall.

#### Salvation Army Band Concert

Come and see the Salvation Army Band on their 2022 Western Queensland Tour.

Location: Longreach Civic Centre

Time: 6pm

#### Barcaldine Lawn Bowls

Contact: Jack Power on 0429 988 654.

Location: 72 Gidyea St

Time: 3pm

#### Wool Spinning

Come get artsy.

Location: Longreach Arts and Crafts Centre

Time: Afternoons

#### Park Run, Longreach

A free, weekly, timed 5k event every Saturday morning. Everyone is welcome to walk, jog, run or volunteer!

Location: Meet at Beersheba Place

Time: 7 am

#### Morning Golf, Longreach

For more information email longreachgolf@gmail.com

Goose Club and RSL members Draw

For more information call (07) 4658 1092

Location: Longreach RSL

Time: 1 pm

### Sunday, 24 July

#### Mens Shed Markets

For more information please call 0400 719 837.

Location: Ilfracombe Main Street

Time: 8am

#### Muttaborra Golf Club

Contact: Beau Gray on 0429 474 261.

Location: Muttaborra Golf Club

Time: 8.30am

#### Barcaldine Lawn Bowls

Contact: Jack Power on 0429 988 654.

Location: 72 Gidyea St

Time: 9am

#### Barcaldine Golf

Contact: Michael Hayward.

Location: Barcaldine Golf Course, Pine Road

Time: 3pm

#### Longreach Town Band Mixed Ensemble Rehearsals

Location: Longreach State School.

Time: 4pm

#### Social Bowls

For more information please visit Facebook, Longreach Bowls Club

Location: Longreach Bowls Club

Time: 1 pm

### Monday, 25 July

#### Community Workshop: Funding & Events & Grants

This workshop is for all community groups, sporting groups and individual to learn more about funding, events and grants.



The Future of Books Panel session next week will look at the changing way the world tells stories.

Location: Longreach Civic Centre

Time: 5.30pm

#### Barcaldine Ukulele Group

No experience required and all welcome.

Location: The Willows Centre

Time: 5pm

#### Longreach Town Band Brass Ensemble Rehearsals

Location: Longreach State School

Time: 6pm

#### Longreach SES Group Training

Are you committed to attending regular training and activating during events?

Location: Longreach SES Base, 14 Minor Road

Time: 7pm

#### Barcaldine Men's Shed

Contact: David Kerrigan on 0427 009 375.

Location: 103 Ash St

Time: 9am

### Tuesday, 26 July

#### Longreach Senior Rugby League Club

Longreach Senior Rugby League training.

Location: Longreach Showgrounds

Time: 6pm

#### Barcaldine Lawn Tennis

Contact: Tony Walsh on 0410 522 041, Brett Walsh on 0407 981 776 or email barcaldinetennis@gmail.com.

Location: Cnr Willow and Fir St

Time: 6pm

#### Longreach Playgroup

Ages 0-5 yrs. \$2.00/visit.

Location: Lioness Park

Time: 9 am

#### Social Tennis Longreach

For more information please contact Anna-Marie Moffat on 0417 112 517 or visit the Longreach Tennis Facebook Page.

Location: Longreach Tennis Club

Time: 6.15pm

#### Longreach Brolga Girl Guides Meeting

Looking for fun, friendship and adventure? If you are a girl 5 - 17 years old then Girl Guides is for you!

Location: Guides hut, 15 Stilt Street, Longreach.

Time: 5.30 pm.

#### Thomson River Lions Club Meeting

For more information please contact Bobbie Willersdorf on 042758315

Location: Birdcage Hotel

Time: 6 pm

#### Longreach Squash

Come along and have a bash.

Location: Longreach Squash Courts

Time: 5.30 pm

### Wednesday, 27 July

#### Disability Royal Commission Information Session

Location: Edgely Hall

Time: 12.30pm

#### Barcaldine Basketball

Contact: Central West Aboriginal Corporation on 07 4651 1226.

Location: St Joseph's Primary School

Time: 5.20pm – 8pm

#### Barcaldine Men's Shed

Contact: David Kerrigan on 0427 009 375.

Location: 103 Ash St

Time: 9am

#### Barcaldine Cultural Centre Craft Day

Contact: Karen Brown on 07 4651 2324.

Location: 20 Beech Street, Barcaldine

Time: 9.30am

#### Darts at the Wellshot

Warm-up your arms, stretch those muscles and work on your hand-eye coordination.

Cost: \$5

Location: Wellshot Hotel

Time: 7 pm.

#### Rotary Club Meeting, Longreach

Rotary is dedicated to causes that build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

Location: Birdcage Hotel

Time: 7 pm

#### Dance Lessons — Isisford

For more information contact Fiona Ludgate on 0422 772 066 or tf.ludgate@bigpond.com.

Location: Isisford Community Hall

Time: 3.30pm

### Thursday, 28 July

#### Navigating the Publishing Market

Ever dreamed of seeing your name in print? Or in the digital publishing market?

Location: The Branch Cafe

Time: 4pm

#### The Future of Books Panel Session

The world is changing, and so is the way we tell stories about it.

Location: The Branch Cafe

Time: 5.30pm

#### Longreach Senior Rugby League Club

Longreach Senior Rugby League training.

Location: Longreach Showgrounds

Time: 6pm

#### Barcaldine Golf

Contact: Michael Hayward.

Location: Barcaldine Golf Course, Pine Road

Time: 3pm

#### Social Craft at the Library

For more information please contact Longreach Library (07) 4659 0735.

Location: Longreach Library

Time: 9:30 am

#### Hole-in-One

For more information send an email to longreachgolf@gmail.com or visit Longreach Golf Club

Location: Longreach Golf Course

Time: 4 pm

#### Thomson River Lions Bingo

Come along for a bit of fun, a night out and help support our community.

Location: Birdcage Hotel

Time: 6.30 pm

#### Tai Chi

Contact: Jean Williams on 07 4651 2354.

Location: The Willows Centre

Time: 9am

Date Claimer: 6 August.

#### Barcaldine Cultural Association Cent Sale

Cent Sale Tickets - \$1.00 per sheet. Cent Sale Tickets can be purchased prior to sale.

Location: Barcaldine Town Hall

Time: 8am



# College students go bush

By Michael R Williams

Students from A. B. Paterson college conducted their annual voyage to the heart of Queensland this week with a pit stop at one of Longreach's most recognised properties, Camden Park Station.

The children were given the opportunity to learn about life on the station and the history of the outback.

They were given the chance to participate in three key authentic bush activities: whip-cracking, stew brewing, and of course, sheep shearing (which was conducted as a lecture).

Teacher Judy Russell said this was a unique experience for the city-dwelling minors.

"The students here come from the Gold Coast, they live in very small houses with small yards—they go to the beach often," she said.

"They really don't have any idea about how country living happens.

"Camden Park Station is a brilliant way for them to see what life is like in the bush."

Station manager Dan Walker said this is an event he and his family have got behind for many years.


"They've been coming out here for many years, and even invested infrastructure in the outback," he said.

"For us, we like to share our connection to country, and for these students, it's a chance to see what it's all about."



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# Opal Fest unearths gems

By Michael R Williams

Despite a smaller turnout of tourists, Winton Opal Fest this year actually saw an increase in purchases over the past few years due to the reopening of the Australian border and a larger influx of international opal buyers.

Former Queensland Boulder Opal Association President James Evert said exhibitors had gone down slightly since last year, but business and sales increased dramatically.

“It was great to see business is still happening around the world,” he said.

“It’s given our industry the stamp of approval to keep marching forward.”

The Jewellery Design Awards held at the Waltzing Matilda Centre saw an increase in participation and Mr Evert said the quality of the designs had improved.

“The prize money had doubled - up to \$10,000 across the winners.

“It was a great night.

“The awards night is gaining real momentum across the industry.”

Mr Evert said the success of the event had been a testament to the Winton community and the help of the Winton Shire Council.



Dave Reid.



Alison Hudd from Presints by Ali.



Local Robbie Vinnicombe showing his wares.



Local shop owner Joseph Taranto.



David Oldfield and just “Mike”.



Renee Liebig from Affordable Opals selling her best to a tourist.



Local vendor, Get Stoned.



Ron Fitzspatrick from Magic of Metals.



The team at Last Resort Opal Mining.



Silvia Guman and Martin “G” showing off their favourite opals.



Geoffrey Weller and Lexie and Paul Hunton have travelled from the Winton Shire town, Opalton.

# Out and About



1: Makayla Bellwood, Rachel Sands, Pip Murray, Jess Fea, Kate Bulle, and Tayla Paterson enjoying the Longreach / Ilfracombe Tigers' Ladie's Day.

2: Sarah Clark, Codie Price, Zoe Radford, and Amelia Blake think Ladies Day is a great idea.

3: Ayden Birch and Justin Kamerling having a boy's night out.

4: Cedrice Hunt, Jodie Moore, and Kent Grealty enjoying the sunset.

5: Kristina Swan, Amanda Bronn, and Sandie Tanks—queens of fashions of the field.

6: Jules White, Elizabeth Neal, Brydie Parle, Bella Godfrey, Eliza Bongioletti, and Harriet Ringrose out for Ladie's Day.

7: Bella Godfrey, Sahlie Komndi, and Joe N having a night out at the showgrounds.

8: Chick Oates, Tim Jackson, Hayley Jackson, and Erina Ormond having a beer.

9: Tony Emslie, "Little Robbo" Robinson, and Cedric Hunt enjoying the footy.

10: Split between the two teams. Maddie McCosker, Kat Fitzsimmons, Victoria Pengilly, Danille O'Neal, and Dan Prosser.

11: Jack Marshall, Ben and Macen Palmer, and Jo Winkleman keen for some footy! Hunt enjoying the footy.

12: Marissa McLachlan and Libbi Dolgner done up for Ladie's Day.

13: Rheanna Taiki, Jodie Moore, and Payton Vedders relaxing in the afternoon.





# QUEENS

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# TV

## Today

**Timeless tale**  
**Jane Austen's**  
***Persuasion***  
**gets the Netflix**  
**treatment**

MOVIE  
GUIDE  
INSIDE

# Opposites attract

**Sophie Monk**  
returns to reality  
with a new season  
of **Beauty and**  
**the Geek**



*Do you have an event coming up?*  
*We want to know!*

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and we'll publish it in our weekly Events Calendar.

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# Monk in the middle

As *Beauty and the Geek* returns for a new season, series host Sophie Monk tells **Siobhan Duck** which side of the divide she lands on, and what married life has done for her matchmaking skills

**D**ON'T let her stunning looks deceive you, Sophie Monk considers herself far more of a geek than a beauty.

"You should see me when I don't have a hair and make-up team, which costs the network a lot of money," Monk laughs.

"I am definitely not a beauty. I'm just naturally more geeky in my interests. I love playing the Xbox. And I love board games."

And, as if to further make her case, after watching the participants playing Dungeons and Dragons last season, the *Beauty and the Geek* host enthuses she cannot wait to give the fantasy role-play game a go too.

"I am hanging to play it," she exclaims.

"I just need some friends to play it with."

Although she always looks glamorous when she's on a red carpet or on TV, Monk says she is most comfortable just hanging out at home in her ugg boots.

"My idea of fun is to have friends over to my house to chill and have some food and some drinks," she says.

"I am not going to cool bars."

It's a far cry from her modelling days, when Monk says she felt far more pressure to dress up and uphold a certain image when she left the house.

These days, she's confident enough in her own skin to hit the shops in her tracksuit pants and without a scrap of make-up on her face, reasoning that "everyone living on the Central Coast does the same thing".

It's Monk's laidback nature and self-deprecating sense of humour that has made her such a sought-after TV personality.

Certainly, when it comes to TV dating shows there are few – except, perhaps, Osher Günsberg – more experienced in the genre than Monk, who has the unique honour of having served as both participant and host.

In 2017, Australians watched as the down-to-earth star was wined and dined by a squadron of suitors on *The Bachelorette*.

Now happily married to husband Joshua Gross, Monk's TV dating days are behind her, but she is still a sucker for romance; hosting both *Love Island Australia* and *Beauty and the Geek* for Channel 9.

Her impressive TV dating show resumé has made Monk a star that complete strangers now trust with their own dating dramas. In fact, she says, people often approach her at restaurants, looking for dating advice.

"I think it would have happened anyway because it's my nature [to offer advice to the lovelorn]," she laughs.



**Geeking out:** Sophie Monk returns as host of Nine's *Beauty and the Geek*; below, the 2022 participants in costume for their first mixer.



"People have a few drinks and within five minutes, they're offloading and crying to me, and I am counselling them.

"And it's gorgeous that strangers trust me that way."

Having done the rounds of the TV dating genre, Monk believes it's the "innocence and sweetness" at the heart of *Beauty and the Geek* that sets it apart from the competition.

"It's just that innocence of the geeks [who have a] vulnerability and sweetness in expressing themselves," she says.

"Everyone walks out of the show saying it's the best experience of their life, which is so rare for a reality show or a dating show as well.

"That being said, it's not boring. It's so entertaining as well.

"I think it just works because it's refreshing."

Monk hastens to add that Nine rebooted the format when it took

over the franchise so that the challenges and the people weren't so "one-dimensional".

"They used to give the beauties maths problems," she laughs of the previous incarnation of the series, which played more into out-dated stereotypes about dumb blondes and nerdy losers.

She says the latest season of the Logie-nominated program is even more entertaining than the first season she hosted in 2021. Partly, she believes, due to the fact that the participants, having seen the previous season, came into the series trusting that they weren't there to be mocked or made to look foolish.

"I've watched most of the episodes three times," she enthuses.

"Like, I hardly ever watch shows back because I hate watching myself back, but this is such a lovely, gorgeous and comical show. It's so entertaining. So I am very proud."

Another way that *Beauty and the Geek* distinguishes itself from other dating shows is that it's as much about self-love as it is finding it with someone else.

"There's no pressure on the show [to get together]," she says.

"You can be best friends, as long as you bring the best out of each other.

"That being said, there's a lot of romance in the show."

Although she "loves love", Monk has never been in a rush to get married herself.

"I have always believed in love, but I was never that girl that needed to be married or have kids by a certain age," she says.

"I have never been someone to follow society. I just do what I want, really."

She finally tied the knot with Gross earlier this year at an intimate ceremony at the home they share. The couple's meeting was like

something out of one of the rom-coms Monk loves watching, striking up a conversation when they were both passengers on a long-distance flight.

She says being married to Gross makes their relationship feel even more special and "unbreakable." Having found happiness at long last has also given Monk an appreciation for real love over romantic fairytales; ultimately making her a better matchmaker.

"I think just having a best friend that you can be yourself with is such a nice thing," she enthuses of being with Gross.

"After not having it for so long you notice how special it is to have someone on your side, to have a teammate."

■ *Beauty and the Geek*, Sunday, 8pm, Monday-Wednesday, 7.30pm, Nine

# Movie Guide

## PICK OF THE WEEK



**Child's play:**  
Woody, Buzz  
and Jessie with  
new toy Forky.

**Saturday**  
**TOY STORY 4**  
7mate, 7pm, G (2019)

After three virtually perfect films, Disney-Pixar's fourth instalment of this much-loved animated series is another winning combination of humour, pathos and storytelling. As Woody (Tom Hanks) tries

to help a new toy called Forky (Tony Hale) adapt to life with the gang's new owner, Bonnie (Madeleine McGraw), he finds himself on an impromptu road trip where he learns a lesson about how big the world can be for toys. The spirit of adventure still reigns, and this film cements the reputation of the series as one of the greatest (and most popular) film franchises of all time. ★★★★★



**KILL YOUR DARLINGS**  
ABC TV Plus, Friday, 8.30pm, MA15+ (2013)

Set in the formative years of the Beat Generation, *Kill Your Darlings* follows Allen Ginsberg (Daniel Radcliffe, pictured) during the poet's time at Columbia University and relationships with Lucien Carr (Dane DeHaan), William S. Burroughs (Ben Foster) and Jack Kerouac (Jack Huston). Radcliffe anchors the engrossing story with an impressively subtle performance, while Michael C. Hall plays a former teacher obsessed with Carr. A surprisingly heartbreaking story. ★★★★★



**DIVERGENT**  
9Go!, Friday, 7.40pm, M (2014)

There's no hiding from the similarities to *The Hunger Games* in this futuristic battle between good and evil. Both films, based on young adult novels, follow a strong teen in a bleak, futuristic world. Here, Shailene Woodley (pictured with Theo James) plays Tris, a teen living in a post-apocalyptic Chicago where society has been divided into five factions. After discovering she doesn't belong in one, Tris and a group of allies risk their lives to find out what makes them such a threat to the social order. ★★★



**SAN ANDREAS**  
Nine, Saturday, 7.30pm, M (2015)

Director Brad Peyton reunites with Dwayne "The Rock" Johnson (pictured) – they worked together on 2012's *Journey 2: The Mysterious Island* – for this disaster flick. The Rock plays a rescue-helicopter pilot who must save the day – and his daughter – when an almighty earthquake tears California asunder. Carla Gugino plays The Rock's wife and Paul Giamatti and Ioan Gruffudd also make an appearance. Pop queen Kylie Minogue is also among the supporting cast. ★★



**SPY**  
7Flix, Sunday, 7.30pm, M (2015)

Leading lady Melissa McCarthy (pictured) plays a maligned pencil-pusher working for the CIA in this intelligent comedy. Susan (McCarthy) is often overlooked in favour of the shoot-'em-up agents in the field, but when her partner (Jude Law) goes missing in action, it's up to her and her undercover alter egos to infiltrate a smuggling ring led by a notorious arms dealer (a brilliant Rose Byrne). Jason Statham is at his comedic best as compromised top agent Rick Ford. ★★★★★



**PEARL HARBOR**  
7mate, Monday, 8.30pm, M (2001)

Running nigh on three hours, producer Jerry Bruckheimer's blockbuster, directed by Michael Bay, boasts a gobsmacking re-creation of the horrific surprise attack by Japanese planes upon the US naval base in WWII. The stunning 40-minute effects spectacular is bookended by an ill-fated pre-war romance (played out by Ben Affleck, pictured, Josh Hartnett and Kate Beckinsale), and an ethnocentric account of the 1942 US bomber raid on Tokyo's industrial sector. ★★★



**THE MATRIX REVOLUTIONS**  
10 Shake, Tuesday, 8.30pm, M (2003)

The third episode of the Wachowskis' sci-fi franchise abandons all of the ingenuity of the first chapter in favour of flashy visuals, robotic hardware and a cryptic plot. Neo (Keanu Reeves) is trapped in limbo between the real world and the Matrix and the human race faces extinction in the wake of invading machines. Meanwhile, Agent Smith (Hugo Weaving, pictured) is trying to rule both worlds and defeat his nemesis. Weaving is terrific, but it's a disappointing send-off to the series. ★★

# The Guide



## THE LIVING ROOM 10, Friday, 7.30pm

Besides the garage, one of the places that gets woefully neglected in many people's homes is their backyard. If you've been looking out over your patch of muddy grass wishing you knew just what to do with it, lifestyle guru and craftsman extraordinaire Barry Du Bois is your savvy friend. He comes armed with some creative and thoughtful backyard renovation ideas, which could have you thinking "I should have thought of that!" in no time. If you've got a birthday coming up (or just an insatiable sweet tooth) Miguel Maestre bakes a surprise birthday cake. Later, Dr Chris Brown amps up the cute-factor when he meets rescue kittens at a new RSPCA adoption centre.



