

FREE

Hills to Hawkesbury Living

Free TV Guide, Community news and Local Business Directory

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Living

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General Gems

By guess who . . . Jen

Riverstone & District Historical Society



On Sunday, 31st August, at the Riverstone Museum, 80 invited guests attended the launch of Riverstone & District Historical Society's latest publication "Riverstone and the First World War", co-authored by Society members Rosemary Phillis, Shirley Seale & Ron Mason. The launch was organised by Society member Heather Smith and was a very patriotic Australian occasion much enjoyed by all present.

Officially launching the book was Coral McDonald, the granddaughter of James Symons, one of the men featured in the book.

The book has been highly acclaimed. It was a 15 month undertaking by these three very capable people. Early chapters look at the war & the world at the time, one chapter, "Dear Home Folks and Sundry" shows the war through the eyes of Ambrose Mason, a Riverstone teacher, who died on the Western Front & whose family had retained his letters. Ambrose's story is again included with the stories of the other 21 men whose names are on the Riverstone War Memorial at the Railway Station. The final chapters cover Commemoration, Memorials and Remembrance. There is even a guide to researching your soldier's records.

Riverstone/Schofields RSL Sub-Branch has donated copies to all local schools where it should be a valuable resource for their schools' libraries.

"Riverstone and the First World War" is on sale for \$30 at the Riverstone Museum which opens from 11am to 3pm on the first Sunday of each month.

The New Way To Do Rotary In The Hills

The face of Rotary is changing and it's starting in the Rouse Hill area!

On Saturday the 16th of August, the Rotary Club of Vinegar Hill celebrated it's beginning as the first Rotary Coffee Club in Australia.

The members of this club have come together to support their local and international communities, by being the trendsetters in a new way to do Rotary.

Named after the Convict Rebellion battle of the 1860s in the area, the Vinegar Hill Rotary members are themselves being somewhat rebellious by breaking the traditional bounds

of service clubs of weekday meetings, and catching up for a coffee or hot chocolate on a Sunday afternoon.

This concept was the brainchild of a number of local Rotarians and from their enthusiasm this newest club was born.

Most of the business end of the Rotary Club is done on-line through a web forum and emails, which removes a lot of the formal side of meetings. This leaves the remainder of the time for coffee and chat.

The club is structured around the family, and a majority of the members have young children, who are all welcome at the meetings.

Meetings are held on Sunday afternoons at the Griddle Restaurant at the Rouse Hill Shopping Centre at about 4pm until 5pm, and there is also one meeting per month offsite on a Saturday evening.

New members are very welcome and if you have been a member of a service club or have always wanted to join one and a weekday hasn't suited, come along and see if this is for you.

For further details, please visit the club website at www.vinegarhillrotary.org.au or email inquiries@vinegarhillrotary.org.au

Galston Open Gardens

Galston Garden Club will be holding its Open Gardens Weekend on Friday 17th, Saturday 18th and Sunday 19th October, 2014.

Eight outstanding acreage gardens will be open 9.30am to 4.30pm on each day. Morning and afternoon teas will be available in some gardens. You are welcome to bring a picnic lunch or to visit one of the local clubs and cafes, including nursery cafes, for lunch. This is a great chance to enjoy a relaxing and uplifting day wandering around some of the most beautiful gardens in Sydney.

Tickets are \$5 for individual gardens, or a \$20 ticket for all gardens. The all gardens ticket is valid for all 3 days. Tickets are available at the gardens and The Galston Club, 21 Arcadia Rd, Galston on the open days.

Detailed brochures showing the garden locations with a map, plus information on eating locations are available, and are on the website www.galstongardenclub.com.au

If you would like to receive an email reminder later in the year, or would like the map brochure posted to you, please send a brief note to galstongarden@hotmail.com, write to PO Box 163, Galston 2159. Enquiries (02) 9653 2394.

All the workers for this event are unpaid volunteers, and all profits are distributed to a wide range of charities.

Hoping to see you later in the year!

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 Basketball: Mens World Cup Final 7:30 ABC News Breakfast 9:00 ABC News Mornings 10:00 Country House Revisited 11:00 Big Ideas 12:00 ABC News With Ros Childs 1:00 Landline 2:00 Walk On The Wild Side 3:00 Friday Night Dinner 3:25 Kingdom 4:10 Doc Martin 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pajamas, Yo Gabba!, hoopla doopla!, Ready, Steady, Wiggle!, Ben & Holly's, Pocoyo, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's, 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Gaspard & Lisa, Q Pootle 5, Peg + Cat, Play School 4:00 Bananas In Pajamas, Mister Maker Comes To Town, dirtgrinworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben & Holly's, Charlie & Lola, Peppa Pig, Octonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox: Ticked Pink 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Coronation Street 10:30 Dr Oz: 5 Epic 11:30 Four In A Bed 12:00 Homicide: Life On The Street 1:00 Homicide: Life On The Street 2:00 All Saints: Just Like A Woman 3:00 A Country Practice: One For The Road - Part 2 4:00 Coronation Street 5:00 Shortland Street 5:30 Homes Under The Hammer	6:30 NFL: Week 2: Kansas City at Denver 10:00 Sound FX: Best Of Andy Reid 10:30 NFL: Week 2: Chicago at San Francisco 2:00 WWE Afterburn 3:00 Charlie's Angels: Hula Angels 4:00 Muscle Car: Blue Collar Buick 4:15 Trucks: Rolling Thunder Part 1: Disassembly 4:30 Xtreme 4x4: Full Size Blazer Part II 5:00 Horsepower TV: Budget Bracket Racing Engine 5:30 Pimp My Ride: Mitsubishi Mirage / 1967 Ford Mustang	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 1:30 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Secret Dealers 9:00 Home 10:30 Alive & Cooking 11:00 Friends 12:00 Our Man in Marrakesh 2:00 Alive & Cooking 2:30 Frozen Planet 3:30 Richard Hammond's Invisible 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 8:30 Tenkai Knights 9:00 Yu-Gi-Oh! Zexal 10:00 Power Rangers Megaforce 11:00 Friends 12:00 Our Man in Marrakesh 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Big Brother 3:00 Extra 3:30 Max Steel 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Generator Rex 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 Bondi Vet 12:00 Dr Phil 2:00 Offspring 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Wildlife Warriors 6:30 Transformers Prime 7:05 Pokemon 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 Julius Jr. 9:00 Tickety Toc 9:30 Wurrawy 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Judging Amy 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210 5:55 Couch Time	6:00 NASCAR Sprint Cup 7:30 Omnisport 8:00 The List 8:30 2014 Australian Athletics Tour 9:30 FIA World Rally Championship Highlights 10:00 Car Torque 10:30 Omnisport 11:00 Megastructures 12:00 Ringer 1:00 Law & Order: SVU 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 Reel Action 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Acid Ocean 2:00 The Last Explorers 3:00 France 24 International News 3:30 Al Jazeera News 4:00 The Journal 4:30 FIFA Futbol Mundial 5:00 Living Black 5:30 La Vuelta 2014 Daily Highlights	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Apna Panjab 8:00 Discover the Galaxy 8:30 Master Class in Oils 9:00 Move It or Lose It 10:00 The Adventures of Smilin' Jack 10:30 Movie: War of the Robots 11:30 In Focus 12:00 Vasilii's Garden 1:00 Coffee Break 1:30 The International Cooking Show 2:00 Pets Practice with Dr. Kevin 2:30 Regional Italian Cuisine 3:00 Move It or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Beedesh Bangla 5:00 Gday Malt Aussies 5:30 Tomorrow Today
6:00 Eggheads: Chad Acad 6:30 QI: Albania 7:00 ABC News 7:30 7.30 8:00 Australian Story 8:30 Four Corners 9:20 Media Watch 9:35 Q&A 10:35 Lateline 11:10 The Business 11:35 Secret Pakistan: Backlash 12:30 Movie: Terms Of Endearment 2:35 QI: Albania 3:30 Football: W-League Rnd 1: Western Sydney Wanderers V Canberra United 5:30 Eggheads: Chad Acad	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:30 Louis Theroux 9:30 Teenage Killers 10:30 Love Hotel 11:45 The Roast 11:55 Alan Carr 12:45 Tonight Show Starring Jimmy Fallon 1:25 Jimmy's Food Factory 1:55 News Update 5:00 Waybuloo 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 This is Scarlett & Isaiah	6:00 Seven News 7:00 Home and Away 7:30 The X Factor Live 8:40 The Amazing Race Australia V New Zealand 11:00 Secret Life Of Students 12:00 Celebrity Juice 1:00 Home Shopping 3:30 Sons And Daughters 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt 7:30 Cities of the Underworld: City Of Blood: London 8:30 Judge John Deed: Duty Of Care 10:40 Waking The Dead: Multistorey 1 11:50 Murder In Mind: Favours 12:50 Bargain Hunt: Australia 4 2:00 Four In A Bed: Foxholm 2:30 Harry's Practice 3:00 Homicide: Life On The Street: The Same Coin 4:00 Homicide: Life On The Street: Homicide.Com 5:00 Homes Under The Hammer	6:30 Seinfeld: The Comeback 7:00 Seinfeld: The Money 7:30 Pawn Stars: Time Machines 8:30 Pawn Stars: Rick's Big Bet 9:30 American Restoration 10:30 Abandoned: Mississippi 11:30 SportsFan Clubhouse 12:30 Talking Footy 1:30 All Worked Up 2:30 Scare Tactics: Lethal Touch 3:00 Motor Mate: Havoc 8 4:30 Motor Mate: Great GT Cars	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 10:10 The Big Bang Theory 11:10 Embarrassing Bodies 12:10 Episodes 12:40 Oh Sit! 1:30 Extra 2:00 Guthy+Renker Australia 2:30 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Seaway	6:30 Friends 7:30 Heartbeat 9:40 The Mentalist 11:35 Friends 12:00 Footy Classified 1:00 Dangerman 2:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Seaway	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 8:00 Top Gear 9:30 Dr No 12:00 Regular Show 12:30 Top Gear 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 Hidden Kingdoms With Stephen Fry 8:30 Have You Been Paying Attention? 9:30 NCIS: Los Angeles 11:30 The Project 12:30 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 8:00 The Simpsons 8:30 Witches Of East End 9:30 Torchwood 10:30 Medium 11:30 Eureka 12:30 The Late Late Show With Craig Ferguson 1:30 Home Shopping 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Luke Nguyen's Greater Mekong 6:30 SBS World News 7:30 Countdown To A Catastrophe - Earthquakes 8:35 The Real History of Science Rally Championship Highlights 12:30 David Attenborough's The Blue Planet 2:30 Omnisport 3:00 2014 Australian Athletics Tour 4:00 NASCAR Nationwide Series Highlights 5:00 NASCAR Sprint Cup Highlights	6:00 6:00 Serials - The Adventures of Smilin' Jack 6:30 Euromaxx 7:30 Joy's World 7:30 4WD TV 8:00 Restoring Dreams 8:30 On the Fly 9:00 Australian Fishing Network 9:30 Fishin' Trip 10:00 Al Jazeera Premier: Documentaries and Reports 11:30 The Ugy Stick 12:00 Sweet & Sour 1:00 Movie: Penny Serenade 3:00 Shift 3:30 Movie: Daniel Boone 5:00 Global 3000 5:30 Awesome Church	

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Graffiti Removal Day



Hawkesbury Police are participating in "Graffiti Removal Day, 26 October 2014" and removing graffiti in the Hawkesbury Local Area Command. (Locations yet to be advised)

The Youth Liaison Officer, Senior Constable Natalie Haynes and Crime Prevention Officer, Constable Hannah Watson from the Hawkesbury Local Area Command have implemented the DTAG program in the Hawkesbury.

DTAG is designed to reduce the likelihood that a young person will continue to engage in graffiti vandalism. This is achieved through providing those involved in illegal graffiti an opportunity to look at the bigger picture in regards to the impact of graffiti on the Community.

If you would like to join us and participate in cleaning up the Community please call 1300 665 310 or visit www.graffitiremovalday.org.au

Hawkesbury's NSW Bike Week events

Have you been hibernating over winter and forgotten all about your bike? With spring in the air now is the time to dust off your wheels and take part in NSW Bike Week.

NSW Bike Week is an annual celebration of cycling, encouraging people from all walks of life to get on a bike and ride. NSW Bike Week will run from Saturday, 13 September until Sunday, 21 September.

Here in the Hawkesbury, planned events will help to get you and your bike ready to enjoy riding along our increasing network of shared paths and get you out in the great outdoors.

The Mayor of Hawkesbury, Councillor Kim Ford is delighted Council is participating in NSW Bike Week.

"All the events Council is hosting for NSW Bike Week are great for the whole family, with all ages able to participate. The free events will help novice riders of

all ages improve their cycling skills and ensure they are being safe bike riders," Councillor Ford said.

Two events are being held in the Hawkesbury for NSW Bike Week:

- Bike Drop & Shop at Windsor Mall's Sunday Market - Sunday, 14 September - 10am to 3pm
- Yabba Dabba Cycle Do! - Sunday, 21 September - 10am to 2:30pm
- Spring Cycle - Sunday, 19 October
- White Ribbon Day, Hawkesbury Family Bike Ride - Sunday, 30 November - 10am Start

For more information on Bike Week events in the Hawkesbury call Council's Community Safety Coordinator on (02) 4560 4444 or email safety@hawkesbury.nsw.gov.au

To find other Bike Week events, visit www.transport.nsw.gov.au/cycling/bike-week-2014

New Mayor of The Hills Shire Council Elected



Clr Andrew Jefferies has been elected as the new Mayor of The Hills Shire following an extraordinary meeting of Council last night.

Mayor Jefferies thanked outgoing Mayor Dr Michelle Byrne for her outstanding leadership and engagement with the community over her two years as Mayor. Clr Byrne decided not to run for Mayor but was elected to the role of Deputy Mayor.

He said he had a long-standing passion for politics and the local area, that was sparked as a child by a visit to his primary school by a federal MP, and inspired by former federal opposition leader and then Prime Minister John Howard, who he said stood up for views and reforms that were well ahead of his time.

Mayor Jefferies said he's proud of the way The Hills has been turned around from a Council in financial ruins to becoming one of the strongest Local Government Areas in the state.

Mayor Jefferies said that six key priorities would form the focus of his term as Mayor - light rail, local infrastructure, the Hills visitor economy, knock down rebuilds, commuter car parking and Council amalgamations.

The Sydney Hills Branch of the Association of Independent Retirees

The Sydney Hills Branch of the Association of Independent Retirees' committee is looking forward to provide members and especially new members with a variety of interesting guest speakers throughout the year.

Our meetings are held the first Friday of each month at Pennant Hills Bowling Club Yarrara Road, Pennant Hills our next meeting will be held on Friday 3rd October, 2014. Meeting commences at the new time of 10.30 am. The guest speaker will be State Member for Hawkesbury MP Ray Williams.

If you are a Baby Boomer or recently retired, come along be informed of any impending changes. By working together we can make a difference for the future.

For more information contact: President: Lauris Rennie. 9634 -1186

Galston VIEW Club September Luncheon Meeting

Galston VIEW Club, will be holding its September Luncheon Meeting at Dural Country Club, Dural, commencing at 11.am on Wednesday 24th September 2014, with guest speaker for the day being Ellen Wilton who will speak about her life living in Alexandria, Egypt. Visitors are welcome. Inquiries Vivien 9894-1189

University Of The Third Age

The University Of The Third Age (U3A) has Ongoing courses for Seniors throughout North Western Sydney in various venues, we have Courses covering many topics and we welcome visitors to come and enjoy the U3A experience. For more information please contact Mike Goodwin on 9671.2284.



ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Country House Revisited 11:45 Media Watch 12:00 ABC News With Ros Childs 1:00 Q&A 2:00 Walk On The Wild Side 2:30 Antiques Master 3:00 Friday Night Dinner 3:25 Kingdom 4:10 Doc Martin 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, hoopla doopla!, Ready, Steady, Wiggle!, Ben And Holly's Poojoo, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street, Play School, Bananas In Pyjamas, Fireman Sam, Mike The Knight, The Hive, dirtignworld, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's, 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, WolfWots, Joe & Jack, Gaspard & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas In Pyjamas, Mister Maker Comes To Town, dirtignworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben & Holly's, Charlie & Lola, Peppa Pig, Ozonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Coronation Street 10:30 Dr Oz: Dr Oz On Location! 11:30 Four In A Bed: The Pack Horse 12:00 Homicide: Life On The Street 1:00 Homicide: Life On The Street: Sideshow: Part 2 2:00 All Saints: Three's A Crowd 4:00 George & Mildred: All Around The Clock 4:30 Coronation Street 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks: Merry Fishmas, Milo 8:00 Good Luck Charlie: Duncan Vs. Duncan 8:30 Austin & Ally: 9:00 NBC Today 11:00 Motor Mate: Hulme & McClaren 12:00 Motor Mate: 1991 Africa Safari Rally 1:00 Last Resort: Blue Water 2:00 Seven's V8 Supercars 2014: 4:00 Muscle Car 4:15 Trucks!: Rolling Thunder Part 2 4:30 Xtreme 4x4: Full Size Blazer III 5:00 Horsepower TV 5:30 Abandoned: Mississippi Homestead	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Rizzoli & Isles 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 The Baron 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 So Little Me 2:00 Alive & Cooking 2:30 Antiques Roadshow 3:30 Heartbeat 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 8:30 Tenkai Knights 9:00 Yu-Gi-Oh! Zexal 9:30 Max Steel 10:00 Power Rangers Megaforce 10:30 Generator Rex 11:30 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Big Brother 3:30 Max Steel 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Generator Rex 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 A Taste Of Travel 11:30 Lorraine Pascale: Home Cooking 12:00 Dr Phil 1:00 The Doctors 2:00 Offspring 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 Eyewitness News	6:00 Toasted TV 6:05 Wildlife Warriors 6:30 Transformers Prime 7:05 Pokemon 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 Julius Jr. 9:00 Tickety Toc 9:30 Wurrawy 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Judging Amy 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laveme & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210 5:55 Couch Time	6:00 Home Shopping 8:00 World Series Sprintcars 9:00 Car Torque 9:30 Omnispport Hunters 10:00 Python 11:00 Monster Jam 12:00 The Ringer 1:00 Law & Order: SVU 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 TBA 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Andre Rieu: Under The Stars 3:00 France 24 International News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Subaru National Road Series	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Gday Malt Aussies 8:00 Hello Australia 8:30 Master Class in 9:00 Move it or Lose It 9:30 Journal 10:00 The Adventures of Smilin' Jack 10:30 Movie: Strange Illusion 12:00 Clay Aiken 2:00 Tomorrow Today 2:30 Television Classics The Adventures of Sir Lancelot 3:00 Move it or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Henan News Week 5:00 Russian News Time 5:30 Highlands TV
6:00 Eggheads: The Diplomats 6:30 QI: Alan 7:00 ABC News 7:30 7.30 8:00 Foreign Correspondent 8:30 Brilliant Creatures: Germaine, Clive, Barry & Bob 9:30 At The Movies 10:00 Jennifer Kenneally 10:30 Lateline 11:05 The Business 11:30 Four Corners 12:20 Media Watch 12:35 Movie: The Beguiled 2:30 VFL: Finals Series 5:30 Eggheads: The Diplomats	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:40 Tonight Show Starring Jimmy Fallon 8:20 Double Dribble 8:30 Good Game 9:00 Please Like Me 9:55 Back Seat Drivers 10:25 Alan Carr 11:10 The Roast 11:20 Snow, Sex & Suspicious Parents 12:20 Tonight Show Starring Jimmy Fallon 1:00 Video Killed The Radio Star 1:25 News Update 1:25 Basketball: World Cup: LITU v AUS 3:30 Basketball: World Cup: USA v NZ 5:00 Waybuloo 5:20 Pingo 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 This Is Scarlett & Isaiah	6:00 Seven News 7:00 Home and Away 7:30 Bringing Sexy Back 8:45 Winners & Losers 9:45 Special 10:40 Chicago Fire 11:35 Royal Pains 12:30 Happy Endings 1:00 Home Shopping 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Australia 4 7:30 Highway Patrol 8:00 Crash Investigation Unit: Wedderburn 8:30 Air Crash Investigations: Attack Over Baghdad 9:30 Air Crash Investigations: Nowhere To Land 10:30 Seconds From Disaster: Alpine Tsunami 11:40 Life After People 12:40 Bargain Hunt: Australia 2 1:40 Four In A Bed: The Pack Horse 2:05 Dr Oz: Dr Oz On Location! 3:00 Homicide: Life On The Street 4:00 Homicide: Life On The Street 5:00 Homes Under The Hammer	6:30 Seinfeld: Van Buren Boys 7:00 Seinfeld: Susie 7:30 World's Craziest Fools 8:30 Movie: Armageddon 11:35 American Dad!: Stanny Tendergrass 12:00 Zoom TV 12:30 SportsFan Clubhouse 1:30 Detroit 1-8-7 2:30 Home Shopping 3:00 Danoz 3:30 Good Morning America 4:30 Motor Mate: Havoc 9 4:30 Motor Mate: Sportscars & Supercars	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 9:10 Arrow 11:10 World's Greatest Daredevils 12:10 20/20 1:00 Extra 1:30 Danoz 2:00 Nopa Rev 3 - Tri Vita 2:30 Home Shopping 3:00 Danoz 3:30 Good Morning America 5:00 Nine's Early Morning News 5:30 Today	6:30 Friends 7:30 Poirot 8:40 Midsomer Murders 10:50 Rizzoli & Isles 11:50 Extreme Makeover: Weight Loss 12:50 GEM Presents 1:00 Dangerman 2:00 Home Shopping 4:00 Danoz 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 8:00 Top Gear 9:30 Above The Law 11:30 Two and a Half Men 12:00 Regular Show 12:30 Top Gear 2:00 TMZ Live 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 Jamie's Comfort Food 8:30 NCIS 9:30 Under The Dome 10:30 Blue Bloods 11:30 The Project 12:30 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 Rules Of Engagement 8:30 New Girl 9:00 Friends With Better Lives 9:30 Sex And The City 10:50 Nurse Jackie 11:30 The Late Late Show With Craig Ferguson 12:30 Everybody Loves Raymond 1:00 The King Of Queens 1:30 Becker 2:00 7th Heaven 3:00 Charmed 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 David Attenborough's The Blue Planet 9:30 48 Hours 10:30 Crisis 11:30 M*A*S*H 12:30 Bellator MMA 2:30 Omnispport 3:00 Sport Science 4:00 Rugby Classic Matches	6:00 Food Safari - Brazilian Safari 6:30 SBS World News 7:30 The Sixties - The British Invasion 8:30 Insight 9:30 Dateline 10:30 SBS World News Late 11:00 Living With The Enemy - Detention Centres 12:00 The Killing 1:00 Living The End 2:05 The Little Spider Bakery 2:20 Luke Nguyen's France Bitesize 2:30 Movie: Submarino 4:30 UEFA Champions League 2014-2015 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - Great Alaskan Mystery 6:30 Euromaxx 7:00 Suzanne is Craft 7:30 Discover the Galaxy 8:00 Inside Art 8:30 Blend Line TV 9:00 "Classic" Restos 9:30 Classic Restos Trucks 10:00 Al Jazeera English 10:30 In Good Shape 11:00 Vasilis' Garden 12:00 Community Kitchen 12:30 Wollongong Tonight 1:00 Speaker TV 1:30 Guitar Gods and Masterpieces 2:00 Songwriters Across Australia 2:30 Front Up 3:00 The International Cooking Show 3:30 Movie: War of the Robots 5:00 Words of Peace 5:30 Life Source



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SHOWTIME

Do you love Theatre?

