

Opening APM Kingston office

APM's new Kingston office was officially opened by Kingborough Mayor Paula Wriedt last week.

State manager of APM John Klug, business managers Jose Matteo, Steven Triffitt and De Bogert and their staff as well as representatives from Banjos, North West Bay Golf Club and Konekt Workcare all attended.

APM Kingston currently have over 70 clients they are working with to support into sustainable employment, as well as providing support to just under 40 clients who are currently in active employment.

APM staff discussed the future of disability employment support with Cr Wriedt.

"The re-opening of a dedicated Disability Employment Services Office in Kingston is an embodiment to APM's commitment to inclusivity, equal opportunities and societal progress," business manager Jose Matteo said.

"By empowering individuals with disabilities to find their place in the workforce, they are able to break through any prejudices and propel themselves towards a bright future built on compassion, understanding and true integration.

"When individuals with injury, illness or disability are actively engaged in meaningful employment, the benefits are not merely confined to the individual.

"Their empowerment and financial independence lead to self-confidence, improved mental well-being, and a sense of belonging that positively affects the entire community."

Cabinet's new Housing Minister

The state government has recently seen some changes in Premier Jeremy Rockliff's Cabinet.

"As well as Premier, I will be the Minister for State Development, Trade and the Antarctic," Premier Jeremy Rockliff revealed last week.

"I will also be the Minister for Tourism and Hospitality.

"And, as I've previously mentioned, I will remain the Minister for Mental Health and Wellbeing."

Premier Rockliff has also stepped down as Health Minister with Minister Guy Barnett taking his place.



Liberal Member for Franklin Nic Street will be taking on a range of additional responsibilities, including Minister for Housing and Construction and Stadia and Events.

"I am looking forward to the opportunities and the challenges of the Housing portfolio and the exciting Stadia and Events portfolio," Minister Street said.

"I am committed to working with Homes Tasmania to continuing to deliver houses for Tasmanians because everyone deserves the stability and safety a home brings."



APM's new Kingston office was opened last week. Pictured Mark Manson (APM), Monique Noonan (Konekt), De Bogert (APM), Al Alexander (APM), Lisa Lovett (APM), James Caldwell (APM), Steven Triffitt (APM), Kate Howie (APM), Michelle Roelfsema (North West Bay Golf Club), Jose Matteo (APM), Daniel Wright (APM) and Kingborough Mayor Paula Wriedt. (PS)



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AT THE HEART OF THE COMMUNITY

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Woodbridge Post Office

Ye Olde Oyster Cove Store

Artist impression of the new Coles supermarket planned for Spring Farm Village. (PS)

Reflecting on mumara patrula tours

Kingborough Council celebrated the unique walks hosted by Nunami Sculthorpe-Green from Blak Led Tours with the last tour to be held on Saturday, August 6.

Kingborough Mayor Paula Wriedt said the walks were beautifully crafted and historically accurate, connecting visitors and community members with the palawa people's culture and history.

"The tours provided a fantastic opportunity to open up conversations about Tasmanian Aboriginal history, connection to landscape, and palawa language in Tasmania," Cr Wriedt said.

Nunami Sculthorpe-Green, business owner of Blak Led Tours, said it was important to be telling Aboriginal stories in the places where they came from.

"I thank Council for actively seeking out truth telling and for providing the opportunity for many people to hear these stories in Kingborough," Ms Sculthorpe-Green said.

"True stories are very important to hear. A lot of locals have attended my tours and I appreciate their openness to the history.

"It's about stories that transform people, not about translating stories for people."

Local participant Meg Denman said she had tried for a long time to get into the tour.

"I was thrilled to have the opportunity and first-hand experience with the palawa people speaking about their history and culture," Ms Denman said.

Development of the tours was supported by a RANT grant which focused on building capacity for Tasmanian communities, artists and organisations here in Tasmania.

"While the initial program of tours supported by Council is almost complete, Blak Led Tours is working on providing future truth-telling tours in Kingborough," Cr Wriedt said.

 Huon FM 95.3 Mhz Kingston FM 98.5 RADIO GUIDE

MONDAY 5am-9am Good Morning Country; 9am-10am Easy Gardening; 10am-12noon Grapevine/Great Groups; 12noon-1pm Schools' News & Music from the 80s; 1pm-2pm Listen to Laurie; 2pm-5pm My Kinda Music with Rod; 5pm-8pm Music Maestro Please with David Milne; 8pm-9pm The Tasmanian Connection-local music artists with Mike; 9pm-11pm Loongana Indigenous music; 11pm-Midnight Rootsreggae; Midnight to 5am Overnight-Aussie Rock/Pop

TUESDAY 5am-9am Good Morning Country; 9am-9.30am As the Poet Hath Said; 9.30am-10am Cinemascope; 10am-12noon Grapevine with Fiona; 12noon-2pm Going Classic with Nigel; 2pm-5pm Up the Creek; 5pm-8pm Flashback Favourites; 8pm-9pm A Breath of Fresh Air; 9pm-10pm Music Pleasure; 10pm-11pm Hit Parade of Yesterday; 11pm-Midnight Off the Record; Overnight Jazz

WEDNESDAY 5am-9am Good Morning Country; 9am-10am Dads on Air; 10am-12noon Grapevine with Helen; 12noon-4pm Musical Alphabet and Local Vocal with Helen; 4pm-5pm As the Poet Hath Said /Cinemascope; 5pm-6pm Radio Rosie, 6pm-8pm Old Skool Funk with Nigel; 8pm-10pm The Night Time; 10pm-Midnight Indigenous Sounds; Overnight 50s-80s Rock/Pop

THURSDAY 5am-9am Good Morning Country; 9am-10am Dads on Air; 10am-12noon Your Point of View with David/Andy; 12noon-1pm Tassie music mix; 1pm-2pm Aust. Bush Ballad Show; 1pm-5pm Saddle Up with Carlyne; 5pm-7pm Mixed Salad Jo from 20/4/23; 7pm-10pm Easy Street with Tracey; 10pm-11pm The Folk Show; 11pm-Midnight Aussie Music is Bloody Great; Midnight-5am Overnight-Easy Listening

FRIDAY 5am-9am Good Morning Country; 9am-10am Arts Alive; 10am-12noon Grapevine with Iris; 12noon-1pm Mid-day Blues with Fredey & Iris; 1pm-4pm Flying High with RC; 4pm-7pm Chris Burrows is back; 7pm-9pm Into the Valley with Nigel & Archie; 9pm-Midnight Friday Funk Factory with Iris; Midnight to 5am Radio X