## GONE FISHING WITH MORTIMER & WHITEHOUSE SBS, Saturday, 8.30pm

Isn't the sport of fishing really an excuse to relax and chew the fat with like-minded friends? In this restorative series, British comedians Paul Whitehouse and Bob Mortimer (both pictured) tour UK fishing spots while indulging in intimate and hilarious chats. While bait is lured and the water ripples, the friends, who both suffer from heart conditions, wax lyrical. In the premiere, the duo get nostalgic about their younger years and reveal how they recently came to face their mortality.



## WHO DO YOU THINK YOU ARE? SBS, Tuesday, 7.30pm

Anyone who fancies cooking will know and love chef Matt Moran (pictured). We're used to seeing the smiling kitchen aficionado sampling luscious desserts on *The Great Australian Bake Off* and frolicking and cooking amongst rolling hills in *Paddock to Plate*. But tonight sponge cakes and stews make way for his real-life story involving more than a tablespoon of secrets and lies. It's a change of gear, but viewers can still expect the chef's megawatt smile as he explores his family's somewhat dark story. From a convict lineage hailing from Ireland to a troubling criminal heritage, the exploration into Moran's lineage might just leave you hungry for answers about your own.



## PICK OF THE WEEK

### THIS IS YOUR LIFE Seven, Sunday, 7pm

At a time when the world can feel a little upside-down and confusing, it's probably the perfect moment to reboot a classic TV series. Almost 50 years (well, 47) since the local version of this British stalwart premiered, we've seen hosts including Mike Willesee, Mike Munro and Eddie

McGuire. In this revival, former *Sunrise* favourite Melissa Doyle takes the reins – armed with the classic big red book, of course – to celebrate Australia's most successful male Olympian: Ian Thorpe (pictured with Doyle). This surprise retrospective of his life and career features stories and anecdotes from Cathy Freeman, John Howard, Layne Beachley and more.

## Friday, July 22

<b>ABC TV (2)</b> <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Lucy The Human Chimp. (PG, R) <b>11.05</b> Australia: Land Of Parrots. (R) <b>12.00</b> ABC News At Noon. <b>1.00</b> Mystery Road: Origin. (Mal, R) <b>1.55</b> The Good Karma Hospital. (Ma, R) <b>2.55</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (PG, R) <b>4.45</b> Tenable. (PG, R) <b>5.30</b> Hard Quiz. (PG, R)	<b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Cycling. Tour de France. Stage 18. H'lights. <b>8.00</b> WorldWatch. <b>9.05</b> Fantastical Factory Of Curious Craft. (PG) <b>10.00</b> Paddington Station 24/7. (PG) <b>11.00</b> Cycling. Tour de France. Stage 18. Replay. <b>1.00</b> WorldWatch. <b>2.00</b> Planet Of Treasures. (Premiere, PGavv, R) <b>3.00</b> NiTV News: Nula. <b>3.35</b> The Cook Up. (PG) <b>4.05</b> Jeopardy! (PG) <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Cycling. Tour de France. Stage 18. H'lights.	<b>SEVEN (7)</b> <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE</b> : The Good Mother. (2013, Madv, R) Helen Slater. <b>2.00</b> House Of Wellness. (PG) <b>3.00</b> The Chase. (R) <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia. Hosted by Larry Emdur.	<b>NINE (8, 9)</b> <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> <b>MOVIE</b> : All For Love. (2016, G, R) <b>1.45</b> 9 Honey: Queen Elizabeth II. (PGa, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. (R) <b>5.30</b> WIN News.	<b>TEN (5, 1)</b> <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGa, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGal, R) <b>1.00</b> The Living Room. (PGa, R) <b>2.10</b> Entertainment Tonight. <b>2.30</b> Farm To Fork. (PG, R) <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. (PG) <b>5.00</b> 10 News First.
<b>6.00</b> The Drum. Analysis of the day's news. <b>7.00</b> ABC News. Takes a look at today's top stories. <b>7.30</b> Movin' To The Country. (PG) The team heads to Queensland. <b>8.00</b> Agatha Raisin. (Final, Mv) Agatha investigates when her ex-fiance's fiancée is murdered the night before their wedding. <b>9.35</b> Baptiste. (Madlv, R) Julien confronts Edward and has to take drastic action to protect his family. <b>10.30</b> ABC Late News. Detailed coverage of the day's events. <b>10.50</b> Shaun Micallef's MAD AS HELL. (R) Hosted by Shaun Micallef. <b>11.20</b> Aftertaste. (Mls, R) <b>11.50</b> Rage. (MA15+adhlnsv)	<b>6.00</b> Mastermind Australia. (R) <b>6.30</b> SBS World News. <b>7.35</b> Britain's Beautiful Rivers: Test. (PG) Part 2 of 4. <b>8.30</b> Kensington Palace: Behind Closed Doors. Part 1 of 2. Takes a look at Kensington Palace, the private home of the British royal family. <b>9.25</b> Cycling. Tour de France. Stage 19. Castelnau-Magnoac to Cahors. 188.5km flat stage. From France. <b>1.30</b> In Therapy. (Mals, R) <b>2.00</b> Shadow Lines. (MA15+as, R) <b>3.40</b> Huang's World. (Maln, R) <b>4.30</b> VICE Guide To Film. (Madlv, R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.	<b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Better Homes And Gardens. Johanna Griggs meets up with Annabelle Williams. <b>8.30</b> <b>MOVIE</b> : The Heat. (2013, MA15+lv, R) An uptight FBI special agent and a foul-mouthed cop join forces to bring down a ruthless drug lord. Sandra Bullock, Melissa McCarthy, Marlon Wayans. <b>10.55</b> To Be Advised. <b>12.00</b> Instant Hotel. (PG, R) <b>1.10</b> Travel Oz. (PG, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> Million Dollar Minute. (R) <b>5.00</b> NBC Today.	<b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Rugby League. NRL. Round 19. Newcastle Knights v Sydney Roosters. <b>9.55</b> Golden Point. A wrap-up of the Newcastle Knights versus Sydney Roosters clash, with news and analysis. <b>10.35</b> <b>MOVIE</b> : Into The Blue 2: The Reef. (2009, MA15+sv, R) Two divers go on an extreme adventure. Chris Carmack, Laura Vandervoort. <b>12.30</b> Tipping Point. (PG, R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>4.00</b> Take Two. (R) <b>4.30</b> Global Shop. (R) <b>5.00</b> TV Shop: Home Shopping. (R) <b>5.30</b> Skippy The Bush Kangaroo. (R)	<b>6.30</b> The Project. The hosts and guest panellists take a look at the day's news, events and hot topics. <b>7.30</b> The Living Room. Barry Du Bois has some tips on backyard renovations. Miguel Maestre bakes a surprise birthday cake. <b>8.40</b> To Be Advised. <b>10.40</b> Just For Laughs Australia. (Mls, R) Stand-up comedy performances from Adam Christie, Nikki Osborne and Luke Heggie. <b>11.40</b> The Project. (R) A look at the day's news and events. <b>12.40</b> The Late Show With Stephen Colbert. (PG) Late-night talk show. <b>1.30</b> Home Shopping. (R) <b>4.30</b> Infomercials. (PG, R)
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>5.20pm</b> Odo. <b>5.30</b> Ginger And The Vegesaur. <b>5.35</b> PJ Masks. <b>5.50</b> Peppa Pig. <b>5.55</b> Nella The Princess Knight. <b>6.05</b> The Adventures Of Paddington. <b>6.20</b> Bluey. <b>6.25</b> Little J And Big Cuz. <b>6.40</b> Andy's Wild Adventures. <b>7.00</b> Odd Squad. <b>7.10</b> Shaun The Sheep. <b>7.20</b> Bluey. <b>7.30</b> Spicks And Specks. <b>8.00</b> Hard Quiz. <b>8.30</b> <b>MOVIE</b> : Kill Your Darlings. (2013, MA15+) <b>10.15</b> Doctor Who. <b>11.00</b> QI. <b>11.30</b> The Games. <b>Midnight</b> Last Woman On The Planet. <b>1.00</b> ABC News Update. <b>1.05</b> Close. <b>5.00</b> Twirlywoos. <b>5.15</b> Hoot Hoot Go! <b>5.20</b> Pocoyo. <b>5.30</b> Guess How Much I Love You. <b>5.40</b> Late Programs.	<b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Wellington Paranormal. <b>Noon</b> Tattoo Age. <b>1.00</b> Feeding The Scrum. <b>1.30</b> ABC World News Tonight With David Muir. <b>2.00</b> Cycling. Tour de France. Stage 18. Replay. <b>4.15</b> PBS News. <b>5.15</b> Shortland St. <b>5.45</b> The Joy Of Painting With Bob Ross. <b>6.15</b> Forged In Fire. <b>7.00</b> Jeopardy! <b>7.35</b> 8 Out Of 10 Cats Does Countdown. <b>8.30</b> The Orville. <b>10.10</b> The Cost Of Cyberbullying: #fatuglyslut. <b>11.15</b> Tent And Sex. <b>11.45</b> The Act. <b>12.40am</b> VICE News Tonight. <b>1.35</b> Savages. <b>2.40</b> <b>MOVIE</b> : Birdman. (2014, MA15+) <b>4.40</b> NHK World English News. <b>5.00</b> Al Jazeera Newshour.	<b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> House Of Wellness. <b>1.00</b> Million Dollar Minute. <b>2.00</b> South Aussie With Cosi. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> The Hotel Inspector. <b>8.30</b> Escape To The Country. <b>9.30</b> Billy Connolly: Great American Trail. <b>10.40</b> My Impossible House. <b>11.45</b> The Hotel Inspector. <b>12.45am</b> The Fine Art Auction. <b>4.00</b> Better Homes And Gardens. <b>5.30</b> Home Shopping.	<b>9GEM (81, 92)</b> <b>6am</b> TV Shop: Home Shopping. <b>7.00</b> Creflo Dollar Ministries. <b>7.30</b> TV Shop: Home Shopping. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Australia's Top Ten Of Everything. <b>1.00</b> The Young And The Restless. <b>2.00</b> Inside British Airways. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE</b> : Alive And Kicking. (1958) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> Children's Hospital. <b>8.30</b> <b>MOVIE</b> : The Holiday. (2006, M) <b>11.15</b> <b>MOVIE</b> : Hot Pursuit. (2015, M) <b>1am</b> TV Shop: Home Shopping. <b>5.00</b> Thunderbirds. <b>5.30</b> TV Shop: Home Shopping.	<b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The Middle. <b>7.30</b> Seinfeld. <b>9.00</b> Becker. <b>10.00</b> The Middle. <b>11.30</b> The King Of Queens. <b>12.30pm</b> Frasier. <b>1.30</b> Seinfeld. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>8.00</b> The Big Bang Theory. <b>9.30</b> Mom. <b>10.30</b> Charmed. <b>11.30</b> Frasier. <b>Midnight</b> Home Shopping. <b>12.30</b> Infomercials. <b>1.00</b> Home Shopping. <b>1.30</b> The Late Show With Stephen Colbert. <b>2.30</b> The Late Late Show With James Corden. <b>3.30</b> Becker. <b>4.30</b> Home Shopping. <b>5.30</b> Infomercials.
<b>NITV (34)</b> <b>6am</b> Morning Programs. <b>10.00</b> Arctic Secrets. <b>10.50</b> Firekeepers Of Kakadu. <b>11.10</b> Going Places. <b>11.40</b> Off Country. <b>12.10pm</b> <b>MOVIE</b> : Belle. (2013, PG) <b>2.00</b> Shortland St. <b>2.30</b> Cooking Hawaiian Style. <b>3.00</b> Bushwhacked! <b>3.25</b> The Magic Canoe. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales. <b>4.10</b> Grace Beside Me. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> NiTV News: Nula. <b>6.00</b> Bamay. <b>6.40</b> Arctic Secrets. <b>7.30</b> <b>MOVIE</b> : Bush Christmas. (1983, PG) <b>9.10</b> Bedtime Stories. <b>9.20</b> Through The Wormhole With Morgan Freeman. <b>10.10</b> Stand Up And Be Counted: A NAIDOC Concert Special. <b>Midnight</b> Late Programs.	<b>SBS WORLD MOVIES (32)</b> <b>6am</b> The Odyssey. Continued. (2016, PG, French) <b>8.00</b> Memoria. (2021, PG) <b>10.30</b> Goodbye Mother. (2019, M, Vietnamese) <b>12.35pm</b> Woman At War. (2018, PG, Icelandic) <b>2.30</b> Zindagi Milegi Na Dobara. (2011, PG, Hindi) <b>5.15</b> The Way. (2010, PG) <b>7.35</b> The Escape. (2017, M) <b>9.30</b> Golden Exits. (2017, M) <b>11.20</b> Hot Summer Nights. (2018, MA15+) <b>1.25am</b> As Tears Go By. (1988, MA15+, Cantonese) <b>3.15</b> The Skin Of Others. (2020, M) <b>5.00</b> Whisky Galore. (2016, PG)	<b>7MATE (74)</b> <b>6am</b> ITM Fishing Show: Best Of The Best. <b>7.00</b> Step Outside With Paul Burt. <b>7.30</b> Creek To Coast. <b>8.00</b> American Pickers. <b>9.00</b> Storage Wars: Texas. <b>9.30</b> Pawn Stars. <b>10.00</b> America's Game: The Super Bowl Champions. <b>11.00</b> A Football Life. <b>Noon</b> Border Patrol. <b>1.00</b> Graveyard Carz. <b>2.00</b> American Pickers. <b>3.00</b> Pawn Stars. <b>3.30</b> Shipping Wars. <b>4.00</b> Timbersports. <b>4.30</b> Aussie Lobster Men. <b>5.30</b> Storage Wars: Texas. <b>6.00</b> American Pickers. <b>7.00</b> AFL: Friday Night Countdown. <b>7.30</b> Football. AFL. Round 19. Richmond v Fremantle. <b>10.30</b> AFL Post-Game Show. <b>11.00</b> Late Programs.	<b>9GO! (82, 93)</b> <b>6am</b> Children's Programs. <b>11.30</b> Bakugan: Evolutions. <b>Noon</b> The Bionic Woman. <b>1.00</b> Buck Rogers. <b>2.00</b> Young Sheldon. <b>3.00</b> The Nanny. <b>3.30</b> 3rd Rock From The Sun. <b>4.00</b> That '70s Show. <b>4.30</b> Everybody Loves Raymond. <b>5.30</b> The Nanny. <b>6.00</b> <b>MOVIE</b> : Jimmy Neutron: Boy Genius. (2001) <b>7.40</b> <b>MOVIE</b> : Divergent. (2014, M) <b>10.25</b> <b>MOVIE</b> : The Dark Tower. (2017, M) <b>12.15am</b> Supergirl. <b>1.10</b> Southern Charm. <b>3.00</b> Bakugan: Evolutions. <b>3.30</b> Lego City Adventures. <b>4.00</b> TV Shop: Home Shopping. <b>5.00</b> Pokémon The Series: Sun & Moon. <b>5.30</b> Teen Titans Go!	<b>10 BOLD (53, 12)</b> <b>6am</b> Home Shopping. <b>6.30</b> Infomercials. <b>8.00</b> The Doctors. <b>9.00</b> Escape Fishing With ET. <b>9.30</b> iFish. <b>10.00</b> Star Trek: The Next Generation. <b>11.00</b> MacGyver. <b>Noon</b> NCIS: New Orleans. <b>1.00</b> Walker, Texas Ranger. <b>3.00</b> Cheers. <b>3.30</b> The Love Boat. <b>4.30</b> Star Trek: The Next Generation. <b>5.30</b> MacGyver. <b>7.30</b> Soccer. Friendly. Crystal Palace v Leeds United. <b>10.30</b> Evil. <b>11.25</b> Star Trek: Discovery. <b>12.20am</b> Home Shopping. <b>1.20</b> Infomercials. <b>1.50</b> Home Shopping. <b>2.20</b> 48 Hours. <b>3.15</b> The Love Boat. <b>4.10</b> MacGyver. <b>5.05</b> The Doctors.

CONSUMER ADVICE (P) Pre-school (C) Children (PG) Parental Guidance Recommended (M) Mature Audiences (MA15+) Mature Audiences Only (A15+) Extreme Adult Violence (R) Repeat (a) Adult themes (d) Drug references (h) Horror (s) Sex references (l) Language (m) Medical procedures (n) Nudity (v) Violence.