Dural Musical Society (or DMS as we're affectionately known) is an amateur theatrical group in the beautiful, semi-rural district of Dural. Only 45 minutes from the City, we provide a safe, fun and enthusiastic atmosphere for those with an interest in musicals, pantomimes and plays. We pride ourselves in being like one big family and open our doors to those with all levels of experience. We place great value on quality of production, but probably a little bit more on having fun and learning as you go. Above all, we love providing great shows for our local community.

Are you interested in helping out behind the scenes?
September 2014 update

We're currently in the middle of bumping in the new set for "My friend Miss Flint" and are looking for some help! If you're interested in helping us to build sets, paint scenery, source props or anything else then please feel free to head along to any of the following working bees, or email duralmusicalsociety@gmail.com for more info. We hope to see you at the hall!

Sep 14th at the Dural Soldiers Memorial Hall from 11am - 4pm

Sep 21st at the Dural Soldiers Memorial Hall from 11am - 4pm

Sep 28th at the Dural Soldiers Memorial Hall from 11am - 4pm

Oct 5th at the Dural Soldiers Memorial Hall from 11am - 4pm

Coming up in October 2014...

We'd like to present our October production, the delightfully funny comedy "MY FRIEND MISS FLINT". Visit our Upcoming Productions for details or follow us on Facebook for all the lead up, dates and information.

Sandstone Sales' New Screener Plant

Sandstone Sales has recently purchased a new Screener Plant so we can now supply quality graded sandstone, in addition to our existing quarry products. We now offer 10mm minus Fill Sand which is suitable for use by concreters, plumbers and electricians. The two grades of Gabian Spalls we offer, 40-75mm and 75-150mm, can also be used in the landscaping and construction industries for Gabian Baskets and Crib Walls, just to mention a few options. These products are now stocked items along with our Sandstone Boulders and Excavator Sawn Blocks, and large quantities are available.

Sandstone Sales is a family owned and operated quarry located in Glenorie, that has been providing quality sandstone products for both the civil and domestic markets for over 30 years. Come in and have a look at the options available for both the product range and the colours of our natural Australian sandstone. For enquiries, call 02 9652 1783.

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Country House Revisited 11:00 Compass 11:30 Foreign Correspondent 12:00 ABC News With Ros Childs 12:30 National Press Club Address 1:30 Wild Life At The Zoo 2:00 Walk On The Wild Side 2:30 Auction Room 2:55 Woodley 3:25 Kingdom 4:10 Doc Martin 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Hoopla doopla!, Ready Steady Wiggle!, Ben & Holly's, Poochy, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington 9:00 Sesame Street, Play School, Bananas In Pyjamas, Fireman Sam, Mike The Knight, The Hive, dirtignworld, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's, B4 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, Wolfwots, Joe & Jack, Gaspard & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas in Pyjamas, Mister Maker Comes To Town, dirtignworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben And Holly's, Charlie & Lola, Peppa Pig, Ozonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Coronation Street 10:30 Dr Oz: Episode #4071 11:30 Four In A Bed 12:00 Homicide: Life On The Street 1:00 Homicide: Life On The Street 2:00 All Saints: Time Bombs 3:00 A Country Practice: A Fair Day's Work - Part 2 4:00 George & Mildred 4:30 Coronation Street 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks 8:00 Good Luck Charlie 8:30 Austin & Ally 9:00 NBC Today 11:00 Shannon's Legends Of Motorsport 12:00 Motor Mate: 2003 Scottish & Jim Clark Rallies 1:00 Last Resort: Damn The Torpedoes 2:00 Starsky & Hutch 3:00 Charlie's Angels: Moonshini Angels 4:00 Muscle Car 4:30 Xtreme 4x4: Green Samurai Returns! 5:00 Horsepower TV 5:30 Pimp My Ride	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Rizzoli & Isles 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Antiques Roadshow 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Nurse on Wheels 1:50 Alive & Cooking 2:20 Antiques Roadshow 3:20 Poirot 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 8:30 Tenkai Knights 9:00 Yu-Gi-Oh! Zexal 9:30 Max Steel 10:00 Power Rangers Megaforce 10:30 Generator Rex 11:00 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 TMZ Live 2:00 Big Brother 3:30 Poirot 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Generator Rex 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Bachelor Australia 12:00 Dr Phil 1:00 The Doctors 2:00 Offspring 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Wildlife Warriors 6:30 Transformers Prime 7:05 Fairly Odd Parents 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 The Adventures Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurrwahy 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Judging Amy 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210 5:55 Couch Time	6:00 Home Shopping 8:00 Golf Getaway 8:30 2014 Australian Athletics Tour 9:30 Omnispot 11:00 David Attenborough's The Blue Planet 12:00 The Ringer 1:00 Law & Order: SVU 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 TBA 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Insight 2:00 Dataline 3:00 France 24 International News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village - The Falcon Doctor Of Abu Dhabi	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Beedeeh Bangla 8:00 Heran News Week 8:30 Regional Italian Cuisine 9:00 Move it or Lose It 9:30 Journal 10:00 The Adventures of Smilin' Jack 10:30 Movie: Sagebrush Trail 11:30 Documentaries and Reports 12:30 Our Time 1:00 Inside Art 1:30 Joy's World 2:00 Discover the Galaxy 2:30 Psychic Solutions 3:00 Move it or Lose It 3:30 Little Explorers 4:00 Humphrey 4:30 Agra Panjab 5:00 Ozindian 5:30 Arts 2
6:00 Eggheads: Avocado Appreciation Society 6:30 QI: Arts 7:00 ABC News 7:30 7.30 8:00 QI: Incomprehensible 8:30 Utopia: Then We Can Build It 9:00 Reality Check 9:30 Head First: The Lost Boys 10:05 The Agony of Life 10:35 Lataline 11:10 The Business 11:35 Wednesday Night Fever 12:05 The Hour 1:05 Movie: Riff Raff 2:30 VFL: Finals Series 5:30 Eggheads: Avocado Appreciation Society	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:20 Would I Lie To You? 8:40 OJ Simpson 9:30 Crash Test Mummies & Daddies 10:00 7 Days Of Sex Project 10:40 The Roast 10:55 River Monsters 11:45 Seven Dwarves 12:30 Junior Doctors 1:20 Tonight Show Starring Jimmy Fallon 2:05 News Update 5:00 Waybuloo 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 Scarlett & Isaiah	6:00 Seven News 7:00 Home and Away 7:30 Border Security - Australia's Front Line 8:00 The Force - Behind The Line 8:30 Criminal Minds 10:30 Motive 11:30 Bates Motel 12:30 The Mindy Project 1:00 Home Shopping 3:30 Sons And Daughters 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Australia 2 7:30 Rosemary & Thyme: Up The Garden Path 8:30 A Touch Of Frost: Paying The Price 10:40 Waking The Dead: Multistorey - Part 2 11:50 The Bill 1:00 Harry's Practice 1:30 Four In A Bed: The Glenwalden Hotel 2:00 Home Shopping 3:30 Sons & Daughters 4:00 Homicide: Life On The Street: Zen And The Art Of Murder 5:00 Homes Under The Hammer	6:30 Seinfeld: The Pothole 7:00 Seinfeld: The English Patient 7:30 Pawn Stars: Fired Up 8:30 Hardcore Pawn: Drama Online - Part 2 9:30 Beverly Hills Pawn 10:30 American Pickers 11:30 Rude Tube: Cyber Scoundrels 12:00 Shannon's Legends Of Motorsport 1:00 Repo Games: Booty, Blockin' 1:30 Repo Games: Babysitter Badass 2:00 Home Shopping 3:30 Sons & Daughters 4:00 Motor Mate: Farina & Ascar 5:00 Motor Mate: 2003 Scottish & Jim Clark Rallies	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 10:10 Two and A Half Men 11:10 Mike & Molly 12:00 Extra 12:30 Impractical Jokers 1:00 Skippy - The Bush Kangaroo 1:30 Danzo 2:00 Home Shopping 2:30 Danoz 3:00 Home Shopping 3:30 Good Morning America 5:00 Nine's Early Morning News 5:30 Today	6:30 Friends 7:30 David Attenborough's Secrets Of Wild India 8:30 RPA 9:30 Amazing Medical Stories - Britain's Conjoined Twins: Hope & Faith 10:30 Embarrassing Bodies 11:30 My Strange Addiction 12:30 Friends 1:00 Gideon's Way 2:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangeman	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 8:30 The Dark Knight 11:30 Two And A Half Men 12:00 The Originals 2:00 TMZ Live 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 The Bachelor Australia 8:40 Wonderland 9:40 Extant 10:40 The Good Wife 11:40 The Project 12:40 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning 1:30 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:00 Futurama 8:30 The Simpsons 9:00 Futurama 9:30 The Simpsons 10:00 Bob's Burgers 11:00 Cheers 11:30 The Late Late Show With Craig Ferguson 12:30 Everybody Loves Raymond 1:00 The King Of Queens 1:30 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 White Collar 8:30 COPS: Adults Only 9:30 Movie: 127 Hours 11:30 Common Law 12:30 FIA World Rally Championship Highlights 1:30 Adventure Angler 2:00 Bellator MMA 3:50 COPS: Adults Only 4:50 Omnispot 5:00 Men's Health Survival Of The Fittest 5:30 Football's Greatest Teams	6:00 Destination Flavour 6:30 SBS World News 7:30 Wild France - April to June 8:30 Living With The Enemy - Immigration 9:30 Borgen - Sons If You Never Change Your Mind 10:40 SBS World News Late 11:10 Movie: A Separation 1:20 Movie: Cyrano De Bergerac 3:45 Countdown 4:30 UEFA Champions League 2014-2015 5:00 Korean News 5:35 Japanese News	6:00 Serials - The Adventures of Smilin' Jack 6:30 Euromaxx 7:00 Premier 7:30 Sighsee TV 8:00 Classic Restos 8:30 Movie: Fatal Charm 10:00 Al Jazeera English 10:30 The Why Generation 11:00 World Stories 11:30 Global 3000 12:00 Television Classics - The Adventures of Sir Lancelot 12:30 The Tonight Show with Jason Ross 1:00 Living on the Coast Reports 2:30 Underground Sounds 3:30 Movie: Strange Illusion 5:00 Euro Journal 5:30 Inspire Church

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 News Mornings 10:00 The Manor Reborn 11:00 Killers In Eden 12:00 ABC News With Ros Childs 1:00 All In The Best Possible Taste With Grayson Perry 2:00 Walk On The Wild Side 2:30 Auction Room 3:00 Woodley 3:25 Kingdom 4:10 Doc Martin 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pajamas, Yo Gabba Gabba!, hoopla doopla, Ready, Steady, Wiggle!, Ben And Holly's, Poochy, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom 9:00 Sesame Street, Play School, Bananas In Pajamas, Fireman Sam, Mike The Knight, The Hive, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's, 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballarina, Tinga Tinga Tales, WotWots, Joe & Jack, Gaspard & Lisa, Q Pootle 5, Peg + Cat, Play School 4:00 Bananas In Pajamas, Mister Maker Comes To Town, dirtgrinworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben & Holly's, Charlie & Lola, Peppa Pig, Octonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 10:00 Coronation Street 10:30 Dr Oz: Dr Oz's Happiness Boosters! 11:30 Four In A Bed 12:00 Homicide: Self Defense 1:00 Homicide: Lines Of Fire 2:00 All Saints Memories By Moonlight 3:00 A Country Practice 4:00 George & Mildred The Unkindest Cut Of All 4:30 Coronation Street 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks: Bea Sneaks Out 8:00 Good Luck Charlie: The Singin' Dancin' Duncans 8:30 Austin & Ally: Managers & Meatballs 9:00 NBC Today 11:00 Motor Mate: Farina & Ascarri 12:00 Motor Mate: 1991 Rally Australia 1:00 Last Resort: The Pointy End Of The Spear 2:00 Starksy & Hutch 3:00 Charlie's Angels 4:00 Muscle Car 4:30 Xtreme 4x4: 14-Bolt Axle 101 5:00 Horsepower TV 5:30 Pimp My Ride: 1974 Chevy Luv	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Antiques Roadshow 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Operation Bullshine 2:00 Alive & Cooking 2:30 RPA 3:30 David Attenborough's Secrets Of Wild India 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 8:30 Tenkai Knights 9:00 Yu-Gi-Oh! Zexal 9:30 Max Steel 8:00 Family Feud 8:30 Studio 10 11:00 The Bachelor Australia 11:00 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Big Brother Tonight 3:30 Max Steel 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Batman: The Brave and The Bold 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Scope 8:35 The Adventures Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurraway 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Judging Amy 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210 5:55 Couch Time	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Fairly Odd Parents 7:35 Scaredy Squirrel 8:00 Scope 8:35 The Adventures Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurraway 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Judging Amy 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210 5:55 Couch Time	6:00 Home Shopping 8:00 MotoGP 2014 10:00 Football's Greatest Teams 10:30 Omnisport 11:00 David Attenborough's The Blue Planet 12:00 Law & Order: SVU 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 TBA 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 9:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Toughest Place To Be A... - Ferryman 2:00 One Born Every Minute USA - The Family Feud 2:50 Destination Flavour Down Under 3:00 France 24 Int News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village - The Falcon Doctor Of Abu Dhabi	6:00 Euromaxx 6:30 Little Explorers 7:00 Humphrey 7:30 Ozindian 8:00 Inside Art 8:30 Psychic Solutions 9:00 Movie: It or Lose It 9:30 Journal 10:00 The Adventures of Smilin' Jack 10:30 Movie: All the Kind Strangers 12:00 Regional Italian Cuisine 12:30 Suzanne is Craft 1:00 Vasilis' Garden 1:30 Master Class In Oils 2:00 Coffee Break 2:30 Highlands TV 3:00 Move it or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Shift / Treasures of the World 5:00 Bonanza
6:00 Eggheads: Money For Nothing 6:30 Q: Arthropods 6:55 Clarke & Dawe 7:00 ABC News 7:30 7.30 8:00 Catalyst Testosterone - It's Not All About Sex 8:30 Silk 9:30 Recipe for Murder 10:25 Lateline 11:00 The Business 11:30 This Is Littleton That'll Come Out In The Cold Wash 12:00 The Shadow Line 1:00 Anatomy: Mind 1:30 The Jonathan Ross Show 2:30 Football: WAFL Preliminary Final 5:30 Eggheads: Money For Nothing	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:20 Would I Lie To You? 8:35 Hair 9:30 Premiere: Live At The Apollo 10:15 Reality Check 10:45 Alan Carr 11:30 The Roast 11:40 Good Game 12:15 Tonight Show Starring Jimmy Fallon 12:55 The Runaway 1:40 News Update 5:00 Waybuloo 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 This Is Scarlett & Isaiah	6:00 Seven News 7:00 Home And Away 8:00 Special 9:00 The Thursday Movie 11:30 Parks And Recreation 12:00 It's Always Sunny In Philadelphia 12:30 The Mindy Project 1:00 Home Shopping 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Australia 4A 7:30 A Touch Of Frost: A Touch Of Frost 10:40 Criminal Minds: The Silencer 11:30 Seconds From Disaster: Columbia's Last Flight 12:30 Bargain Hunt: Australia 4A 1:30 Harry's Practice 2:00 Four In A Bed: Winder Hall 2:30 Homicide: Self Defense 3:30 Homicide: Lines Of Fire 4:30 Homes Under The Hammer 5:30 Home Shopping	6:30 Seinfeld: Nap 7:00 Seinfeld: The Yada Yada 7:30 Domsday Preppers: Disaster Doesn't Wait 8:30 Tattoo Nightmares: Don't Call It A Tramp Stamp 9:00 Ink Master: Picture Perfect 10:45 Bad Ink: Tat- too Hot For TV 11:45 SportsFan Clubhouse 1:00 Warehouse 13: Endless Wonder 2:00 Warehouse 13: Second Chance 3:00 Motor Mate: 1991 Rally Australia 4:00 Motor Mate: Havoc 10 5:30 Home Shopping	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 9:40 The Footy Show 11:40 The Footy Show Late 1:30 Extra 2:00 Guthy-Renker Australia 2:30 Home Shopping 3:00 Danoz 3:30 Good Morning America 5:00 Nine's Early Morning News 5:30 Today	6:30 Friends 7:30 Heartbeat 8:35 New Tricks 9:40 Dalziel and Pascoe 10:55 Cold Case 11:55 Person of Interest 12:50 GEM Presents 1:00 Gideon's Way 2:00 Home Shopping 4:00 Nopa Rev 3 - Tri Vita 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 7:30 Mike & Molly 8:30 The Big Bang Theory 9:30 Abduction 11:40 Two and a Half Men 12:10 Mike & Molly 1:00 The Cube 2:00 TMZ Live 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 The Bachelor Australia 8:40 Law & Order: S.V.U. 10:40 Ripper Street 11:40 The Project 12:40 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 8:00 Rules Of Engagement 9:00 Don't Trust The B---- In Apartment 23 9:30 Movie: Clueless Feet 11:05 Maxim TV 11:35 Brand X With Russell Brand 12:35 Get Smart 1:05 Omnisport 1:30 NASCAR Sprint Cup	6:00 Food Safari - Korean Safari 6:30 SBS World News 7:30 Shane Delia's 8:00 Last Man Standing 8:30 Movie: True Justice: Angel Of Death 10:30 Die On Your Feet 11:05 Maxim TV 11:35 Brand X With Russell Brand 12:35 Get Smart 1:05 Omnisport 1:30 NASCAR Sprint Cup	6:00 Food Safari - Korean Safari 6:30 SBS World News 7:30 Shane Delia's 8:00 Last Man Standing 8:30 Movie: True Justice: Angel Of Death 10:30 Die On Your Feet 11:05 Maxim TV 11:35 Brand X With Russell Brand 12:35 Get Smart 1:05 Omnisport 1:30 NASCAR Sprint Cup	