SATURDAY 4am-6am 50's and 60's music; 6am-10am Easy Breakfast with Robbie; 10am-11am Easy Gardening RPT; 11am-12noon The Tasmanian Connection RPT; 12noon-1pm It's Time; 1pm-2pm Top of the Pops; 2pm-4pm 45RPM; 4pm-6pm Into the Valley with Fiona; 6pm-10pm Saturday Night Party and Requests Dan & Rod; 10pm-Midnight The Edge 10 @ 10; Midnight-5am The Edge@ Midnight to 5am

SUNDAY 5am-7am Sunday Morning Chilltrax with Robbie; 7am-9am Classic Cuts; 9am-10am Let the Bands Play; 10am-11am It's Good Folk; 11am-12noon Sunday Celebration; 12noon-1pm Remnant Church of Grace; 1pm-2pm Gospel Music Time with Ted; 2pm-6pm Ted's Country with Ted; 6pm-9pm Jazz with David Milne; 9pm-10pm Beale Street Caravan; 10pm - 5am Country Overnight

Hourly weather updates
with live presenter

M5996

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Kingborough Lions United Football Club donated some of their surplus playing shirts to a girls' netball team in Zambia. (PS)



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Meet your local End of Life Doula!

This *Dying To Know Day*, come along and meet some local End of Life Doula and hear from some community members who have used their services.

Hosted by Tracey Rusden of EOL Bucketlist and Bec Lyons of Solace End of Life Services, this **FREE** panel will be discussing all things end of life and there will be lots of time to ask your questions! Call for info: Bec - 0427 307 658 or Tracey - 0428 504 477

When and where?

Monday, August 7 **Sorell Memorial Hall** - 11am-1pm

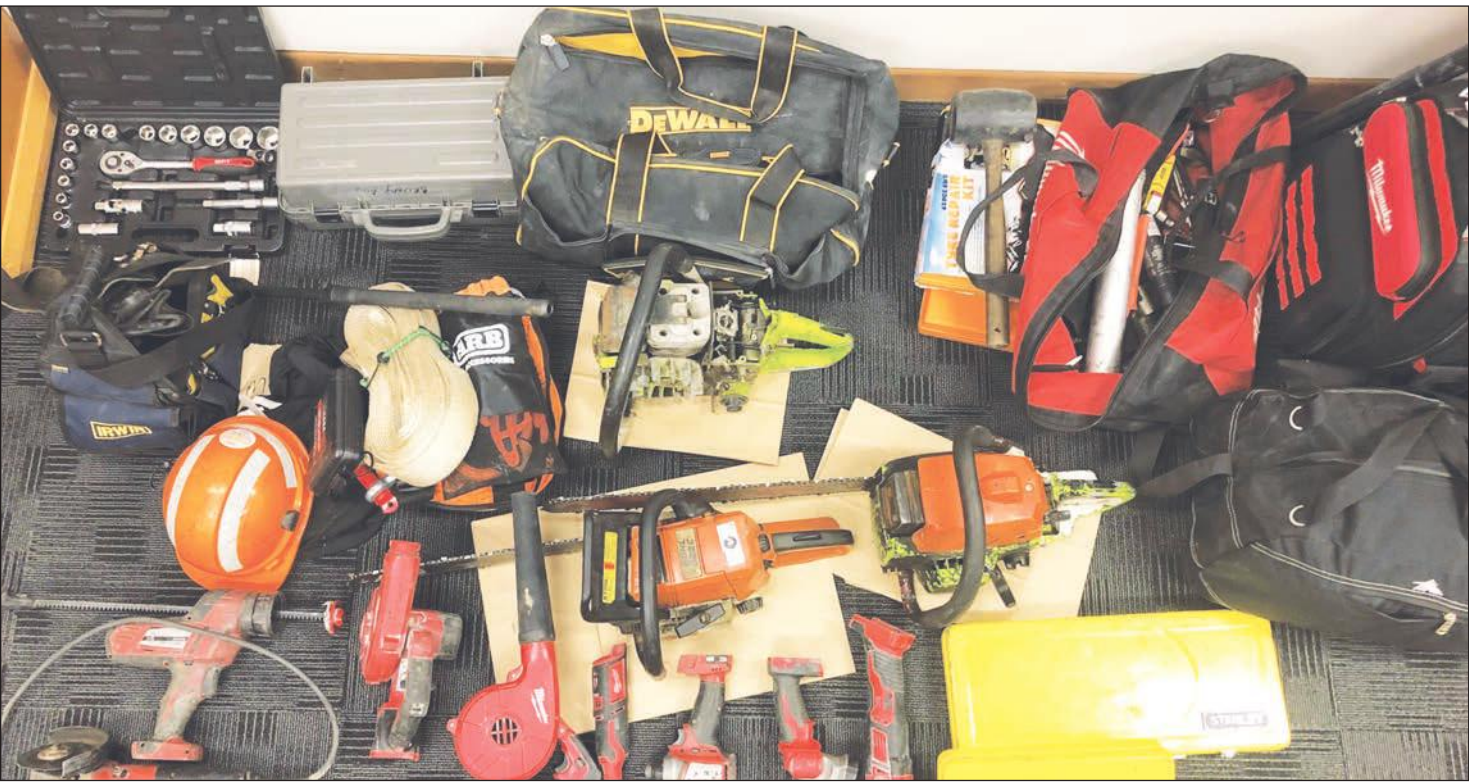
Tuesday, August 8 **Huonville Town Hall** - 12noon-2pm

Sorell - <https://www.trybooking.com/CIZJU>

Huonville - <https://www.trybooking.com/CJACL>

Sessions are free but bookings are essential!

M16561



A man from Huonville has been charged for multiple accounts of burglary and theft across Kingston and Hobart. Close to \$40,000's worth of property was stolen. (PS)

GORDON

Missing woman

Police are currently searching for a woman near Gordon in Tasmania's south-east and are appealing to the public for any information that might assist.

Police have concerns for the woman's welfare, and the Westpac Rescue Helicopter is being utilised in the search.