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<b>ABC TV (22)</b> <b>6.00</b> Rage. (PG) <b>7.00</b> Weekend Breakfast. <b>9.00</b> Rage. (PG) <b>12.00</b> ABC News At Noon. <b>12.30</b> Agatha Raisin. (Final, Mv, R) <b>2.00</b> Midsomer Murders. (Mv, R) <b>3.30</b> The ABC Of. (PG, R) <b>4.05</b> War Stories. (R) <b>4.25</b> Back Roads. (PG, R) <b>4.55</b> Landline. (R) <b>5.25</b> Singapore's Secret Forests With David Attenborough. (R)	<b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Tour de France. Stage 19. H'lights. <b>8.00</b> WorldWatch. <b>9.10</b> Love Your Garden. (Final, PG) <b>10.05</b> Great Canal Journeys. (PG) <b>11.00</b> Tour de France. Stage 19. Replay. <b>1.00</b> WorldWatch. <b>2.00</b> Motorcycle Racing. FIM Superbike World C'ship. Round 5. H'lights. <b>3.00</b> Countdown To Qatar 2022. <b>4.00</b> Trail Towns. (PG) <b>4.30</b> Tour de France. Stage 19. H'lights. <b>5.30</b> Fall Of Japan In Colour. (PGaw, R)	<b>SEVEN (7)</b> <b>6.00</b> NBC Today. <b>7.00</b> Weekend Sunrise. <b>10.00</b> The Morning Show: Weekend. (PG) Highlights from the past week. <b>12.00</b> Horse Racing. Caulfield, Rosehill and Doomben Racedays. <b>5.00</b> Seven News At 5. <b>5.30</b> Creek To Coast. A look at the latest in outdoor activities.	<b>NINE (8, 9)</b> <b>6.00</b> Getaway. (PG, R) <b>6.30</b> A Current Affair. (R) <b>7.00</b> Weekend Today. <b>10.00</b> Today Extra: Saturday. (PG) <b>12.00</b> Everything Outdoors. (R) <b>12.30</b> Arctic Vets. (PG) <b>1.00</b> Taronga: Who's Who In The Zoo. (PG, R) <b>2.00</b> Beauty And The Geek. (PGIs, R) <b>5.00</b> News: First At Five. <b>5.30</b> Getaway. (PG)	<b>TEN (5, 1)</b> <b>6am</b> Morning Programs. <b>7.30</b> Wildlife Rescue Australia. (PGm, R) <b>8.30</b> What's Up Down Under. (R) <b>9.00</b> Australia By Design: Architecture. (PG, R) <b>9.30</b> St10. (PG) <b>12.00</b> To Be Advised. <b>1.45</b> My Market Kitchen. (R) <b>2.00</b> Pooches At Play. <b>2.30</b> Luxury Escapes. (PG, R) <b>3.00</b> What's Up Down Under. <b>4.00</b> Roads Less Travelled. (R) <b>4.30</b> Farm To Fork. (PG, R) <b>5.00</b> News.
<b>6.10</b> Joanna Lumley's Great Cities Of The World: Paris. (PG, R) Part 1 of 3. <b>7.00</b> ABC News. Takes a look at today's top stories. <b>7.30</b> Grantchester. (Return, PG) When the body of Lord Edmund Fitzgerald is found on his family estate, Will and Georgie investigate. <b>8.20</b> The Split. (Ml) Ruth learns of Nina and Tyler's affair, and the extent of Tyler's deceit is revealed. <b>9.20</b> Mystery Road: Origin. (Mal, R) Jay struggles with the findings around the recent tragedy, convinced that he is dealing with foul play. <b>10.15</b> Capital. (Ml, R) The campaign takes a nasty turn. <b>11.00</b> High Fidelity. (Ml, R) Takes a look at Simon's dating history. <b>11.30</b> Rage. (MA15+adhlms) Guest programmed by Phil Jamieson.	<b>6.30</b> SBS World News. <b>7.35</b> World's Most Scenic Railway Journeys: Dunedin Railways, New Zealand. (PG) Chronicles a train journey through New Zealand's South Island aboard the <i>Inlander</i> and the <i>Seasider</i> . <b>8.30</b> Gone Fishing With Mortimer & Whitehouse. Paul Whitehouse and Bob Mortimer tour fishing spots in the UK while reconnecting with each other. <b>9.30</b> Cycling. Tour de France. Stage 20. Lacapelle-Marival to Rocamadour. 40.7 individual time-trial. From France. <b>2.00</b> In Therapy. (Mal, R) <b>2.25</b> The New Pope. (Maln, R) <b>4.35</b> VICE Guide To Film. (Madls, R) <b>5.00</b> NHK World English News Morning. <b>5.15</b> France 24 Feature. <b>5.30</b> ANC Philippines The World Tonight.	<b>6.00</b> Seven News. <b>7.00</b> Football. AFL. Round 19. v Brisbane Lions v Gold Coast Suns. From the Gabba, Brisbane. <b>10.00</b> To Be Advised. <b>11.30</b> Motorway Patrol. (PG, R) Follows the work of a police unit dedicated to patrolling the motorways of Auckland, New Zealand. <b>12.00</b> MOVIE: Sam Churchill: Search For A Homeless Man. (1999, Mv, R) A private investigator uncovers a child pornography ring while investigating a missing persons case. John Schneider, Robyn Lively, Alex Rocco. <b>2.00</b> Home Shopping. (R) <b>4.00</b> It's Academic. (R) Students compete against other schools to win cash and prizes. Hosted by Simon Reeve. <b>5.00</b> House Of Wellness. (PG, R) A look at locations that highlight living well.	<b>6.00</b> Nine News Saturday. <b>7.00</b> A Current Affair. <b>7.30</b> MOVIE: San Andreas. (2015, Mlv, R) A rescue helicopter pilot searches for his daughter following a massive earthquake. Dwayne Johnson, Carla Gugino, Alexandra Daddario. <b>9.45</b> MOVIE: Skyscraper. (2018, Mlv, R) A security assessor battles terrorists who have seized control of the world's tallest skyscraper. Dwayne Johnson, Neve Campbell, Chin Han. <b>11.35</b> MOVIE: Flying High! (1980, Ms, R) A plane's crew falls ill. Robert Hays, Julie Hagerty. <b>1.15</b> Labour Of Love. (PGa, R) Kristy spends time with the final two men. <b>2.00</b> TV Shop: Home Shopping. (R) <b>4.30</b> Global Shop. (R) <b>5.00</b> TV Shop: Home Shopping. (R) <b>5.30</b> Skippy The Bush Kangaroo. (R)	<b>6.00</b> Luxury Escapes. New presenter Cameron Daddo heads to Hawaii and the island of Oahu where he runs into Jimmy Nicholson, of <i>The Bachelor Australia</i> fame, and his partner Holly Kingston. <b>6.30</b> Bondi Rescue. (PGal, R) In the face of the challenge of the pandemic, beach marshals work with the lifeguards at Bondi to check numbers and enforce social distancing. <b>7.00</b> Soccer. Friendly. Manchester United v Aston Villa. From Optus Stadium, Perth. <b>10.00</b> To Be Advised. <b>11.00</b> Ambulance. (Mals, R) It is St Patrick's Day, one of the busiest nights on the calendar for the paramedics in Liverpool. <b>1.30</b> Home Shopping. (R) <b>3.30</b> Infomercials. (PG, R) <b>5.00</b> Hour Of Power. Religious program.
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.10pm</b> Shaun The Sheep. <b>7.20</b> Bluey. <b>7.30</b> Spicks And Specks. <b>8.00</b> QI. <b>8.30</b> Live At The Apollo. <b>9.15</b> Sammy J. <b>9.20</b> The Stand Up Sketch Show. <b>9.45</b> Whose Line Is It Anyway? <b>10.10</b> Would I Lie To You? <b>10.40</b> Doctor Who. <b>11.25</b> Blunt Talk. <b>11.55</b> Friday Night Dinner. <b>12.20am</b> Best Wishes, Warmest Regards: A Schitt's Creek Farewell. <b>1.05</b> Brassic. <b>1.50</b> Micro Monsters. <b>2.40</b> Late Programs.	<b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>10.00</b> Basketball. WNBA. Chicago Sky v Dallas Wings. <b>Noon</b> VICE. <b>12.35</b> Over The Black Dot. <b>1.05</b> Yokayi Footy. <b>2.00</b> Cycling. Tour de France. Replay. <b>4.00</b> Lee Lin Chin's Fashionista. <b>4.10</b> WorldWatch. <b>5.35</b> Insight. <b>6.35</b> Modern Marvels: Toys. <b>7.30</b> Impossible Engineering. <b>8.30</b> Hoarders. <b>9.20</b> Time Warp: The Greatest Cult Films. <b>10.55</b> Colony. <b>11.45</b> Late Programs.	<b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>8.30</b> Travel Oz. <b>10.00</b> All The Things. <b>10.30</b> Our Town. <b>11.00</b> Bargain Hunt. <b>Noon</b> Weekender. <b>12.30</b> Creek To Coast. <b>1.00</b> House Of Wellness. <b>2.00</b> Sydney Weekender. <b>2.30</b> The Great Australian Doorstep. <b>3.00</b> Border Patrol. <b>3.30</b> Escape To The Country. <b>4.30</b> Meghan & Harry: The Next Chapter. <b>5.30</b> The Yorkshire Vet. <b>8.30</b> Escape To The Country. <b>10.30</b> Escaped To The Country. <b>11.30</b> Late Programs.	<b>9GEM (81, 92)</b> <b>6am</b> Newstyle Direct. <b>6.30</b> TV Shop. <b>7.00</b> Leading The Way. <b>7.30</b> TV Shop. <b>8.00</b> Beyond Today. <b>8.30</b> TV Shop. <b>10.00</b> My Favorite Martian. <b>10.30</b> Inside British Airways. <b>11.30</b> MOVIE: Barnacle Bill. (1957) <b>1.20pm</b> MOVIE: The Brigand Of Kandahar. (1965, PG) <b>3.00</b> MOVIE: The Baby And The Battleship. (1956) <b>5.00</b> MOVIE: It's A Wonderful Life. (1946, PG) <b>7.30</b> To Be Advised. <b>Midnight</b> Late Programs.	<b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The King Of Queens. <b>8.00</b> Frasier. <b>8.30</b> Neighbours. <b>10.30</b> Frasier. <b>11.00</b> The Big Bang Theory. <b>Noon</b> The King Of Queens. <b>1.00</b> Becker. <b>1.25</b> To Be Advised. <b>5.35</b> Friends. <b>6.25</b> The Big Bang Theory. <b>10.15</b> Friends. <b>12.15am</b> Home Shopping. <b>1.15</b> Infomercials. <b>1.45</b> Mom. <b>2.35</b> The Big Bang Theory. <b>3.30</b> Charmed. <b>4.30</b> Home Shopping.
<b>NITV (34)</b> <b>6am</b> Morning Programs. <b>11.40</b> Arctic Secrets. <b>12.30pm</b> From The Heart Of Our Nation: The Sunset Concert. <b>2.25</b> Boy Nomad. <b>2.50</b> Hockey. WA Men's Field Hockey. Premier Division 1. <b>4.20</b> Hockey. WA Women's Field Hockey. Premier Division 1. <b>5.50</b> Small Business Secrets. <b>6.20</b> Strait To The Plate. <b>6.50</b> News. <b>7.00</b> The Casketeers. <b>7.30</b> How It Feels To Be Free. <b>8.30</b> The Wrestlers. <b>9.30</b> MOVIE: Belle. (2013, PG) <b>11.20</b> Late Programs.	<b>SBS WORLD MOVIES (32)</b> <b>6am</b> Whisky Galore. Continued. (2016, PG) <b>6.50</b> The Way. (2010, PG) <b>9.10</b> Boychoir. (2014, PG) <b>11.00</b> Joshy. (2016, M) <b>12.45pm</b> The Odyssey. (2016, PG, French) <b>3.05</b> Memoria. (2021, PG) <b>5.30</b> The Emperor's Club. (2002, PG)			

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<b>ABC TV (22)</b> <b>6.00</b> Rage. (PG) <b>7.00</b> Weekend Breakfast. <b>9.00</b> Insiders. <b>10.00</b> Offsiders. <b>10.30</b> The World This Week. (R) <b>11.00</b> Compass. (PG, R) <b>11.30</b> Songs Of Praise. <b>12.00</b> ABC News At Noon. <b>12.30</b> Landline. <b>1.30</b> Movin' To The Country. (PG, R) <b>2.00</b> Sydney Symphony Orchestra Live Gala. (R) <b>3.40</b> Rick Stein's Road To Mexico. (R) <b>5.00</b> Art Works. (PG, R) <b>5.30</b> Antiques Roadshow. (R)  <b>6.30</b> Compass: See Mandy Run. (R) A look at community activist Mandy Nolan. <b>7.00</b> ABC News Sunday. <b>7.40</b> Joanna Lumley's Great Cities Of The World: Rome. (PG) Part 2 of 3. <b>8.30</b> Mystery Road: Origin. (Mal) Jay discovers that Jack was deeply in debt, and when Spuffy also seems to be involved, he becomes suspicious. <b>9.25</b> Miniseries: Small Axe. (MA15+) Part 4 of 5. Follows the true story of award-winning writer Alex Wheatle. <b>10.35</b> Fires. (Mal, R) Farmers deal with the fire's aftermath. <b>11.30</b> Diary Of An Uber Driver. (MIs, R) <b>2.10</b> Rage. (MA15+adhInsV) <b>4.00</b> Classic Countdown. (PG, R) <b>5.00</b> Insiders. (R)	<b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Cycling. Tour de France. Stage 20. H'lights. <b>8.00</b> WorldWatch. <b>9.05</b> Love Your Garden. (PG) <b>10.00</b> Great Canal Journeys. (PG) <b>11.00</b> Cycling. Tour de France. Stage 20. Replay. <b>1.00</b> Motorcycle Racing. ProMX C'ship. Round 6. <b>4.00</b> Sportswoman. (R) <b>4.30</b> Cycling. Tour de France. Stage 20. H'lights. <b>5.30</b> Unsinkable: Japan's Lost Battleship. (PGav, R)  <b>6.30</b> SBS World News. <b>7.30</b> London's Super Tunnel. (PG) Part 1 of 2. Explores how the £15 billion railway project called Crossrail spiralled in cost to over £19 billion. <b>9.30</b> Cycling. Tour de France Femmes. Stage 1. Paris Eiffel Tower to Paris Champs-Élysées. 82km flat stage. From France. <b>11.30</b> 8 Out Of 10 Cats Does Countdown. (Mals, R) Hosted by Jimmy Carr. <b>12.25</b> Cycling. Tour de France. Final stage. <b>4.00</b> 8 Out Of 10 Cats Does Countdown. (Mals, R) <b>4.55</b> Destination Flavour Scandinavia Bitesize. (R) <b>5.00</b> NHK World English News Morning. <b>5.15</b> France 24 Feature. <b>5.30</b> Al Jazeera News.	<b>SEVEN (7)</b> <b>6.00</b> Better Homes And Gardens. (R) <b>7.00</b> Weekend Sunrise. <b>10.00</b> The Morning Show: Weekend. (PG) <b>12.00</b> House Of Wellness. (PG, R) <b>1.00</b> MOVIE: Maze Runner: The Scorch Trials. (2015, PGalv, R) Dylan O'Brien, Kaya Scodelario, Thomas Brodie-Sangster. <b>3.35</b> Surveillance Oz. (PG, R) <b>4.00</b> Better Homes And Gardens. (R) <b>5.00</b> Seven News At 5. <b>5.30</b> Weekender.  <b>6.00</b> Seven News. <b>7.00</b> This Is Your Life: Ian Thorpe. (PG) Hosted by Melissa Doyle. <b>8.30</b> 7NEWS Spotlight. Takes a look at an investigation. <b>9.30</b> Murder In The Outback: The Falconio And Lees Mystery. (R) Part 3 of 4. Takes a look at how Bradley Murdoch was found guilty of killing Peter Falconio. <b>11.45</b> The Blacklist. (Final, Madv) A major secret falls into the wrong hands. <b>12.45</b> Crash Investigation Unit: Kogarah. (PG, R) Hosted by Damian Walshe-Howling. <b>2.00</b> Home Shopping. (R) <b>3.30</b> Million Dollar Minute. (R) <b>4.00</b> NBC Today. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.	<b>NINE (8, 9)</b> <b>6.00</b> Arctic Vets. (PG, R) <b>6.30</b> A Current Affair. (R) <b>7.00</b> Weekend Today. <b>10.00</b> Sports Sunday. (PG) <b>11.00</b> NRL Sunday Footy Show. (PG) <b>1.00</b> Motor Racing. Targa Tasmania. <b>2.00</b> Children's Hospital. (PGm) <b>3.00</b> Rugby League. NRL. Round 19. North Queensland Cowboys v Wests Tigers.  <b>6.00</b> Nine News Sunday. <b>7.00</b> 60 Minutes. Current affairs program. <b>8.00</b> Beauty And The Geek. (PG) Hosted by Sophie Monk. <b>9.20</b> To Be Advised. <b>10.20</b> Nine News Late. A look at the latest news and events. <b>10.50</b> The First 48: Sudden Death/ Devil At The Door. (Mav) <b>11.40</b> Unspeakable Crime: The Killing Of Jessica Chambers: Chaos In The Courtroom. (Mav) <b>12.35</b> Motor Racing. Targa Tasmania. Replay. <b>1.30</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> Take Two. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.	<b>TEN (5, 1)</b> <b>6.00</b> Mass. <b>6.30</b> Turning Point With David Jeremiah. (PGA) <b>7.00</b> Leading The Way. (PG, R) <b>7.30</b> Tomorrow's World. (PGA) <b>8.00</b> GCBC. (R) <b>8.30</b> Living Room. (R) <b>9.30</b> St10. (PG) <b>12.00</b> To Be Advised. <b>2.30</b> Luxury Escapes. (PG, R) <b>3.00</b> Australia By Design: Innovations. (Return, PG) <b>3.30</b> Destination Dessert. (R) <b>4.00</b> Farm To Fork. (PG, R) <b>4.30</b> Taste Of Aust. <b>5.00</b> News.  <b>6.30</b> The Sunday Project. A look at the day's news. <b>7.30</b> Hunted. The hunters are hot on the trail of fugitives, who are feeling the pressure and plotting their next move. <b>9.00</b> NCIS: Hawai'i. (Mv) When an anti-capitalist protestor is found murdered, Jane and the team investigate and find themselves caught in a war between eco-activists and a tech billionaire fighting over a piece of land. <b>10.00</b> FBI. (Mav, R) After a board member is murdered, the team tries to find out who had the most to gain from his death. <b>11.00</b> The Sunday Project. (R) A look at the day's news. <b>12.00</b> Home Shopping. (R) <b>2.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.10pm</b> Shaun The Sheep. <b>7.20</b> Bluey. <b>7.30</b> Compass. <b>8.00</b> You Can't Ask That. <b>8.35</b> Louis Theroux: Transgender Kids. <b>9.40</b> Miriam Margolyes: Australia Unmasked. <b>10.40</b> Last Night Of The Proms. <b>11.55</b> MOVIE: Kill Your Darlings. (2013, MA15+) <b>1.35am</b> George Clarke's Amazing Spaces. <b>2.20</b> ABC News Update. <b>2.25</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Late Programs.	<b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Wellington Paranormal. <b>Noon</b> Vogue Williams: Obsessed With Perfection. <b>1.00</b> Dopesick: Policing An Addiction. <b>1.30</b> WorldWatch. <b>2.00</b> Cycling. Tour de France. Replay. <b>4.00</b> Bamay. <b>4.25</b> Insight. <b>5.25</b> Life After People. <b>6.20</b> Scandinavian Star. <b>7.30</b> Abandoned Engineering. <b>8.30</b> The UnXplained. <b>9.20</b> MOVIE: Ascension. (2021, M) <b>11.05</b> Late Programs.	<b>7TWO (72)</b> <b>6am</b> Morning Programs. <b>11.00</b> To Be Advised. <b>Noon</b> The Yorkshire Vet. <b>1.00</b> The Great Australian Doorstep. <b>1.30</b> To Be Advised. <b>2.00</b> The Bowls Show. <b>3.15</b> South Aussie With Cosi. <b>3.45</b> My Italian Family. <b>4.15</b> Meghan & Harry: A Royal Rebellion. <b>6.00</b> Cities Of The Underworld. <b>7.00</b> Border Security. <b>8.30</b> Chris Tarrant's Extreme Railways. <b>9.30</b> Mighty Trains. <b>10.30</b> Train Truckers. <b>11.30</b> Late Programs.	<b>9GEM (81, 92)</b> <b>6am</b> Morning Programs. <b>7.30</b> In Touch. <b>8.00</b> Beyond Today. <b>8.30</b> The Incredible Journey. <b>9.00</b> TV Shop. <b>10.00</b> The AFL Sunday Footy Show. <b>Noon</b> Getaway. <b>12.30</b> MOVIE: Where No Cultures Fly. (1951) <b>2.40</b> MOVIE: The Syndicate. (1968, PG) <b>4.35</b> MOVIE: Agatha Christie's Death On The Nile. (1978, PG) <b>7.30</b> David Attenborough's Green Planet. <b>8.40</b> To Be Advised. <b>11.00</b> Late Programs.	<b>10 PEACH (52, 11)</b> <b>6am</b> The Big Bang Theory. <b>7.30</b> Friends. <b>8.30</b> Neighbours. <b>10.30</b> The Middle. <b>Noon</b> The Unicorn. <b>2.00</b> Friends. <b>6.00</b> The Big Bang Theory. <b>10.30</b> Friends. <b>Midnight</b> Home Shopping. <b>12.30</b> Infomercials. <b>1.00</b> Home Shopping. <b>1.30</b> MOVIE: Hope Springs. (2012, M) <b>3.35</b> The Big Bang Theory. <b>4.30</b> Home Shopping.
<b>NITV (34)</b> <b>6am</b> Morning Programs. <b>12.30pm</b> The Rising. <b>1.00</b> Rugby Union. Ella 7s. <b>1.30</b> VICE Sports. <b>2.00</b> Away From Country. <b>3.00</b> Rugby League. NRL NT. <b>4.30</b> Rugby League. NRL. WA Womens First Grade Premiership League. <b>6.00</b> Power To The People. <b>6.30</b> News. <b>6.40</b> Animal Babies: First Year On Earth. <b>7.40</b> The Indian Pacific. <b>10.40</b> Late Programs.	<b>SBS WORLD MOVIES (32)</b> <b>6am</b> The Emperor's Club. Continued. (2002, PG) <b>7.55</b> Asterix At The Olympic Games. (2008, PG, French) <b>10.05</b> Theeb. (2014, M, Arabic) <b>Noon</b> The Skin Of Others. (2020, M) <b>1.45</b> The Way. (2010, PG) <b>4.05</b> Boychoir. (2014, PG) <b>6.00</b> The Tree Of Life. (2011, PG) <b>8.30</b> Clay Pigeons. (1998, MA15+) <b>10.25</b> Seven Psychopaths. (2012, MA15+) <b>12.30am</b> Birdman. (2014, MA15+) <b>2.30</b> Late Programs.	<b>7MATE (74)</b> <b>6am</b> Morning Programs. <b>12.30pm</b> Portland Charter Boat Wars. <b>1.00</b> Hook, Line And Sink. <b>2.00</b> Hook Me Up! <		