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 One Plus One 10:30 At The Movies 11:00 Big Ideas 12:00 ABC News With Jane Hutcheon 1:00 Silk 2:00 Walk On The Wild Side 2:30 Auction Room 2:55 Woodley 3:25 Kingdom 4:10 Doc Martin 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Peppa Pig, Lazy Town, Legend of Pirate Hoobear, Ready Steady, Wiggle, Ben & Holly's, Poochy, Peppa Pig, Charlie & Lola, Peg + Cat, Tree Fu Tom 9:00 Sesame Street, Play School, Bananas In Pyjamas, Fireman Sam, Mike The Knight, Koko, The Koala Brothers, Cloudbabies, 5 Minutes More, Humf, Night Garden 12:00 Sesame Street, Play School, Timmy Time, Florrie's Dragons, Gaspar & Lisa, Little Charley Bear, Otonauts, Little Princess, Olivia, WotWots, Joe & Jack, Peg + Cat, Q Pootle 5, Legend of Pirate Hoobear, Play School 4:00 Bananas In Pyjamas, Mister Maker, dirtworld, Mike The Knight, Legend of Pirate Hoobear, Lily's Driftwood Bay, Ben & Holly's, Charlie & Lola, Peppa Pig	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox: Tina's Tails 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Coronation Street 10:30 Dr Oz: Dr Oz's Ultimate Insider's Guide 11:30 Four In A Bed: Winner Announced 12:00 Homicide: The Why Chromosome 1:00 Homicide: Identity Crisis 2:00 Homicide: Forgive Us Our Trespasses 3:00 A Country Practice 4:00 George & Mildred 4:30 Coronation Street 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks: 8:00 Busy Beas: Rise Of The Mechanics 8:30 Charlie: Teddy's Bear 9:00 Austin & Ally 9:00 NBC Today 11:00 Motor Mate: Peter Collins 12:00 Motor Mate: 2009 Pirelli and Bulldog Rallies 1:00 Last Resort: Controlled Flight Into Terrain 2:00 Charlie's Angels 3:00 Bid America: Planes, Trains & Automobiles 4:00 Muscle Car 4:30 Xtreme 4x4: Full Size Blazer IV 5:00 Horsepower TV 5:30 Pimp My Ride	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 2:00 Rizzoli & Isles 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Super Nanny USA 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Dulcima 2:00 Alive & Cooking 2:30 Antiques Roadshow 3:30 Heartbeat 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 9:30 Max Steel 10:00 Power Rangers Megaforce 10:30 Batman 11:00 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 TMZ 1:00 TMZ Live 2:00 Big Brother 3:00 Extra 3:30 Max Steel 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Batman 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Living Room 12:00 Dr Phil 1:00 The Doctors 2:00 TBA 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Fairly Odd Parents 7:35 Scaredy Squirrel 8:00 Scope 8:35 The Adventures Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurrawy Room 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Judging Amy 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210 5:55 Couch Time	6:00 Home Shopping 8:00 NASCAR Sprint Cup Highlights 9:00 FIA World Rally Championship Highlights 10:00 Omnispot Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurrawy Boss 12:00 Law & Order: SVU 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 TBA 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Living Black 1:30 Inspector Rex - Blonde, Pretty, Dead 2:25 Destination Flavour Down Under 2:30 NITV News 3:00 France 24 International News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village - The Guano Islands Of Peru	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Russian News Time 8:00 Sightsee TV 8:30 Joy's World 9:00 Move it or Lose It 9:30 Journal 10:00 The Adventures of Smilin' Jack 10:30 Movie: I Wonder who's Killing Her Now 12:00 Television Classics - The Adventures of Sir Lancelot 12:30 Community Kitchen 1:00 Sweet and Sour 1:30 Master Class in Oils 2:00 Ecotopia 2:30 Our Time 3:00 Move it or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Hello Australia 5:00 In Good Shape 5:30 Discover the Galaxy
6:00 Eggheads 6:30 Somerset Starlings 6:30 Would I Lie To You? 7:00 ABC News 7:30 7.30 [State Edition] 8:00 Q! Illness 8:30 Inspector George Gently: Bomber's Moon 9:30 Whitechapel 10:00 The Agony of Life 10:30 Lateline 11:05 Whitechapel 11:55 Rage	6:05 Octonauts 6:20 Rastamouse 6:30 Bookaboo 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:30 The Undateables 9:20 The Daters 9:30 Cherry Healey 10:30 Alan Carr 11:15 The Roast 11:25 Teenage Killers 12:15 Tonight Show Starring Jimmy Fallon 1:00 Dragons' Den 2:00 News Update 5:00 5 Minutes More 5:05 Nanigugu 5:10 Joe & Jack 5:15 Ha Ha Hairies 5:30 Elmo The Musical 5:40 Zigby 5:55 Bert & Ernie's Great Adventures	6:00 Seven News 7:00 Better Homes And Gardens 8:30 The Friday Movie 10:50 Friday Late Movie 1:00 How The Other Half Live 2:00 Special 3:00 Home Shopping 4:00 NBC Today	6:30 Disney Movie: Enchanted 8:30 Escape To The Country: South Wales 9:30 Best Houses Australia 10:00 Fantasy Homes Down Under: Melbourne 11:00 Cowboy Builders: Cardiff 12:00 Downsize Me: Scotty Pearson 1:00 Four In A Bed: Winner Announced 1:30 Homicide: The Why Chromosome 2:30 Homicide: Identity Crisis 3:30 Homicide: Forgive Us Our Trespasses 4:30 Homes Under The Hammer 5:30 Home Shopping	6:30 Seinfeld: The Millennium 7:00 2014 AFL Premiership Season 11:00 Movie: The Jackal 1:30 Movie: Dazed And Confused 3:30 Pimp My Ride: Maxima Station Wagon 4:00 Motor Mate: Peter Collins 5:00 Motor Mate: 2009 Pirelli and Bulldog Rallies	6:00 Nine News 7:00 A Current Affair 7:30 Rugby League Finals 10:00 Diamonds Are Forever 12:30 The Producers 3:00 Impractical Jokers 3:30 Skippy - The Bush Kangaroo 4:00 Home Shopping 4:30 Good Morning America	6:30 Friends 7:30 Entrapment 9:45 Just Cause 11:50 Convoy 12:00 Klute 1:55 And Soon the Darkness 3:40 Fear is the Key 5:35 Friends	6:00 Scooby Doo And The Monster of Mexico 7:30 Big Brother 8:00 The Goonies 10:30 Spaceballs 12:30 Big Brother 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Yu-Gi-Oh! Classic	6:00 Family Feud 6:30 The Project 7:30 The Living Room 8:30 Movie: 27 Dresses 10:55 The Project With David Letterman 1:00 Home Shopping 4:30 PAV Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Yu-Gi-Oh! Classic	6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 So You Think You Can Dance 9:30 The Graham Norton Show 10:30 TBA 11:30 The Late Late Show With Craig Ferguson 12:30 Everybody Loves Raymond 1:00 The King Of Queens 1:25 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Shane Delia's Spice Journey 9:35 Game Of Champions 10:35 Movie: Legend Of The Bog 12:35 The League 1:35 Bellator MMA 4:35 Omnispot 5:00 NASCAR Nationwide Series Highlights	6:00 Shane Delia's Spice Journey 6:30 SBS World News 7:30 The British - The Tale of Two Cities 8:25 The Spice Trip 9:25 World War I's Tunnels Of Death - Earthquaking The Ridge 10:25 SBS World News Late 11:00 Movie: Mulholland Drive 1:35 Movie: The Guard Post 3:50 Salam Father 4:55 Shane Delia's Spice Journey Bitesize 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - The Adventures of Smilin' Jack 6:30 Euromaxx 7:00 Highlands TV 7:30 Savage Seas Adventures 8:00 Strikezone 8:30 Le Clubz 9:00 Guitar Gods and Masterpieces 9:30 The Tribute Show 10:00 Al Jazeera English 10:30 The Shlocky Horror Picture Show 12:00 Songwriters Across Australia 12:30 Universal Concert Hall - Clay Aiken 2:30 Speaker TV 3:00 31' Questions 3:30 The Tonight Show with Jason Ross 4:00 Front Up 4:30 The Ugly Stick 5:00 Tomorrow Today 5:30 Suzanne is Craft

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 Rage 10:30 Rage Guest Programmer Cris Kirkwood from Meat Puppets 11:30 Catalyst: Testosterone - It's Not All About Sex 12:00 Australian Story 12:30 The Restaurant Inspector: Maharaja 1:30 Q! Illness 2:00 Inspector George Gently: Bomber's Moon 3:30 Movie: Best Of The Badmen 5:00 Rick Steiri's Spain	6:00 LazyTown, The Numtums, Yo Gabba Gabba!, hoopla doopla!, Ready, Steady, Wiggle!, Ben & Holly's, Poochy, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street, Play School, Bananas In Pajamas, Fireman Sam, Bazar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Arthur, Maya The Bee, Postman Pat, Daniel Tiger's, 64 Zoo Lane, Little Charley Bear, Chuggington, Angeline Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Caspar & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas In Pajamas, Mister Maker Around The World, dirtrightworld, Mike The Knight, Bob The Builder On Site: Roads & Bridges	6:00 Saturday Disney 7:00 Weekend Sunrise 10:00 The Morning Show - Weekend 12:00 Dr Oz 1:00 Saturday Afternoon Movie 3:00 TBA 5:30 Sydney Weekender	6:00 Home Shopping 7:00 Saturday Disney 9:00 Good Luck Charlie: Wentz's Weather Girls 9:30 Jessie: Badfellas 10:00 Home Shopping 11:00 Treks in a Wild World: Trekking In The Dominican Republic 11:30 Coxy's Big Break: Coxy Water World 12:00 Great South East 12:30 Globe Guides: Artistic Traveller Classicism 1:00 Queensland Weekender 1:30 Sydney Weekender 2:00 Seven's Horse Racing 2014: Caulfield / Randwick	6:00 Robo Cars 7:00 Wonders of the World 8:00 Home Shopping 9:00 Man Made Marvels: Korea Songdo City 10:00 Zoom TV 10:30 Seven's Motorsport: Carrera Cup 11:00 Seven's Motorsport: V8 Utes 12:00 V8 Xtra 12:30 Seven's Motorsport: Aus GT 1:00 Extreme Sailing Series: Istanbul Turkey - Day 1 3:00 Hook Line & Sinker 4:00 Mark Berg's Fishing Addiction: The Best Of Season 5	6:00 Bubble Guppies 6:30 Dora The Explorer 7:00 Weekend Today - Saturday Saturday 10:00 Mornings - Saturday 12:00 The Middle 12:30 Hot in Cleveland 1:00 Little Big League 3:30 Wild Life of Tim Faulkner 4:00 The Block Glasshouse Unlocked 4:30 The Garden Gurus 5:00 Nine News: First At Five 5:30 Getaway	6:00 Dulcima 8:00 Home Shopping 9:30 The Avengers 10:30 Tommy The Toreador 12:20 Recipes That Rock 12:50 Postcards 1:20 A Fine Madness 3:30 West Side Story	6:00 Thunderbirds 7:00 Kids' WB 7:05 Looney Tunes Classics 7:30 The Day My Butt Went Psycho 8:00 Green Lantern: The Animated Series 8:30 Tom & Jerry 9:00 Looney Tunes 9:30 Adventure Time 10:00 Batman 10:30 Ben 10: Omniverse 11:00 Buzz Bumble 11:30 Move It 12:00 Kitchen Whiz 12:30 Yu-Gi-Oh! Zexal 1:00 Winx Club 1:30 Digimon Fusion 2:00 The Block Glasshouse 3:30 The Amazing World of Gumball 4:00 Regular Show 5:00 Adventure Time 5:30 Short Circuit	6:00 Ready Steady Cook 7:00 Good Chef Bad Chef 8:00 Everyday Gourmet With Justine Schofield 8:30 Studio 10: Saturday 10:00 Studio 10: Saturday Extra 11:00 Jamie's Great Britain 12:00 The Living Room 1:00 The Talk 2:00 Weekend Feast: Bunch 3:00 Happy Days Downunder 4:30 Everyday Gourmet With Justine Schofield 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Pokemon 7:00 Shezow 7:30 Jar Dwellers SOS 8:00 Totally Wild 8:30 Lightning Point 9:00 Toasted TV 9:05 The Loop 11:35 Mercedes- Benz Miami Swim Fashion Week 2014 12:30 The King Of Queens 1:00 Becker 1:30 Cheers 2:00 The Brady Bunch 3:00 Happy Days 4:00 Becker 5:00 90210	6:00 NASCAR Sprint Cup Qualifying 7:30 NASCAR Sprint Cup 12:00 Omnisport 1:00 Extreme Fishing With Robson Green 2:00 Pat Callinan's 4x4 Adventures 3:00 The First Bounce 4:00 Fishing Edge 4:30 Reel Action 5:00 Places We Go 5:30 Big Fish, Small Boats	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Swan Lake: Mariinsky Ballet 3:20 The Making Of The Lost Town Of Switzez 3:55 Photo 4:30 PBS Newshour 5:30 Civilisation: Is The West History? - Work	6:00 Drive It! 6:30 Wahroonga SDA 7:00 Camer Ted Armstrong 7:30 Christian Media 8:00 Words of Hope 8:30 Life News 9:00 Words of Peace 10:00 4WD TV 10:30 Restoring Dreams 11:00 On the Fly 11:30 Fishini Trip 12:00 Savage Seas Adventures 12:30 Ozindian 1:00 Apra Panjab 1:30 Fusion Latina 2:30 Australian Fishing Network 3:00 Blend Line TV 3:30 "Classic" Restos 4:00 Classic Restos Trucks 4:30 Classic Restos 5:00 Vasil's Garden 5:30 Master Class in Oils
6:00 Saturday Landline 6:30 Gardening Australia 7:00 ABC News 7:30 New Tricks: The Rock: Part 2 8:30 Foyle's War: The Eternity Ring 10:00 ANZAC Girls: Courage 11:00 Reality Check 11:35 Rage Guest Programmer Cris Kirkwood from Meat Puppets 5:00 Rage	6:00 Otonauts 6:15 Pingu 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 9:15 OJ Simpson 10:05 Carlos The Jackal 11:00 Live At The Apollo 12:05 Breaking Bad: Say My Name 12:50 Breaking Bad: Gliding Over All 1:35 Hell On Wheels 2:15 Hell On Wheels: Bread & Circuses 3:00 News Update 5:00 Waybuloo 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 This Is Scarlett & Isaiah	6:00 Seven News 7:00 Family Movie Special 9:45 The Saturday Movie 12:00 Go On 12:30 The Late Movie 3:00 Harry's Practice 3:30 It Is Written Oceania 4:00 Home Shopping 5:00 Dr Oz	5:30 Disney Movie: Tinker Bell 7:00 Movie: Apollo 13 10:00 Movie: The Count Of Monte Cristo 12:45 Movie: The Cariboo Trail (R) (B&W) (1950) 2:30 Leyland Brothers World 3:30 The World Around Us: Paradises Of The Pacific 4:30 The World Around Us: Sea Snakes Of Marion Reef 5:30 Treks in a Wild World: Trekking In The Dominican Republic	5:00 Shannon's Legends Of Motorsport: Jim Richards 6:00 Horsepower TV: Project 'Sucker Punch' 6:30 2014 AFL Premiership Season 11:00 Hard Knocks: Training Camp With The Atlanta Falcons - Part 5 12:15 WWE Afterburn 1:15 1000 Ways To Die: Death Bites 2:15 1000 Ways To Die: Dead To Rights 3:15 Horsepower TV: Project 'Sucker Punch' 3:30 Wonders of the World: Flying Cars, Maggots & Lego Art 4:30 Robo Cars 5:30 Home Shopping	6:00 Nine News Saturday 7:00 Rugby League Finals 10:00 Live and Let Die 12:30 Believers 2:30 SpyForce 3:30 Skippy - The Bush Kangaroo 4:00 Danoz 4:30 Home Shopping 5:00 Extra 5:30 Wesley Impact	6:30 Secret Dealers 7:30 Antiques Roadshow 8:30 CSI: Crime Scene Investigation 9:30 CSI: NY 10:30 Cold Case 11:20 Rizzoli & Isles 12:20 The Big C 12:50 What Ever Happened To Baby Jane? 3:20 A Fine Madness 5:20 GEM Presents 5:30 Postcards	7:30 The Neverending Story 9:30 Stick It 11:40 Adventure Time 12:10 Big Brother 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Yu-Gi-Oh! Classic	6:30 Movie: Rango 8:35 Movie: Independence Day 11:30 Have You Been Paying Attention? 12:30 48 Hours 1:30 2014 Formula 1@ Singapore Grand Prix™ Qualifying 3:30 Home Shopping 4:30 It Is Written 5:00 Hour Of Power	6:00 Mork & Mindy 7:00 Everybody Loves Raymond 9:10 The Bachelor Australia 10:20 Sex and the City 11:00 The Loop 1:30 Everybody Loves Raymond 2:00 Becker 2:30 Everybody Loves Raymond 3:00 Happy Days 4:00 Mork & Mindy 5:00 Home Shopping 5:30 Mass For You At Home	6:00 Get Smart 6:30 Monster Jam 7:30 COPS 8:30 Law & Order: SVU 10:30 2014 Formula 1@ Singapore Grand Prix™ 12:30 Bellator MMA 2:30 COPS 3:35 Omnisport 4:00 NASCAR Nationwide Series Highlights 5:00 NASCAR Sprint Cup Highlights	6:30 SBS World News 7:30 Born In The Wild - Kangaroo 8:30 Movie: Apocalypse Now Redux 12:05 Hearts Of Darkness: A Filmmaker's Apocalypse 1:55 Extreme Frontiers: Canada 2:50 Toughest Place To Be A... - Farmer 3:55 The Secret Life Of The Sun 5:00 Korean News 5:35 Japanese News	6:00 Drive It! 6:30 TV Classics - Bonanza 7:30 Universal Concert Hall - Roberto Alagna - Sicilian Live 9:30 Songwriters Across Australia 10:00 Speaker TV 11:00 Underground Sounds 11:30 Le Clubz 12:00 Guitar Gods and Masterpieces 12:30 The Tribute Show 1:00 Movie: The Amateur Monster Movie 2:30 The Ugly Stick 3:00 New Game Plus 3:30 Ecotopia 4:00 Documentaries and Reports 5:00 World Stories 5:30 Life News