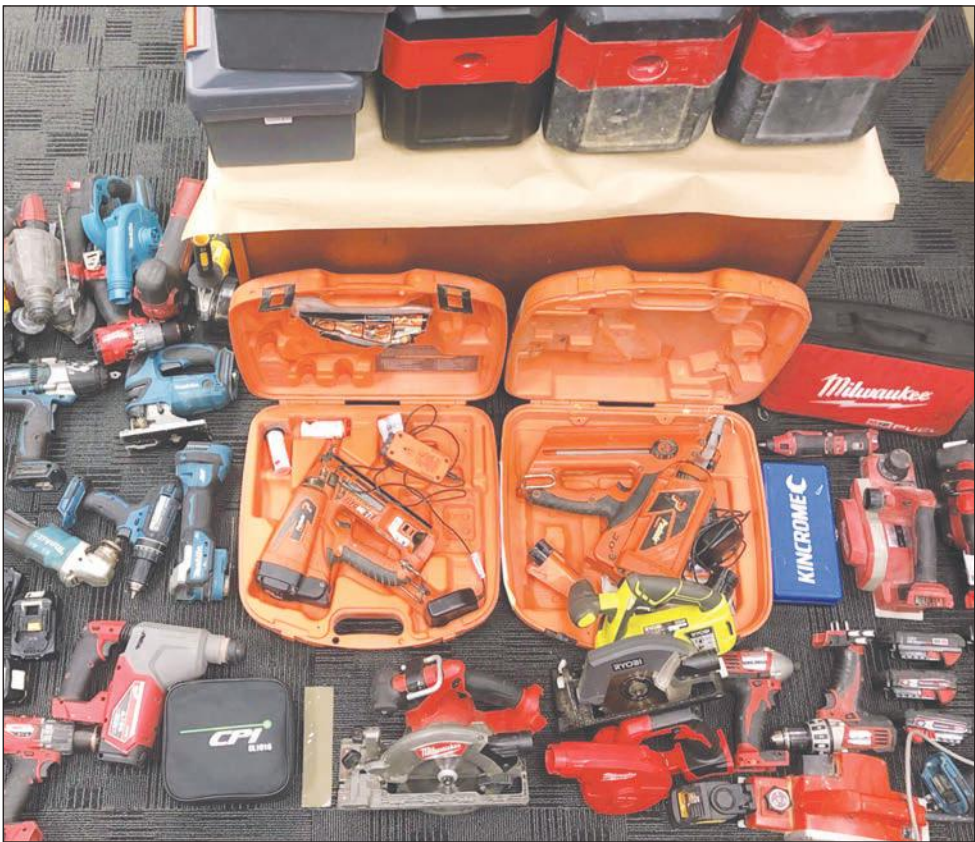
The woman is described as being in her late 30s, approximately 6 foot tall with very long, dark brown hair and a slim build.

She is believed to be wearing dark clothing and black gumboots with a red heel.

She was last seen walking on Dulcia Road near the Channel Highway around 6pm on Saturday, July 29, and police would like to hear from anyone who might have seen her since then.

Anyone with information is asked to contact Kingston Police on 131 444.

The details in this story were accurate at the time of print.



The Kingston Police would like to hear from anyone with information about the matter, or who recognises their property in these photos. (PS)

SPORT

Jones breaks a record

Local swimmer and Year 9 St Aloysius Catholic College student Eli Jones recently broke a Tasmanian record in swimming.

Eli competed in the 2023 Short Course Championships and broke the record for the Boys 14-15 years 100m Individual Medley with a time of 1:01.87.

Eli will be travelling to New Zealand next week to compete in the National New Zealand Short Course Swimming Championships held in Hawke's Bay.

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Opening of a new hall at Channel Christian School

The Arts, Recreation and Community (ARC) hall at Channel Christian School opened recently with a spokesperson calling it “A wonderful celebration to end term two”.

The ARC will host many events and activities in the coming years.

Principal Mrs Louw spoke of the importance of remembering God and his faithfulness to the school for the last 35 years.

“We honour those in the past who worked to buy the land and build the original buildings starting the school from scratch,” said Mrs Louw.

“We thank the architects, staff and families who have all contributed to building the school in the present.

“We also look forward to the future as students return as parents themselves to continue the good work building a transformational Christian learning community in Margate.”



Student Amelia addressing the crowd at the opening of the new school hall. (PS)



The ribbon was cut by founding principal Mr Vanderschoor, current principal Mrs Louw, Year 1 student Lara, Year 6 student Jonathan and past principal Trudy Verdouw. (PS)



The school choir performed ‘Forever God is Faithful’, their first performance for the year. More photos continued on page 5. (PS)

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JULIE COLLINS MP

If you require assistance on any Federal matter please contact me.

T: 6244 1222

E: Julie.Collins.MP@aph.gov.au

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From page 4. Principal Mrs Louw thanked the architects, staff and families who have all contributed to building the school. (PS)



Celebration to end term two. (PS)

Kingborough Council recycling statistics

The Kingborough Council processed 21,700 tonnes of waste, recycling and FOGO during the 2022-23 financial year.

Of that, 48.6 per cent was diverted from landfill through recycling collections centres which includes the difficult to recycle unit at the Civic Centre.

The following amounts were diverted from the Barretta Waste and Recycling Centre:

- E-waste - 38 tonnes
- Waste oil - 28,900 litres
- Paint - 22 tonnes
- Household batteries - 1800kg

- Fluorescent tubes and globes - 633kg
- X-rays - 283kg
- Expired marine flares - 192kg

The following amounts were diverted from the difficult to recycle items unit in the Civic Centre:

- Coffee capsules - 557kg (77,000 capsules)
- Books and magazines - 303kg
- Household batteries - 265kg
- Light globes - 36kg
- Small e-waste - 145kg
- Printer cartridges - 122kg
- X-rays - 223 kg



The Kingborough Council processed 21,700 tonnes of waste during the 2022-23 financial year. (PS)

BRUNY ISLAND

Bruny Island road maintenance

Kingborough Council's road and building maintenance teams have been busy on Bruny Island during the last months.

In order to maintain the local infrastructure, Council undertakes a schedule of planned works every year.

These works are a combination of ongoing maintenance work, as well as new capital projects.

Here are some of these projects recently completed on Bruny Island:

- Sealing of Harvey Road, Alonnah
- Adventure Bay Road has been widened and an off - road pedestrian path completed
- Alonnah Post Office and Museum - external painting and repairs completed

To view the Schedule of Capital Works go to <https://www.kingborough.tas.gov.au/services/works/>

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Shared services

COUNCIL AREA

The future of local government review

Future of Local Government Review Community feedback hearings are on soon.

Community hearings for the **Future of Local Government Review** are fast approaching. Nine public hearings are scheduled to be held this August, where both councils and community members will be presenting the Local Government Board with their ideas for the future of local government in Tasmania.

Community sessions will be held at the following locations:

- Southern Shore • Kingborough Community Hub, 7 Goshawk Wy, Kingston • Wednesday 16 August 2023
- Western Shore • Moonah Arts Centre, 23-27 Albert Rd, Moonah • Thursday 31 August 2023

Council sessions will also be held on these days, which community members can also register to attend.

Hearings will be livestreamed where possible. If you wish to attend a hearing, you must register your interest prior:

To find out more about the hearings and to register, visit engage.futurelocal.tas.gov.au/community-hearing-registration



ADVERTORIAL



MORE than 1200 people attended a free event in the Huon Valley to celebrate the importance of Tasmania's \$1.3 billion salmon industry to regional communities.

Salmon Tasmania's new CEO Luke Martin welcomed salmon workers, suppliers, community and government representatives to Home Hill Winery in late June.