<b>ABC TV (2)</b> <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Landline. (R) <b>11.00</b> Antiques Roadshow. (R) <b>12.00</b> ABC News At Noon. <b>1.00</b> Mum. (M), (R) <b>1.25</b> Midsomer Murders. (M), (R) <b>2.55</b> Grand Designs New Zealand. (R) <b>3.40</b> Think Tank. (PG, R) <b>4.40</b> Tenable. (PG, R) <b>5.30</b> Hard Quiz. (PG, R)	<b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Tour de France Femmes. H'lights. <b>8.00</b> Tour de France. Final stage. H'lights. <b>9.00</b> Tour de France. Final stage. Replay. <b>11.00</b> Tour de France Femmes. Stage 1. Replay. <b>1.00</b> WorldWatch. <b>2.05</b> Going Places. (R) <b>2.35</b> The Cook Up. (PG, R) <b>3.05</b> Jeopardy! (PG) <b>3.30</b> Letters And Numbers. (R) <b>4.00</b> Tour de France Femmes. Stage 1. H'lights. <b>5.00</b> Tour de France. Final stage. H'lights.	<b>SEVEN (7)</b> <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE:</b> The Perfect Assistant. (2008, Ma, R) <b>2.00</b> Criminal Confessions: Belmont County, Ohio. (M), (R) <b>3.00</b> The Chase. <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.	<b>NINE (8, 9)</b> <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Beauty And The Geek. (PG), (R) <b>1.20</b> Driving Test. (PG), (R) <b>1.50</b> Talking Honey. (PGa, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.	<b>TEN (5, 1)</b> <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>10.00</b> Dr Phil. (PGa), (R) <b>1.00</b> To Be Advised. <b>2.30</b> Entertainment Tonight. <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. (PGv) <b>5.00</b> 10 News First.
<b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> <b>7.30</b> . Presented by Sarah Ferguson. <b>8.00</b> Back Roads: Hebel, Queensland. Heather Ewart travels to Hebel. <b>8.30</b> Four Corners. Investigative journalism program that leads national debate and confronts issues that matter. <b>9.20</b> Media Watch. (PG) Paul Barry takes a look at the latest issues affecting media consumers. <b>9.35</b> China Tonight. A look at current affairs from China. <b>10.05</b> ABC Late News. Detailed coverage of the day's events. <b>10.20</b> The Business. (R) <b>10.40</b> Catching A Predator. (Ma, R) <b>11.40</b> Jack Irish. (M), (R) <b>1.35</b> Gatwick: The Last Chance Hotel. (Madl, R) <b>2.35</b> Rage. (MA15+adhl, ns) <b>4.25</b> The Drum. (R) <b>5.25</b> 7.30. (R)	<b>6.00</b> The Cook Up With Adam Liaw. (PG) <b>6.30</b> SBS World News. <b>7.30</b> Saving Lives At Sea. (M) A climber falls in a remote cave. <b>8.40</b> The Queen's Guard: A Year In Service. (M) Part 3 of 5. Having finished training, 25 Platoon are ready to start their new lives in Wellington Barracks. <b>9.35</b> 24 Hours In Emergency: Sacrifice. (Mal, R) A 19-year-old has a motorbike accident. <b>10.30</b> Cycling. Tour de France Femmes. Stage 2. <b>12.30</b> Agatha Christie's Criminal Games. (M), (R) <b>2.10</b> In Therapy. (Ms, R) <b>2.35</b> Outlander. (MA15+av, R) <b>3.35</b> 8 Out Of 10 Cats Does Countdown. (Mals, R) <b>4.30</b> VICE Guide To Film. (MA15+av, R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.	<b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> Britain's Got Talent. (Final, PG) The remaining acts compete in front of the celebrity judges for a cash prize of £250,000. <b>10.00</b> 9-1-1: Lone Star. (M), (R) The members of the 126 race to find, and then save, a mystery victim in a car crash. <b>11.00</b> The Latest: Seven News. <b>11.30</b> Ambulance: Code Red. (Mal, R) Critical care paramedic Fay is despatched. <b>12.30</b> The Jonathan Ross Show. (Ms, R) Guests include Tina Turner. <b>1.30</b> Hooked On The Look. (PGa, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.	<b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Beauty And The Geek. (PG) Hosted by Sophie Monk. <b>9.10</b> Emergency. (M), (R) After a surfer has a heart attack, Caitlin and Martin are not sure they can save him. <b>10.10</b> 100% Footy. (M) Features the latest rugby league news. <b>11.10</b> Nine News Late. A look at the latest news and events. <b>11.40</b> Manifest. (M), (R) <b>12.30</b> BTK: A Killer Among Us. (MA15+av, R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>2.30</b> Global Shop. (R) <b>3.00</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> A Current Affair. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.	<b>6.30</b> The Project. A look at the day's news and events. <b>7.30</b> Hunted. A public tip-off helps the hunters. <b>8.30</b> Have You Been Paying Attention? (Mals) Celebrity panellists compete to see who can remember the most about events of the week. <b>9.30</b> Kitty Flanagan: Smashing. (MA15+ls, R) A stand-up performance by Kitty Flanagan tackling a host of topics, from sex to algorithms. <b>11.00</b> The Project. (R) A look at the day's news and events. <b>12.00</b> The Late Show With Stephen Colbert. (PG) <b>1.00</b> Home Shopping. (R) <b>2.30</b> Infomercials. (PG, R) <b>3.00</b> Home Shopping. (R) <b>4.30</b> CBS Mornings.
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.20pm</b> Bluey. <b>7.30</b> David Attenborough's Micro Monsters. (Final) <b>8.25</b> George Clarke's Amazing Spaces. (Return) <b>9.15</b> Restoration Australia. <b>10.15</b> Murder 24/7. <b>11.15</b> Adam Hills: The Last Leg. <b>11.55</b> Q1. <b>12.30am</b> The Games. <b>12.55</b> Micro Monsters. <b>1.45</b> ABC News Update. <b>1.50</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Hoot Hoot Go! <b>5.20</b> Sarah & Duck. <b>5.30</b> Late Programs.	<b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Wellington Paranormal. <b>Noon</b> Cycling. Tour de France. Final stage. Replay. <b>2.00</b> Cycling. Tour de France Femmes. Replay. <b>4.00</b> WorldWatch. <b>4.55</b> It's Suppertime! <b>5.20</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.35</b> 8 Out Of 10 Cats. <b>8.30</b> Taskmaster. <b>9.25</b> PEN15. (Premiere) <b>10.30</b> Late Programs.	<b>7TWO (72)</b> <b>6am</b> Shopping. <b>6.30</b> Life Off Road. <b>7.00</b> The Bowls Show. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>10.30</b> Better Homes. <b>Noon</b> To Be Advised. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Weekender. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Doc Martin. <b>8.30</b> A Touch Of Frost. <b>10.15</b> Criminal Confessions. <b>11.15</b> Late Programs.	<b>9GEM (81, 92)</b> <b>6am</b> TV Shop. <b>7.00</b> Creflo. <b>7.30</b> TV Shop. <b>9.30</b> Newstyle Direct. <b>10.00</b> Danoz. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Days Of Our Lives. <b>12.55</b> The Young And The Restless. <b>1.50</b> The Bill. <b>2.50</b> Antiques Roadshow. <b>3.20</b> <b>MOVIE:</b> Heart Of The Matter. (1953, PG) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> Death In Paradise. <b>8.40</b> Poirot. <b>10.40</b> Law & Order: S.V.U. <b>11.40</b> Late Programs.	<b>10 PEACH (52, 11)</b> <b>6am</b> The Unicorn. <b>8.00</b> Friends. <b>10.00</b> The Middle. <b>Noon</b> The Big Bang Theory. <b>1.00</b> Charmed. <b>2.00</b> The Big Bang Theory. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>6.30</b> Neighbours. <b>8.00</b> The Big Bang Theory. <b>9.30</b> Seinfeld. <b>11.00</b> Frasier. <b>Midnight</b> Shopping. <b>12.30</b> Infomercials. <b>1.30</b> Stephen Colbert. <b>2.30</b> James Corden. <b>3.30</b> King Of Queens. <b>4.30</b> Shopping.
<b>NITV (34)</b> <b>6am</b> Morning Programs. <b>1.30pm</b> Power To The People. <b>2.00</b> Shortland St. <b>2.30</b> Cooking Hawaiian Style. <b>3.00</b> Jarjums. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales.				

**Tuesday, July 26**

<p><b>ABC (22)</b>  <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Our Dawn. (R) <b>10.30</b> China Tonight. (R) <b>11.00</b> Catalyst. (PG, R) <b>12.00</b> ABC News At Noon. <b>1.00</b> The Split. (M, R) <b>2.00</b> Parliament Question Time. <b>3.00</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (R) <b>4.40</b> Tenable. (PG, R) <b>5.30</b> Hard Quiz. (PG, R)</p>	<p><b>SBS (3)</b>  <b>6.00</b> WorldWatch. <b>7.00</b> Tour de France Femmes. H'lights. <b>8.00</b> WorldWatch. <b>9.10</b> Fantastical Factory Of Curious Craft. (PG) <b>10.05</b> Paddington Station 24/7. (Final, PG) <b>11.00</b> Tour de France Femmes. Replay. <b>1.00</b> WorldWatch. <b>2.00</b> Planet Of Treasures. (PGan, R) <b>3.00</b> Living Black. (R) <b>3.30</b> The Cook Up. (PG, R) <b>4.00</b> Jeopardy! (PG) <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Tour de France Femmes. Stage 2. H'lights.</p>	<p><b>SEVEN (7)</b>  <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE: An Officer And A Murderer.</b> (2012, Masv, R) <b>2.00</b> Criminal Confessions: Marion County, Florida. (Mav, R) <b>3.00</b> The Chase. <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.</p>	<p><b>NINE (8, 9)</b>  <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Beauty And The Geek. (PGL, R) <b>1.40</b> 9Honey: Queen Elizabeth. (PG, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.</p>	<p><b>TEN (5, 1)</b>  <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGv, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGal) <b>1.00</b> To Be Advised. <b>2.00</b> Entertainment Tonight. <b>2.30</b> Farm To Fork. (PG, R) <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. (PGa) <b>5.00</b> 10 News First.</p>
<p><b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30-7.30.</b> Presented by Sarah Ferguson. <b>8.00</b> The ABC Of: Sarah Ferguson. (Ml) Hosted by David Wenham. <b>8.30</b> Miriam Margolyes: Australia Unmasked. (Mln) Part 2 of 3. Miriam Margolyes travels through Victoria, attending polo matches and bogan burnouts. <b>9.30</b> The Human Revolution: Rise. (PG) Part 1 of 2. <b>10.30</b> ABC Late News. <b>10.45</b> The Business. (R) <b>11.00</b> Four Corners. (R) <b>11.50</b> Media Watch. (PG, R) <b>12.05</b> Parliament Question Time. <b>1.05</b> Capital. (Ml, R) <b>1.50</b> Jack Irish. (Malsv, R) <b>2.50</b> Rage. (MA15+adhlnsv) <b>4.25</b> The Drum. (R) <b>5.25</b> 7.30. (R)</p>	<p><b>6.00</b> The Cook Up With Adam Liaw. (PG) <b>6.30</b> SBS World News. <b>7.30</b> Who Do You Think You Are? Matt Moran. (PG) <b>8.30</b> Insight. Presented by Kumi Taguchi. <b>9.30</b> Australia Uncovered: The Truth About Anxiety With Celia Pacquola. (Mad, R) Celia Pacquola shares her story. <b>10.35</b> Cycling. Tour de France Femmes. Stage 3. <b>12.30</b> In Therapy. (Mal, R) <b>12.55</b> The A Word. (Mals, R) <b>3.10</b> Twin. (Mal, R) <b>4.05</b> 8 Out Of 10 Cats Does Countdown. (Mals, R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> Kylie Vs Bee Gees. (PG) <b>8.30</b> The Good Doctor. (Ma) Sophie takes Lea out for a day of wedding planning. After a nearly fatal oversight, Audrey senses an underlying issue is behind nurse Villanueva's unprofessional behaviour. <b>10.30</b> The Latest: Seven News. <b>11.00</b> Autopsy USA: Prodigy. (Mad) A look at the death of rapper Prodigy. <b>12.00</b> The Jonathan Ross Show. (Ms, R) <b>1.00</b> Hooked On The Look. (Ma, R) <b>1.30</b> Travel Oz. (PG, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Beauty And The Geek. (PGLv) Hosted by Sophie Monk. <b>8.45</b> Botched. (MA15+amn) The doctors meet a man who was left with a shark-bite-sized hole on his hip after a tragic accident. <b>9.45</b> My Feet Are Killing Me. (Mm) An athlete faces a difficult surgery. <b>10.45</b> Nine News Late. <b>11.15</b> Law &amp; Order: Organized Crime. (MA15+av) <b>12.00</b> Game Of Silence. (MA15+adv) <b>12.50</b> Talking Honey. (PG, R) <b>1.00</b> Destination WA. (PG, R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> A Current Affair. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.</p>	<p><b>6.30</b> The Project. A look at the day's news and events. <b>7.30</b> Hunted. A cunning pair make a rookie error. <b>8.30</b> The Cheap Seats. (Mal) From major news stories to entertainment and viral videos, presenters Melanie Bracewell and Tim McDonald take a look at the week that was. <b>9.30</b> NCIS. (M, R) The team is immersed in the world of food trucks after a man is found frozen to death in the back of one. <b>11.30</b> The Project. (R) <b>12.30</b> The Late Show With Stephen Colbert. (PG) <b>1.30</b> Home Shopping. (R) <b>3.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.</p>
<p><b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.20pm</b> Bluey. <b>7.30</b> Spicks And Specks. <b>8.00</b> Would I Lie To You? <b>8.30</b> Adam Hills: The Last Leg. <b>9.15</b> Blunt Talk. <b>9.45</b> Friday Night Dinner. <b>10.10</b> Rosehaven. <b>10.35</b> Aftertaste. <b>11.05</b> Black Books. <b>11.30</b> Bounty Hunters. <b>11.55</b> Whose Line Is It Anyway? <b>12.20am</b> The Games. <b>12.50</b> Brassic. <b>1.35</b> The Stand Up Sketch Show. <b>1.55</b> Mock The Week. <b>2.30</b> Late Programs.</p>	<p><b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Wellington Paranormal. <b>Noon</b> Beerland. <b>1.30</b> WorldWatch. <b>2.00</b> Cycling. Tour de France Femmes. Replay. <b>4.00</b> Bamay. <b>4.20</b> WorldWatch. <b>5.20</b> Shortland St. <b>5.50</b> Joy Of Painting. <b>6.20</b> Forged In Fire. <b>7.10</b> Jeopardy! <b>7.40</b> 8 Out Of 10 Cats. <b>8.35</b> Craig Charles: UFO Conspiracies. <b>9.30</b> Cocaine Trade Exposed: The Invisibles. <b>10.25</b> Late Programs.</p>	<p><b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> To Be Advised. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Creek To Coast. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Rosemary &amp; Thyme. <b>8.30</b> Judge John Deed. <b>10.30</b> Wild Bill. <b>11.30</b> Late Programs.</p>	<p><b>9GEM (81, 92)</b> <b>6am</b> TV Shop. <b>7.00</b> Creflo. <b>7.30</b> TV Shop. <b>9.30</b> Newstyle Direct. <b>10.00</b> Danoz. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Days Of Our Lives. <b>12.55</b> The Young And The Restless. <b>1.50</b> The Bill. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE:</b> The Belles Of St Trinian's. (1954) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> New Tricks. <b>8.40</b> The Closer. <b>9.40</b> Rizzoli &amp; Isles. <b>10.40</b> Law &amp; Order: S.V.U. <b>11.40</b> Late Programs.</p>	<p><b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The King Of Queens. <b>8.00</b> Seinfeld. <b>9.30</b> Becker. <b>10.30</b> The Middle. <b>11.00</b> Frasier. <b>Noon</b> The Big Bang Theory. <b>1.30&lt;/</b></p>