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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 Rage	6:00 LazyTown, The Numtums, Yo Gabba Gabba!, hoopla doopla!, Ready, Steady, Wiggle!, Jenima's Big Adventure,	6:00 Art Attack	6:00 Home Shopping	6:00 Home Shopping	6:00 Bubble Guppies	6:00 Home Shopping	6:00 Thunderbirds	6:00 Joseph Prince: New Creation Church	6:00 Toasted TV	6:00 Omnisport	6:10 Hong Kong News	6:00 Words of Hope
7:00 Weekend Breakfast	6:30 Fish Hooks	6:30 Fish Hooks	7:00 Tomorrow's World: Success In Times Of Stress	6:30 Gadget Geeks	6:30 Dora The Explorer	6:30 GEM Presents	7:00 Kids' WB Sunday	6:30 Hillsong	6:05 iCarly Marathon	6:30 2014 Australian Athletics Tour	6:30 Chinese News	6:30 Wairoanga SDA
9:00 Insiders	7:00 Weekend Sunrise	7:00 Weekend Sunrise	7:30 Leading The Way: 12 Evidences Of Faith, Part 7	7:30 Home Shopping	7:30 Dora The Explorer	6:45 Operation Bullshine	7:05 Looney Tunes Classics	6:30 Sydney Running Festival 2014	7:00 Toasted TV	7:30 Car Torque	7:00 Hindi News	7:00 Camer 'ed'Armstrong
10:00 Offsiders	11:00 The Morning Show - Weekend	11:00 The Morning Show - Weekend	8:00 David Jeremiah: Reprise: The Martyrs	9:30 Style in Steel	7:00 Weekend Today	6:45 Operation Bullshine	7:30 Skinner Boys	7:05 iCarly Marathon	7:05 iCarly Marathon	8:00 Monster Jam	7:25 Italian News	7:30 Lighthouse
10:30 The World This Week	11:00 Kachie's Business Builders	11:00 Kachie's Business Builders	8:30 Home Shopping	10:00 AFL Game Day	10:00 Financial Review Sunday	8:30 Home Shopping	8:00 The Amazing World Of Gumball	8:00 Toasted TV	8:00 Toasted TV	9:00 Reel Action	8:40 French News	8:00 Awesome Church
11:00 7.30 State Edition	9:00 Sesame Street, Play School, Bananas In Pajamas, Fireman Sam, Gabbar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy Friends, Humi, Night Garden	11:30 Dr Oz	9:30 Home and Away Catch-Up	11:00 Around The World In 80 Ways: Pray For A Way	10:00 Financial Review Sunday	10:00 Champions	8:30 Scooby-Doo! Mystery Incorporated	10:30 The Bolt Report	8:05 iCarly Marathon	10:30 Omnisport	9:30 Greek News	9:00 Christian Media
11:30 Songs Of Praise: South Africa	12:00 Landline	12:30 Sunday Afternoon Movie	11:50 Million Dollar Minute Winners	12:00 Extreme Sailing Series: Istanbul, Turkey - Day 2	10:30 Wide World Of Sports	12:20 The Garden	9:00 Teen Titans Go!	11:30 Everyday Gourmet With Justine Schofield	8:25 Toasted	11:00 Football's Greatest Teams	11:00 Spanish News	10:00 C3 TV
1:00 Gardening Australia	1:30 Country Town Rescue	3:00 Better Homes And Gardens	4:30 Movie: Doctor At Large	2:00 Special: Japan Tsunami: Caught On Camera	11:30 Sunday Footy Show	12:50 Getaway	9:30 Adventure Time	12:00 Mercedes-Benz Miami Swim Fashion Week 2014	9:00 Teenage Mutant Ninja Turtles	12:00 Game Of Champions	1:00 Al Jazeera News	11:30 Classic Restos Truks
2:00 Big Ideas Arts	3:00 W-League Round 2: Brisbane Roar V Sydney FC	5:00 Property Ladder	5:45 Movie: The Chronicles Of Namia: The Lion, The Witch And The Wardrobe	3:00 NFL Game Day	1:30 SurfSport - World Championship Tour	1:20 Four For Texas	10:00 Young Justice	11:00 The Pits	10:00 Batman: The Brave And The Bold	1:00 Coal	1:30 Designer People - Emmanuel Picault	12:00 Classic Restos
5:00 Midsomer Murders: Not In My Backyard	4:00 Bananas In Pajamas, Mister Maker Comes To Town, dirtgirlworld, Mike The Knight, Bob The Builder On Site: Trains & Treehouses	5:00 Property Ladder		3:30 Sound FX: Best Of: Bill Parcels	1:30 SurfSport - World Championship Tour	3:45 The Battle of Britain	10:30 Batman: The Brave And The Bold	1:00 The Pits	11:00 Power Rangers Super Megaforce	2:00 David	2:00 Speedweek	1:00 Beedesh Bangla
				4:00 Plane Xtreme: Wing And A Prayer	5:00 Nine News: First At Five		11:00 Power Rangers Super Megaforce	2:00 Australian Rally Championship	11:30 The Brady Bunch	4:00 Adventure Angler	4:00 2014 Superbike World Championship - R10: Jerez, Spain	1:30 Shift
				4:30 Engineering Connections: Ocean Airport	5:30 TBA		12:30 Yu-Gi-Oh! Zexal	3:00 I Fish	1:00 Star Trek: Next Generation	5:00 What's Up Down Under	4:30 UEFA Champions League 2014-2015 Magazine - Mower	2:00 Hello Australia
				5:45 Movie: The Chronicles Of Namia: The Lion, The Witch And The Wardrobe			1:00 Winx Club	4:00 The Bolt Report	2:00 Everybody Loves Raymond	5:30 I Fish	3:00 Restoring Dreams	2:00 Hello Australia
							1:30 Digimon Fusion	5:00 TEN Eyewitness News	2:30 Neighbours		4:00 Fishin' Trip	3:00 On the Fly
							2:00 The Block Glasshouse		5:00 90210		5:00 From Scratch	4:30 Savage Seas Adventures
											5:30 Who Do You Think You Are? - Meera Syal	5:00 Australian Fishing Network
												5:30 Master Class in Oils
6:30 Compass: Archbishop Of Canterbury: The Man Behind The Mitre	6:00 Octonauts	6:00 Seven News	6:30 Inventions that Shook The World: The 1930s	8:45 7mate Sunday Movie: Snow White and the Huntsman	6:00 Nine News Sunday	6:30 Richard Hammond's Invisible Worlds	6:30 Agent Cody Banks 2: Destination London	6:00 Bondi Rescue	6:00 Everybody Loves Raymond	6:00 COPS	6:30 SBS World News	6:00 Euro Journal
7:00 News Sunday	6:15 Pingu	6:30 The X Factor Live	7:30 Mighty Ships: Peregrino	11:30 Rude Tube: Absolute Fails	6:30 The Block Glasshouse	7:30 Frozen Planet	8:30 The Big Bang Theory	6:30 TBA	6:30 The Simpsons	6:30 M*A*S*H	7:30 Lost Worlds: Treasures Of Ancient Egypt - Golden Age	6:30 Vasilis' Garden To Kitchen
7:40 Doctor Who: Time Heist	6:20 Rastamouse	8:00 Program T.B.A. **	8:30 Escape To The Country: Suffolk	12:00 Gaelic Football: All Ireland Football Final	7:30 Home Shopping	8:40 Presumed Innocent	9:30 The Losers	8:30 Modern Family	7:00 Futurama	7:30 Extreme Fishing With Robson Green	8:30 The Sixties - A Long March to Freedom	7:30 TV Classics - The Adventures of Sir Lancelot
8:30 The Code	6:50 Shaun The Sheep	9:00 Program T.B.A. **	9:30 Escape To The Country: East Midlands	12:00 Gaelic Football: All Ireland Football Final	7:40 Doctor Who: Time Heist	11:15 Rizzoli & Isles	11:30 Anger Management	10:30 Singapore Grand Prix™	8:30 Movie: Balls Out: The Gary Houseman Story	8:30 Robson's Extreme Fishing Challenge	10:00 Monty Python's Life Of Brian	8:00 Coffee Break
9:30 Blechley Circle	7:00 Spicks & Specks	11:00 Castle	10:30 Homes Under The Hammer	12:00 Gaelic Football: All Ireland Football Final	8:30 The Code	12:15 Getaway	12:00 Exorcist II: The Heretic	12:00 48 Hours	10:25 Have You Been Paying Attention	11:55 48 Hours	11:50 Movie: Tobruk	8:30 Movie: Alices Adventures in Wonderland
10:15 Utopia: Then We Can Build It	8:20 The Roast Recap	12:00 Whitney	11:45 Britain's Empty Homes: Peter & Melanie Thomas	2:30 Operation Repo (R)	10:15 Utopia: Then We Can Build It	12:45 GEM Presents	2:30 The Originals	1:00 Home Shopping	11:25 Everybody Loves Raymond	12:55 Garage Gold	10:30 Arts 21	11:00 Front Up
10:45 Broadchurch	8:30 Stolen Seas	2:00 Home Shopping	12:30 Bargain Hunt: Australia 1	3:00 NFL: Week 3: Washington at Philadelphia	11:35 Fry's Planet	1:00 Revolution	4:30 Paw Patrol	4:00 Life Today With James Robison	11:55 Star Trek: Next Generation	2:25 Sporting Greats Sprint Cup	4:05 The Food Lovers' Guide To Australia	11:30 Comic Box
12:35 Andy Warhol: Drella	10:00 Louis Theroux	3:00 NBC Today	1:30 Harry's Practice	3:00 Home Shopping	12:35 Andy Warhol: Drella	1:00 Revolution	4:50 Winx Club	4:30 CBS - This Morning	1:00 Happy Days		4:45 Choice Night	1:00 The Why Generation
2:35 Movie: Hell Is For Heroes	11:00 Cherry	4:00 NBC Meet The Press	2:00 The Bill: Beyond The Call	3:00 Home Shopping	2:35 Movie: Hell Is For Heroes	2:00 Southland	5:10 Yu-Gi-Oh! Zexal	4:00 Adventures In Rainbow Country	2:00 Teenage Mutant Ninja Turtles		5:00 Korean News	1:30 Global 3000
4:05 The New Inventors	12:25 Top Boy	5:00 Sunrise Extra	3:00 The Bill: Night Games	3:00 Home Shopping	4:05 The New Inventors	3:00 Home Shopping	5:30 Thunderbirds	5:00 Joyce Meyer, Enjoy Everyday Life	3:00 Wildlife Warriors		5:35 Japanese News	2:00 Living on the Coast
4:30 Catalyst: 10 Years Of Catalyst: 1	5:25 Pingu	5:00 Sunrise Extra	4:00 The Bill: Aftershock	3:00 Home Shopping	4:30 Catalyst: 10 Years Of Catalyst: 1	3:00 Home Shopping		5:00 Joyce Meyer, Enjoy Everyday Life	4:00 Star Trek: Next Generation			2:30 Beyond the Divide
5:00 Gardening Australia: Best Of 3	5:35 The Numtums	5:00 Sunrise Extra	5:00 The World Around Us: The Super Dragons	3:00 Home Shopping	5:00 Gardening Australia: Best Of 3	3:00 Home Shopping		5:00 Joyce Meyer, Enjoy Everyday Life	5:00 Home Shopping			3:00 "Classic" Classic Restos
5:30 Best Of Collectors	5:40 Zigby	5:30 Seven Early News		3:00 Home Shopping	5:30 Best Of Collectors	3:00 Home Shopping		5:00 Joyce Meyer, Enjoy Everyday Life				3:30 Movie: All the Kind Strangers
	5:50 This Is Scarlett And Isaiah			3:00 Home Shopping		3:00 Home Shopping						5:00 In Good Shape
				3:00 Home Shopping		3:00 Home Shopping						5:30 Lighthouse



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Astronomy is looking UP Meteor Showers by Trevor Patrick

Small rock and ice particles known as meteoroids left in space on the pathways of comets create spectacular streaks of light across our evening sky throughout the year as the Earth crosses their orbits. This effect is known as a Meteor Shower when the number of objects entering our atmosphere is high. The orbit and timing can be predicted with the unknown factor being the density of the meteoroids so that in one season there may be few meteors and at another time dozens or even hundreds in an hour. The best time to view an anticipated Meteor Shower is after midnight and facing the eastern sky because our planet will have turned towards and be passing directly into the comet debris stream.

The meteoroid is usually only the size of a grain of rice yet it burns brightly for about a second. The reason for the high temperature is that the meteor is moving at between 11 and 71 kilometres a second and the friction with the atmosphere converts the rock and ice into a glowing gas at 2200° C. The meteor rushes through the atmosphere at 100 kilometres above the earth. Scientists believe that a meteor (estimated to be the size of a bus) struck Arizona about 50,000 years ago creating a crater 1,265 metres across and 174 metres deep and known as Barringer meteor crater.

Australia has the fourth largest crater discovered on earth at Wolf Creek which is 14

kilometres from the township of Halls Creek in Western Australia. The Henbury group of craters in a nature reserve in the Northern Territory reveals where the land received a number of impacts.

Important Meteor Showers and the dates of their greatest activity:

Quadrantid	January 3
Lyrid	April 21
Eta Aquarid	May 4
Delta Aquarid	July 29
Perseid	August 12
Orionid	October 22
Taurid	November 16
Leonid	November 17
Geminid	December 12

How to construct a scale model of the Solar System Using the front gate of your home as the surface of the Sun, mark in chalk, on the footpath, the location of the planets taking an average adult pace (about a metre - equivalent to 49 million kilometres in space) as the measure: Mars at one pace, Venus at two, Earth at three, Mars at five, Jupiter at 16, Saturn at 29, Uranus at 58, Neptune at 92 and Pluto at 120 paces. The Sun is the closest star to our planet and the next closest star is Alpha Centauri which on the same scale will be at 250 kilometres (Sydney to Canberra).

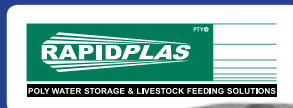
You will discover many treasures of the Hills in the Award-winning all-Australian book "In Search of the Pennant Hills" by Trevor Patrick, James Symes & Andrew Tink Now available, \$60 postage paid, at P.O. Box 176 Kenthurst 2156.

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Telescope used at Pennant Hills Observatory in early 20th century to photograph the entire southern sky.

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 The Manor Reborn 11:00 Big Ideas 12:00 ABC News With Ros Childs 1:00 Landline 2:00 Parliament Question Time 3:00 Woodley 3:25 Kingdom 4:10 Doc Martin 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pajamas, Yo Gabba!, Hoopla doopla!, Ready, Steady, Wiggle!, Ben & Holly's, Pocoyo, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox: The Sound Of Music 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Goodnight Sweetheart 10:30 Dr Oz: Randy Jackson's Shocking Health Secret! 11:30 Sell Out 12:00 The Agatha Christie Hour 1:00 The Jewel In The Crown 3:30 A Country Practice 4:30 Goodnight Sweetheart 5:00 Shortland Street 5:30 Homes Under The Hammer	6:25 NFL: Week 3: Denver at Seattle 10:00 Sound FX: Best Of: Pete Carroll 3: Pittsburgh at Carolina 2:00 WWE Afterburn 3:00 Ice Pilots: Buffalo Air 4:00 Muscle Car: Project Lighthouse 4:30 Xtreme 4x4: TIG Welding 101 5:00 Horsepower TV: Hybrid LS Camaro Payoff 5:30 Pimp My Ride: Honda CRX 1987 / '72 Landcruiser	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Extra 2:00 The Block 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Secret Dealers 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Carry On Jack 2:00 Alive & Cooking 2:30 Frozen Planet 3:30 Richard Hammond's Invisible Worlds 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 8:30 Tenkai Knights 9:00 Yu-Gi-Oh! Zexal 9:30 Max Steel 8:00 Family Feud 11:00 Bondi Vet 12:00 Dr Phil 1:00 The Doctors 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News 4:30 Scooby-Doo! 5:00 Batman: The Brave And The Bold 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 Bondi Vet 12:00 Dr Phil 1:00 The Doctors 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News 4:30 Scooby-Doo! 5:00 Batman: The Brave And The Bold 5:30 Looney Tunes	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Pokemon 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 Julius Jr. 9:00 Tickety Toc 9:30 Wurraywh 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Clueless 2:30 The Brady Bunch 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210	6:00 NASCAR Sprint Cup 7:30 Omnisport 8:00 2014 Tudor United Sportsscar Championship 11:00 Sport Science 12:00 The 1:00 The Wedding Band 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 Reel Action 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Luke Gamble's Vell 2:00 The Last Explorers - William Speirs Bruce 3:00 France 24 3:30 Al Jazeera News 4:00 The Journal 4:30 FIFA World Cup 5:00 Living Black 5:30 Global Village - The Guano Islands Of Peru	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Apna Panjab 8:00 Discover the Galaxy 8:30 Master Class in Oils 9:00 Move It or Lose It 9:30 Journal 10:00 The Adventures of Smilin' Jack 10:30 Movie: The Lone Ranger 11:30 In Focus 12:00 Vasilis' Garden 1:00 Coffee Break 1:30 The Intl Cooking Show 2:00 Sightsee TV 2:30 Regional Italian Cuisine 3:00 Move It or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Beedeeh Bangla 5:00 Gday Malt Aussies 5:30 Tomorrow Today
6:00 Eggheads: Sand Dancers 6:30 QI: Birds 7:00 ABC News 7.30 8:00 Australian Story 8:30 Four Corners 9:20 Media Watch 9:35 Q&A 10:35 Lateline 11:10 The Business 11:35 Kokoda: Part 1: The Invasion 12:35 Parliament Question Time The House Of Representatives 1:35 Emerald City 3:30 W-League Round 2: Brisbane Roar V Sydney FC 5:30 Eggheads: Sand Dancers	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:35 When Louis Met Paul And Debbie 9:30 Juvenile Lifers 10:25 Stolen Seas 11:55 The Roast 12:05 Alan Carr 12:55 Tonight Show Starring Jimmy Fallon 1:35 Jimmy's Food Factory 2:05 News Update 5:00 Daniel Tiger's 5:10 Kingdom Of Parimithi 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 Scarlett & Isaiah	6:00 Seven News 7:00 Home and Away 6:30 Peter Rabbit 7:30 Program T.B.A. ** 8:30 Program T.B.A. 10:40 Surveillance Oz 11:40 Parks And Recreation 12:10 Celebrity Juice 1:00 Home Shopping 3:30 Sons And Daughters 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Australia 1 7:30 Cities of the Underworld: Underground Apocalypse: Jerusalem 8:30 Judge John Deed: Appropriate Response 10:40 Waking The Dead 11:50 Murder In Mind: Stalkers 1:00 Bargain Hunt: Oswestry 5 2:00 George & Mildred 2:30 Harry's Practice 3:00 The Agatha Christie Hour 4:00 Dr Oz: Randy Jackson's Shocking Health Secret! 5:00 Homes Under The Hammer	6:30 Seinfeld: The Muffin Tops 7:00 Seinfeld: The Summer Of George 7:30 2014 Brownlow Medal 11:15 Talking Footy 12:15 SportsFan Clubhouse 1:15 All Worked Up 2:15 Ice Pilots: Buffalo Air 3:15 Operation Repo 3:45 Motor Mate: Havoc 11 5:00 Best Battles Rally: 1990 New Zealand Rally	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 10:10 The Big Bang Theory 11:10 Embarrassing Bodies 12:10 Episodes 12:40 Oh Sit! 1:30 Extra 2:00 Guthy-Renker Australia 2:30 Home Shopping 3:00 Danoz 3:30 Good Morning America 5:00 Nine's Early Morning News 5:30 Today	6:30 Friends 7:30 Heartbeat 9:40 The Mentalist 11:35 Friends 12:00 Footy Classified 1:00 Dangerman 2:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Seaway	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 8:00 Top Gear 9:30 Be Cool 12:00 Regular Show 12:30 Top Gear 2:00 TMZ Live 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 Paw Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 Hidden Kingdoms With Stephen Fry 8:30 Have You Been Paying Attention? 09:30 NCIS: Los Angeles 11:30 The Project 12:30 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	5:55 Couch Time 6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 8:00 The Simpsons 8:30 Witches Of East End 9:30 Torchwood 10:30 Medium 11:30 Eureka 12:30 The Late Late Show With Craig Ferguson 1:30 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 TBA 8:30 Undercover Boss 9:30 Food Hospital 10:30 Chaos 11:30 2014 Formula 1@ Singapore Grand Prix™ 2:00 The Pits 3:00 Omnisport 3:30 Football's Greatest Teams 4:00 NASCAR Nationwide Series Highlights 5:00 NASCAR Sprint Cup Highlights	6:00 Luke Nguyen's Greater Mekong 6:30 SBS World News 7:30 Swallowed By A Sink Hole 8:35 The Real History of Science Fiction 9:30 Legally Brown 10:00 Brooklyn 99 - Christmas 10:25 World News Late 11:00 The World Game 11:30 Borgen - If You Never Change Your Mind 12:35 Shorts On Screen - The Parakeets 1:25 Movie: Ashes Of Time - Redux 3:05 James May's Man Lab 4:05 Freddie Flintoff Versus The World - Best Of 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - The Lone Ranger 6:30 Euromaxx 7:30 Joy's World 8:00 4WD TV 8:00 Restoring Dreams 8:30 On the Fly 9:00 Australian Fishing Network 9:30 Fishin' Trip 10:00 Al Jazeera 10:30 Premier: Documentaries & Reports 11:30 The Ugly Stick 12:00 Sweet & Sour 12:30 Comic Box 1:00 Movie: Alices Adventures in Wonderland 3:00 Shift 3:30 Movie: I Wonder who's Killing Her Now 5:00 Global 3000 5:30 Awesome Church

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 The Manor Reborn 11:00 Four Corners 11:45 Media Watch 12:00 ABC News With Ros Childs 1:00 Q&A 2:00 Parliament Question Time 3:00 Sinbad 4:00 New Tricks 5:00 ABC News: Early Edition 5:30 The Drum 6:00 Eggheads: Cornish Monkeys	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Hoopla doopla!, Ready Steady Wiggle!, Ben And Holly's Poojoo, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington 9:00 Sesame Street, Play School, Bananas In Pyjamas, Fireman Sam, Bazar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Hunt, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Gaspard & Lisa, Q Pootle 5, Peg + Cat, Play School 4:00 Bananas In Pyjamas, Mister Maker Around The World, dirtynworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben & Holly's, Charlie & Lola, Peppa Pig, Octonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Goodnight Sweetheart 10:30 Dr Oz: Dr Sanjay Gupta And Dr Oz... 11:30 Sell Out 12:00 The Agatha Christie Hour 1:00 The Jewel In The Crown 2:00 The Tommy Cooper Hour 3:00 A Country Practice 4:00 George & Mildred 4:30 Goodnight Sweetheart 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks: So-Fish-Ticated 8:00 Good Luck Charlie: Battle Of The Bands 8:30 Austin & Ally: Deejays & Demos 9:00 NBC Today 11:00 Motor Mate: Roy Salvadori 12:00 Motor Mate: 1990 New Zealand Rally 1:00 Stargy & Hutch: Black & Blue 2:00 Charlie's Angels: Slutwomen Angels 3:00 Ice Pilots: Pre-Christmas Rush 4:00 Muscle Car 4:30 Xtreme 4x4: Project Lighthouse 5:00 Horsepower TV 5:30 Pimp My Ride	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Tricky Business 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 The Baron 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 The Gentle Gunman 1:50 Alive & Cooking 2:20 Heartbeat 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 9:30 Max Steel 8:00 Family Feud 8:30 Studio 10 11:00 A Taste Of Travel 11:30 Lorraine 11:00 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 Top Gear 2:00 Big Brother 3:30 Digimon Fusion 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Batman: The Brave And The Bold 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 Julius Jr. 9:00 Tickety Toc 9:30 Wurraway 10:00 7th Heaven 11:00 Everybody Loves Raymond 12:00 Dr Phil 1:00 The Doctors 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 Eyewitness News 5:00 Beverly Hills 90210	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Pokemon 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 Julius Jr. 9:00 Tickety Toc 9:30 Wurraway 10:00 7th Heaven 11:00 Everybody Loves Raymond 12:00 Dr Phil 1:00 The Doctors 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 Eyewitness News 5:00 Beverly Hills 90210	6:00 Home Shopping 8:00 World Series Sprintcars 9:00 Car Torque 9:30 Omnispot 10:00 Coal 11:00 Monster Jam 12:00 The Adventures Of Merlin 1:00 The Wedding Band 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 Keeping Up With The Joneses 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Rieu Royale 2:55 Shane Delia's Spice Journey 3:00 France 24 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village - The Bishnoi Of Rajasthan	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Gday Malt Aussies 8:00 Hello Australia 8:30 Master Class in Oils 9:00 Move it or Lose It 9:30 Journal 10:00 The Lone Ranger 10:30 Assignment 12:00 Roberto Alagna - Sicilian Live 12:00 Tomorrow Today 2:30 Television Classics - The Adventures of Sir Lancelot 3:00 Move it or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Heran News Week 5:00 Russian News Time 5:30 Highlands TV
6:30 QI: Bombs 7:00 ABC News 7:30 7.30 8:00 Foreign Correspondent 8:30 Brilliant Creatures: Germaine Clive, Barry & Bob 9:30 At The Movies 10:00 Jennifer Byrne Presents: Helen Garner 10:30 Lateline 11:05 The Business 11:35 Four Corners 12:20 Media Watch 12:35 Parliament Question Time: The Senate 1:35 The Mango Tree 3:05 Movie: Swing Time 4:50 Sleuth 101: Family Assorted 5:30 Eggheads: Cornish Monkeys	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:30 Good Game 9:00 Please Like Me 9:55 Back Seat Drivers 10:25 Alan Carr 11:10 The Roast 11:20 Hair 12:25 The Tonight Show Starring Jimmy Fallon 1:05 The Last Man Standing: Senegal 2:00 News Update 5:00 Daniel Tiger's 5:10 Kingdom Of Parimithi 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:55 This Is Scarlett & Isaiah	6:00 Seven News 7:00 Home and Away 7:30 The X Factor Live 8:45 Winners & Losers 9:40 The Amazing Race Australia V New Zealand 11:00 Suits 12:00 Happy Endings 1:00 Home Shopping 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Oswestry 5 7:30 Air Rescue 8:00 Crash Investigation Unit: Redfern 8:30 Air Crash Investigations: Out Of Control 9:30 Air Crash Investigations: The Invisible Plane 10:30 Seconds From Disaster 11:40 Life After People 12:40 Bargain Hunt: Gloucester 30 1:35 Room For Improvement 2:00 The Tommy Cooper Hour 3:00 The Agatha Christie Hour 4:00 Dr Oz: Dr Sanjay Gupta & Dr Oz... 5:00 Homes Under The Hammer	6:30 Seinfeld: The Butter Shave 7:00 Seinfeld: The Voice 7:30 Mythbusters: Duct Tape Car Lift 8:30 Movie: The Chronicles Of Riddick 11:00 Family Guy: Peter-Assment 11:30 American Dad 12:00 Zoom TV 12:30 SportsFan Clubhouse 1:30 Detroit 1-8-7: Lost Child/Murder 101 2:30 Ice Pilots: Pre-Christmas Rush 3:30 Motor Mate: Havoc 12 5:10 Xtreme 4x4: Blog Buggy Part 1 5:35 Horsepower TV: Modern Supercharging For A Modern Muscle Car	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 9:10 Arrow 11:10 10 Incredible Near Misses 12:10 20/20 1:00 Extra 1:30 Danoz 2:00 Skippy - The Bush Kangaroo 2:30 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	6:30 Friends 7:30 Poirot 8:40 Midsomer Murders 10:50 Rizzoli & Isles 11:50 Extreme Makeover: Weight Loss 12:50 GEM Presents 1:00 Dangerman 2:00 Home Shopping 4:00 Danoz 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 8:00 Top Gear 9:30 The Town 12:00 Regular Show 12:30 Top Gear 2:00 TMZ Live 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 Paw Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 Jamie's Comfort Food 8:30 NCIS 9:30 Under The Dome 10:30 Blue Bloods 11:30 The Project 12:30 Late Show With David Letterman 1:30 Home Shopping 11:30 The Late Late Show With Craig Ferguson 12:30 Everybody Loves Raymond 1:00 The King Of Queens 1:30 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 David Attenborough: 60 Years In The Wild 8:30 World's Busiest 9:30 48 Hours 10:30 Crisis 11:30 M*A*S*H 12:30 Bellator MMA 2:25 Coal 3:25 Sport Science 4:25 Omnispot 4:50 Sporting Greats 12:00 The Killing 1:10 Movie: No One Knows About The Persian Cats 3:05 Movie: The Time That Remains 5:00 Korean News 5:35 Japanese News	6:00 Food Safari - Mauritain Safari 6:30 SBS World News 7:30 The Sixties - The World on the Brink 8:30 Insight 9:30 Dateline 10:30 SBS World News Late 11:00 Living With The Enemy - Immigration 12:00 The Killing 1:10 Movie: No One Knows About The Persian Cats 3:05 Movie: The Time That Remains 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - The Lone Ranger 6:30 Euromaxx 7:30 Suzanne is Craft 7:30 Premier: Discover the Galaxy 8:00 Inside Art 8:30 Blend Line TV 9:00 "Classic" Restos 9:30 Classic Restos Trucks 10:00 Al Jazeera English 10:30 In Good Shape 11:00 Vasilis Garden 12:30 Wollongong Tonight 1:00 Speaker TV 1:30 Guitar Gods & Masterpieces 2:00 Songwriters Across Australia 2:30 Front Up 3:00 The InIt Cooking Show 3:30 Movie: The Lone Ranger 5:00 Words of Peace 5:30 Life Source	