Tasmania's three salmon producers celebrated the release of the first ever Salmon Tasmania Economic and Social Contribution Report in an event where they came together to thank the people who make their industry the success that it is.

The new report shows Tasmania's salmon industry is responsible for over one in four jobs in the Huon Valley, and 17 per cent of all employment in the Latrobe, Tasman and West Coast local government areas.

"Tasmania's salmon industry is proud of the contribution it makes to regional communities and the important role it plays

as a major employer; generating jobs and economic activity across the state," Mr Martin said.

"Economic analysis by Deloitte Access Economics provides the first comprehensive assessment of the salmon industry's economic and social contribution to Tasmania, and unequivocally demonstrates how important the sector is.

"The report found the salmon industry generated more than \$770 million worth of economic activity for Tasmania in 2022 and supported more than 5100 jobs.

"Almost 90 per cent of this economic activity occurs in regional communities, with about nine out of 10 salmon jobs located in regional areas," Mr Martin continued.

"Salmon workers in regional communities are paid, on average, 56 per cent more than other people who work in these areas."

Huon Valley Mayor Sally Doyle welcomed the report's finding that more than one in four jobs in the region were directly or indirectly generated by the salmon industry.

"You can't go to the shops in the Huon Valley without seeing salmon workers in their uniform and our schools are full of kids whose parents work in the industry," Mayor Doyle said.

"It's not just the direct economic activity and jobs created by the salmon industry, it's the follow-on benefits as well, like the local shops and takeaway stores that wouldn't survive without the business they get from salmon workers every day."



H21641



Over 1500 people enjoyed the recent Night of Lights at Kingborough Community Hub. Pictured Margate resident Jacey participating in a circus routine. (PS)



Mr Shaggles showed off some hula hoop tricks in the auditorium. (PS Declan Shai Photography)



Fyrebird Flow Collective wowed their captive audience with fire spinning. (PS Declan Shai Photography)



Taiko drummers led the lantern parade through Kingston Park. (PS Declan Shai Photography)



Dave Wane performed live music at the Night of Lights. (PS - Declan Shai Photography)



Bollywood dancers finished the night by inviting community members to join them in their dance. (PS Declan Shai Photography)

New Cosmetic Injectables Clinic opens in *Kingston.*

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A retirement village may be the perfect solution that you are seeking, regardless of whether you are single or a couple.



In a retirement village, you continue to live independently as you always have, most often in a stand-alone home, townhouse, terrace house or apartment which you either buy, lease or license. However, the communal areas of the premises such as gardens, roads, paths and facilities are managed by the village operator. With access to these shared spaces, facilities and various services, you gain all the benefits of a ready-made community.

Research increasingly points to the importance of social connectivity for our ongoing physical, mental and emotional well-being. In a retirement village, it's all about choice. You can choose to engage as much or as little as you like with the community and its activities – but chances are you will find like-minded individuals and people who you 'click' with!

Every retirement village is different, and this is why as you start this journey it is so important to shop around. You will need

to do your research and engage in a lot of different conversations, with family, friends, village operators and financial and legal advisors, before you find the village that is right for you and make your decision. Factors you may want to consider include location – proximity to family, friends, and services, as well as financial considerations, and the atmosphere of the retirement community you feel would suit you best.

If a hands-on, people-centred approach is important to you, Oak Tree retirement villages should definitely be on your radar. For nearly twenty years, Oak Tree have remained committed to their goal of making the possibility of a secure, worry-free and manageable retirement a reality for everyone.

Moreover, at Oak Tree we pride ourselves on maintaining a more personalised, boutique approach with smaller numbers of homes for our residents than many other operators. The benefits of this smaller-scale

approach are many, but first and foremost, we are able to put our people first and as a result the communities we build are close-knit ones.

Our villages are also 'communities within communities', with strong ties to their local area. Every Oak Tree village has a different look and feel, depending on its location, landscape, building style and the range of facilities that are offered, but every single one is underpinned by this same philosophy and commitment to delivering the ultimate in retirement village living. We strongly encourage you to get in touch, come and visit, chat to some of our residents and see for yourself if you could imagine joining our Oak Tree community.

Visit oaktreegroup.com.au or call us on **1300 367 155**. We know there is a lot to discuss, so let's get the conversation started. There are exciting times ahead...

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OAK TREE
RETIREMENT VILLAGES



Kingborough Real Estate Guide

Contemporary residence in an ideal setting

Situated in a quiet, picturesque part of Snug, on a no-through street, this four-bedroom plus study home is the perfect easy lifestyle choice or investment property.

The central hub of this 2015 built home is a modern kitchen boasting stainless steel appliances, quality cabinetry and bench tops and a breakfast bar for casual dining.

The light-filled, open plan living/dining area faces almost directly north and has a sliding glass door which opens out to the fully fenced back garden.

The use of timber-look floating floors throughout the main traffic area gives a contemporary feel and is a very sensible decision for the busy family.

Warmed, not only by the perfect, sunny aspect but by a split system air conditioner or the enclosed wood heater and with the addition of insulation to the walls, floor and ceiling, the home is warm and cosy throughout, all year round.

The hallway leads to four good-sized bedrooms all with built-in wardrobes,

the master with a walk-in.

The family bathroom is large and bright with a generous vanity, a bathtub for the kids and a separate toilet.

The master bedroom has its own ensuite.

A shipping container outside keeps all your tools locked safely away and can remain at the buyer's request.

Raised garden beds surround the yard and enable home-grown veggies without breaking your back and a variety of fruit trees and berries are already in place to enjoy.

There is plenty of off-street parking for multiple vehicles, a trailer, boat or caravan.

The popular Snug Primary School is very nearby so the kids can be home minutes after the end of their day.