Wednesday, July 27

<p><b>ABC TV (2)</b> <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Four Corners. (R) <b>11.00</b> David Attenborough's Great Barrier Reef. (R) <b>12.00</b> ABC News At Noon. <b>12.30</b> National Press Club Address. <b>1.40</b> Media Watch. (PG, R) <b>2.00</b> Parliament Question Time. <b>3.00</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (PG, R) <b>4.45</b> Tenable. (PG, R) <b>5.30</b> Hard Quiz. (PG, R)</p>	<p><b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Tour de France Femmes. Stage 3. H'lights. <b>8.00</b> WorldWatch. <b>9.00</b> Fantastical Factory Of Curious Craft. (Final, PG) <b>9.55</b> Employable Me (UK) (PG, R) <b>11.00</b> Tour de France Femmes. Stage 3. Replay. <b>1.00</b> WorldWatch. <b>2.05</b> Insight. (R) <b>3.05</b> Going Places. (PGa, R) <b>3.35</b> The Cook Up. (PG, R) <b>4.05</b> Jeopardy! (PG) <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Tour de France Femmes. Stage 3. H'lights.</p>	<p><b>SEVEN (7)</b> <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE: The Grim Sleeper.</b> (2014, Mav, R) <b>2.00</b> Criminal Confessions: Jackson County, Wisconsin. (Malv, R) <b>3.00</b> The Chase. (R) <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.</p>	<p><b>NINE (8, 9)</b> <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Beauty And The Geek. (PGIv, R) <b>1.15</b> Getaway. (PG, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.</p>	<p><b>TEN (5, 1)</b> <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGa, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (Ma) <b>1.00</b> To Be Advised. <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. <b>5.00</b> 10 News First.</p>
<p><b>6.00</b> The Drum. <b>7.00</b> ABC News. Takes a look at today's top stories. <b>7.30</b> <b>7.30</b>. Presented by Sarah Ferguson. <b>8.00</b> Gruen. (Final) Presented by Wil Anderson. <b>8.40</b> Shaun Micallef's MAD AS HELL. Host Shaun Micallef presents a round-up of the important news stories. <b>9.10</b> Aftertaste. (MIs) Diana tries to find a way to finish her menu for the London restaurant, despite Easton's resistance. <b>9.35</b> Adam Hills: The Last Leg. (R) UK-based panel show. <b>10.20</b> ABC Late News. <b>10.35</b> The Business. (R) <b>10.50</b> Miniseries: Small Axe. (MA15+, R) <b>12.00</b> Parliament Question Time. <b>1.00</b> Jack Irish. (Malv, R) <b>2.55</b> Rage. (MA15+adhlnsv) <b>4.25</b> The Drum. (R) <b>5.25</b> 7.30. (R)</p>	<p><b>6.00</b> The Cook Up With Adam Liaw. (PG) Hosted by Adam Liaw. <b>6.30</b> SBS World News. <b>7.35</b> New York: The City That Never Sleeps: World's Richest City. (PG) Part 1 of 3. <b>8.30</b> Jack The Ripper. (M) Part 3 of 3. The team conclude their re-examination of the Jack the Ripper murders. <b>9.30</b> Miniseries: Too Close. (MA15+) Part 1 of 3. A forensic psychiatrist is assigned to assess a woman accused of a despicable crime. <b>10.30</b> Cycling. Tour de France Femmes. Stage 4. <b>12.30</b> In Therapy. (Mal, R) <b>12.55</b> The Little Drummer Girl. (Masv, R) <b>4.10</b> VICE Guide To Film. (MA15+av, R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> Better Homes And Gardens. Johanna Griggs and the team demonstrate some terrific ideas for the house, garden and the kitchen. <b>9.00</b> An Audience With Adele. (PGI, R) Adele performs at the London Palladium in front of an audience of family, friends, fans and celebrities. <b>10.30</b> The Latest: Seven News. <b>11.00</b> April Jones: The Interrogation Tapes. (MA15+a, R) Explores the 2012 murder of April Jones. <b>12.30</b> Reckoning. (MA15+av, R) <b>1.30</b> Travel Oz. (PG, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Beauty And The Geek. Hosted by Sophie Monk. <b>8.40</b> Travel Guides. (PGdn, R) Australians become travel critics, experiencing seven days touring India's Royal State of Rajasthan. <b>9.40</b> True Story With Hamish &amp; Andy: Stephen. (PGIv, R) Australians recount hilarious true stories. <b>10.40</b> Nine News Late. <b>11.10</b> Chicago Med. (MA15+am, R) <b>12.00</b> Tipping Point. (PG, R) <b>12.50</b> Talking Honey. (PGa, R) <b>1.00</b> Everything Outdoors. (R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>2.30</b> Global Shop. (R) <b>3.00</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> A Current Affair. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.</p>	<p><b>6.30</b> The Project. A look at the day's news and events. <b>7.30</b> Shaun Micallef's Brain Eisteddfod. Quiz show featuring schools. <b>8.30</b> Ghosts. (PGa) When Thorfinn's bones are uncovered, he asks Sam to conduct a Viking funeral. <b>9.30</b> The Secrets She Keeps. (Malv, R) A determined Agatha creates her vision of the perfect family with her baby and Hayden. <b>10.30</b> Good Sam. (Ma) Sam deals with the fallout from the gala. <b>11.30</b> The Project. (R) <b>12.30</b> The Late Show With Stephen Colbert. (PG) <b>1.30</b> Home Shopping. (R) <b>3.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.</p>
<p><b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.20pm</b> Bluey. <b>7.30</b> Anh's Brush With Fame. <b>8.00</b> Art Works. <b>8.30</b> Last Night Of The Proms. (Final) <b>10.00</b> Sydney Symphony Orchestra Live Gala. <b>11.40</b> Inside The Met. <b>12.30am</b> Talking Heads. <b>1.05</b> Everyone's A Critic. <b>1.35</b> Louis Theroux: Transgender Kids. <b>2.35</b> Murder 24/7. <b>3.35</b> The Games. <b>4.00</b> ABC News Update. <b>4.05</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Late Programs.</p>	<p><b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Wellington Paranormal. <b>Noon</b> Beerland. <b>1.30</b> WorldWatch. <b>2.00</b> Cycling. Tour de France Femmes. Replay. <b>4.00</b> Lee Lin Chin's Fashionista. <b>4.15</b> WorldWatch. <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.30</b> News. <b>7.35</b> 8 Out Of 10 Cats. <b>8.30</b> Letters And Numbers. <b>9.35</b> <b>MOVIE:</b> Tinker Tailor Soldier Spy. (2011, MA15+) <b>Midnight</b> Late Programs.</p>	<p><b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> To Be Advised. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Sydney Weekender. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Heartbeat. <b>8.30</b> Lewis. <b>10.30</b> Miniseries: Bancroft. <b>11.30</b> Hard Sun. <b>12.45am</b> Late Programs.</p>	<p><b>9GEM (81, 92)</b> <b>6am</b> TV Shop: Home Shopping. <b>7.00</b> Creflo Dollar Ministries. <b>7.30</b> TV Shop: Home Shopping. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Days Of Our Lives. <b>12.55</b> The Young And The Restless. <b>1.50</b> The Bill. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE:</b> The Overlanders. (1946) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> As Time Goes By. <b>8.50</b> Midsomer Murders. <b>11.00</b> Late Programs.</p>	<p><b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The Big Bang Theory. <b>8.00</b> The King Of Queens. <b>9.00</b> Becker. <b>10.00</b> The Middle. <b>11.00</b> The Big Bang Theory. <b>12.30pm</b> The Unicorn. <b>1.00</b> Frasier. <b>2.00</b> Becker. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>6.30</b> Neighbours. <b>8.00</b> The Big Bang Theory. <b>11.00</b> Frasier. <b>Midnight</b> Shopping. <b>12.30</b> Infomercials. <b>1.00</b> Shopping. <b>1.30</b> Late Programs.</p>
<p><b>NITV (34)</b> <b>6am</b> Morning Programs. <b>1pm</b> Spirit Talker. <b>1.30</b> NAIDOC Award Winners. <b>2.00</b> Shortland St. <b>2.30</b> Red Chef Revival. <b>3.00</b> Bushwhacked! <b>3.25</b> The Magic Canoe. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales. <b>4.10</b> Grace Beside Me. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> Te Ao With Moana. <b>6.00</b> Bamay. <b>6.30</b> News. <b>6.40</b> Extreme Africa. <b>7.30</b> 42 To 1. <b>8.30</b> Yokayi Footy. <b>9.25</b> She Shears. <b>10.50</b> Late Programs.</p>	<p><b>SBS WORLD MOVIES (32)</b> <b>6am</b> Morning Programs. <b>7.55</b> Babette's Feast. (1987, PG, Danish) <b>10.00</b> Ip Man. (2008, M, Cantonese) <b>Noon</b> Monk Comes Down The Mountain. (2015, M, Cantonese) <b>2.05</b> Kirikou And The Men And Women. (2012, PG, French) <b>3.45</b> Death Defying Acts. (2007, PG) <b>5.30</b> A Monster Calls. (2016, PG) <b>7.30</b> White Tiger. (2012, M, Russian) <b>9.30</b> Ip Man 3. (2015, M, Cantonese) <b>11.30</b> Late Programs.</p>	<p><b>7MATE (74)</b> <b>6am</b> Morning Programs. <b>Noon</b> Biker Battleground Phoenix. <b>1.00</b> Graveyard Carz. <b>2.00</b> Jade Fever. <b>3.00</b> Pawn Stars. <b>3.30</b> Shipping Wars. <b>4.00</b> Al McGlashan's Fish'n With Mates. <b>4.30</b> Aussie Lobster Men. <b>5.30</b> Storage Wars. <b>6.00</b> American Pickers. <b>7.00</b> Pawn Stars. <b>7.30</b> The Simpsons. <b>8.30</b> Family Guy. <b>9.00</b> American Dad! <b>9.30</b> Pizza Classics. <b>10.05</b> Family Guy. <b>10.35</b> American Dad! <b>11.05</b> Late Programs.</p>	<p><b>9GO! (82, 93)</b> <b>6am</b> Children's Programs. <b>Noon</b> The Bionic Woman. <b>1.00</b> Buck Rogers. <b>2.00</b> Motor Racing. IndyCar Series. Hy-VeeDeals.com 250. H'lights. <b>3.00</b> The Nanny. <b>3.30</b> 3rd Rock. <b>4.00</b> That '70s Show. <b>4.30</b> Raymond. <b>5.30</b> The Nanny. <b>6.00</b> 3rd Rock. <b>6.30</b> That '70s Show. <b>7.00</b> Young Sheldon. <b>7.30</b> <b>MOVIE:</b> Clash Of The Titans. (2010, M) <b>9.30</b> <b>MOVIE:</b> 300: Rise Of An Empire. (2014, MA15+) <b>11.30</b> Late Programs.</p>	<p><b>10 BOLD (53, 12)</b> <b>6am</b> Home Shopping. <b>6.30</b> Infomercials. <b>8.00</b> The Doctors. <b>9.00</b> Escape Fishing With ET. <b>9.30</b> iFish. <b>10.00</b> Star Trek: The Next Generation. <b>11.00</b> MacGyver. <b>Noon</b> NCIS: New Orleans. <b>1.00</b> Walker, Texas Ranger. <b>3.00</b> Cheers. <b>3.30</b> The Love Boat. <b>4.30</b> Star Trek: The Next Generation. <b>5.30</b> MacGyver. <b>7.30</b> NCIS. <b>8.30</b> NCIS: Los Angeles. <b>10.20</b> Blood And Treasure. <b>11.15</b> Late Programs.</p>



12555137-SN25-22

Thursday, July 28

<p><b>ABC TV (2)</b> <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Back Roads. (R) <b>10.30</b> That Pacific Sports Show. (R) <b>11.00</b> Rick Stein's Road To Mexico. (R) <b>12.00</b> ABC News At Noon. <b>1.05</b> Gruen. (R) <b>2.00</b> Parliament Question Time. <b>3.00</b> Grand Designs Revisited. (R) <b>3.45</b> Think Tank. (PG, R) <b>4.40</b> Tenable. (R) <b>5.25</b> Hard Quiz. (PG, R)</p>	<p><b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Tour de France Femmes. H'lights. <b>8.00</b> WorldWatch. <b>9.00</b> Home Is Where The Art Is. (Premiere) <b>9.50</b> Employable Me (UK) (PG) <b>11.00</b> Tour de France Femmes. Replay. <b>1.00</b> WorldWatch. <b>2.05</b> Planet Of Treasures. (PGaw, R) <b>3.05</b> Going Places. (PGaw, R) <b>3.35</b> The Cook Up. (PG, R) <b>4.05</b> Jeopardy! (PG) <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Tour de France Femmes. Stage 4. H'lights.</p>	<p><b>SEVEN (7)</b> <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE: Murdered At 17.</b> (2018, Mav, R) <b>2.00</b> Kochie's Business Builders. <b>2.30</b> Border Patrol. (PG, R) <b>3.00</b> The Chase. (R) <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.</p>	<p><b>NINE (8, 9)</b> <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Beauty And The Geek. (R) <b>1.00</b> Travel Guides. (PGdn, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.</p>	<p><b>TEN (5, 1)</b> <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGa) <b>1.00</b> To Be Advised. <b>2.00</b> Entertainment Tonight. <b>2.30</b> Farm To Fork. (PG, R) <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. <b>5.00</b> 10 News First.</p>
<p><b>6.00</b> The Drum. <b>6.55</b> Sammy J. (PG) <b>7.00</b> ABC News. <b>7.30</b> <b>7.30</b>. Presented by Sarah Ferguson. <b>8.00</b> A Wild Ride: 30 Years Of Foreign Correspondent. Looks at 30 years of <i>Foreign Correspondent</i>. <b>9.00</b> Louis Theroux: Altered States: Love Without Limits. (Mans, R) Louis Theroux travels to Portland, Oregon. <b>10.00</b> ABC Late News. <b>10.15</b> The Business. (R) <b>10.35</b> Miriam Margolyes: Australia Unmasked. (MIn, R) <b>11.35</b> Parliament Question Time. <b>12.35</b> Baptiste. (Madlv, R) <b>1.35</b> Jack Irish. (Final, Malv, R) <b>2.30</b> Rage. (MA15+adhlnsv) <b>4.25</b> The Drum. (R) <b>5.20</b> Sammy J. (PG, R) <b>5.25</b> 7.30. (R)</p>	<p><b>6.00</b> The Cook Up With Adam Liaw. (PG) <b>6.30</b> SBS World News. <b>7.35</b> Billion Pound Bond Street. (PG, R) Narrated by Jenna Coleman. <b>8.30</b> Death Of An Icon: Marilyn Monroe. A look at the death of Marilyn Monroe. <b>9.30</b> The Sean Connery Paradox. A look at the career of Sean Connery. <b>10.30</b> Cycling. Tour de France Femmes. Stage 5. <b>12.30</b> In Therapy. (Mal, R) <b>12.55</b> Vikings. (Mav, R) <b>3.30</b> 8 Out Of 10 Cats Does Countdown. (Mals, R) <b>4.25</b> VICE Guide To Film. (MA15+dv, R) <b>4.55</b> Destination Flavours Scandinavia Bitesize. (R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PG) <b>8.30</b> The Front Bar: Commonwealth Games Edition. (M) Sam Pang, Mick Molloy and Andy Maher take a lighter look at the upcoming Commonwealth Games, and catch up with sporting stars of yesteryear and today. <b>9.30</b> The Latest: Seven News. <b>10.00</b> <b>MOVIE:</b> The Island. (2005, MvIa, R) In the future, two people go on the run. Scarlett Johansson, Ewan McGregor. <b>12.45</b> Instant Hotel. (PG, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. <b>4.45</b> Birmingham 2022 Commonwealth Games: Opening Ceremony.</p>	<p><b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Rugby League. NRL. Round 20. Manly Sea Eagles v Sydney Roosters. <b>9.50</b> Thursday Night Knock Off. Post-match NRL news and analysis. <b>10.35</b> Nine News Late. A look at the latest news and events. <b>11.05</b> The Equalizer. (Mv) McCall helps a mob accountant. <b>12.00</b> Murder For Hire: An Ex-Wife's Revenge. (Mal, R) <b>1.00</b> Everything Outdoors. <b>1.30</b> TV Shop: Home Shopping. (R) <b>2.30</b> Global Shop. (R) <b>3.00</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> A Current Affair. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.</p>	<p><b>6.30</b> The Project. The hosts and guest panellists take a look at the day's news, events and hot topics. <b>7.30</b> Neighbours. (Final) After 37 years, Ramsay Street is bid a fond farewell. <b>9.00</b> Law &amp; Order: SVU. (Mas, R) When the squad investigates an assault in New York's Central Park, they are hampered by their own blind spots and a community that is losing trust in the police amid the Black Lives Matter protests. <b>10.00</b> To Be Advised. <b>11.00</b> The Project. (R) A look at the day's news and events. <b>12.00</b> The Late Show With Stephen Colbert. (PG) Late-night talk show. <b>1.00</b> Home Shopping. (R) <b>3.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.</p>
<p><b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.20pm</b> Bluey. <b>7.30</b> Spicks And Specks. <b>8.30</b> Would I Lie To You? <b>9.00</b> Gruen. (Final) <b>9.35</b> Shaun Micallef's MAD AS HELL. <b>10.10</b> QI. (Final) <b>10.40</b> Mock The Week. <b>11.10</b> Doctor Who. <b>Midnight</b> Live At The Apollo. <b>12.45</b> Would I Lie To You? <b>1.15</b> The Games. <b>1.40</b> ABC News Update. <b>1.45</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Hoot Hoot Go! <b>5.20</b> Sarah &amp; Duck. <b>5.30</b> Late Programs.</p>	<p><b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Wellington Paranormal. <b>Noon</b> Devoured. <b>12.45</b> One Armed Chef. <b>1.35</b> WorldWatch. <b>2.00</b> Tour de France Femmes. Replay. <b>4.00</b> Lee Lin Chin's Fashionista. <b>4.15</b> WorldWatch. <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.30</b> News. <b>7.35</b> 8 Out Of 10 Cats. <b>8.30</b> Dark Side Of The '90s. <b>9.25</b> The Obesity Myth. <b>10.30</b> Late Programs.</p>	<p><b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> To Be Advised. <b>1.00</b> Million Dollar Minute. <b>2.00</b> My Italian Family. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Father Brown. <b>8.30</b> Murdoch Mysteries. <b>11.30</b> The Babes In The Wood Murder. <b>12.30am</b> Late Programs.</p>	<p><b>9GEM (81, 92)</b> <b>6am</b> TV Shop. <b>7.00</b> Creflo. <b>7.30</b> TV Shop. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Days Of Our Lives. <b>12.55</b> The Young And The Restless. <b>1.50</b> The Bill. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE:</b> We Joined The Navy. (1962) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> RBT. <b>8.30</b> Paramedics. <b>9.30</b> New Amsterdam. <b>10.30</b> Law &amp; Order: S.V.U. <b>11.30</b> Late Programs.</p>	<p><b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The Big Bang Theory. <b>8.00</b> The King Of Queens. <b>9.00</b> Becker. <b>10.00</b> The Middle. <b>Noon</b> The Big Bang Theory. <b>1.00</b> Frasier. <b>2.00</b> Becker. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>7.30</b> Neighbours. (Final) <b>9.00</b> The Big Bang Theory. <b>9.30</b> Seinfeld. <b>11.00</b> Frasier. <b>Midnight</b> Shopping. <b>12.30</b> Infomercials. <b>1.30</b> Late Programs.</p>
<p><b>NITV (34)</b> <b>6am</b> Morning Programs. <b>2pm</b> Shortland St. <b>2.30</b> Red Chef Revival. <b>3.00</b> Jarjums. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales. <b>4.10</b> Grace Beside Me. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> The 77 Percent. <b>6.00</b> Bamay. <b>6.30</b> News. <b>6.40</b> Extreme Africa. <b>7.30</b> Going Places With Ernie Dingo. <b>8.00</b> Off Country. <b>8.30</b> <b>MOVIE:</b> Boiling Point. (1993, M) <b>10.05</b> Jasper And Errol's First Time. <b>10.35</b> Late Programs.</p>	<p><b>SBS WORLD MOVIES (32)</b> <b>6am</b> Morning Programs. <b>7.35</b> A Monster Calls. (2016, PG) <b>9.35</b> Death Defying Acts. (2007, PG) <b>11.20</b> Ip Man 2. (2010, M, Cantonese) <b>1.20pm</b> Babette's Feast. (1987, PG, Danish) <b>3.25</b> Asterix And Obelix Vs Caesar. (1999, PG, French) <b>5.25</b> Coming Home. (2014, PG, Mandarin) <b>7.30</b> Curse Of The Golden Flower. (2006, M, Mandarin) <b>9.35</b> Master Z: Ip Man Legacy. (2018, M, Cantonese) <b>11.35</b> Late Programs.</p>	<p><b>7MATE (74)</b> <b>6am</b> Morning Programs. <b>1pm</b> Graveyard Carz. <b>2.00</b> Family Guy. <b>2.30</b> American Dad! <b>3.00</b> Pawn Stars. <b>3.30</b> Shipping Wars. <b>4.00</b> Al McGlashan's Fish'n With Mates. <b>4.30</b> Aussie Lobster Men. <b>5.30</b> Storage Wars. <b>6.00</b> American Pickers. <b>7.00</b> Pawn Stars. <b>7.30</b> <b>MOVIE:</b> The League Of Extraordinary Gentlemen. (2003, M) <b>9.45</b> <b>MOVIE:</b> Predators. (2010, MA15+) <b>Midnight</b> Late Programs.</p>	<p><b>9GO! (82, 93)</b> <b>6am</b> Children's Programs. <b>Noon</b> The Bionic Woman. <b>1.00</b> Buck Rogers. <b>2.00</b> Motor Racing. IndyCar Series. Hy-Vee Salute to Farmers 300. H'lights. <b>3.00</b> The Nanny. <b>3.30</b> 3rd Rock. <b>4.00</b> That '70s Show. <b>4.30</b> Raymond. <b>5.30</b> The Nanny. <b>6.00</b> 3rd Rock. <b>6.30</b> That '70s Show. <b>7.00</b> Young Sheldon. <b>8.30</b> <b>MOVIE:</b> The Chronicles Of Riddick. (2004, M) <b>10.50</b> Young Sheldon. <b>11.15</b> Up All Night. <b>11.40</b> Late Programs.</p>	<p><b>10 BOLD (53, 12)</b> <b>6am</b> Infomercials. <b>8.00</b> The Doctors. <b>9.00</b> Escape Fishing With ET. <b>9.30</b> iFish. <b>10.00</b> Star Trek: The Next Generation. <b>11.00</b> MacGyver. <b>Noon</b> NCIS: New Orleans. <b>1.00</b> Walker, Texas Ranger. <b>3.00</b> Cheers. <b>3.30</b> The Love Boat. <b>4.30</b> Star Trek: The Next Generation. <b>5.30</b> MacGyver. <b>7.30</b> NCIS. <b>8.30</b> Bull. <b>10.30</b> SEAL Team. <b>12.30am</b> Shopping. <b>1.00</b> Infomercials. <b>1.30</b> Shopping. <b>2.00</b> Late Programs.</p>