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 The Manor Reborn 11:00 Compass 11:30 Foreign Correspondent 12:00 ABC News With Ros Childs 12:30 National Press Club Address 1:30 Chris Humphrey Wild Life 2:00 Parliament Question Time 3:00 Sinbad 4:00 New Tricks 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pajamas, Yo Gabba Gabba!, Hoopla doopla!, Ready, Steady, Wiggle!, Ben & Holly's, Poochy, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street, Play School, Bananas In Pajamas, Fireman Sam, Babar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's, 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Gaspard & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas In Pajamas, Mister Maker Around The World, dirtignworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben And Holly's, Charlie & Lola, Peppa Pig, Octonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Goodnight Sweetheart 10:30 Dr Oz: Dr Oz's Real Age Quiz 11:30 Sell Out 12:00 The Agatha Christie Hour 1:00 The Jewel In The Crown 2:00 The Tommy Cooper Hour 3:00 A Country Practice 4:00 George & Mildred 4:30 Goodnight Sweetheart 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks 8:00 Good Luck Charlie: Meet The Parents 8:30 Austin & Ally: World Records 9:00 NBC Today 11:00 Motor Mate: Jim Clark 12:00 Motor Mate: 2008 Trackrod & Rally GP 1:00 Starksy & Hutch: The Groupie 2:00 Charlie's Angels 3:00 Shannon's Legends Of Motorsport: Jim Richards 4:00 Muscle Car 4:30 Xtreme 4x4: Blog Buggy Part 2 5:00 Horsepower TV 5:30 Pimp My Ride: 1991 Ford Escort	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Tricky Business 2:00 The Block Glasshouse 3:00 Nine News Now 10:30 Alive & Cooking 11:00 Friends 12:00 Please Turn Over 1:50 Alive & Cooking 2:20 Antiques Roadshow 3:20 Poirot 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Antiques Roadshow 10:30 Alive & Cooking 11:00 Friends 12:00 Please Turn Over 1:50 Alive & Cooking 2:20 Antiques Roadshow 3:20 Poirot 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 9:30 Max Steel 10:00 Power Rangers Megaforce 10:30 Batman: The Brave And The Bold 11:00 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 Top Gear 2:00 Big Brother 3:20 Digimon Fusion 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Batman: The Brave And The Bold 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Bachelor Australia 12:00 Dr Phil 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Fairly Odd Parents 7:35 Scaredy Squirrel 8:00 Totally Wild 8:35 The Adventures Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurrawy 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Clueless 2:30 The Brady Bunch 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210	6:00 Home Shopping 8:00 2014 Australian Athletics Tour 9:30 Omnispot 10:00 Monster Jam 11:00 David Attenborough: 60 Years In The Wild 12:00 The Adventures Of Merlin 1:00 The Wedding Band 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 Keeping Up With The Joneses 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Insight 2:00 Dataline 3:00 France 24 International News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village - The Bishnoi Of Rajasthan	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Beedeeh Bangla 8:00 Heran News Week 8:30 Regional Italian Cuisine 9:00 Move it or Lose It 9:30 Journal 10:00 The Lone Ranger 10:30 Movie: Blue Steel 11:30 Documentaries & Reports 12:30 Our Time 1:00 Inside Art 1:30 Joy's World 2:00 Discover the Galaxy 2:30 Psychic Solutions 3:30 Little Explorers 4:00 Humphrey 4:30 Apra Parijab 5:00 OzIndian 5:30 Arts 2
6:00 Eggheads: The Bookends 6:30 QI: Bible 7:00 ABC News 7:30 7.30 8:00 Shaun Micallef's MAD AS HELL 8:30 Utopia: The First Project 9:00 Reality Check 9:35 Would I Lie To You? 10:00 The Agony of Life 10:30 Lateline 11:05 The Business 11:35 Wednesday Night Fever 12:00 The Hour 1:00 Parliament Question Time: The Senate 2:00 VFL: Finals Series 5:30 Eggheads: The Internal Marketeers	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:40 Britain's Poshest Nannies 9:30 Crash Test 10:00 7 Days Of Sex 10:40 The Roast 11:45 7 Dwarves 12:30 Junior Doctors 1:25 Tonight Show Starring Jimmy Fallon 2:00 News Update 5:00 Daniel Tiger's Kingdom Of Parimithi 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:55 Scarlett & Isaiah	6:00 Seven News 7:00 Home and Away 7:30 Border Security - Australia's Front Line 8:00 The Force - Behind The Line 8:30 Criminal Minds 10:30 Motive 11:30 Bates Motel 12:30 The Mindy Project 1:00 Home Shopping 3:30 Sons And Daughters 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Gloucester 30 7:30 Rosemary & Thyme: In A Monastery Garden 8:30 A Touch Of Frost: Unknown Soldiers 10:40 Waking The Dead: Walking On Water - Part 2 11:50 The Bill 1:00 The Agatha Christie Hour: The Girl In The Train 2:00 Home Shopping 3:30 Sons And Daughters 4:00 Dr Oz: Dr Oz's Real Age Quiz To Drop A Decade! 5:00 Homes Under The Hammer	6:30 Seinfeld: The Serenity Now 7:00 Seinfeld: Blood & Thyme: In A Destroy: Toilet Farm 8:30 Hardcore Pawn: Daddy Daughter Dance 9:30 Beverly Hills Pawn 10:30 American Pickers 11:30 Rude Tube 12:00 Shannon's Legends Of Motorsport: Jim Richards 1:00 Repo Games: No Underwear No Problem 1:30 Repo Games: Hamvertime 2:00 Home Shopping 3:30 Sons & Daughters 4:00 Motor Mate: Jim Clark 5:00 Motor Mate: 2008 Trackrod & Rally GP	6:00 Nine News 7:00 A Current Affair 7:30 The Block 8:40 Big Brother 10:10 Two And A Half Men 11:10 Mike & Molly 12:00 Extra 12:30 Impractical Jokers 1:00 Skippy - The Bush Kangaroo 1:30 Danoz 2:00 Home Shopping 2:30 Danoz 3:00 Home Shopping 3:30 Good Morning America 5:00 Nine's Early Morning News 5:30 Today	6:30 Friends 7:30 David Attenborough's Secrets Of Wild India 8:30 RPA 9:30 Amazing Medical Stories - Coma Miracle 10:30 Embarrassing Fat Bodies 11:30 My Strange Addiction 12:00 My Strange Addiction 12:30 Friends 1:00 Gideon's Way 2:00 Home Shopping 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Dangerman	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 8:30 The Dark Knight Rises 12:00 The Originals 2:00 TMZ Live 3:00 TMZ 3:30 Extra 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 The Bachelor Australia 8:40 Wonderland 9:40 Extant 10:40 The Good Wife 11:40 The Project Encore 12:40 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning	5:55 Couch Time 6:00 Family Feud 6:25 Couch Time 6:30 Neighbours 7:00 Everybody Loves Raymond 7:30 The Simpsons 8:00 Futurama 8:30 The Simpsons 9:00 Futurama 9:30 The Simpsons 11:00 Cheers 11:30 The Late Late Show With Craig Ferguson 12:30 Everybody Loves Raymond 1:00 The King Of Queens 1:30 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 White Collar 8:30 COPS: Adults Only 9:30 Movie: The Firm 12:40 Common Law 1:40 Bellator MMA 3:30 COPS: Adults Only 4:30 Omnispot 5:00 Football's Greatest Managers	6:00 Gourmet Farmer - Goat's Milk Ice Cream 6:30 SBS World News 7:30 Wild Britain 8:30 Living With The Enemy - Islam 9:30 Borgen - Sense and Sensibility 10:35 SBS World News Late 11:05 Movie: Gomorrah 1:30 Movie: Conversations With My Gardener 3:20 Movie: Heaven's Heart 5:00 Korean News 5:35 Japanese News	6:00 Serials - The Lone Ranger 6:30 Euromaxx 7:00 Sightsee TV 7:30 Vasilis's Garden 8:00 Classic Restos 8:30 Movie: Calendar Girl 9:30 Borgen - Sense and Sensibility 10:30 The Why Generation 11:00 World Stories 11:30 Global 3000 12:00 Television Classics - The Adventures Of Sir Lancelot 12:30 The Tonight Show with Jason Ross 1:00 Living on the Coast 1:30 Documentaries and Reports 2:30 Underground Sounds 3:30 Movie: Assignment Outer Space 5:00 Euro Journal 5:30 Inspire Church

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



Digging Begins On NWRL

Monday the 8th September will go down in history as the day the tunnel boring machines commenced digging the North West Rail Line. After years of broken promises it was a great pleasure to join our Premier Mike Baird and Transport Minister Gladys Berejiklian at Bella Vista to watch 'Elizabeth' the first of our four tunnel boring machines start the process of digging the longest tunnel ever undertaken in this country. By December two more machines will join 'Elizabeth' to construct the 15 kilometre project which will take just two years to complete. The NSW Government are also delivering 4,000 commuter car parking spaces in conjunction with the construction of the North West Rail link.

It is good luck to name tunnel boring machines after famous women. 'Elizabeth' was the winning name chosen from a local school competition. Alexandra Marshall a young student from Kellyville chose the name because of its significance to our local area. Elizabeth was the wife of Richard Rouse, which the suburb Rouse Hill is named after. Richard Rouse was charged with the responsibility of building Windsor Rd from Parramatta to Windsor and received a land grant at Rouse Hill for his efforts. He built Rouse House on the land which still stands proudly in the regional park together with the original Rouse Hill Public School.

Local Company To Build Skytrain

A local construction company in Mulgrave has been awarded a \$20 million contract to supply more than 1,150 pre-cast concrete segments to build the Skytrain for the \$8.3 billion North West Rail Link at Rouse Hill. HANSON Australia who were recently awarded the contract, will also provide an additional

100-130 jobs for mechanics and electricians, providing a big boost to our local economy. Production of the pre-cast concrete segments is expected to start at the end of the year. The factory, which currently employs 35 staff, will undergo a major upgrade with the construction of a new concrete batching plant, to handle the large project. The \$340 million contract to build the 4km Skytrain, including a landmark cable-stayed bridge over Windsor Road at Rouse Hill was awarded in December 2013 to Salini Impregilo. The local workforce will be bolstered and trained in the latest international techniques in pre-cast concrete production. This is another great example of innovation on this landmark infrastructure project — instead of having to build a temporary concrete plant and demolish it at the end of the project, this deal leaves a legacy of new manufacturing infrastructure in Sydney's North West and real jobs growth for the future as the Mulgrave facility is purpose-built for this kind of construction work. Segments will be delivered to the Skytrain construction site at night, further reducing impacts on the community.

Skytrain facts

- \$340 million skytrain contract includes 4km skytrain viaduct between Bella Vista and Rouse Hill and 2km of associated surface civil construction works and railway embankments
- Skytrain crosses over seven roads and the T-way, which will be kept open during construction
- The NWRL will have stations in Castle Hill, Norwest, Bella Vista, Rouse Hill, Kellyville, Showground Rd, Cudgegong Rd, Cherrybrook



Police Transport Command

There is no better way to minimise crime than to have a clear police presence in the community. The NSW Government has established the highly successful Police Transport Command (PTC) in May 2012. The Command is a high-visibility presence whose purpose is to deter crime and reduce fear of crime on the public transport network. The Command relies on intelligence-based tasking to hot-spot transport hubs known for their criminal or anti-social behaviour. And the figures speak for themselves. Since it began, the PTC has made more than 5,500 arrests, laid more than 10,500 charges and has issued nearly 104,000 infringements.

Congratulations to David & Janice Willmott 50th Wedding anniversary, Raymond & Hellen Barnard 60th Wedding Anniversary, Dorothy Ives and Beatrice Jamieson Birthday 100 years- not out!!



Ray Williams MP

State Member for Hawkesbury




As your local State MP I can:

- Represent you in Parliament
- Take your problem to the appropriate Minister or Department to get action
- Put you in touch with a service that can help you
- Arrange Congratulatory Messages for 50th and 60th Wedding Anniversaries and 90th and 100th Birthdays
- Assist with Justice of the Peace and Senior's Card applications
- A Justice of the Peace is available in my office

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 Monty Don's Italian Gardens 11:00 Nature's Miracle Babies 12:00 ABC News With Ros Childs 1:00 Would I Lie To You 1:30 Woodley 2:00 Parliament Question Time 3:00 Sinbad 4:00 New Tricks 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba!, Hoopla doopla!, Ready, Steady, Wiggle!, Ben And Holly's Poojoo, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street, Play School, Bananas In Pyjamas, Fireman Sam, Bazar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Daniel Tiger's 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Gaspard & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas In Pyjamas, Mister Maker Around The World, dirtynworld, Mike The Knight, Timmy Time, Sarah & Duck, Ben & Holly's, Charlie & Lola, Peppa Pig, Octonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Goodnight Sweetheart 10:30 Dr Oz: The Biggest Loser's... 11:30 Sell Out 12:00 The Agatha Christie Hour 1:00 The Jewel In The Crown 2:00 The Tommy Cooper Hour 3:00 A Country Practice 4:00 George & Mildred And So To Bed 4:30 Goodnight Sweetheart 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks 8:00 Good Luck 8:30 Austin & Ally 9:00 NBC Today 11:00 Motor Mate: Phil Hill 12:00 Motor Mate: 1991 RAC Rally 1:00 Starsky & Hutch: Cover Girl 2:00 Charlie's Angels: Angel On A Roll 3:00 Ice Pilots 4:00 Muscle Car: Project Limelight 4:30 Xtreme 4x4: Toyota Mini Truck On The Rocks 5:00 Horsepower TV 5:30 Pimp My Ride	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Tricky Business 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Antiques Roadshow 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 The Captain's Paradise 2:00 Alive & Cooking 2:30 RPA 3:30 David Attenborough's Secrets Of Wild India 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magical Tales 7:30 Move It 8:00 Digimon Fusion 9:30 Max Steel 10:00 Power Rangers Megaforce 10:30 Batman: The Brave And The Bold 11:00 Yu-Gi-Oh! Classic 11:30 Yu-Gi-Oh! Zexal 12:00 Extra 12:30 Top Gear 2:00 Big Brother 3:30 Digimon Fusion 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! Mystery Incorporated 5:00 Batman: The Brave And The Bold 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Bachelor Australia 12:00 Dr Phil 1:00 The Doctors 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Fairly Odd Parents 7:35 Scaredy Squirrel 8:00 Scope 8:35 The Adventures Of Chuck & Friends 9:00 Tickety Toc 9:30 Wurraway 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 1:00 JAG 2:00 Clueless 2:30 The Brady Bunch 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210	6:00 Home Shopping 8:00 2014 Formula 1 Singapore Grand Prix™ (Rpt) 10:30 Omnisport 11:00 World's Busiest 12:00 The Adventures Of Merlin 1:00 The Wedding Band 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 Keeping Up With The Joneses 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Caroline Quentin: A Passage Through India 1:55 One Born Every Minute USA - Nurses to the Rescue 2:45 Bye Bye 3:00 France 24 Int News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village - On The Road With The Irish Coast Guard	6:00 Euromaxx 6:30 Little Explorers 7:00 Humphrey 7:30 Ozindian 8:00 Inside Art 8:30 Psychic Solutions 9:00 Move It or Lose It 10:00 The Lone Ranger in Hollywood 12:00 Regional Italian Cuisine 12:30 Suzanne is Craft 1:00 Vasilis' Garden 1:30 Master Class in Oils 2:00 Coffee Break 2:30 Highlands TV 3:00 Move It or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Shift / Treasures of the World 5:00 Bonanza
6:00 Eggheads: Quiz Me Hardy 6:30 QI: Africa 6:55 Clarke and Dave 7:00 ABC News 7:30 7.30 8:00 Catalyst 8:30 Silk 9:30 Children Of The Sex Trade 10:30 Lateline 11:05 The Business 11:35 This Is Littleton: 54% Unemployed 12:00 The Shadow Line 1:00 Parliament Question Time: The House Of Representatives 2:00 WAFL: Finals Series 5:30 Eggheads: Quiz Me Hardy	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:30 Hair 9:30 Premiere: Live At The Apollo: Alan Carr, Andi Osho & Patrick Kielty 10:15 Reality Check 10:45 Alan Carr 11:30 The Roast 11:40 Good Game 12:15 Tonight Show Starring Jimmy Fallon 12:55 The Runaway 1:40 News Update 5:00 Daniel Tiger's Kingdom Of Parimithi 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:50 This Is Scarlett & Isaiah	6:00 Seven News 7:00 Home And Away 8:00 Border Security: International 8:30 Program T.B.A. ** 11:00 Kinne 11:30 Parks And Recreation 12:00 It's Always Sunny In Philadelphia 12:30 The Mindy Project 1:00 Home Shopping 4:00 NBC Today 5:00 Sunrise Extra 5:30 Seven Early News	6:30 Bargain Hunt: Shepton Mallet 10 7:30 A Touch Of Frost: Line Of Fire 10:30 Criminal Minds: The Pact 11:30 Seconds From Disaster: Sioux City Crash 12:30 Bargain Hunt: Shepton Mallet 10 1:30 George & Mildred And So To Bed 2:00 Harry's Practice 2:30 The Agatha Christie Hour 3:30 Dr Oz: The Biggest Loser's... 4:30 Homes Under The Hammer 5:30 Home Shopping	6:30 Seinfeld: The Junk Mail 7:00 Seinfeld: The Merv Griffin Show 7:30 Domsday Preppers: I Suggest We Run 8:30 Tattoo Nightmares: Salanic Schoolgirl 9:00 Ink Master: Tattooing The Dead 9:11 Semi-Nude 911 10:45 Bad Ink: It Takes Two To Tattoo 11:45 SportsFan Clubhouse 1:00 Warehouse 13: The Ones You Love 2:00 Warehouse 13: We All Fall Down 3:00 Ice Pilots: Birthday From Hell 4:00 Motor Mate: Havoc 13 5:30 Home Shopping	6:00 Nine News 7:00 A Current Affair 7:30 The Block Glasshouse 8:40 Big Brother 9:40 The Footy Show 11:40 The Footy Show Late 2:00 Gully-Render Australia 2:30 Home Shopping 4:00 Adventures In Rainbow Country 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	6:30 Friends 7:30 Heartbeat 8:35 New Tricks 9:40 Dalziel & Pascoe 10:55 Cold Case 11:55 Person Of Interest 12:50 GEM Presents 1:00 Gideon's Way 2:00 Home Shopping 4:00 Adventures In Rainbow Country 4:30 Joyce Meyer, Enjoy Everyday Life 5:00 Gideon's Way	6:00 Regular Show 6:30 Adventure Time 7:00 The Big Bang Theory 7:30 Mike & Molly 8:30 The Big Bang Theory 9:30 Survivor: San Juan Del Sur 11:00 The Magaluf Weekender 12:00 Mike & Molly 1:00 Survivor: San Juan Del Sur 2:30 TMZ Live 3:30 TMZ 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Thunderbirds	6:00 Family Feud 6:30 The Project 7:30 The Bachelor Australia 9:00 Law & Order: S.V.U. 11:00 Ripper Street 12:40 Late Show With David Letterman 1:30 Home Shopping 4:00 Life Today With James Robison 4:30 CBS - This Morning 1:30 Becker 2:00 7th Heaven 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Dads 8:00 Last Man Standing 8:30 Movie: True Justice: Dead Drop 10:30 Die On Your Feet 11:05 Maxim TV 11:35 Brand X With Russell Brand 12:35 Get Smart 1:05 Omnisport 1:30 NASCAR Sprint Cup	6:00 Food Safari - South American 6:30 SBS World News 7:30 Shane Delia's Spice Journey - Turkey 8:00 Destination Flavour Down Under - New Zealand 8:30 Yotam Ottolenghi's Mediterranean Feasts - Corsica 9:30 Masters Of Sex 10:30 World News Late 11:00 Movie: Vengeance 1:00 World War 2: The Last Heroes 1:55 Dambusters Fly Again 2:55 Movie: Timecrimes 4:35 Tasnim 4:50 Luke Nguyen's France Bitesize 5:00 Korean News 5:35 Japanese News	6:00 Serials - The Adventures Of Slimki Jack 6:30 Euromaxx 7:00 Our Time 7:30 Psychic Solutions 8:00 Ecotopia 8:30 The Why Generation 9:00 Premier: Talking to Strangers 9:30 Sweet and Sour 10:00 Al Jazeera English 10:30 Words of Peace 11:00 New Game Plus 11:30 Classic Restos Trucks 12:00 Underground Sounds 1:00 Movie: Calendar Girl 2:30 Le Clubz 3:00 Comic Box 3:30 Movie: Blue Steel 4:30 Arts 21 5:00 The International Cooking Show 5:30 C3 TV	