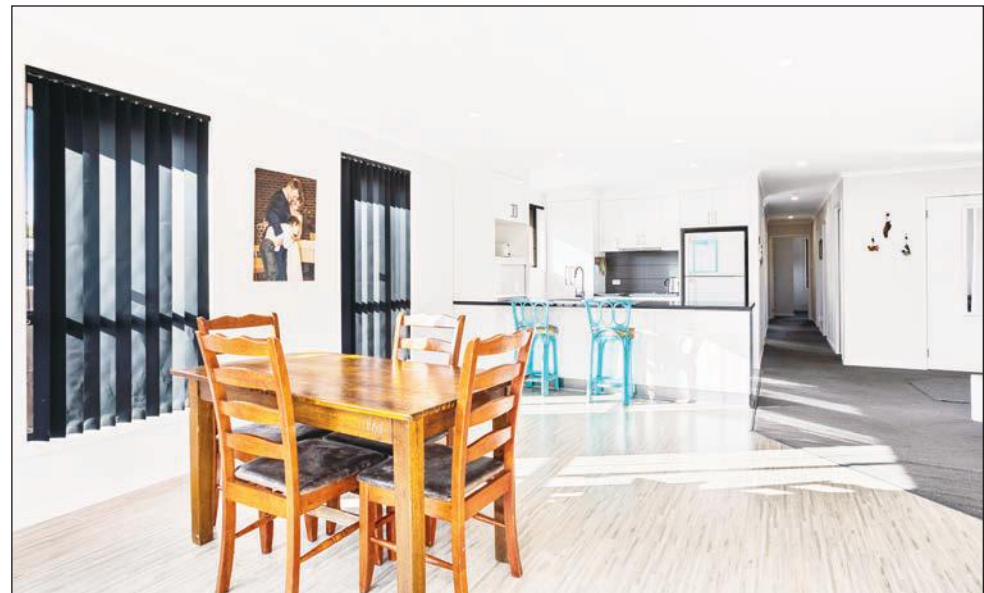
Snug Beach is renowned as a safe swimming spot and is a great place to spend the summer relaxing.

A short drive along Snug Tiers Road there is access to more active hiking to Snug Falls.

Only 15 minutes to major shopping in Kingston and less than 30 minutes to Hobart, but the expanding community itself has an awesome IGA supermarket, a medical centre, pharmacy, service station, corner shop, post office, butcher, pub, caravan park and café.

If you're looking for a modern, low maintenance home or a sound investment in a desirable location, call today.

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property of the week



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Kingborough Real Estate Guide

Modern and stylish three-bedroom home

Located just 25 kilometres south of Hobart in the desirable beachside suburb of Snug, this home is positioned conveniently close to the local grocery store, pharmacy, primary school, and public transport options.

With easy access to the lovely, sandy Snug Beach and recreational facilities, you can enjoy an active and vibrant lifestyle.

This modern and stylish three-bedroom, two-bathroom house built on a single level is the perfect low maintenance property for those seeking a comfortable and convenient lifestyle.

Entering the home, you will be greeted by a spacious living area filled with an abundance of natural sunlight, highlighting the modern interior colour scheme throughout, and is complimented by a reverse cycle heat pump for year-round comfort.

The open-plan design seamlessly connects the living, dining, and kitchen areas, creating a functional and inviting space for everyday living.

The well-appointed kitchen features modern appliances, a spacious island bench accommodating a double sink adding to the practicality, while the added delight of the walk-in pantry provides plenty of storage for the family.

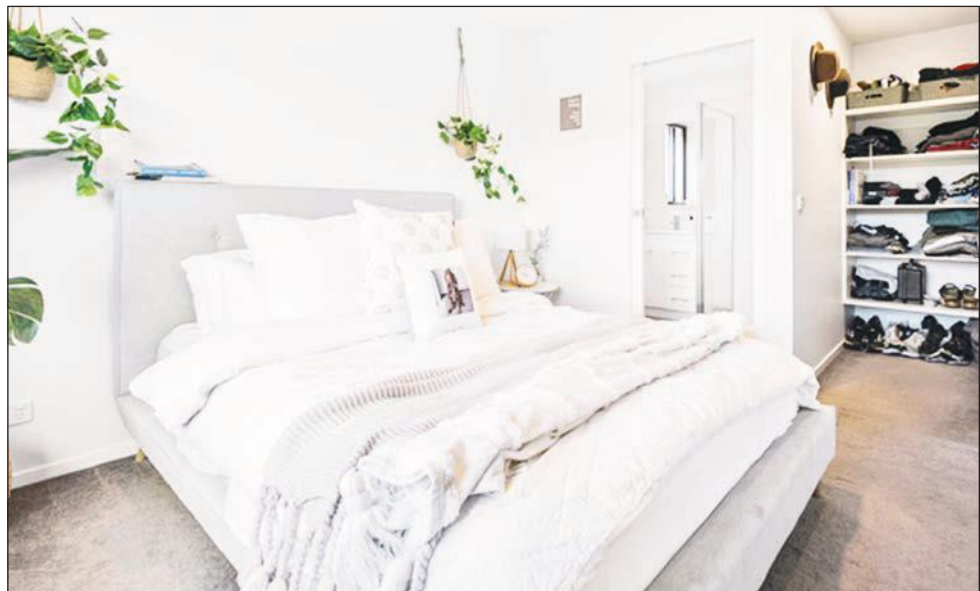
The main bedroom is conveniently located away from the second and third bedrooms and features an attractive ensuite and separate walk-in robe.

The second and third bedrooms are of a generous size, and both have built-in robes, and share the main bathroom with a separate toilet.

Stepping outside you will find a fully fenced backyard which is a blank canvas just waiting for your own personal touch, or to remain as is and be enjoyed low maintenance and hassle free.

Currently tenanted until January 2024, the property offers the perfect investment opportunity for the astute buyer.

This well looked after home won't remain on the market for long, be sure to contact Andrew Henry today to arrange your private inspection.



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Kingborough Chronicle

AT THE HEART OF THE COMMUNITY

FREE WEEKLY TV GUIDE

Wednesday August 2 – Tuesday August 8

WEDNESDAY AUGUST 2

ABC 6:00 News Breakfast 9:00 ABC News Mornings 10:00 Four Corners 10:45 Q+A (M) 12:00 ABC News At Noon 12:30 National Press Club Address 1:40 Media Watch (PG) 2:00 Parliament Question Time 3:00 Gardening Australia 3:55 Antiques Roadshow 4:55 Australian Story 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 7.30 (PG) 8:00 Hard Quiz (PG) 8:30 Gruen (PG) 9:10 Gold Diggers (M) 9:40 Would I Lie To You? (M d,l,s) 10:10 Adam Hills: The Last Leg (M) 10:55 ABC Late News 11:10 The Business

ABC TV PLUS 5:00 Children's Programs 11:30 Play School 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo's World 2:00 Kiddies 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Piffirates 7:05 Andy's Wild Adventures 7:30 Spicks And Specks 8:00 Vera (PG) 9:30 We Hunt Together (MA15+) 10:15 Killing Eve (M v) 11:00 Movie: "The Post" (M l) ('17) Stars: Meryl Streep 12:50 ABC News Update

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: "Killer Stepmom" (AKA 'A Stepmother's Secret') (M v) ('19) Stars: Julia Terranova 2:00 FIFA Women's World Cup Highlights 2:30 Motorbike Cops (PG) 3:00 The Chase UK (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News Tasmania 7:00 Home And Away (PG) 7:30 Border Security - Australia's Front Line (PG) 8:30 John Farnham: Finding The Voice (M) 10:30 Seven News 11:00 Death Row: Countdown To Execution (MA15+)