TIMELESS TALE

PERSUASION  
Streaming, Netflix

Standing out from the mindless marriage market fare that is 19th-century romance, Jane Austen's novels and their heroines (chiefly *Pride and Prejudice*'s Elizabeth Bennet, *Emma*'s Emma Woodhouse and *Sense and Sensibility*'s Dashwood sisters) are a little older, wiser and a lot more opinionated than their Georgian-era counterparts.

*Persuasion*'s Anne Elliot (Dakota Johnson) is Austen's most mature leading lady at 27 years old. Persuaded at 19 to break off her engagement to her one true love, Captain Frederick Wentworth (Cosmo Jarvis), she's spent eight years pining for him while living with her vain father Sir Walter (Richard E. Grant) and tolerating her self-absorbed sisters (Yolanda Kettle and Mia McKenna-Bruce).

Anne's modern attitude leaves her with a small social circle – her only confidante is her late mother's best friend Lady Russell (Nikki Amuka-Bird), the very woman who convinced her not to marry Wentworth in the first place.

When the dashing captain suddenly re-enters her life at the same time as a smouldering stranger (Henry Golding), Anne is forced to choose between the love she has longed for and an exciting new possible future.

Acclaimed theatre director Carrie Cracknell's feature debut is a fitting contemporary tribute for a character ahead of her time. With *Fleabag*-style knowing glances at the camera and cheeky asides with the audience, Cracknell and Johnson's Anne Elliot is a classic character with a 2020s twist. – Lauren Mitchell



Talk of the town:  
Dakota Johnson  
as Anne Elliot in  
*Persuasion*.



THE REHEARSAL  
Streaming, Bing

Ever found yourself preparing for something by imagining every possible outcome? If so, this is the show for you. Nathan Fielder (pictured) wants to reduce the uncertainties of everyday life and is willing to go to extremes to make it happen. With custom sets and actors, Fielder helps people rehearse life's biggest moments in a carefully crafted simulation.



GORDON RAMSAY'S  
NEXT LEVEL CHEF  
Streaming, from Monday, Foxtel

In a high-stakes competition featuring three kitchens stacked on top of one another, 15 cooks from across the US are drafted into teams and mentored by professional chefs Gordon Ramsay (pictured), Nyesha Arrington and Richard Blais, who are all hoping to find the culinary world's next big thing.



THE DAY THE MUSIC DIED: THE STORY  
OF DON MCLEAN'S AMERICAN PIE  
Streaming,  
Paramount+

More than 50 years after its release, this insightful documentary goes inside the phenomenon that is *American Pie*. For the first time, Don McLean (pictured) shares the secrets behind his iconic song, the culture it came from and the mysteries of its lyrics.



JAMES MAY: OUR MAN IN ITALY  
Streaming, Prime Video

An incredible career has seen James May travel the world with *Top Gear* and *The Grand Tour*, but now he's flying solo in search of 'la dolce vita'. Italy is one of the presenter's favourite countries and he's keen to see as much of its culture, food, industry and sport as possible, from the sun-kissed shores of Sicily to the snow-capped peaks of the Dolomites.



ONE LANE BRIDGE  
Streaming, from Monday, Acorn TV

When Detective Arika Davis (Dominic Ona-Ariki, pictured) saves his boss (Joel Tobeck) from ending his life on Queenstown's One Lane Bridge, he sets in motion a cataclysmic chain of events. In the second season of this supernatural crime thriller, Arika continues to be plagued by visions he doesn't understand, which threaten to bring long-buried secrets to light



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**SMITH BROS.**

**MIGHTY HELPFUL MITRE 10**

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**Everyday  
Food**

## Mediterranean Chicken Bowl

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 25 minutes

**2 ½ serves per portion**

### Ingredients:

- 1 zucchini, diced, 1cm
- 1 red capsicum, diced, 1cm
- 1 eggplant, diced, 1cm
- 3 tablespoons olive oil
- 300g chicken breast, diced, 1cm

### Method:

- PREHEAT oven to 180°C.
- ADD zucchini, capsicum and eggplant to large roasting pan and drizzle with a tablespoon of olive oil. Roast in oven for 20 minutes.
- HEAT another tablespoon of oil over medium heat in a large frypan. Add chicken slices, half the garlic, cumin and oregano, stirring until chicken is cooked through. Remove from pan.
- ADD remaining oil over medium heat in pan. Add onions and sauté

- 2 cloves garlic, crushed
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 medium onion, diced
- 1 cup pearl couscous
- ½ cup feta, reduced fat

### Tzatziki:

- ½ cucumber, finely chopped
- 1 cup natural yoghurt, reduced fat
- 1 tablespoon lemon juice

for 2 minutes. Add in couscous and ½ cup of water. Reduce heat and cook for 5 minutes until water is absorbed. Use fork to fluff up couscous.

- SQUEEZE juice from cucumber with hands.
- ADD yoghurt, splash of oil, lemon juice and remaining garlic in small bowl and mix through cucumber.
- LAYER couscous, vegetables and chicken in bowl. Drizzle tzatziki dressing and garnish with feta.

*\*Recipe courtesy of Lindsey Nash, Country Kitchens team*

## Moroccan Lamb Soup

**Serves:** 6

**Prep time:** 10 minutes

**Cook time:** 2 ½ hours

**2 ½ serves per portion**

### Ingredients:

- 2 teaspoons extra virgin olive oil
- 2 lamb shanks, fat trimmed
- 1 brown onion, finely chopped
- 1 carrot, finely chopped
- 2 celery sticks, finely chopped

### Method:

- HEAT oil in large saucepan over medium-high heat. Add lamb and cook, turning occasionally, for 5 minutes or until browned. Transfer to a plate.
- ADD onion, carrot, celery and garlic to the pan. Cook, stirring, for 5 minutes or until onion softens. Add the Moroccan seasoning and stir for 1 minute or until fragrant.
- RETURN lamb to pan and add tomato, stock and barley. Bring to the boil.

- 2 garlic cloves, crushed
- 1 tablespoon Moroccan seasoning
- 400g can diced tomatoes
- 1L chicken stock, reduced salt
- 180g barley
- 50g brown rice
- 1 cup frozen broad beans, thawed
- 400g can chickpeas, drained and rinsed
- Black pepper, to taste
- Fresh coriander, to serve

- REDUCE heat to low and cook, covered, stirring occasionally, for 2 hours or until lamb is falling off the bone.
- TRANSFER lamb to heatproof bowl. Add rice to the soup. Cook, uncovered, for 10 minutes.
- SHRED the lamb using two forks, discarding the bones.
- ADD lamb, broad beans and chickpeas to the soup. Cook for 2 minutes or until heated through. Add pepper to taste.
- SERVE with coriander.



**Everyday  
Food**

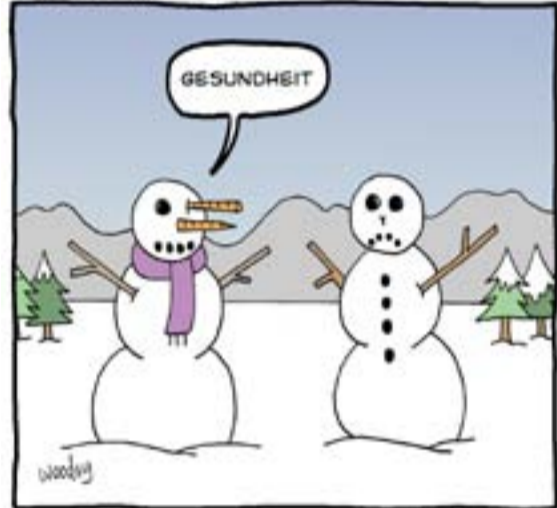
*\*Recipe courtesy of the Country Kitchens team*

COMICS

Bottled Fruit



Insert Brain Here



Doodley Squat



WuMo



Against the Grain



Bushy Tales



Swamp



Insanity Streak



Ballard Street



Grin Bin





# Wool market wrap

**By Australian Wool Innovation**

The result of the Australian wool auctions saw reduced values across almost all types and descriptions on offer.

The abnormally large volumes available this and the past few weeks provided buyers plenty of choice and price opportunity.

This allowed the market to go in the buyer's favour as sellers showed a willingness to accept the lowering prices on offer.

By the end of the selling week, 86.4 per cent of all wool offered had been cleared through to the trade which was a notable achievement as most pre-sale forecasts were suggesting much lower clearance rates.

Exporters were expecting lower prices from the outset, but all were aware of the new business that was available predominantly in China but at speculative (lower than current market) levels.

On top of forward sales that needed completion, this seemingly gave sufficient confidence for full buyer participation at auction, albeit cautious.

The subsequent sale room activity saw prices stepping down throughout selling rather than free falling which was indicative of the reasonable demand taking advantage of the large supply.

The expansive buying of Australia's largest trading house continued throughout this week.

Similar competition from China's big two top makers was evident, but indent buyers operating on behalf of other Chinese-based manufacturers, commission top makers and traders stepped up to enable the absorption of the quantity.

Away from the very small offering of best top-making and spinners types, European interest was almost non-existent and Indian

orders also were less evident, leaving China as the main destination for purchases.

Merino fleece and skirtings lost a general 15 to 35ac clean/kg for the week.

The FNF (less than 1%vm) sale lots were less affected due to the small selection.

Many clips are carrying more vegetable matter (vm) than normal due to the good season.

The standard top price China contracts generally require an average of 1.0% vm, but many mills have reverted to the LB (light burr) contracts which allow for a 2%vm average at a discount.

Crossbred wool types, cardings and odd-mens sold firm unchanged +/- 10ac throughout.

Australian wool auctions are now in recess for three weeks.

Auctions will resume on Tuesday 11th August 2022.

## Flocks grow

**By Meat & Livestock Australia**

Favourable seasonal conditions have supported above average lambing percentages and a larger breeding ewe flock, which continue to drive the national sheep flock's growth, according to the latest Sheep Industry Projections update from Meat & Livestock Australia (MLA).

A strong start to Western Australia's season coupled with above-average rainfall patterns for most sheep regions of New South Wales and Victoria will see the national flock rise by 7.2 per cent or 5.1m in 2022, to 76m head.

On the back of this growth, lamb production is forecast to reach record levels at 549,000 tonnes in 2022, with higher carcass weights driving the increase.

International demand for Australian sheepmeat continues to rise, with export markets outperforming year-to-date levels.

The large 2021 lamb cohort, heavier carcass weights and firm slaughter rates in mutton are delivering favourable supply to several key markets.

Strong export growth in emerging markets such as Malaysia, Japan and South Korea demonstrates the diverse range of countries Australian lamb and mutton can go, according to Ripley Atkinson, Senior Market Information Analyst at MLA.

"On top of booming markets in Asia, the United States has quickly emerged as Australia's number one destination for lamb exports," Mr Atkinson said.

The United States imported 35,053 tonnes of sheepmeat from January to May, which was 3 per cent higher than at the same point in 2021.

Nearly 87 per cent of exports to the US were lamb, which was an increase of 13 per cent.

"With sheepmeat production in plentiful volumes and international demand for Australian products remaining robust across key established and emerging markets, the outlook for the Australian sheepmeat industry is bright," Mr Atkinson said.

"It is evident in both production and export terms that the national flock has recovered from the rebuilding and COVID-19 events."

**National flock growth and slaughter**

Due to strong seasons across the country, MLA has revised the sheep flock higher by 2.2 per cent compared to the February release.

This will mean that the flock is expected to grow by 7.2 per cent to 76m head this year.

By 2023, MLA expects further growth to 78.75m, which is 23 per cent or 14.75m head higher than the 100-year low recorded in 2020.

While for 2022 lamb slaughter, MLA has revised figures higher by 2 per cent or 400,000 on its February projections to reach 22m head.

This is due to its strong production fundamentals driving a second large lamb cohort delivering increased supply.

**Carcass weights**

Average lamb carcass weights are forecast to remain firm on February projections, reaching 24.9kg/head in 2022.

By 2023, MLA has revised carcass weights down 2 per cent or 500g to 24.6kg/head with seasonal conditions expected to ease and return to the long-term average.

However, the implementation of improved genetics and on-farm production management will ensure that 2023 carcass weights remain historically high.

"The Australian sheep flock is growing strongly and with carcass weights remaining at historic highs, the country is well positioned to continue supplying high-quality protein to both the domestic and international markets," Mr Atkinson said.

"Industry confidence has further been buoyed by favourable seasonal conditions, robust export demand and strong market prices, exciting times ahead."

## World-first sustainability framework lands

**By Meat & Livestock Australia**

The first Annual Report of the Sheep Sustainability Framework (SSF) will today be released at the Australian Sheep and Wool Show in Bendigo delivering on the world-first commitment of the Australian sheep and wool industry to create a data-driven yearly snapshot of sustainability performance.

Led by Sheep Producers Australia (SPA) and WoolProducers Australia (WPA), the SSF is underwritten by four themes: caring for our sheep; enhancing the environment and climate; looking after our people, our customers and the community; and ensuring a financially resilient industry.

Within those themes are nine focus areas and 21 priorities—monitored and measured by 58 data-driven indicators.

SSF Sustainability Steering Group (SSG) Chair and respected livestock veterinarian, Dr Scott Williams, said the Annual Report creates an important foundation for the sheep and wool value chain and its stakeholders.

"This is a major milestone for the Australian sheep and wool industry," Dr Williams said.

"We are the largest producer and exporter of premium quality fine wool and the largest exporter of sheep meat in the world.

"We are now one of the most transparent sheep and wool industries as well.

"From reducing greenhouse gas emissions and climate change adaptation to animal husbandry practices and on-farm safety, the Annual Report is a documented baseline on how we as an

industry are performing."

CSIRO research last year found the Australian sheep meat industry was already climate neutral and the latest Annual Report shows the sheep meat and wool industry has held steady on net emissions (9.13 million tonnes CO2e in 2019).

In further good news, Life Cycle Assessment (LCA) data reveals that productivity gains have driven the emissions intensity of raising sheep (6.8kg CO2e/kg liveweight) and greasy wool (24.4kg CO2e/kg greasy wool) down nine per cent between 2005 and 2020.

Rates of ground cover have improved with 63.4pc of sheep-grazing land achieving over 50pc ground cover since summer 2019—a 13pc increase on the previous year.

The industry also continues to invest in seeking new and innovative ways to assist the red meat industry meet its target of carbon neutrality by 2030 (CN30) and helping Australia reduce its overall greenhouse gas emissions.

Worms and breech flystrike are among the most important health challenges for the industry and genetic improvement is a means to prevent disease, with a key measure of success being the change in Australian Sheep Breeding Value (ASBV) over time—specifically Worm Egg Count (WEC) and Early Breech Wrinkle (EBWR).

A reduction of 10pc in WEC ASBV and 15pc in EBW ASBV in the latest reporting period indicates that flock resistance to worms and breech flystrike is increasing.

The industry is also trending away from mulesing, with a directional increase in

non-mulesed and ceased-mulesed wool as a proportion of the total clip recorded from National Wool Declaration results in FY2021.