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6:00 ABC News Breakfast 9:00 ABC News Mornings 10:00 One Plus One 10:30 At The Movies 11:00 Big Ideas 12:00 ABC News With Jane Hutcheon 1:00 Young James Herriot 2:00 Walk On The Wild Side 2:30 Auction Room 3:00 Sinbad 4:00 New Tricks 5:00 ABC News: Early Edition 5:30 The Drum	6:00 Play School, Bananas In Pyjamas, Yo Gabba Gabba, hoopla doopla, Ready, Steady, Wiggle!, Ben & Holly's, Poochy, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street, Play School, Bananas In Pyjamas School, Bananas In Pyjamas Freeman Sam, Bazar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Play School, Postman Pat, Bottle Top Bill, 64 Zoo Lane, Little Charley Bear, Chuggington Angelina Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Gaspard & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas In Pyjamas, Mister Maker Around The World, dirtin'world, Mike The Knight, Timmy Time, Sarah & Duck, Ben & Holly's, Charlie & Lola, Peppa Pig, Octonauts	6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 The Midday Movie 2:00 The Daily Edition 3:00 The Chase 4:00 Seven News At 4 5:00 Deal Or No Deal 5:30 Million Dollar Minute	6:00 Home Shopping 7:00 Spit It Out 7:30 The DaVincibles 8:00 Toybox 8:30 Harry's Practice 9:00 Home & Away 9:30 Shortland Street 10:00 Goodnight Sweetheart 10:30 Dr Oz: Dr Oz Takes On TV's Sextuplet Toddlers! 11:30 Sell Out 12:00 The Agatha Christie Hour 1:00 The Jewel In The Crown 2:00 The Tommy Cooper Hour 3:00 A Country Practice 4:00 George & Mildred 4:30 Goodnight Sweetheart 5:00 Shortland Street 5:30 Homes Under The Hammer	6:00 Home Shopping 7:00 Zeke and Luther 7:30 Fish Hooks: 8:00 Toybox Science Fair 8:30 Harry's Practice Detective Mystery 9:00 Home & Away 8:00 Good Luck Charlie: The Break Up 8:30 Austin & Ally: Soups & Stars 9:00 NBC Today 11:00 Motor Mate: Jack Brabham 12:00 Motor Mate: 2002 & 2003 Marx Rallies 1:00 Starsky & Hutch: Starsky's Brother 2:00 Charlie's Angels 3:00 Ice Pilots: A Big Deal 4:00 Muscle Car 4:30 Xtreme 4x4: Full Size Blazer Part V - Trail Ride 5:00 Horsepower TV 5:30 Movie: Step Up	6:00 Today 9:00 Mornings 11:00 Nine's Morning News 12:00 The Ellen Degeneres Show 1:00 Tricky Business USA 2:00 The Block Glasshouse 3:00 Nine News Now 4:15 Nine's Afternoon News 5:30 Hot Seat	6:00 Friends 6:30 Skippy - The Bush Kangaroo 7:00 Home Shopping 8:00 Super Nanny USA 9:00 Home Shopping 10:30 Alive & Cooking 11:00 Friends 12:00 Charley Moon 2:00 Alive & Cooking 2:30 Antiques Roadshow 3:30 Heartbeat 4:30 The Ellen Degeneres Show 5:30 The People's Court	6:00 Looney Tunes 6:30 Robocar Poli 7:00 Magic Tales 7:30 Move It 8:00 Digimon Fusion 8:30 Tenkai Knights 9:00 Yu-Gi-Oh! Zexal Beautiful 10:00 Power Rangers 10:30 Batman: The Brave And The Bold 11:00 Yu-Gi-Oh! Classic 12:00 Yu-Gi-Oh! Zexal 2:00 Extra 2:30 Survivor: San Juan Del Sur 2:00 Big Brother 3:00 Extra 3:30 Digimon Fusion 4:00 Kids' WB 4:05 Young Justice: Invasion 4:30 Scooby-Doo! 5:00 Batman: The Brave And The Bold 5:30 Looney Tunes	6:00 Entertainment Tonight 6:30 Good Chef Bad Chef 7:00 Huey's Kitchen 7:30 The Bold & The Beautiful 8:00 Family Feud 8:30 Studio 10 11:00 The Living Room 12:00 Dr Phil 1:00 The Doctors 2:00 Reef Doctors 3:00 Judge Judy 3:30 Entertainment Tonight 4:00 Ben's Menu 4:30 The Bold & The Beautiful 5:00 TEN Eyewitness News 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210	6:00 Toasted TV 6:05 Matt Hatter Chronicles 6:30 Transformers Prime 7:05 Fairly Odd Parents 7:35 Scaredy Squirrel 8:00 Scope 8:35 The Adventures Of Chuck & Friends 9:00 Tickety 9:30 Wurrawy 10:00 7th Heaven 11:00 Everybody Loves Raymond 11:30 Frasier 12:00 Charmed 1:00 JAG 2:00 Clueless 2:30 The Brady Bunch 3:00 Becker 3:30 Cheers 3:55 Couch Time 4:00 King Of Queens 4:30 Laverne & Shirley 4:55 Couch Time 5:00 Beverly Hills 90210	6:00 Home Shopping 8:00 NASCAR Sprint Cup Highlights 9:00 The Pits 10:00 Omnisport 10:30 River To Reef 11:00 Undercover Boss 12:00 The Adventures Of Merlin 1:00 The Wedding Band 2:00 The Biggest Loser Australia 4:00 Get Smart 4:30 Keeping Up With The Joneses 5:00 I Fish	6:10 Hong Kong News 6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Living Black 1:30 Inspector Rex 2:25 Destination Flavour Down Under Bitesize 2:30 NTV News Week In Review 3:00 France 24 International News 3:30 Al Jazeera News 4:00 The Journal 4:30 PBS Newshour 5:30 Global Village	6:00 Euromaxx 6:30 Jumping Jellybeans 7:00 Humphrey 7:30 Russian News Time 8:00 Sightsee TV 8:30 Joy's World 9:00 Move It or Lose It 10:00 The Lone Ranger 10:30 Movie: I Wonder who's Killing Her Now 12:00 Television Classics The Adventures of Sir Lancelot 12:30 Talking to Strangers 1:00 Sweet and Sour 1:30 Master Class in Oils 2:00 Ecotopia 2:30 Our Time 3:00 Move it or Lose It 3:30 Jumping Jellybeans 4:00 Humphrey 4:30 Hello Australia 5:00 In Good Shape 5:30 Discover the Galaxy
6:00 Eggheads: Cambray FC 6:30 Would I Lie to You? 7:00 ABC News 7:30 7.30 [State Edition] 8:00 Q: Inland Revenue 8:30 Inspector George Gently: Gently With The Innocents 9:30 Whitechapel 10:00 The Agony of Life 10:30 Lateline 11:05 Whitechapel 11:55 Rage	6:05 Maya The Bee 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 The Roast 7:40 Tonight Show Starring Jimmy Fallon 8:30 Shaun Micallef's 9:00 Shock Horror Aunty 9:30 The Code 10:25 The Daters 10:40 Alan Carr 11:20 The Roast 11:35 Britain's Poshest Nannies 12:25 Tonight Show Starring Jimmy Fallon 1:10 Dragons' Den 2:05 News Update 5:00 Daniel Tiger's 5:10 Kingdom Of Palmithi 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:55 Scarlett & Isaiah	6:00 Seven News 7:00 Better Homes And Gardens 8:30 The Friday Movie 11:30 The Blacklist 12:00 How The Other Half Live 1:00 The Late Movie 2:30 Harry's Practice 3:00 Home Shopping 4:00 NBC Today	6:30 Bargain Hunt: Anglesey 17 7:30 Air Crash Investigations: Fight For Control 8:30 Escape To The Country: Devon 9:30 Best Houses Australia 10:00 Hotel Secrets: Power And Money 11:00 Cowboy Builders: Leicester 12:00 Downsize Me: Tareyn Atkins 1:00 Four In A Bed 1:30 George & Mildred 2:00 Harry's Practice 2:30 The Agatha Christie Hour 3:30 The Tommy Cooper Hour 4:30 Homes Under The Hammer 5:30 Home Shopping	7:40 Movie: Step Up 3 9:50 Movie: The Butterfly Effect 12:10 Sport 2014: AFL Grand Final Marathon 10:00 The Man With The Golden Gun 12:35 Run Fatboy Run 2:30 Impractical Jokers 3:00 Spyforce 4:00 Home Shopping 4:30 Good Morning America	6:00 Nine News 7:00 A Current Affair 7:30 Rugby League Finals 10:00 The Man With The Golden Gun 12:35 Run Fatboy Run 2:30 Impractical Jokers 3:00 Spyforce 4:00 Home Shopping 4:30 Good Morning America	6:30 Friends 7:30 Shall We Dance? 9:45 Nights In Rodanthe 11:45 A Walk To Remember 1:35 The Man Who Finally Died 3:25 Please Turn Over 5:00 Gideon's Way	6:00 Scooby-Doo And The Witch's Ghost 7:30 Big Brother 8:00 Richie Rich 10:00 Superhero Movie 11:30 Anger Management 12:00 Big Brother 2:30 TMZ Live 3:30 TMZ 4:00 Power Rangers Megaforce 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Yu-Gi-Oh! Classic	6:00 Family Feud 6:30 The Project 7:30 The Living Room 8:30 Mission: Impossible 10:50 Separation City 1:05 Late Show With David Letterman 2:00 Home Shopping 11:50 The Late Late Show With Craig Ferguson 12:55 The King of Queens 1:30 Becker 2:00 7th Heaven 3:00 Charmed 4:00 JAG 5:00 Home Shopping	6:00 Family Feud 6:30 M*A*S*H 7:30 Megacities 8:30 COPS: Adults Only 9:30 Movie: Crash And Burn 11:20 The League 12:20 Would You Rather? With Graham Norton 12:50 Bellator MMA Only 3:40 Monster Jam 4:40 Omnisport 5:00 2014 Australian Athletics Tour	6:00 Shane Delia's Spice Journey 6:30 World News 7:30 The British - War and Peace 8:25 The Spice Trip - India: Cinnamon 9:25 As It Happened: Attack Of The Zeppelins 10:25 World News Late 11:00 Movie: Forbidden To Forbid 12:50 Movie: Welcome Home 2:50 Prophets Of Science Fiction - Mary Shelley 3:45 East To West - The Triumph of Monotheism 4:55 Cold Blood 5:00 Korean News 5:35 Japanese News	6:00 6:00 Serials - The Lone Ranger 6:30 Euromaxx 7:00 Highlands TV 7:30 Savage Seas Adventures 8:00 Strikezone 8:30 Le Clubz 9:00 Guitar Gods and Masterpieces 9:30 The Tribute Show 10:00 Al Jazeera English Picture Show: The Last World 12:00 Songwriters Across Australia 12:30 Universal Concert Hall - Roberto Alagna 2:30 Speaker TV 3:00 31 Questions with Jason Ross 4:00 Front Up 5:00 Tomorrow Today 5:30 Suzanne is Craft	

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ABC	ABC 2	SEVEN	7 TWO	7 MATE	NINE	GEM	GO	TEN	11	ONE	SBS	TVS
6:00 Rage 10:30 Rage: Recovery Special 11:30 Catalyst 12:00 Australian Story 12:30 The Restaurant Inspector: Iggs 1:15 QI: Bears 1:45 Inspector George Gently: Gently With The Innocents 3:15 Movie: Jason And The Argonauts 5:00 Rick Stein's Spain	6:00 LazyTown, The Numtums, Yo Gabba Gabba!, hoopla doopla, Ready, Steady, Wiggle!, Jemima's Big Adventure Ben & Holly's, Poozyo, Peppa Pig, Charlie & Lola, Dinosaur Train, Tree Fu Tom, Chuggington Badge Quest 9:00 Sesame Street, Play School, Bananas In Pyjamas, Fireman Sam, Bazar And The Adventures Of Badou, The Koala Brothers, Baby Jake, 5 Minutes More, Miffy & Friends, Humf, Night Garden 12:00 Sesame Street, Arthur, Maya The Bee, Postman Pat, Bottle Top Bill, 64 Zoo Lane, Little Charley Bear, Chuggington, Angelina Ballerina, Tinga Tinga Tales, WotWots, Joe & Jack, Caspar & Lisa, Q Poodle 5, Peg + Cat, Play School 4:00 Bananas In Pyjamas, Mister Maker Around The World, diriginworld, Mike The Knight, Fireman Sam, Pingou Family At The Wedding Party, Peppa Pig	6:00 Saturday Disney 7:00 Weekend Sunrise 9:00 AFL Game Day 11:00 2014 AFL Premiership Season 1:30 2014 AFL Premiership Season	6:00 Home Shopping 7:00 Saturday Disney 9:00 Good Luck Charlie: Baby Steps 9:30 Jessie: Beauty & The Beast 10:00 Home Shopping 11:00 Downsize Me: Brenda Hancock 12:00 Great South East 12:30 Creek To Coast 1:00 Queensland Weekender 1:30 Sydney Weekender 2:00 Seven's Horse Racing 2014: Rosehill 5:30 Movie: Tinker Bell And The Lost Treasure	7:40 Search & Restore: '51 Hudson Hornet Finale 8:00 Home Shopping 9:00 Man Made Marvels 10:00 Zoom TV 10:30 V8 Life 11:00 Dream Car Garage 11:30 Swords: Life On The Line 12:30 Hook Line and Sinker 1:30 Swamp Men 2:30 Bid America: Whatever Floats Your Boat 3:00 Bid America: Cant You Read The Signs 3:30 Xtreme 4x4: Low Dollar Wheeler Off-Road 4:00 Muscle Car 4:30 Horsepower TV 5:00 Pimp My Ride 5:30 Construction Zone	6:00 Bubble Guppies 6:30 Dora The Explorer 7:00 Weekend Today - Saturday 10:00 Mornings - Saturday 12:00 The Middle Cleveland 1:00 The Sisterhood Of The Traveling Pants 3:30 Wild Life Of Tim Faulkner 4:00 The Block Glasshouse Unlocked 4:30 The Garden Gurus 5:00 Nine News: First At Five 5:30 Getaway	6:00 Charley Moon 8:00 Home Shopping 9:30 The Avengers 10:30 S.O.S. Titanic 12:40 Recipes That Rock 1:10 Postcards 1:40 Beach Party 3:50 The Barefoot Contessa	6:00 Thunderbirds 7:00 Kids' WB 7:05 Looney Tunes 7:30 The Day My Butt Went Psycho 8:00 Green Lantern: The Animated Series 8:30 Tom & Jerry Show 8:30 Studio 10: Saturday 9:00 Looney Tunes 9:30 Adventure Time 10:00 Batman: The Brave And The Bold 10:30 Ben 10: Omniverse 11:00 Buzz Bumble 11:30 Move It 12:00 Kitchen Whiz 12:30 Yu-Gi-Oh! Zexal 1:00 Winx Club 1:30 Digimon Fusion 2:00 The Block Glasshouse 3:30 The Amazing World Of Gumball 4:00 Regular Show 5:00 Adventure Time	6:00 Ready Steady Cook 7:00 Good Chef Bad Chef 8:00 Everyday Gourmet With Justine Schofield 8:30 Tom & Jerry Show 8:30 Studio 10: Saturday 10:00 Studio 10: Saturday Extra 11:00 TBA 12:00 The Living Room 1:00 The Talk 2:00 Weekend Feast 3:00 I Fish 4:00 What's Up! Downunder 4:30 Everyday Gourmet With Justine Schofield 5:00 TEN Eyewitness News	6:00 Toasted TV 6:05 Pokemon 7:00 Shezow 7:30 Jar Dwellers SOS 8:00 Totally Wild 8:30 Lightning Point 9:00 Toasted TV 9:05 The Loop 11:35 The King Of Queens 12:00 Charmed 1:00 Becker 1:30 Cheers 2:00 The Brady Bunch 3:00 Happy Days 4:00 Becker 5:00 90210	6:00 NASCAR Nationwide Series Highlights 7:00 NASCAR Sprint Cup Qualifying 8:30 NASCAR Sprint Cup 1:00 Omnisport 1:30 Car Torque 2:00 Pat Callinan's 4x4 Adventures 3:00 Extreme Fishing With Robson Green 4:00 Fishing Edge 4:30 Reel Action 5:00 Places We Go Boats	6:30 Chinese News 7:00 Hindi News 7:25 Italian News 8:05 Filipino News 8:40 French News 9:30 Greek News 10:30 German News 11:00 Spanish News 12:00 Arabic News 12:30 Turkish News 1:00 Snow White 2:35 Dangerous Edge: A Life Of Graham Greene 3:40 Piano Notes - Schumann 3:55 Photo - Intimate Photography 4:30 PBS Newshour Network 5:30 Meet The Romans	6:00 Drive It! 6:30 Wahroonga SDA 7:00 Garner Ted Armstrong 7:30 Christian Media 8:00 Words of Hope 8:30 Life News 9:00 Words of Peace 9:30 Strike Zone 10:00 4WD TV 10:30 Restoring Dreams 11:00 On the Fly 11:30 Fishin' Trip 12:00 Savage Seas Adventures 1:00 Apra Paritab 1:30 Fusion Latina 2:00 Gday Malt Aussies 2:30 Australian Fishing Network 3:00 Blend Line TV 3:30 "Classic" Restos 4:00 Classic Restos Trucks 4:30 Classic Restos 5:00 Vasil's Garden 5:30 Master Class in Oils
6:00 Saturday Landline 6:30 Gardening Australia 7:00 ABC News 7:30 New Tricks: The Sins Of The Father 8:30 Foyle's War 10:00 The Doctor Blake Mysteries: If The Shoe Fits 10:55 Reality Check 11:30 Rage: Recovery Special 5:00 Rage	6:00 Octonauts 6:10 Pingu 6:20 Rastamouse 6:30 Peter Rabbit 6:50 Shaun The Sheep 7:00 Spicks & Specks 7:30 Doctor Who 8:20 Double Dribble 8:30 Adam Hills 9:00 Basketball: Women's World Cup Turkey: CUB v AUS 11:15 Live At The Apollo: Dara O'Brian, Danny Bhoy & Nina Conti 12:00 Hell On Wheels 2:05 News Update 5:00 Daniel Tiger's 5:10 Kingdom Of Parimithi 5:20 Pingu 5:25 Boj 5:35 The Numtums 5:40 Zigby 5:55 Scarlett & Isaiah	6:00 Seven News 7:00 Family Movie Special 9:00 The Saturday Movie 11:05 The Late Movie 1:10 Go On 1:35 The Late Movie 3:30 It Is Written Oceania 4:00 Home Shopping 5:00 Dr Oz	7:00 Movie: Old Dogs 9:00 Movie: City Slickers II 11:30 Movie: The Juror 2:00 The World Around Us: Sunrise Over South Africa 3:00 The World Around Us: Siberia To The Silk Road The Greek Islands 4:00 The World Around Us: The Jump-Up Land 5:00 Downsize Me: Brenda Hancock	6:00 2014 AFL Premier- ship Season: Grand Final: Post Match 7:30 Mighty Structures: Beijing Water Cube 8:30 Ultimate Factories: Lamborghini 9:30 Movie: Inside Man 12:10 Movie: Anacondas: Trail Of Blood 2:00 Gaelic Football: All Ireland Hurling Final REPLAY - Kilkenny v Tipperary 3:00 Swamp Men: Break In Bear 4:00 Bid America: Whatever Floats Your Boat 4:30 Bid America: Cant You Read The Signs 5:00 Dream Car Garage 5:30 Home Shopping	6:00 Nine News Saturday 7:00 Rugby League Finals 10:00 The Spy Who Loved Me 12:30 Clubland 2:30 Southland 3:30 Skippy - The Bush Kangaroo 4:00 Danoz 4:30 Home Shopping 5:00 Extra 5:30 Wesley Impact	6:30 Secret Dealers 7:30 Antiques Roadshow 8:30 CSI: Crime Scene Investigation 9:30 CSI: NY 10:30 Cold Case 11:30 Rizzoli & Isles 12:20 The Big C 12:50 Cry The Beloved Country 2:55 S.O.S. Titanic 5:00 Recipes That Rock 5:30 Postcards	6:00 Tom And Jerry: The Movie 7:40 Scooby-Doo 9:30 The Green Hornet 12:00 Big Brother 4:30 PAW Patrol 4:50 Winx Club 5:10 Yu-Gi-Oh! Zexal 5:30 Yu-Gi-Oh! Classic	6:00 Modern Family 6:30 Bondi Vet 7:30 Kung Fu Panda 2 9:15 Mission: Impossible II 11:50 TBA 12:30 Live Rugby: Wallabies Vs Springboks 3:00 Home Shopping 4:30 It Is Written 5:00 Hour Of Power	6:00 Mork & Mindy 7:00 Everybody Loves Raymond 8:00 The Bachelor Australia 10:50 Sex And The City 11:30 The Loop 2:00 Everybody Loves Raymond 2:30 Becker 3:00 Charmed 4:00 Mork & Mindy 5:00 Home Shopping 5:30 Mass For You At Home	6:00 Get Smart 6:30 Monster Jam 7:30 COPS 8:30 Law & Order: SVU 10:30 Touch 11:30 48 Hours 12:30 Bellator MMA 2:10 COPS 3:10 Adventure Angler 3:40 Omnisport 4:00 NASCAR Nationwide Series Highlights 5:00 NASCAR Sprint Cup Highlights	6:30 World News 7:30 Born In The Wild - Orangutan 8:30 Full Metal Jacket - Movie 10:35 UCI Road World Champion- ships 2014 1:30 Movie: Maiko Haaaan!!! 3:45 Al-Qaeda Confidential 4:55 Shane Delia's Spice Journey 5:00 NASCAR Sprint Cup Highlights 5:35 Japanese News	6:00 Drive It! 6:30 TV Classics - Bonanza 8:30 Universal Concert Hall - Celtic Thunder 9:30 Songwriters Across Australia 10:00 Speaker TV 11:00 Underground Sounds 11:30 Le Clubz 12:00 Guitar Gods and Masterpieces 12:30 The Tribute Show 1:00 Movie: The Giant Spider 2:30 The Ugly Stick 3:00 New Game Plus 3:30 Ecotopia 4:00 Documentaries & Reports 5:00 World Stories 5:30 Life News