7TWO 6:00 Home Shopping 6:30 Escape To The Country 7:30 Room For Improvement 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 Escape To The Country 2:00 Sydney Weekender 2:30 The Bowls Show 3:30 Room For Improvement 4:00 Gold Coast Ocean Rescue (PG) 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Heartbeat (PG) 8:45 Foyle's War (M v) 10:45 Law & Order: UK (M) 11:45 Cities Of The Underworld (M)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Movie: "The Clue To Love" (PG) ('21) Stars: Rachel Bles 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE's Afternoon News 4:30 Millionaire Hot Seat 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:30 Travel Guides (PG) 8:30 Footy Classified (M) 9:30 Movie: "Edge Of Tomorrow" (M l) ('14) Stars: Tom Cruise 11:40 NINE News Late 12:05 The Equalizer (M v) 1:00 Getaway (PG) 1:30 Home Shopping 4:00 Religious Programs

GO! 6:00 Children's Programs (PG) 11:30 Bakugan: Geoghan Rising (PG) 12:00 Formula E Highlights 1:00 Life Unexpected (PG) 2:00 Full House (PG) 2:30 Everybody Loves Raymond (PG) 3:00 MacGyver (PG) 4:00 Family Ties (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 Everybody Loves Raymond (PG) 7:00 Young Sheldon (PG) 7:30 Movie: "The Terminator" (M l,v) ('84) Stars: Arnold Schwarzenegger 9:40 Movie: "Mad Max" (M) ('79) Stars: Mel Gibson 11:40 Homeland (MA15+)

TEN 6:00 Freshly Picked 6:30 My Market Kitchen 7:00 Farm To Fork 7:30 Good Chef Bad Chef 8:00 Everyday Gourmet 8:30 Entertainment Tonight (PG) 9:00 Judge Judy (PG) 9:30 The Bold & The Beautiful (PG) 10:00 Studio 10 (PG) 12:00 10 News First 1:00 Dr Phil (M) 2:00 TBA 3:10 Entertainment Tonight (PG) 3:30 Judge Judy (PG) 4:00 Everyday Gourmet 4:30 The Bold & The Beautiful (PG) 5:00 10 News First 6:30 The Project (PG) 7:30 Thank God You're Here (PG) 8:30 Five Bedrooms (M l,s) 9:30 So Help Me Todd (PG) 10:30 FBI (M)

BOLD 6:00 Home Shopping 8:00 Snap Happy 8:30 Destination Dessert 9:00 What's Up Down Under 9:30 Jake And The Fatman (PG) 10:30 JAG (PG) 12:30 NCIS (PG) 1:30 Bull (M) 2:30 Jake And The Fatman: The Tender Trap (PG) 3:30 Diagnosis Murder: Blind Man's Bluff/ Sleight-Of-Hand (PG) 5:30 JAG (PG) 7:30 Bull: Too Perfect (PG) 8:30 NCIS: Blast From The Past (M) 9:25 Hawaii Five-O (PG) 10:20 NCIS: Covenant (M v) 11:15 Diagnosis Murder (M) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 9:00 Home Is Where The Art Is 9:50 Paul O'Grady For The Love Of Dogs (PG) 11:10 Susan Calman's Grand Week By The Sea 12:00 Worldwatch 2:00 Dateline (PG) 2:30 Insight 3:30 The Cook Up With Adam Liaw (PG) 4:00 Scotland, Slavery And Statues (PG) 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Who The Bloody Hell Are We? (PG) 8:30 The Rise And Fall Of Boris Becker (PG) 9:30 Anne Boleyn (PG) 10:30 SBS World News Late 11:00 Dark Woods (M)

SBS VICE 5:00 Worldwatch 10:00 Rivals (M l,v) 11:25 The UnXplained With William Shatner (PG) 12:15 Land Of The Giants: Titans Of Tech (M) 1:50 The Most Expensive Rehab In The World (M) 2:15 Ice Cowboys (M) 3:05 BBC News At Ten 3:35 ABC World News Tonight With David Muir 4:00 PBS News Hour 5:00 Forged In Fire (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M l,s) 8:30 Patriot Brains (M l) 9:25 Sold Out: Ticket Resale Racket (M) 10:40 Movie: "Machete" (MA15+) ('10)

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THURSDAY AUGUST 3

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Back Roads (PG) 10:30 That Pacific Sports Show 11:00 Waltzing The Dragon With Benjamin Law (PG) 12:00 ABC News 1:00 Hard Quiz (PG) 1:30 Would I Lie To You? (PG) 2:00 Parliament Question Time 3:00 Gardening Australia 4:00 Antiques Roadshow 4:55 Australian Story 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 7.30 (PG) 8:00 Foreign Correspondent (PG) 8:30 A Life In Ten Pictures (PG) 9:25 Grand Designs New Zealand 10:10 Art Works

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Cookie Monster's Foodie Truck 2:00 Kiddies 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Piffirates 7:05 Andy's Wild Adventures 7:30 Spicks And Specks 8:00 Qi (PG) 8:30 Would I Lie To You? (PG) 9:00 Gruen (PG) 9:40 Hard Quiz (PG) 10:10 Penn And Teller: Fool Us (PG) 10:50 Tomorrow Tonight (PG)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Flower Shop Mystery (M v) 2:00 FIFA Women's World Cup Highlights 2:30 Motorbike Cops (PG) 3:00 The Chase UK (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News Tasmania 7:00 Home And Away (PG) 7:30 Border Security - Australia's Front Line (PG) 8:30 The Front Bar (M) 9:30 What The Killer Did Next (M v) 10:30 The Latest Seven News 11:00 Air Crash Investigations (M) 12:00 The Resident (M) 2:00 Home Shopping

7TWO 6:30 Escape To The Country 7:30 Room For Improvement 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 Escape To The Country 2:00 South Aussie With Cosi (PG) 2:30 Cities Of The Underworld (PG) 3:30 Room For Improvement 4:00 Medical Emergency (PG) 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Father Brown (M) 8:30 Miss Scarlet And The Duke (M v) 9:30 Ms Fisher Modern Murder Mysteries (M l,s,v)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Movie: "A Bridesmaid In Love" (PG) ('22) Stars: Tori Anderson 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE's Afternoon News 4:30 Millionaire Hot Seat 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:30 RBT (PG) 8:30 Emergency (M) 9:30 Casualty 24/7 (M) 10:30 A+E After Dark (M v) 11:25 NINE News Late 11:50 The First 48 (MA15+) 12:40 Tipping Point (PG) 1:30 Home Shopping 4:00 Religious Programs 4:30 A Current Affair