More definitive data will be released in the mid-year update of the Annual Report including the percentage of producers who mules Merino sheep and non-Merino sheep.

Independent Chair of the SSF Board and sheep producer, Lucinda Corrigan, said the Annual Report was an evolving document with more indicators under development, but the inaugural edition already contains a number of firsts.

"In order to be able to create the data needed for the Annual Report, we undertook a Life Cycle Assessment of the entire Australian flock to determine the carbon footprint of our industry," she said.

"We also harnessed satellite imagery to measure and display vegetation changes across our sheep-grazing regions.

"The deep insights generated from these projects represent an important development in our understanding of the impacts on and of our 234-year-old industry."

Today's official launch of the Annual Report will feature a panel discussion on the interconnectivity between climate, biosecurity and market access with commentary from Professor Richard Eckard (University of Melbourne), Dr Andrew Whale (Australian Veterinary Association), Laura Timmins (Department of Agriculture, Fisheries and Forestry), Bonnie Skinner (Sheep Producers Australia) and Jo Hall (WoolProducers Australia).

## NFF welcomes FMD support for Indonesia

**By National Farmers Federation**

The National Farmers' Federation has welcomed Minister for Agriculture, Fisheries and Forestry Murray Watt's announcement today Australia will bolster Indonesia's ammunition in its war against Foot and Mouth Disease (FMD).

President Fiona Simson is in Jakarta for a three-day delegation with Minister Watt and Chief Veterinary Officer Dr Mark Schipp where the Minister announced Australia would extend its support on the ground by providing funding for up to 1 million vaccines to Indonesia and \$500,000 for Meat and Livestock Australia to improve biosecurity in Indonesian feedlots.

"If we are to keep FMD out of Australia we need to take a two-pronged approach—a ring of steel at home and supporting our neighbours in places like Indonesia.

"We are in Indonesia to gain firsthand insight into what's happening on the ground, and also to understand what more we can do to bring this disease under control in Indonesia because we know that will drastically reduce the threat to Australia.

"Australia has a strong partnership with Indonesia, across trade and tourism, and it is important during this time that we build on these ties through communication and collaboration.

"We're standing with our fellow farmers in Indonesia as they tackle the immense and devastating task of euthanising affected animals, vaccinating the remaining herd and stopping further spread so they can start rebuilding."

Strains of FMD are endemic in many areas of the world, including parts of Asia, Africa and the Middle East, where it is managed with vaccination programs.

Ms Simson said this demonstrates the importance of vaccinations in managing the disease, and the value this assistance will have for our partners in Indonesia.

"Australia remains one of less than 70 OIE member countries recognised as free from FMD and we must keep it that way," Ms Simson said.

"I've seen firsthand in Jakarta what farmers are going through. FMD affects the livelihoods of farmers and every business and worker

down the supply chain.

"It closes down trade access, reduces meat and dairy supply to supermarket shelves, and the dent in Australia's economy could be as large as \$80 billion.

"My message is simple, we need to pull out all the stops to make sure FMD doesn't reach our shores.

"While we welcome today's announcement, we still want every single traveller returning from Indonesia screened and for constant review of all settings in our line of defence, including shoe sanitising stations.

"We urge every traveller to be vigilant by avoiding farms in Indonesia, thoroughly cleaning their clothes and shoes—or even better supporting our #ThrowYourThongs campaign.

"It's also critical that people follow biosecurity directions and not attempt to bring prohibited products such as meat back into Australia illegally.

"This is yet another reminder of our need for a long-term, sustainable funding pipeline for biosecurity, a call Australian farmers will not relent on."

# Gardening



Hibiscus Snowflake Potted.



Hippeastrum freshly divided.



Hippeastrum Blackall.



Agapanthus ready to be divided.

## Dividing those beauties

By Neil Fisher

With their spectacular flowering displays during the summer, the Agapanthus and Hippeastrum have been a favourite for generations of gardeners.

When plants become too crowded they should be divided.

Now is one of the best times of the year to do this.

Start by digging up the plant clump.

Then divide the plant up in any one of three ways.

First by carefully teasing the roots apart or cutting the plant apart using an old pruning saw or fishing knife.

The last method is if Agapanthus or Hippeastrum clumps really tight chop the plant into pieces with an axe or spade.

From a single established Agapanthus or Hippeastrum clump, you might get more than a dozen new plants but it depends on the Agapanthus or Hippeastrum species being divided.

With the divisions made, place the plants in a bucket or plastic bag then dampen the roots with a bit of water to keep roots moist.

After that, I would pot up the divisions to grow on.

When replanting the Agapanthus or Hippeastrum try to get the soil in around the roots as closely as possible and place the crowns of the new plants no more than 50mm below ground level.

Hippeastrums have been grown in our gardens for over the last 100 years, and I still believe, that tucked away in many rural gardens, there are still some of the best flowering varieties grown.

These plants could have been handed down over many generations and Agapanthus is easy to grow in just about every part of Central Queensland, having the ability to tolerate conditions from heavy clay to sandy well-drain soil. It is important to remember that they do not require a lot of water after they have been established.

All Agapanthus prefer a sunny, but protected position, with good mulching.

### WATERING POT PLANTS

One of the most constantly asked questions at many nurseries even at this time of the year is “Why is my pot plant dying? I water it every day”.

You need to remember that plants grown in pots require far more attention to their watering than the same plant species planted in the garden.

The restricted amount of potting mix is an important factor in this requirement.

As the roots keep growing forward, no mat-



ter where the plant is, only the tip of the roots can absorb water, not the entire root system.

Therefore, a considerable part of the root structure in the pot is no longer absorbing water, but simply acting like a pipeline carrying the water from the tips of the roots to the stems of the leaves.

You will find that it is mainly the roots at the bottom of the pot that carry the tissues active in water absorption, with a small amount near the surface and the sides of the pot also soaking up some water.

To have the water reach the bottom of the

container, it is essential that all of the potting mix be thoroughly wet.

If a small amount of water is poured on top of the pot's root mass, it will remain only in the top half of the pot and not reach the tips of the roots on the bottom.

I would recommend watering until runoff through the bottom holes of the pot is observed.

A more efficient method is soaking the pot in a large tub of water, which will ensure a full wetting of the potting mix, however, this is not always practical.



Lobelia.



Agapanthus.

When you are watering the pot, if you notice that water seems to channel its way through the potting mix quickly without soaking in, that is a sign it is time to start repotting the plant. This happens because the organic matter in potting mix slowly decays over time and the water-holding capacity is reduced.

As well as this, continual root growth also compresses the potting mix and eventually pushes some of the potting mix over the rim of the container.

These factors all reduce the capacity of the plant to obtain enough moisture.

# WEATHER

## FORECAST

### Warnings

See [www.bom.gov.au/australia/warnings](http://www.bom.gov.au/australia/warnings)

### Longreach:

Partly cloudy. The chance of morning fog. Light winds becoming southeasterly 15 to 20 km/h during the morning then becoming light during the evening.

Saturday. Sunny.

### Isisford:

Cloudy.

Saturday. Sunny.

### Barcaldine:

Cloudy.

Saturday. Sunny.

### Central West District:

Partly cloudy. The chance of morning fog. Light winds becoming southeasterly 15 to 25 km/h during the morning then becoming light during the evening. Saturday. Sunny. Light winds becoming southeasterly 15 to 25 km/h during the morning then becoming light during the evening.

### Northern Goldfields & Upper Flinders District:

Sunny. Winds southeasterly 15 to 25 km/h becoming light during the evening.

### Central Highlands & Coalfields District:

Partly cloudy. High (70%) chance of rain in the east, medium (40%) chance elsewhere. Winds south to southeasterly 20 to 30 km/h.

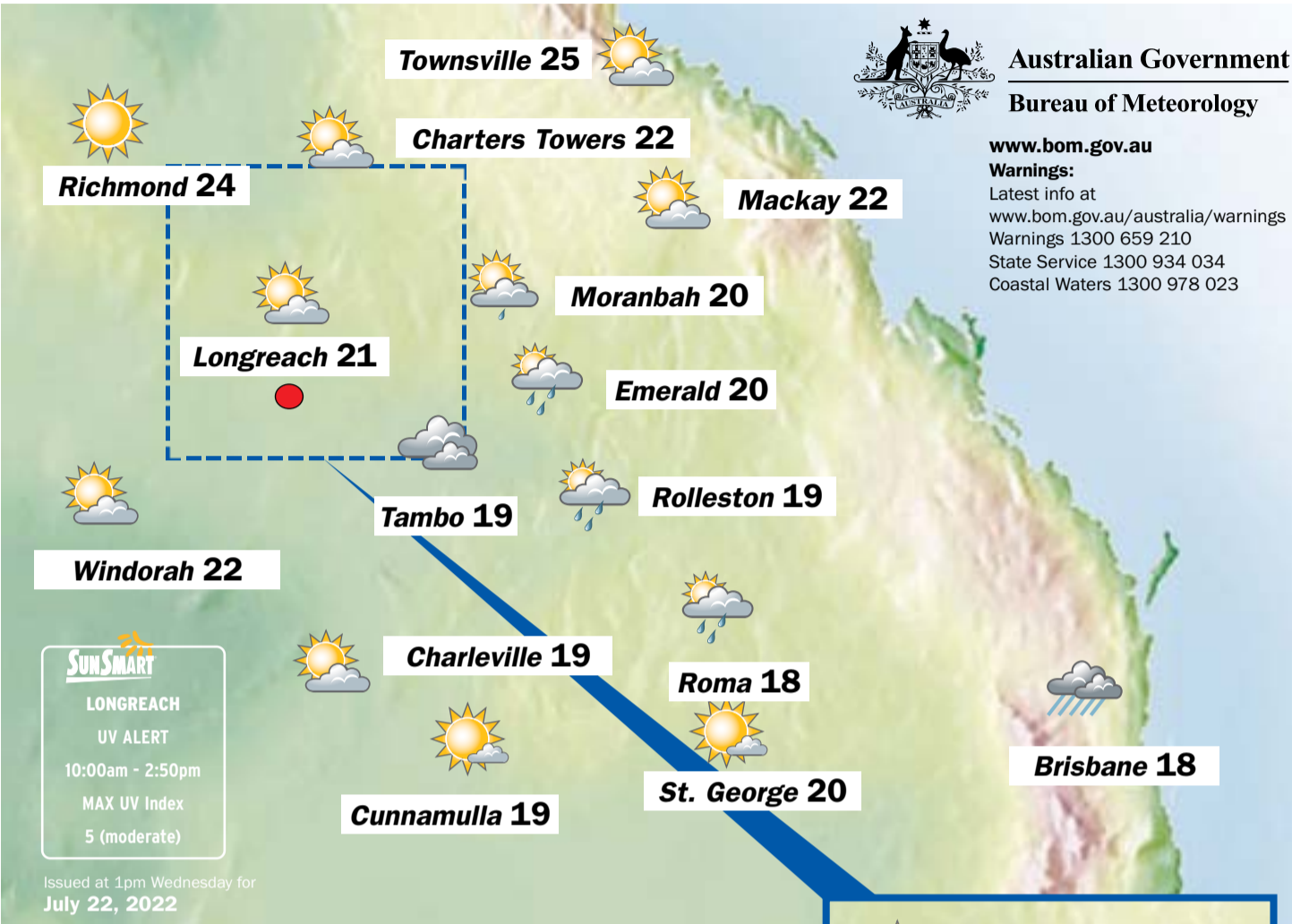
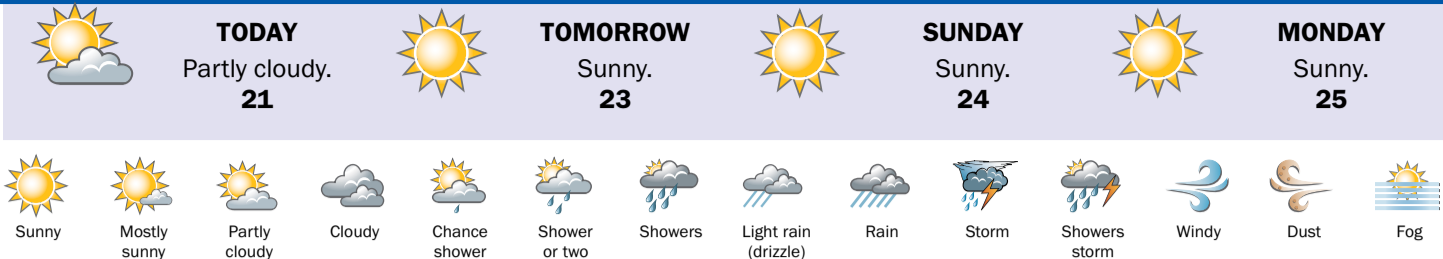
### Maranoa & Warrego District:

Partly cloudy. Medium (50%) chance of showers in the northeast in the morning. Winds southeasterly 15 to 20 km/h increasing to 20 to 30 km/h during the morning then becoming south to southeasterly and light during the evening.

### Queensland:

Windy conditions about the east and southeast coasts to the south of Mackay. Hazardous surf conditions likely about the southern Capricornia and southeastern Queensland coast with a risk of dangerous surf conditions about the exposed southeast beaches. The risk of damaging wind gusts developing about the exposed southeast coastal fringe and adjacent elevated terrain, dependent on the development and track of an East Coast Low offshore of the southeast coast in the Coral Sea. Mostly sunny in western and northwestern Queensland with isolated showers elsewhere. Scattered to widespread showers over eastern districts south of Mackay tending to rain areas over the southeast. Temperatures near or below average, tending near or above average overnight in central, southern Queensland.

## LONGREACH FORECAST



Australian Government

Bureau of Meteorology

[www.bom.gov.au](http://www.bom.gov.au)

### Warnings:

Latest info at

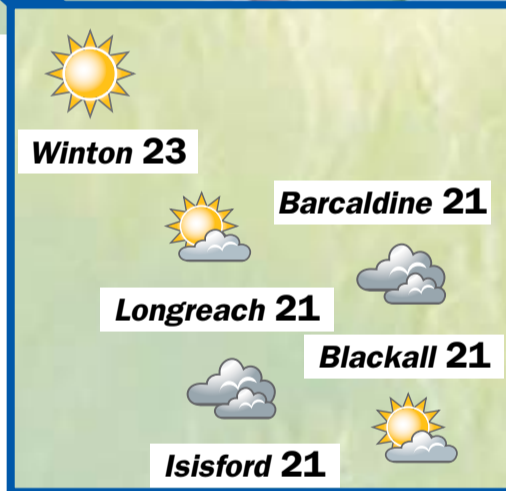
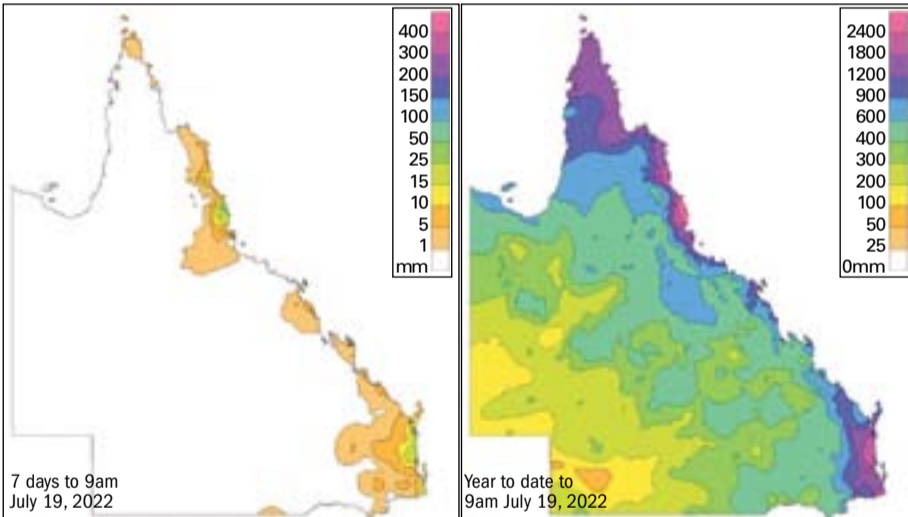
[www.bom.gov.au/australia/warnings](http://www.bom.gov.au/australia/warnings)

Warnings 1300 659 210

State Service 1300 934 034

Coastal Waters 1300 978 023

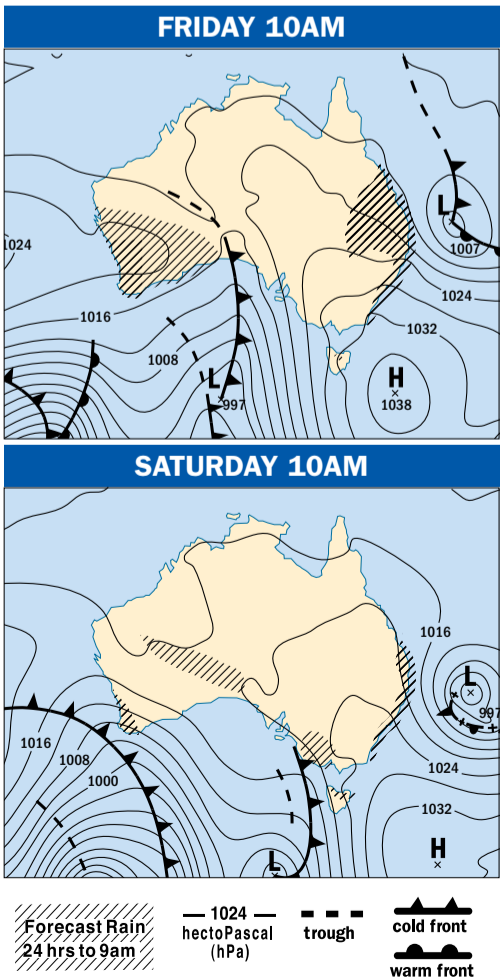
## RAINFALL



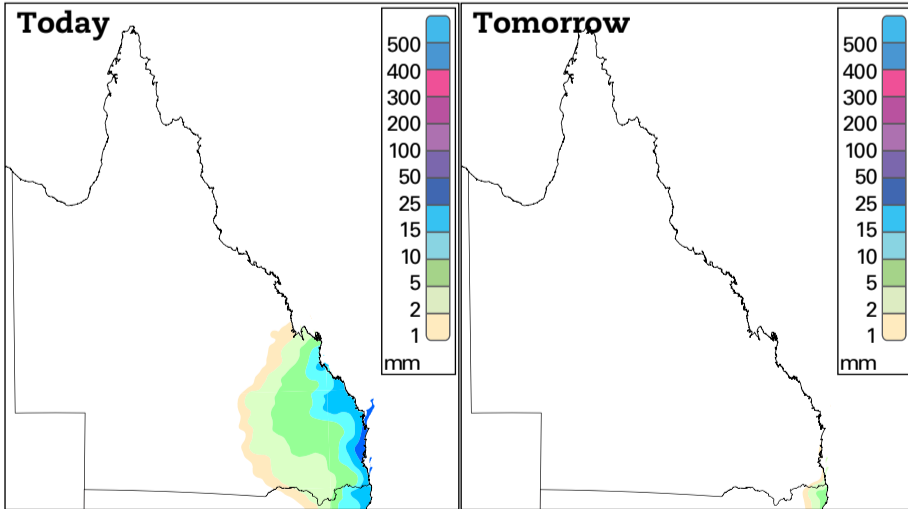
## THE WORLD

World conditions yesterday

City	Weather	Max	Min
Athens	fine	33	23
Auckland	showers	14	8
Bangkok	storms	33	26
Beijing	fine	34	22
Berlin	fine	30	20
Christchurch	windy	8	4
Denpasar	cloudy	31	24
Dublin	cloudy	20	13
Hong Kong	fine	34	28
Honolulu	showers	29	24
Jakarta	cloudy	33	24
Johannesburg	fine	18	5
Kuala Lumpur	storms	34	25
London	cloudy	25	18
Los Angeles	sunny	30	18
Madrid	sunny	39	23
Moscow	fine	19	13
New Delhi	rain	32	27
New York	storms	32	26
Noumea	showers	27	22
Paris	cloudy	29	18
Auckland	showers	14	8
Port Vila	fine	26	21
Seoul	rain	31	24
Singapore	storms	33	24
Suva	showers	30	23
Tel Aviv	fine	29	25
Tokyo	cloudy	32	25
Vancouver	sunny	23	15
Wellington	windy	9	6



## Forecast Rainfall



## CAPITAL CITIES

City	Condition	Max
Adelaide	Cloudy.	17
Brisbane	Rain.	18
Canberra	Possible shower.	14
Darwin	Sunny.	29
Hobart	Mostly sunny.	14
Melbourne	Mostly sunny.	17
Perth	Shower or two.	19
Sydney	Showers.	17

## SUN & MOON

	Sunrise	Sunset	Moonrise	Moonset
<b>Friday</b>	7:02am	5:57pm	1:26am	12:51pm
<b>Saturday</b>	7:02am	5:57pm	2:20am	1:28pm
<b>Sunday</b>	7:02am	5:57pm	3:15am	2:09pm
<b>Monday</b>	7:01am	5:58pm	4:09am	2:54pm
<b>Tuesday</b>	7:01am	5:58pm	5:02am	3:42pm
<b>Wednesday</b>	7:00am	5:59pm	5:53am	4:34pm



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Final Approval: 1pm Wednesday



## Announcements

Deaths

### BALLARD, John Kevin

Formerly of 41 Sword Street, Muttaborra.  
Passed away at Muttaborra on the  
3 July 2022 aged 85 years.