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Recipe for Today

Pineapple Stir-Fry

Ingredients

1 cup chopped yellow onion (½ of a medium onion); 1 tablespoon minced garlic (3 or 4 medium cloves); 2 medium carrots, thinly sliced; 2 ribs celery, sliced; 1 medium red bell pepper, seeded and chopped; 6 medium white or cremini mushrooms, sliced; 1 cup pineapple juice (or juice from one 20-ounce can); 2 cups cubed fresh pineapple (or one 20-ounce can); 1 teaspoon freshly minced ginger; 2 teaspoons brown rice vinegar; ¼-½ teaspoon red pepper flakes (these are spicy); 4 green onions, chopped; 4 cups cooked brown rice or noodles to serve 4



Instructions

1. Chop and prepare all ingredients before starting, as this dish cooks up quickly. Place 1 tablespoon of water into a large skillet on high heat. When the water begins to sputter, add the onion and cook stirring for 1 to 2 minutes.
2. Add the garlic, carrot, celery, bell pepper, and mushrooms, and cook stirring for 2 to 3 minutes. Add a little of the pineapple juice gradually as needed to keep the vegetables from sticking.
3. Add the pineapple, ginger, vinegar, red pepper flakes, and any remaining pineapple juice, and cook stirring for another 2 minutes. Stir in the green onion last, just before serving. Serve immediately over hot, cooked brown rice or noodles.

Preparation: 30 minutes | Cooking: 8 minutes | Serves: 4
For more recipes: Visit <http://www.straightupfood.com/>

Enhancing Independence, Mobility and Dignity

Independence comes with mobility and our ability to conduct our daily chores with least dependence on others. Simple products like a reacher, a walker, a wheel chair or a mobility scooter can make a huge difference to how we feel about ourselves. This feeling of self worth and self-esteem comes with our ability to do what we want with our selves.

“Comfort Discovered” (511 Pacific Highway, Mt Colah, NSW 2079. Tel 99874500) has been helping seniors and people with physical challenges to live their lives independently by providing innovative and creative solutions. They are celebrating 30 years of excellence with a new spacious show room and enhanced product range. Products as innovative and indispensable as Tap Turners, Jar Openers, Reaching Aid or as useful as Circulation Socks or Fastener Free Bras.

While one expects to see only scooters, walkers or toilet aids in a Mobility shop, at Comfort Discovered, one would definitely find these and much more. This is one stop shop for all things related to Mobility Aid, Arthritis Care, Back, Neck and seat supports and a lot more. The range of cushions to ease the pressure and discomfort of daily life need to be tested to believe.

Some times the hesitation to invest in equipment can deprive us from the simple joy of enjoying a good day. That should no longer be your concern. Comfort Discovered has a large range of products for hire. So visit their new and expanded showroom, which is open 7 days.

Happy 105th Birthday

Mum was born on the 24th September 1909 at Glebe and lived in the inner Sydney suburbs of Campsie, Leichhardt and Haberfield before moving to Baulkham Hills in 1990 (where she still lives today in her own home). Her husband Alf passed away suddenly in 1992.

Incidentally Mum's mother lived to the great age of 94.



Mum has 3 children (Ron and Graeme who live in the Hills district) and daughter Glenys who lives in Melbourne. She also has 7 grandchildren and 9 great grandchildren.

Mum is a caring person, who has a strong, alert mind and keeps up with all the news and enjoys family and friends to come around for a chat.

Mum says that she cannot believe that she has attained this wonderful age. It's amazing to think what has transpired in the world over her life time , from airflight , communication changes , world wars , space exploration to name just a few.

Family and friends will be getting together with her on the 24th to celebrate her 105th birthday.

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WHAT'S ON IN THE HILLS TO HAWKESBURY REGION

Sat 13th Sept - 9am to 5pm The Secret Garden and Nursery Spring Fair

Venue: Bourke St. Richmond and College Drive
Face Painting, White Elephant Stall, Sausage Sizzle, Kid's Activities, Devonshire Teas, Plant Nursery & Animals. Come along and enjoy the day while discovering our wonderful plant nursery. Call 0414 784 460. Visit www.hawkesburytourism.com.au

Sat 13th Sept - 8am - 12pm Hawkesbury Harvest's Castle Hill Farmers & Fine Food Markets

Venue: Castle Hill NSW
Our Markets are supplied fresh from the farms of Hawkesbury Harvest and includes product from the surrounding regions. The Freshness and Quality of the food will make your mouth water. Call 0418 218 151. Visit www.destinationsydneysurrounds.com.au

Sat 13th Sept - 10am - 2pm Waves Fitness & Aquatic Centre Open Day

Venue: Waves Fitness & Aquatic Centre, 44 Mileham Avenue, Baulkham Hills
Free entry all day, with hundreds of giveaways and prizes. Jumping castle, fairy floss, showbags and pool activities. Swimwear sale, membership specials and competitions. Hills Club BBQ and registration day. Speed celebrity swimmer appearance and signing. Fun for all the family. Call 9639 6133. Visit www.wavesfitnessandaquatic.com.au

Sat 13th Sept - 8.30am Kenthurst Galleries - \$600 And Under Exhibition

Venue: 39 Kenthurst Rd, Kenthurst NSW 2156
Renowned around Australia, one of the gallery's unique features is that it has six

exhibiting galleries and more variety under the one roof than perhaps any other gallery in Australia. Call 9654 2258. Visit www.destinationsydneysurrounds.com.au

Sat 13th 9am to 5pm - Sun 14th Sept - 9am to 3pm Blacktown City Orchid Society Inc. Annual Spring show

Venue: Seven Hills Shopping Cntr
Admission is free. There will be orchid plants for sale, orchid growers on hand to give advice on orchid care and potting demonstrations. Call 0416 015 612.

Sat 13th & Sun 14th Sept 9am - 5pm Introduction to Permaculture-Module 1-4 @ Bandusia

Venue: 1056 Upper Macdonald Rd, Upper Macdonald (St Albans), NSW, Australia
Workshop, course materials, morning tea, afternoon tea and a beautiful setting to learn in! (NB; lunch, evening meal and accommodation is not included in the package price). Call (02) 4568 2036. Visit www.permaculturesydneyinstitute.org

Sat 13th & Sun 14th Sept 10am

Nominations: Killarney Polo Tournament

Venue: Killarney Polo Club, 49 Old Kurrajong Road, Richmond
Bring your own picnic lunch and picnic blanket. Viewing area at a safe distance beside the field under the beautiful Killarney plane trees. Call 0412 479 046. Visit www.nswpolo.com.au

Sat 13th & Sun 14th Sept 9am - 4pm Pop Up Library

Venue: Main St. Castle Hill
This outdoor Library has been designed with sustainability in mind and is made from recycled cardboard. Recycled

books will be available to browse then take one home! Call 61 2 9843 0555. Visit www.thehills.nsw.gov.au

Sat 13th Sept - 10.30am Annual General Meeting Of H.C.M.E.P. Inc.

Venue: Building 18 Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills
For more info: PHONE 9686 1878, FAX 9686 1013, Email: secretary@cmep.org.au. RSVP 10.9.14

Sun 14th Sept - 10am - 3pm Kenthurst Fair

Venue: John Benyon Rotary Park, Kenthurst
Family fun day, market stalls, food and drinks, rides and fun for children, stage acts, music and street parade at 11am. Call 61 2 9843 0555. Visit www.thehills.nsw.gov.au

Sun 14th Sept - 1pm - 8pm OBF Gala Concert

Venue: William Clarke College - Performing Arts Hall, Wrights Road, Kellyville (Gate 4)
This concert will feature a vast array of award winning local concert ensembles including Castle Hill High School, Crestwood Public School, Matthew Pearce Public School, William Clarke College, The Hills Music Academy and many more! Great music for the whole family. Call 9620 7903. Visit www.hillsmusicacademy.com.au

Sun 14th Sept - 10am-3pm Bike, Drop & Shop - NSW Bike Week event

Venue: Loder House, Windsor Mall Sunday Markets
FREE maintenance check by the mechanics from Bicycle Centre Hawkesbury. Free Kid's Prize Wheel for under 10yrs. Get your bicycle ready for the following week's 21 Sep "Yabba Dabba Cycle Do" family event or the Nov White Ribbon Charity Rides. Call 401710540. Visit www.transport.nsw.gov.au

Sun 14th Sept - 10am to 2pm Macquarie Towns Motorcycle Restoration & Preservation Club ANNUAL CLUB SHOWDAY - always the 2nd Sunday in September.

Venue: Macquarie Park, Windsor NSW 2756
Thousands of dollars worth of Vintage, Veteran and Modern Motorcycles plus Spectacular Antique Machinery on display. Talk to owners who have devoted many hours restoring their machines. Call 0412 719 235. Visit www.hawkesburytourism.com.au

Sun 14th Sept - 10am - 4pm A Walk Through History

Venue: Australias Retreat, Wisemans Ferry
Join Heather Winch for a walking artists tour of the Great North Road. An experienced tutor, artist and historian, Heather will assist you with drawing skills while we walk, then help develop your work into a finished piece. Call 0428 880 095. Visit <http://www.thehills.nsw.gov.au>

Sun 14th Sept - 11am - 7.30pm Crestwood Fair

Venue: Crestwood Reserve, Chapel Lane & Peel Road, Baulkham Hills
Crestwood Fair is a great fun-filled day for all the family, jam-packed with entertainment, Crestwood Idol, free activities, carnival rides, competitions, market stalls, food and of course fireworks. Be dazzled by the astounding fireworks. Call 61 2 9843 0555. Visit www.crestwoodfair.net

Mon 15th - Wed 17th Sept 12am

The Hills Garden Competition
Venue: The Hills including West Pennant Hills, Cherrybrook, Glenhaven, Dural and Galston
The Hills Garden Competition is open for applications until

12 September with judging of the 18 categories between 15 and 17 September. Call 0410 598 026. Visit www.rotaryhills.org.au

**Mon 15th Sept - 2pm
Meet the Author - Peter Docker**

Venue: Pennant Hills
Docker's story takes place at the moment when three generations of war veterans turn on each other in the red dust of a desert mining town. This high-action thriller could be the love-child of Mississippi Burning and The Chant of Jimmy Blacksmith seen through the eyes of Izzy. Visit www.hornsby.nsw.gov.au

**Tues 16th Sept
1:30pm-3:30pm
Coping with memory loss**

Venue: Pennant Hills
Do you worry about your memory or care for a person with dementia? This information session will provide some information about memory loss and dementia as well as local support services. Visit www.hornsby.nsw.gov.au

**Thurs 18th Sept - 10am-12 pm
Third Thursday Book Club**

Venue: Central Library, Windsor. FREE All Welcome. Meet fellow readers, talk about books you have read and discover new titles and writers. Call (02) 4560 4460. Visit www.hawkesburyaustralia.com.au

**Fri 19th Sept - 9.30am - 12pm
Smart Marketing - How To Increase Your Return On Your Marketing**

Venue: Community Meeting Room 1-2 - The Hills Shire Council - 3 Columbia Court Baulkham Hills
Smart Marketing' is part of The Hills Shire Councils 'Get Smart' series of Business Growth workshops. The Hills Shire Council is partnering with Binarix to bring you 'Smart Marketing'. Call 61 2 9843 0555. Visit www.thehills.nsw.gov.au

**Sat 20th Sept - 9am
Richmond Jubilee**

Venue: Windsor Street, Richmond NSW
Ride the Lachlan Valley Railway steam train on both Saturday and Sunday! Hawkesbury expo, storytelling and old fashioned games in Richmond Park, stalls, fantastic shopping, scrumptious food at the local cafes & restaurants, heritage walking tours and lots more. Visit www.richmondjubilee.com.au

**Sat 20th & Sun 21st Sept
10am - 4pm
Richmond Vale Rway Museum**

Venue: Richmond Main Colliery site, Main Road 135, Leggett's Drive, Richmond Vale, NSW
The annual Family Fun Fest is on again. Features of the Family Fun Fest include steam train rides with Marjorie, miniature train rides, carnival rides, market stalls and childrens activities. Call 4001 0197. Visit www.richmondvalerailwaymuseum.org

**Sat 20th & Sun 21st Sept - 9am
Sydney Antique Machinery Club's "Clarendon Classic Rally"**

Venue: Hawkesbury Showground, Racecourse RD, Clarendon NSW
There's also loads of free fun for all the family, great food at the local cafes, pubs & restaurants, fabulous unique stores, old fashioned games. Call 0418 453 203. Visit www.hawkesburyaustralia.com.au

Sat 20th Sept - 10am - 12 Windsor 7th Day Adventist

Venue: Near the Cnr of Suffolk & Macquarie streets, Windsor
The Windsor 7th Day Adventist church is holding its spring service, special musical items amongst a floral & produce display. Produce will be donated to the needy. Vegetarian lunch will be provided after. Call 0417 68 36 30.

**Sat 20th & Sun 21st Sept
Clarendon Classic Machinery Rally**

Venue: Hawkesbury Showground, Racecourse RD, Clarendon NSW

Two day event including restored tractors, and stationary engines, vintage cars, trucks, bikes, antique tools. Implement demonstrations with machinery of days gone by. Great family day. Kids amusement rides. Food and drinks available allweekend. Call 0419 688 542. Visit www.sydneyantiquemachineryclub.com

**Sat 20th & Sun 21st Sept
9am - 5pm
Cider and Wine Making Workshop**

Venue: 1056 Upper Macdonald Rd, NSW, Australia
Wine and cider are some of the world's most popular and versatile foods. This workshop will help you to transform fruit into delicious wines and ciders. Call (02) 4568 2036. Visit www.permaculturesydneyinstitute.org

**Sun 21st Sept - 10am - 2pm
Castle Hill Orange Blossom BMX Open**

Venue: Castle Hill
Over 500 BMX racers from all over NSW will be racing in the 32nd Annual Castle Hill Orange Blossom Challenge. Spectators are free and more than welcome to come down and watch the exciting racing of this growing Olympic sport at the Castle Hill track in the Fred Caterson Reserve from 10am. Call 0404 093 303. Visit www.facebook.com/castlehillbmx

**Sun 21st Sept - 12.30pm - 4pm
Jazz at the Pines**

Venue: Roughley House, 656a Old Northern Road, Dural
Relax with live Jazz in a garden setting and enjoy an afternoon of live jazz in the grounds of historic Roughley House at Dural. Bring your picnic basket and relax under the beautiful pine trees Tables can be booked in advance or bring your own tables and chairs or picnic rug. Afternoon tea is available. Call 9651 4411. Visit www.jazzatthepines.org.au

**Tues 23rd Sept - 11am - 4pm
The Hills Seniors Dance**

Venue: Castle Hill
Foot tapping rhythm, new vogue dances - come and join in to have a great day. Everyone is welcome. This friendly event has been running for nearly 20 years. Come and listen to music you love with a group, or by yourself. Lucky door prizes and raffle. All proceeds to MS Australia (Multiple Sclerosis). Call 9186 2545. Visit www.seniorshelpers.com.au

Wed 24th Sept - 10-11.45am

Hawkesbury Family History Group Meetings
Venue: Central Library, Windsor
At each meeting guest speakers talk on a variety of topics related to family and local history. Call (02) 4560 4460. Visit www.hawkesburyaustralia.com.au

Fri 26th Sept - 10am-2pm

KNIT with Friends
Venue: Central Library, Windsor
Last Friday of the month 10am-12pm - except November to January. Join our local Wrap with Love group who knit, crochet and sew blankets for people in need the world over. Call (02) 4560 4460. Visit www.hawkesburyaustralia.com.au

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490 Quakers Hill Parkway, Quakers Hill
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Brilliant Creatures: Germaine, Clive, Barry & Bob
Tuesday, 16 September 2014 - 8:30pm
New Series

#ourABC

Brilliant Creatures is a 2x58-minute documentary series focusing on four significant Australians: satirist Barry Humphries, art critic Robert Hughes, feminist and academic Germaine Greer, and poet, writer and broadcaster Clive James. They all left our shores in the late 50s and 60s and went on to become cultural iconoclasts at the centre of western cultural life in London and New York.

What's unique about this series is that their remarkable individual and collective stories are authored and presented by Man Booker Prize-winner Howard Jacobson, who himself is an intrinsic part of the story. In 1965 Jacobson came to Australia to replace Germaine Greer at the University of Sydney. At one time he was married to an Australian; he also wrote a book about his travels in Australia; and has over the years met all four of our key characters.

This 'Gang of Four' Australians literally changed the cultural landscape of their homeland from half a world away. Hughes, Humphries, Greer and James were a brilliant quartet of minds, war babies born to the cheerful cultural stillness of the Menzies era, who were the vanguards of enormous cultural change both in Australia and around the world.



The Code
Sunday, 21 September 2014 - 8:30pm
New Series

#ourABC

From the outback of Australia to the corridors of power in Canberra, The Code tells the story of two very different brothers who unearth information that those at the highest levels of political power would kill to keep secret.

Ned Banks (Dan Spielman) has spent the last ten years juggling his career as an online journalist while caring for his smart but troubled brother, Jesse (Ashley Zukerman).

When Alex Wisham (Lucy Lawless) sends him a video file of an accident in the outback involving two teenagers and a truck from a classified research facility, Ned thinks his big break has finally come. But the file is corrupted.

With Jesse's help, Ned is able to clean up the video, and its contents are shocking. Ned and his boss Perry (Adam Garcia) attempt to publish the video online but the response is immediate and frightening: they're warned to leave the story alone.

The prospect of the accident going public is scaring powerful people. The Prime Minister's Chief of Staff, Randall Keats (Aden Young) and Director of Communications, Sophie Walsh (Chelsie Preston Crayford) are directed to feed one of their own minister's infidelities to the press gallery in an attempt to distract them from the explosive story behind the accident.

But the swift and stern reaction to the video drives Ned to investigate further, and he books a flight to the accident site - a decision that will have deadly consequences.



The Sixties
Sunday, 14 September at 8.30pm & Tuesday, 16 September at 7.30pm
New Series

From the assassination of JFK, the Cold War and Civil Rights, to the moon landing and Beatlemania, Emmy nominated ten-part documentary series The Sixties presents a unique view of this decade that arguably changed the world forever.

Produced by multiple Emmy award-winning producers including Tom Hanks, Gary Goetzman and Mark Herzog, this provocative documentary series explores the most transformative years of the modern era in America and beyond, and examines how and why this decade became a period of such consequence and fascination.