GO! 6:00 Children's Programs (PG) 12:00 Celebrity Game Face (PG) 1:00 Life Unexpected (PG) 2:00 Full House (PG) 2:30 Everybody Loves Raymond (PG) 3:00 MacGyver (PG) 4:00 Family Ties (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 Everybody Loves Raymond (PG) 7:00 Young Sheldon (PG) 7:30 Movie: "The Adjustment Bureau" (M l) ('11) Stars: Matt Damon 9:35 Movie: "Mercury Rising" (M l,v) ('98) Stars: Miko Hughes 11:50 Homeland (MA15+) 1:00 Celebrity Game Face (PG)

TEN 6:00 Freshly Picked 6:30 My Market Kitchen 7:00 Farm To Fork 7:30 Good Chef Bad Chef 8:00 Everyday Gourmet 8:30 Entertainment Tonight (PG) 9:00 Judge Judy (PG) 9:30 The Bold & The Beautiful (PG) 10:00 Studio 10 (PG) 12:00 10 News First 1:00 Dr Phil (M) 2:00 TBA 3:10 Entertainment Tonight (PG) 3:30 Judge Judy (PG) 4:00 Everyday Gourmet 4:30 The Bold & The Beautiful (PG) 5:00 10 News First 6:30 The Project (PG) 7:30 Dogs Behaving (Very) Badly Australia (PG) 8:30 Law & Order: SVU (M v) 9:30 The Cheap Seats (M) 10:30 TBA

BOLD 6:00 Home Shopping 8:00 Snap Happy 8:30 Australia By Design: Architecture 9:00 What's Up Down Under 9:30 Jake And The Fatman (PG) 10:30 JAG (PG) 12:30 NCIS (PG) 1:30 Bull (M) 2:30 Jake And The Fatman (PG) 3:30 Diagnosis Murder (PG) 5:30 JAG (PG) 7:30 Bull: Light My Fire (PG) 8:30 NCIS: The Artful Dodger (M v) 9:30 NCIS: New Orleans: A New Dawn (M) 10:30 Seal Team: Limits Of Loyalty (M) 11:30 NCIS: Los Angeles (M) 12:30 Home Shopping 2:00 Diagnosis Murder (PG) 4:00 JAG: Body Talk/ Surface Warfare (PG)

SBS 5:00 Worldwatch 9:10 Home Is Where The Art Is 10:10 Paul O'Grady For The Love Of Dogs (PG) 11:10 Susan Calman's Grand Week By The Sea 12:00 Worldwatch 2:00 This Is Our School 3:50 The Cook Up With Adam Liaw (PG) 4:20 Breaking The Biz (PG) 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:35 Inside Sydney Airport (PG) 8:30 Stanley Tucci - Searching For Italy (M) (In English/ Italian) 9:20 Kin (MA15+) 10:20 SBS World News Late

SBS VICE 5:00 Worldwatch 10:00 Rivals (PG) 11:25 The UnXplained With William Shatner (PG) 12:15 76 Days (M) (In Mandarin) 2:00 Monty Python's Flying Circus (M v) 2:35 Young Brides For Sale (PG) (In Bulgarian/ English) 3:05 BBC News At Ten 3:35 ABC World News Tonight 4:00 PBS Newshour 5:00 Forged In Fire (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M l,s) 8:30 Myths: Greatest Mysteries Of Humanity (PG) (In English/ German) (M v) 9:30 (Re)Solved (MA15+)

FRIDAY AUGUST 4

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Invisible Wars (PG) 11:00 Back To Nature 11:30 The Pacific 12:00 ABC News 1:00 Bay Of Fires (M l,v) 2:00 Gruen (PG) 2:35 The Greek Islands With Julia Bradbury 3:00 Gardening Australia 4:00 Jeffrey Smart 4:55 Australian Story 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 First Weapons: Long Spear (PG) 8:00 Death In Paradise (PG) 9:00 Midsomer Murders (M v) 10:30 Gold Diggers (M l,s) 11:00 ABC Late News 11:15 Roadkill (M) 12:15 Harrow (M v) 1:10 rage (MA15+)

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Cookie Monster's Foodie Truck 2:00 Kiddies 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Piffirates 7:05 Andy's Safari Adventures 7:30 Spicks And Specks 8:00 Hard Quiz (PG) 8:30 Movie: "Girl With A Pearl Earring" (PG) ('03) Stars: Scarlett Johansson 11:00 We Hunt Together (MA15+)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 RFDS (M) 2:00 FIFA Women's World Cup Highlights 2:30 House Of Wellness (PG) 3:30 Motorbike Cops (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News Tasmania 7:00 Better Homes And Gardens 7:30 AFL: Round 21: Western Bulldogs v Richmond "Live" From Marvel Stadium 10:30 AFL: Post Game 11:00 Armchair Experts (M) 12:00 Reverie 1:00 Harry's Practice 1:30 Travel Oz (PG) 2:00 Home Shopping

7TWO 6:00 Home Shopping 6:30 Escape To The Country 7:30 Room For Improvement 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 Escape To The Country 2:00 Discover With RAA Travel (PG) 2:30 The Aussie Property Flippers (PG) 3:30 Room For Improvement 4:00 Medical Emergency (PG) 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Better Homes And Gardens 8:30 Escape To The Country

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Movie: "While We're Young" (M l) ('14) Stars: Ben Stiller 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE's Afternoon News 4:30 Millionaire Hot Seat 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:30 NRL: Panthers v Storm "Live" From BlueBet Stadium 9:55 NRL: Golden Point 10:40 Movie: "Criminal" (MA15+) ('16) Stars: Kevin Costner 12:40 Tipping Point (PG) 1:30 Home Shopping 4:00 Postcards (PG) 4:30 Home Shopping

GO! 6:00 Children's Programs (PG) 11:30 Bakugan: Geoghan Rising (PG) 12:00 Celebrity Game Face (M) 1:00 Life Unexpected (PG) 2:00 Full House (PG) 2:30 Everybody Loves Raymond (PG) 3:00 MacGyver (PG) 4:00 Family Ties (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 Movie: "Grumpy Old Men" (PG) ('93) Stars: Jack Lemmon 7:30 Movie: "Godzilla Vs. Kong" (M v) ('21) Stars: Alexander Skarsgård 9:40 Movie: "Batman & Robin" (PG) ('97) Stars: George Clooney 12:10 Homeland (MA15+)

TEN 7:30 Good Chef Bad Chef 8:00 Everyday Gourmet 8:30 Entertainment Tonight (PG) 9:00 Judge Judy (PG) 9:30 The Bold & The Beautiful (PG) 10:00 Studio 10 (PG) 12:00 10 News First 1:00 Dr Phil (M) 2:00 Location, Location, Location (PG) 3:00 Entertainment Tonight (PG) 3:30 Judge Judy (PG) 4:00 Everyday Gourmet 4:30 The Bold & The Beautiful (PG) 5:00 10 News First 6:30 The Project (PG) 7:30 Location, Location, Location (PG) 8:30 Have You Been Paying Attention? (M l,s) 9:30 The Graham Norton Show (M l,s)