John was laid to rest at the Muttaborra  
Cemetery after a graveside service  
on 14 July 2022.

Beloved husband of Valmai, father to Narelle,  
Nicholas, Gary (dec) and Natalie.  
Sadly missed by his whole family.  
Lovingly remembered by all.

Barcaldine Regional Council  
Funeral Directors



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## General Classifieds

Contract & Tenders



### WINTON SHIRE COUNCIL TENDER: WSCT-2223-1 CORK MAIL ROAD CONSTRUCTION OF CONCRETE FLOODWAYS

Tenders closing 2:00pm Friday 29 July 2022  
at www.vendorpanel.com.au are invited  
for the Construction of Concrete  
Floodways on the Cork Mail Road.

Tender documents will be available to  
download from www.vendorpanel.com.au  
on Friday 8 July 2022.

Enquiries regarding the tender  
should be directed to:  
Paul de Launay  
(07) 4657 2640  
pauldl@winton.qld.gov.au

*In accordance with the provisions of  
the Local Government Regulation 2012,  
Council reserves the right to later invite  
all tenderers to change their tenders to  
take account of a change in the tender  
specifications. The lowest or any tender  
may not necessarily be accepted.*

12557830-HC28-22



### WINTON SHIRE COUNCIL QUOTE: WSCQ-2223-1 'ALL SERVICES' SUPPLY AND INSTALL BITUMINOUS PRODUCTS ON THE HUGHENDEN - WINTON ROAD

Quotations closing 2:00pm  
Monday 08th August 2022 at  
www.vendorpanel.com.au are invited  
for the 'All Services' Supply and Install  
Bituminous Products on the Hughenden  
- Winton Road.

Quotation documents will be available to  
download from www.vendorpanel.com.au  
on Monday 18th July 2022.

Enquiries regarding the tender  
should be directed to:  
Paul de Launay  
(07) 4657 2640  
pauldl@winton.qld.gov.au

*In accordance with the provisions of  
the Local Government Regulation 2012,  
Council reserves the right to later invite  
all tenderers to change their tenders to  
take account of a change in the tender  
specifications. The lowest or any tender  
may not necessarily be accepted.*

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## Employment

Positions Vacant



### Longreach Regional Council Ilfracombe Isisford Longreach Yarala

#### Positions Vacant

Longreach Regional Council is seeking enthusiastic people with a passion for their community to join a vibrant team in a progressive Council for the following positions.

Positions	Branch	Closing Date
Sealed Network Team Leader	Longreach	03 August 2022
Labourer	Isisford	03 August 2022
Assistant Educator (Casual & Fulltime)	Longreach	No close date

Most Positions offer a nine day fortnight, and superannuation of up to 12% of salary is available upon commencement.

If you would like to join the Longreach Regional Council team, please contact Human Resources on (07) 4658 4111, email hr@longreach.qld.gov.au or visit the Council website at longreach.qld.gov.au/careers to download a copy of the Positions Descriptions & Information Kit.

*Longreach Regional Council is an Equal Opportunity Employer*

Dirk Dowling  
Chief Executive Officer

PO Box 144  
Ilfracombe QLD 4727

## Employment

Positions Vacant

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com.au  
or call Rebecca  
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or 07 4658 3811  
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# Athletics results

By Melanie Palmer; Longreach Athletics Club

Club Meet on 10 July, was a catch-up from the previous rained-out weekend but it didn't stop 21 enthusiastic athletes from competing and scoring 17 PBs.

**The results are:**

- 4 Years - Bonnie Rayner 1 PB (Long Jump)
- 6 Years - Georgia Griffiths 3 PBs (50m, 145m, High Jump)
- 7 Years - Charli Hancock 1 PB (50m); Sienna Machin 1 PB (Long Jump)
- 8 Years - Abigail Watts 3 PBs (145m, 200m, High Jump)
- 9 Years - Alexie Holland 1 PB (50m); Harry Griffiths 1 PB (Shot Put)
- 10 Years - Sonny Hancock 2 PBs (200m, Shot Put)
- 11 Years - Xander Flanagan 1 PB (High Jump); Fletcher Long 2 PBs (Long Jump, Shot Put)
- 12 Years - Levi Curtis 1 PB (400m)

Sunday 17 July saw another small but determined 28 athletes compete in the fortnightly hammer week events which saw 33 PBs and one record was broken, which dated back to 2004.

**The results are:**

- 4 Years - Bonnie Rayner 3 PBs & 1 Record (Long Jump, Discus®, Vortex); Noah Machin 2 PBs (60m, 80m)
- 5 Years - Braysen Miller 1 PB (100m)
- 6 Years - Georgia Griffiths 4 PBs (60m, 80m, 100m, Discus)
- 7 Years - Bonnie Martin 4 PBs (60m, 80m, Long Jump, Vortex)
- 8 Years - Abigail Watts PB (80m, 300m),
- 9 Years - Alexie Holland 2 PBs (80m, Long Jump)
- 10 Years - Taya Miller 2 PBs (Discus, FlyHi Jav); Lachlan Hunt 1 PB (Discus); Lleyton Long 1 PB (FlyHi Jav)
- 11 Years - Rhys Faehr 5 PBs (80m, 100m, Long Jump, Discus, FlyHi Jav); Xander Flanagan 1 PB (80m); Fletcher Long 1 PB (80m)
- 12 Years - Jaylie Miller 2 PBs (High Jump, Shot Put); Kody Hunt 1 PB (Hammer); Leo McDarra 1 PB (Shot Put)
- Under 16 Boys - Max Bruggemann 2 PBs (800m, Hammer)

Our next club meet is the weekend of 3 August which is our last meet for 2022!

It will be Program A - everyone else please be there at 8:30am to sign on, warm up at 8:45am, and starting at 9am.

Everyone must register and pay your \$2 at the secretary's office window upon arrival to ensure that you are placed correctly into your events for the day.

This brings us in line for our 20th Annual Outback Sunset Carnival which is on the 20th and 21st August held in conjunction with the North West Regional Sports Selection.

Nominations are now open, and forms are available from Palmers BP, Longreach Accessories Plus, via our Facebook Page (Longreach Athletics Club) or on the Athletics North Queensland Website.

Everyone is welcome to attend or just be a supporter.

If you require more information, please contact us via email longreachsunsetcarnival@gmail.com or contact John Palmer OAM—President & Carnival Convenor 0407 645 343



Pictures: TRUDY BRUGGEMANN



# Another good day on the green

**BOWLS BY BONES**  
**TONY EMSLIE**

Last Sunday we had one championship game, one competition game and a couple of social games.

The championship game was a Men's Triples game in which the score really didn't reflect the closeness of the game.

We saw the team of John Hawkes, Patrick Casey (subbing for Pat Downing), and Bernie Gayler taking on new club singles champ Darcy Browne with Peter Anderson and Tony helping out.

The game was very close with the score at 9-7 to Browne after nine ends and then 17-11 after 15 ends.

Unfortunately, two bad ends with a bit of bad luck meant Hawkesy's team gave away 12 shots in two ends to effectively be put out of the game.

Take those 12 shots off the final score and the margin was just seven shots in the end.

The competition game was a mixed pairs game where we had a rare occasion of a mother and son playing, together in a team sport.

Andrew Watts had his mother Helen Cooper as his lead, and they were up against George Kent and new bowler Sarah Wall.

George and Sarah started well and after six ends they lead 5-3, after 11 ends they narrowly lead 8-6.

This is starting to become a common theme where a team just can't get off a certain score while the other team gains an ascendancy.

On this occasion, Helen and Andrew got stuck on six shots for eight-ends while Sarah and George scored 12 shots to stretch the gap out to 14 shots at 20-6. Helen and Andrew scored seven shots on the last three ends of the game but lost the game 20-13 to George and Sarah.

In social games we had Bob and Sharon holding a narrow one shot lead going into the last end but Terry and Ellen scored two shots on that last end to take the win by 19-18.

We also had Justin, Dorrie, and Peter lose to Paula and Coral.

Unfortunately, Justin got to the scorecard before I did and somehow it went missing.

On Saturday the club hosted the Leichhardt District Pairs competition where the winning Men's Pairs combination come together to see who progresses' to the net stage.

Out of the competing teams from Aramac, Emerald, Clermont, and Longreach, the team that went through was Emerald.

Well done to J. Henman and A. Paskins after defeating the Aramac pair of G. Neisler and W. Kingi in the final.

A friendly reminder to every bowler at our club to please let Pete or myself know if you can't play... mental telepathy is one talent we haven't acquired.

# Netball results

**By Longreach Netball Association**  
**Results for 23.06.2022**

- Strainers forfeit against Stormbirds

**Tension 57 defeated Wildcards 11**

- Best and Fairest: Josette Jones and Georgia Ditchfield

**Racing Stripes 35 defeated Fury 30**

- Best and Fairest: Peyton Vedders and Ali Mitchell



# Tigers seal top spot finish

By Michael R Williams

For the second year in a row, the Longreach/ Illfracombe Tigers have taken the Central West Rugby League minor premiership, and they did so with a gutsy performance over the Blackall Magpies 6.

While the final score blew out in favour of the home side, up until the dying moments of the first half, Blackall seemed to be getting the upper hand over the reigning champions.

It was not until well into the second half that the Tigers were able to play comfortably score-wise, and the visitors continued to show real enthusiasm in defence up until the dying seconds, crying out “wack them” even after the score was well out of reach, eventuating at 26 Tigers to Magpies 6.

Longreach/ Illfracombe Tigers Assistant Coach Gavin Groves said claiming the minor premiership for a second time came from having such a strong core group of players.

“They really enjoy each other’s company, most players enjoy getting to training, working hard, and looking to improve each week,” he said.

“Kien and I have looked to build on our game from last year with a number of new aspects and then the boys have enjoyed it.”

Mr Groves said it was the forwards who stood up against Blackall to claim the victory.

“They held their own which is especially important versus a team like Blackall, but I thought we got really good control from our hooker and halves in Trent Hoad, Jack Wilson

and Sam Munns,” he said.

“Their kicking game was exceptional— Adam Hughes has also given us two very good games in a row from Fullback.”

Mr Groves has enjoyed the passion that has come out of the rivalry between Longreach and Blackall.

“Blackall and ourselves have probably been two evenly matched sides for the better part of a couple of seasons now,” he said.

“There is never an easy game when we meet.

“A lot to play for on the weekend with the minor premiership up for grabs as it was last year.

“But the games are always played in the right spirit and both groups of players have a healthy respect for each other.”

Going into the finals, Mr Groves said he hopes the Tigers continue to improve on ball control and first half performances.

“It often feels like we need halftime to reset our focus,” he said.

“Our opening 40mins has been disappointing a few times this season in that regard.”

He praised the efforts of his opponent.

“Blackall is a side that loves to get you into an arm wrestle, the 6-4 score at halftime was a testimony to that,” he said.

“They love playing tight in the middle with aggressive line speed.

“They are also a resilient side with the ability to bounce back quickly so we will not be taking them lightly in a fortnight.”







# Eight events in Blackall

**By Rob Luck; Longreach Jockey Club**

Racing returned to the central west on Saturday with an eight-event program at Blackall after two wash-out meetings at Barcaldine and Ilfracombe.

The day featured the time honoured Noel Allom Memorial Cup open plate run over 1200 metres and was taken out in brilliant fashion by Jarhead for trainer Rodney Little and jockey Emma Bell.

The six-year-old gelding by Warhead had previously finished fourth in the Battle of the Bush final at Eagle Farm at its last start and appeared ready to race as soon as they ran out onto the track on Saturday.

Bell was able to position Jarhead close to the pace behind the leading pack and was ready to pounce onto the lead as they turned for home.

At that point, Zilitor had gained a narrow advantage over the early leaders Tocco D'oro and Nick the Skip, and Jarhead was challenging strongly in the middle of the track.

Jarhead was able to race away under the 61 and a half kilos and win convincingly by a length and a half over the ever-consistent Zilitor, with Lubuk running home from last place into third.

Jarhead has been a consistent performer for the Rodney Little team, and it was a great reward after such a great finish in the Battle of the Bush final, and now trainer Little can plan ahead for more possible feature races coming up, and of course, aim for the Country Stampede in Brisbane.

Jockey Ric McMahon who leads the central west jockey premiership had the three winners on the day, and he kicked off that trio of wins with the Todd Austin-trained Yule My Hero in the Benchmark 55 over 1400 metres.

The four-year-old gelding by Kaphero is in good form now with two wins and a third in its last three runs, and McMahon had this galloper ready to pounce on to the lead as they turned for home and used the rail's run to advantage, to shoot to a clear lead, and even though Sole Heir tried valiantly in the straight, Yule My Hero ran out a four-length winner, with Helmet Head running on into third place.

McMahon's other winners came in the following two races: firstly with Royal Confession for Todd Austin in the Maiden Plate.

The galloper was having its first start for the stable, and owner Pam Carolyn has had a great record with producing winners having their first start in the ownership group.

It was a maiden winner, again, with a big margin as Royal Confession dominated the finish by six-and-a-half lengths over Kukinta and Matagorda—Blackall has a history of pro-



TYCOON ZIP - Trained by Les Baker and ridden by Shane McGovern.



MISHANI OPERATOR - Shane Iverson trained and ridden by Ric McMahon giving him a treble for the day.



NOEL ALLOM MEMORIAL CUP OPEN Plate. Won by JARHEAD - Rod Little and Emma Bell.



ROYAL CONFESSION - Trained by Todd Austin & ridden by Ric McMahon.



The last at Barcoo Amateur Race Club won by NO REFUND, ridden and trained by Dave Rewald.

ducing maiden winners who win by big margins, including Boingo and Sisalating in recent years.

Royal Confession appears to have the ability to continue on through the grades.

McMahon then combined with trainer Shane Iverson and Mishani Operator in arguably the most impressive win of the day.

Mishani Operator had come off two wins at Cunnamulla at its previous two runs, and the three-year-old gelding by Domesday had to carry 64-and-a-half kilograms, but that did not prevent it from winning by seven-and-a-quarter lengths over the in form Amadeo, and Auric Gold, also a last start winner, into third place.

It was a dominant win, and jockey McMahon was able to ride quietly to the line on Mishani Operator—such was the winning margin.

He is certainly one to follow now having won four from 15 starts, and trainer Iverson will be able to place him to advantage in the coming weeks.

The Billy Johnson and Tyler Leslight combination also scored a double on the day when they produced Von Saga for the win in the Benchmark 55 over 1200 metres.

Having its fourth run for the stable after Von Saga had placed at all three previously, the

seven-year-old mare by Von Costa de Hero was quite impressive; even though the final margin was only a length-and-a-quarter, it was still a dominant win over Surprise Selection and Old Town Road.

Leslight was able to use barrier one to their advantage and keep Von Saga in touch with the leading pack, and, turning in the straight, pounced onto the lead and was able to hold off the challenge of Surprise Selection.

The track did play, in a way, a feature for two horses who were up on the pace in the second win for Johnson and Leslight with Royo in the Class B Handicap over 1050 metres.

Virtually leading all the way, Royo scooted clear in the straight and won by six lengths over Osaka Sunset and Star Twinkle who had come from back in the field.

Royo is a horse in good form with three wins and two placings in its last five, and this three-year-old by Golden Archer came off a last-start win in Longreach.

The only race of the day which saw a horse come from behind occurred in the final race in the Class 6 Plate when No Refund trained and ridden by David Rewald was able to come from a midfield position late in the home straight to overhaul Han Dynasty who had gained the lead and looked set for victory.

No Refund produced a strong finish down the outside and was running away to win by a length-and-a-quarter over Han Dynasty, with odds on favourite, Halcyon House suffering its first defeat for the Todd Austin stable in four starts in the area, only finishing in third.

No Refund has been in the money for three of its last four runs, and this was the second win of its campaign this year.

Tycoon Zip had been better known as a sprinter, but on Saturday in the Open Handicap over 1400 metres, the Leslie Baker-trained Shane McGovern-ridden eight-year-old gelding led all the way in his first attempt at the distance.

McGovern was able to gain an early lead on Tycoon Zip as no other runner contested the lead, and gradually, he extended the tempo of the race, so that by the home turn most runners were off the bid and chasing.

Tycoon Zip was able to continue to hold the lead down the straight despite the challenges of Ordesa and Kedleston, with the margin of a longneck being the closest finish of the day.

It gives a new dimension to Tycoon Zip to be able to stretch out to this distance, and this horse had placed at Roma in his last two runs and continues to be in good form.

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