Yotam Ottolenghi's Mediterranean Feast
Thursday, 25 September at 8.30pm
New Series

Following on from the first season, Yotam Ottolenghi returns in this all new series exploring the unique foods, flavours and culinary traditions of the Mediterranean Islands. Each episode features a different 'dream-holiday' destination from Corsica to Mallorca and from Sardinia to Crete.

Yotam meets local producers, chefs, farmers and food heroes with the aim of learning about their produce and how they use it. He then creates his own mouth-watering recipe, paying respect to the ingredients.

His trademark charm shines through as he eagerly learns from locals, humbly tries his hand at local food making techniques with mixed success, and delights in every new discovery and landscape. This series decodes history on a plate as it's a cultural and culinary exploration, and a personal journey of inspiration for Yotam, providing the impetus for new flavours in his own recipes. Every minute of this series will have food-lovers drooling.





Hair
Thursday, 18 September 2014 - 8:35pm
New Series

Stand by your scissors as eight talented amateur stylists compete in hair-raising, hair-styling challenges! Over six weeks of teasing, cutting, braiding, plaiting, styling and blow drying, will result in one of them being crowned Britain's best amateur hairdresser.

Chosen from 100s of applicants, our young competitors come from different walks of life but each have their own unique vision and are utterly passionate about hair. They include 16 year old Kobi, who has been practising his skills on his family at home; nurse Annie, who sees hairstyling as an escape from the everyday; beautician Amy, who likes to style hair for weddings; 1950s enthusiast Laura; Katie, who practises on her two daughters; self-taught Marvin; part-time teacher Ebuni and Polish born Dominika, who likes to challenge herself.

But will their passion and creativity be enough to impress the straight-talking expert judges - royal hairdresser Denise McAdam and celebrity superstar stylist Alain Pichon?

Hosted by Steve Jones, each episode sees the contestants facing three tricky challenges in a race against the clock - they have to continually improve their skills and draw on all of their creative flair to make it into the next round. In the first episode our contestants must create a quiff at least 7cm tall. In the block head round, they must use their plastic heads to cut the perfect one-length cut.

The winner of the block head round has an advantage moving onto the final round - the freestyle challenge. In this challenge our contestants have three and a half hours to showcase their techniques and creativity to create a fairytale hairstyle on their chosen models. Will Marvin, emerging as an early favourite, win the round with his woodland fairy hairstyle? He has tough competition from Laura's Queen of Hearts and Dominika's Thumbelina flower creation. At the end of the challenge, who will win and who will be going home?



Basketball: Women's World Cup Turkey: CUB v AUS
Saturday, 27 September 2014 - 9:10pm

We've just watched the BOOMERS play in the FIBA MEN's BASKETBALL WORLD CUP now it's the turn of the OPALS as they battle it out in the

2014 FIBA BASKETBALL WORLD CHAMPIONSHIPS FOR WOMEN.

From Saturday September 27, tune in to ABC2 for your nightly fix of basketball from the 2014 FIBA BASKETBALL WORLD CHAMPIONSHIPS FOR WOMEN live from Turkey.

Calling the games from Istanbul and getting the latest news from inside the Aussie camp are Narelle Fletcher and premier basketball commentator John Casey.

Before crossing to Turkey for live OPAL games, join the basketball mad hosts of DOUBLE DRIBBLE nightly at 8.20pm as they give you their take on the action, highlights and fun from the 2014 FIBA BASKETBALL WORLD CHAMPIONSHIPS FOR WOMEN.

Then each night, sport broadcaster Stephanie Brantz will take us through the night's coverage with a rotating cast of experts including former OPAL - Rachael Sporn.

The commentary teams will also share their knowledge of the OPALS and their opposition, along with their thoughts on the Aussies' chances on the world stage in 2014.

If its basketball you want, we'll bring it to you in September and October on ABC2.

Join the OPALS live for their first tip off of the tournament when they play Cuba on Saturday September 27 at 9.10pm AEST.



ALL NEW ARROW - Season 2 – Episode 14
"Heir To The Demon"
Tuesday, September 23, 2014 At 10.10Pm

Sara returns to Starling City at Oliver's request to check on Laurel, and both he and Quentin would like her to stay. her situation becomes precarious when a member of the League of Assassins arrives in town and sets out to persuade Sara to fulfill her vow and return to the organization... no matter what it takes. Meanwhile, Felicity discovers Moira's secret and must choose whether to tell Oliver or not.



All New The Block Glasshouse - Episode 41 – 'The Jury Votes'
Monday September 22 At 7.30Pm

Darren & Dee continue their tirade against the judging – well Dee anyway. Scott changes the jury vote again! This time it's individual voting but collusion is rife. Couples make plans for terraces. The D's want an extra balcony. Michael and Carlene have 2 spaces as does Chris & Jenna who also need to complete the "world's biggest wall". Max takes the girls out to try on a wedding dress, the everyone heads to HQ. Max gets howled out by Scott for her evil strategic plan but Chris and Jenna go one better by scoring everyone zero. A handy 5k goes to the cash strapped pair.





HEALING with COLOUR

Our guest writer in this edition is Sherre Maniks, a Transpersonal Art Therapist. Sherre uses colour therapy with surprising results.

Colours are one of the most powerful healing tools we have available to us in every moment of every day. How many times have you thrown on that fabulous aquamarine dress that matches your eyes and makes you feel a million dollars? Or thrown a rich burgundy wrap around you and felt safe and warm? We often take colours for granted yet they play an intrinsic role in how we feel, how we perform, how we are inspired, how we live our life.

In the world of Transpersonal Art Therapy, colours often evoke memories that can lead us on a healing journey within. The renowned psychiatrist, Carl Jung, encouraged his patients to use colour, knowing this to be a doorway to exploring deeper parts of the psyche.

As an Art Therapist I often use colour as a tool when working with clients ranging from children through to the elderly. Sometimes just the simple act of choosing a colour card can lead to a profound insight or breakthrough for a client. In a session once my female client chose a mottled yellow card, which upon reflection, transported her back in time to childhood memories of her homeland, the golden sands surrounding the family holiday home, her parents and siblings who she missed dearly. Memory upon memory unfolded for her, eventually leading to the source of the issue she had come in to heal. All this occurred from the sight of a colour and a safe place to explore the presenting issue.

The colours that you choose to wear are often reflecting what is going on for you on the inside. For example, red is an energising colour - it is passion, love and action. Red is also the colour of the Base Chakra which represents our security, our foundation, our individuality. It also governs our flight or fight response and our adrenals. When we are stressed this chakra becomes unbalanced and we can feel fearful, anxious, restless, disconnected from our body and others. When this energy centre is balanced we have a sense of trust in the world, we are grounded and comfortable in our body, feeling safe and connected to the earth and those around us.

A simple exercise you can do right now is to begin to take notice of the colours around you. Notice the colours that you wear every day, the colours of the food you eat, the colours of the rooms you spend time in, the colours outside the window where you are sitting in this moment.

Ask yourself, 'how does this colour make me feel right now?' Throughout the days and weeks ahead continue to notice the colours you are naturally drawn to and how they make you feel. As you notice your choices you might find there is a theme going on.

If you are the curious type, why not do an experiment one day and wear a colour that is the complete opposite of what you usually wear? At the end of the day reflect on what happened, how you felt, did anything significant happen that doesn't usually?

You could even take it one step further and capture all these feelings and thoughts in a journal. This is a powerful way to dialogue with your inner world, often leading to insights that can be invaluable to your personal growth and healing.



Sherre's clients range from children through to the elderly, including children on the Autistic Spectrum. She sees clients at Harbord Homeopathy Clinic in Brookvale, Sydney as well as running children's art workshops in school holidays at The Art Garden in Clareville, Sydney.

Sherre Maniks
www.theartgarden.com.au

Worth A Fortune! "YOU?"

What would you think about a friend who had a home worth over a million dollars or a car worth over \$80K and they had no insurance cover on it? You know they can afford the premiums but couldn't afford the loss.

Chances are the words that could come to mind would be: "Foolish", "Dangerous", "Unwise", or even "Irresponsible". What would the chances be that your friend could replace these assets if they were destroyed?

It just makes common sense to insure for the loss of your assets that would be very difficult, if not impossible to replace.

But wait.....

What about your most valuable asset – your ability to earn an income?

You may not think that you earn all that much, but it really builds up over a lifetime.

If you were to lose this ability due to illness or injury, you and your family's life could change forever. Both you and your family have invested hundreds of thousands of dollars plus time and effort to get your income earning capacity to where it is today.

Surely it is worth insuring and insuring well?

LIFETIME EARNINGS

Starting Age	Until Age Income	35	45	55	65
		25	\$ 30,000	\$404K	\$959K
	\$ 40,000	\$539K	\$1.3M	\$2.4M	\$3.8M
35	\$ 40,000		\$539K	\$1.3M	\$2.2M
	\$ 50,000		\$674K	\$1.6M	\$2.8M
45	\$ 70,000			\$944K	\$2.1M
	\$ 80,000			\$1.1M	\$2.4M
55	\$ 90,000				\$1.1M
	\$100,000				\$1.2M

Source: Planner Portal / Assumes a 4%pa growth in income.

You can seek professional assistance in tailoring an Income / Family Protection Plan to protect such an important asset. Please call Paul Ryan of Paul Ryan & Associates Mobile 0418 423 720 for an obligation free discussion.

Paul Ryan is an Authorised Representative of Patron Financial Advice (AFSL No 307379) The advice provided on this document is General Advice Only. It has been prepared without taking into account your objectives, financial situation or needs. Before acting on this advice you should consider the appropriateness of the advice, having regard to your own objectives, financial situation and needs. If any products are detailed on this document, you should obtain a Product Disclosure Statement relating to the products and consider its contents before making any decisions.

"All gain – no pain" Macquarie Towns Specialist Centre's Pain Clinic launched

Aged care representatives, doctors, nurses, Rotarians, local councillors and community members gathered this week to celebrate the launch of the new pain clinic at the Macquarie Towns Specialist Centre in Richmond on Monday, 8 September.

The Mayor of Hawkesbury, Councillor Kim Ford, praised Dr Ravindra Sahasrabudde (Dr Ravi) for his initiative and persistence in establishing a pain clinic at the Centre.

"The Macquarie Towns Specialist Centre opened in 1990 with the idea of providing a broad range of specialist services for people of the Hawkesbury community under one roof," Councillor Ford said.

"I was most interested to learn of the TELEHEALTH service which

allows people who are housebound or in aged care facilities to access services from the comfort of their homes.

"My congratulations to Dr Ravi, and congratulations to Windsor Rotary and all the aged facilities involved in raising funds for this worthy cause."

Dr Ravi was proud to open the pain management clinic which is based at the Macquarie Towns Specialist Centre.

"Those of us who have personally experienced constant and debilitating pain or live with someone who does will be especially grateful for a facility of this type within our area.

"We now have specialist doctors, specialist nurses and special equipment to offer in the Hawkesbury.

"We also welcome Dr Vahid Mohabbati and his team who will provide a very holistic and comprehensive service to our Centre."

Dr Ravi then detailed the Nikki Syringe Driver which delivers

controlled medication to patients with severe pain or who are in need of palliative care.

"With \$8,600 grant from the Castlereagh Community Fund, raised by Windsor Rotary and local aged care facilities, we now have eight Nikki Syringe Drivers which can be used as needed by patients in the local aged care facilities as needed," Dr Ravi said.

"The portable syringe drivers slowly administer medication as the patient needs it and this provides a much better quality of life.

"This will be appreciated by the many aged care patients who, in the past, have had to join a waiting list for such specialised equipment.

Councillor Christine Paine also attended and acknowledged Dr Ravi as a "caring human who had always worked hard to make a difference in people's



Aged care representatives, doctors, nurses, Rotarians, local councillors and community members at the launch of the new pain clinic at the Macquarie Towns Specialist Centre in Richmond.

lives", adding that "he had done amazing things to improve people's health in India as well as in Australia".

"This is part of Dr Ravi's generosity; he's someone who goes out and gets the job done," Councillor Paine said.

Macquarie Towns Specialist Centre's Pain Clinic is located at 47 East Market Street, Richmond. For more information about the Pain Clinic, email info@macspec.com.au or call (02) 4588 5636.



**DCH ANIMAL
ADOPTIONS**

Rescued recently from the pound Tyson is a lovely boy who is full of energy. He loves human attention and is very fond of having his belly scratched. He is very settled outside but loves to be inside and is a pleasure to have around once he settles. He is working on being toilet training and is getting the hang of it very quickly. Tyson is quite a sociable lad with other dogs but would really love someone who could give him all of their attention. He is an all round beautiful boy who will make a great companion to the right owner. He has recently been desexed, vaccinated, wormed and flea treated and is also microchipped.

Breed: Staffordshire Bull Terrier | **Gender:** Male | **Date of Birth:** 25 June 2009 | **Age:** 5 years and 2 months | **Colour:** Dark Brindle | **Size:** Small/medium | **Adoption Price:** \$300 | **Location:** South Windsor | **Contact:** Jamie-Leigh | **Phone:** 9627 2767 | **Email:** dchanimaladoptions@iprimus.com.au | **Website:** dchanimaladoptions.com.au



Planting now in September - Temperate Zone

Amaranth (<i>also Love-lies-bleeding</i>)	sow after risk of frost has gone	Harvest from January.
Artichokes (Globe)	Plant in garden.	Harvest from September.
Asparagus	Plant in garden.	Harvest from 24 months.
Asparagus Pea (<i>also Winged bean</i>)	Plant in garden.	Harvest from January.
Basil	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January.
Beans - climbing (<i>also Pole beans, Runner beans, Scarlet Runners</i>)	sow after frost	Harvest from January.
Beans - dwarf (<i>also French beans, Bush beans</i>)	sow after frost	Harvest from January.
Beetroot (<i>also Beets</i>)	Plant in garden.	Harvest from January.
Broccoli	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January.
Burdock (<i>also Gobo (Japanese Burdock)</i>)	Plant in garden.	Harvest from March.
Cabbage	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January.
Cape Gooseberry (<i>also Golden Berry</i>)	Plant in garden.	Harvest from February.
Capsicum (<i>also Bell peppers, Sweet peppers</i>)	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January.
Carrot	Plant in garden.	Harvest from February.
Celeriac	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from February.
Celery	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from March.
Chicory (<i>also Witloof, Belgian endive</i>)	Plant in garden.	Harvest from March.
Chilli peppers (<i>also Hot peppers</i>)	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from January.
Chives (<i>also Garden chives</i>)	Plant in garden.	Harvest from January.
Coriander (<i>also Cilantro, Chinese parsley</i>)	Plant in garden.	Harvest from December.
Corn Salad (<i>also Lamb's lettuce or Mache</i>)	Plant in garden.	Harvest from December.
Cucumber	Bring on in pots	Harvest from January.
Daikon (<i>also Japanese radish, Lo Bok</i>)	Plant in garden.	Harvest from January.
Dill	Plant in garden.	Harvest from January.
Eggplant (<i>also Aubergine</i>)	Start undercover in seed trays and plant out in 4-6 weeks.	Harvest from February.
Endive	Plant in garden.	Harvest from January.
Fennel (<i>also Bronze fennel</i>)	Plant in garden.	Harvest from February.
Horseradish	Plant in garden.	Harvest from March.
Jerusalem Artichokes (<i>also Sunchoke</i>)	Plant in garden.	Harvest from March.
Kohlrabi	Plant in garden.	Harvest from January.

Health Benefits of Avocado

When it comes to nutrition, avocados are in a class by themselves because of the unusually large number of benefits they offer - more than 20, last count. Loaded with fiber, one avocado contains 36% of the daily requirement of vitamin K, 30% of the folate, and 20% each of the daily requirements of pantothenic acid (vitamin B5, needed to break down carbohydrates), vitamin B6, vitamin C, and potassium - more than twice the potassium of a banana. Vitamin E, niacin, and riboflavin levels deserve honorable mention. Eaten with other foods, your body is better able to absorb the nutrients, such as alpha- and beta-carotene and lutein.



Avocado is one of the few fruits that will provide you with "good" fats. That means it can help keep your cholesterol levels already in the healthy range, and help lower your risk for heart disease.

Avocados are one of the best fruits for your health.

Studies Done on Avocado

Loosely described, lipids, their derivatives, and related substances are fatty acids. Scientists discovered only 40 years ago or so that they're not just simple building blocks, but perform complex, cell-regulating tasks on a molecular level, like messaging hormones, for example.

One study was undertaken to see if avocados might have more lipids than other fruits and vegetables, which, while rich in carotenoids, are lipid challenged, impeding nutrient absorption. Researchers found that adding avocados to salad and salsa (foods used in the study) can significantly enhance your body's ability to take up the benefits of carotenoids, due primarily to the lipids in the avocados.

The yellow-green color of avocados prompted another study, since color in other plant-based foods indicates carotenoid and other "bioactive" action, indicating possible cancer-fighting properties. The premise was that the monounsaturated fat in avocados might help your body absorb important bioactive carotenoids in combination with other fruits and vegetables, and therefore significantly reduce your risk of cancer.

Another study showed that the lipids extracted from avocados might prove photo-protective against harmful effects of radiation, such as sun damage, inflammation, and even skin cancer, if ingested before exposure.

Health Benefits of Bananas

Bananas contain all kinds of good things - health-promoting flavonoids and polyphenolics, such as lutein, zeaxanthin, beta and alpha carotenes, acting as free radical-gobbling antioxidants. That's also an advantage in the high vitamin C content, most known for its infection-fighting properties.



Just one banana contains 467 mg of potassium, which is important for controlling your heart rate and blood pressure. This is interesting, since the same amount of banana has just one milligram of sodium. The vitamin B6 (pyridoxine) in bananas provides around 28% of what is needed daily to help prevent anemia and coronary artery disease.

And that's just part of it. Fiber in abundance helps keep your digestive system regulated. Magnesium helps strengthen your bones and protects your heart. Manganese is needed to activate antioxidant enzyme. One banana supplies an adequate amount of copper to keep up the production of red blood cells.

Note: You can freeze bananas, but if you refrigerate them, they'll turn black.

Studies Done on Bananas

Research showed that among fruits and vegetables proven to be associated with cutting your risk of renal cell carcinoma, bananas were the highest¹. Another study showed that bananas, which are rich in vitamin A and carotenoids, have the potential to protect you against chronic diseases like diabetes, cardiovascular disease, and other types of cancer.

More positive proof of banana's singular health benefits emerged in a study showing an important link between foods containing high levels of potassium, magnesium, calcium and fibre - like bananas, for instance - and a reduction in the risk of stroke in men.

COMMUNITY GROUPS

OUR COMMUNITY GROUPS ARE ALWAYS LOOKING FOR NEW MEMBERS

Hornsby Ku-ring-gai & Hills District Cricket Association Inc

Operates from various locations in region - call for information a club in your area
Phone: Craig Menzies 0488 772 707
Email: executive.officer@hkhdcda.com.au
Web: www.hkhdcda.com.au

The Lions Club of Berowra Inc

Phone: Colin Hunter 02 9456 1121
Email: info@berowralions.org.au
Web: www.berowralions.org.au

Description: A charity service club. Meetings held on third Thursday of the month at 7:00pm for 7:30pm. Contact: President Colin Hunter 02 9456 1121 (h)

Rotary Club Of West Pennant Hills & Cherrybrook Inc.

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

2nd Castle Hill Rovers

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

Zonta Club of Sydney Hills Inc

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

Community Fdn of North Western Sydney

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

Australian Sikh Association Inc

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

Scouts Australia - Greater Western Sydney Region

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

Boys' Brigade NSW

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

Sleep Disorders Australia - NSW Branch

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

STaR Association

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

Cystic Fibrosis Australia

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

The Hills Community Aid and Information Service Inc.

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

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

Macquarie Towns Garden Club

If you love gardening, are passionate about

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

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

Winston Hills Joey Scouts

Monday nights 6.30-7.30pm. Winston Hills Scout Hall, Edison Parade, Winston Hills. Joey Scouts is for boys and girls 6-8 years. Joys help to develop leadership and team skills, meet new friends and be creative, imaginative and have fun. For more information contact Helen Sara 9862 8482. Email hsara@optusnet.com.au.

The Family History Group of the Parramatta and District Historical Society

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

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

Country Womens Association, Kurragong

Meets on 3rd Wednesday of each month, 10am to 1pm at the CWA Hill, 58 Old Bells Line of Road, Kurragong. Contact Eileen Reid 02 4573 2679

Hawkesbury Artists and Artisans Trail

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

The Hills Motor Scooter Group

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

Hawkesbury District Agricultural Association.

Hawkesbury Agricultural Show, horse & cattle shows, show hire facilities. Hawkesbury

Showground. Meetings: 3rd Tuesday of each month 7.30pm-9.00pm at Showground Committee Room. Volunteers accepted. Ph: 4577 3591 (BH) Email: hdaa@hawkesburyshow.com.au
Web: www.hawkesburyshow.com.au

Hawkesbury Model & Hobby Show Inc

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

Senior ladies ,over 60 needed to play tennis.

Tuesdays 9.30am. Hastings Park, Cherrybrook. Ring Dorothy. 96343081'.

Castle Hill Senior Citizens Club Inc.,

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

Annangrove Playgroup.

Playgroup for 0-6 year olds
Fridays 9-11am within Annangrove Public School. 185 Annangrove Road, Annangrove. No weekly fees. **Open day Wednesday 20th August, 10-12noon.**
Contact Annette: 0434 401 077

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

The Hills Learning Centre

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

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

Please send us details of your Community Group, we would love to advertise them here. Send your details to:

contribute@hillstohawkesbury.com.au

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