BOLD 6:00 Home Shopping 8:00 Australia By Design: Innovations/ Architecture 9:00 Camper Deals 9:30 Jake And The Fatman (PG) 10:30 JAG (PG) 12:30 NCIS (PG) 1:30 Bull (M) 2:30 Jake And The Fatman: Round Midnight (PG) 3:30 Diagnosis Murder: The Cradle Will Rock/ Hot House (PG) 5:30 JAG (PG) 7:30 Bull: EJ (M) 8:30 NCIS: Status Update (M) 9:25 NCIS: Los Angeles: Fish Out Of Water/ Between The Lines (M v) 11:20 Star Trek: Discovery (M v) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 9:20 Home Is Where The Art Is 10:10 Paul O'Grady For The Love Of Dogs (PG) 11:10 Susan Calman's Grand Week By The Sea 12:00 Worldwatch 2:00 Mastermind Australia (PG) 3:00 NITV News: Nula 3:35 The Cook Up With Adam Liaw (PG) 4:05 Jeopardy! 4:30 Gamma Festival: Opening Ceremony "Live" 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:35 World's Most Scenic River Journeys (PG) 8:30 Legends Of The Pharaohs (M) (In English/ French)

SBS VICE 5:00 Worldwatch 10:00 Vice World Of Sports (M l) 11:30 The UnXplained With William Shatner (PG) 12:20 The Curse Of Oak Island (PG) 1:50 Monty Python's Flying Circus (M) 3:00 BBC News At Ten 3:30 ABC World News Tonight With David Muir 4:00 PBS Newshour 5:00 Forged In Fire (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M l,s) 8:30 Hoarders 9:20 Swingers (MA15+) 10:15 Riveted: The History Of Jeans (PG) 11:20 The Good Fight (M l,v) 1:20 South Park (MA15+)

SATURDAY AUGUST 5

ABC 6:00 rage (PG) 7:00 Weekend Breakfast 9:00 rage (PG) 10:30 rage Guest Programmer (PG) 12:00 ABC News 12:30 Midsomer Murders (M v) 2:00 Death In Paradise (PG) 3:00 Landline 3:30 Mad About Maggots (PG) 3:40 Secrets Of The Museum 4:30 Restoration Australia 5:30 War On Waste (PG) 6:30 New Leash On Life 7:00 ABC News 7:30 Grantchester (PG) 8:20 Vera (M v) 9:45 Bay Of Fires (MA15+) 10:45 Last Tango In Halifax (M I) 11:45 rage Guest Programmer (MA15+) 5:00 rage (MA15+)

ABC TV PLUS 5:00 Children's Programs 12:00 In The Night Garden 12:35 Tik Tak 1:00 Peppa Pig 1:35 Cookie Monster's Foodie Truck 2:00 Kiddets 2:35 Peter Rabbit 3:00 Peter Rabbit 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Pffirates 7:05 Andy's Safari Adventures 7:30 Spicks And Specks 8:30 Whose Line Is It Anyway? (PG) 8:50 Live At The Apollo (M I,s) 9:20 Robot Wars (PG) 10:25 Unprotected Sets (MA15+) 11:20 Staged (MA15+)

SEVEN 6:00 NBC Today 7:00 Weekend Sunrise 10:00 The Morning Show (PG) 12:00 Seven's Horse Racing: Rosehill/ Flemington/ Eagle Farm "Live" 5:30 Border Security - Australia's Front Line (PG) 6:00 Seven News Tasmania 7:00 AFL: Round 21: Geelong v Port Adelaide "Live" From GMHBA Stadium 10:30 AFL: Post Game 11:00 Movie: "Cold Pursuit" (MA15+) ('19) Stars: Liam Neeson 1:20 Reverie: No More Mr. Nice Guy (M) 2:30 Home Shopping 4:00 Get Arty 5:00 Million Dollar Minute

7TWO 6:00 Home Shopping 8:30 Travel Oz (PG) 10:00 Escape To The Country 3:00 Medical Emergency (PG) 3:30 Escape To The Country 4:30 Animal SOS Australia (PG) 5:00 Bargain Hunt 6:00 Gold Coast Ocean Rescue (PG) 6:30 TBA 7:30 The Yorkshire Vet (PG) 8:30 Escape To The Country 9:30 Greatest Escapes To The Country 10:15 The Great Outdoors (PG) 11:15 The Yorkshire Vet (PG) 12:15 DVine Living (PG) 12:45 The Great Australian Doorstep (PG) 1:15 Greatest Escapes To The Country 2:00 Discover With RAA Travel (PG)

NINE 6:00 Getaway (PG) 6:30 A Current Affair (PG) 7:00 Weekend Today 10:00 Today Extra - Saturday 12:00 Rugby Union: Bledisloe Cup: All Blacks v Wallabies "Live" From Forsyth Barr Stadium, Dunedin 2:30 Rugby Union: Post Match 3:00 The Pet Rescuers (PG) 3:30 Take Me Home (PG) 4:30 The Garden Gurus 5:00 NINE News: First At Five 5:30 Getaway (PG) 6:00 NINE News Saturday 7:00 A Current Affair (PG) 7:30 Movie: "The Shawshank Redemption" (M I,s,v) ('94) Stars: Morgan Freeman 10:25 Movie: "The Kitchen" (MA15+) ('19)

GO! 6:00 Children's Programs 12:00 Yu-Gi-Oh! Sevens (PG) 12:30 Beyblade Burst Quad Drive (PG) 1:00 Teen Titans Go! (PG) 1:30 Formula E Highlights 3:50 Resto My Ride Australia 4:50 Go On (PG) 5:20 Movie: "Gremlins" (PG) ('84) Stars: Zach Galligan 7:30 Movie: "Allegiant" (M v) ('16) Stars: Shailene Woodley 9:45 Movie: "The Circle" (M I) ('17) Stars: Tom Hanks 11:55 Dominion (MA15+) 12:50 Love After Lockup (M s) 1:50 100,000 Tenants And Counting (PG) 2:50 Transformers: Prime (PG) 3:00 Teen Titans Go! (PG)

TEN 6:00 Freshly Picked 6:30 Religious Programs 7:00 Reel Action 7:30 My Market Kitchen 8:00 I Fish 8:30 What's Up Down Under 9:00 Good Chef Bad Chef 9:30 Farm To Fork 10:00 Studio 10: Saturday 12:00 TBA 1:00 10 Minute Kitchen 1:30 Hungry 2:00 Pooches At Play 2:30 Healthy Homes 3:00 Everyday Gourmet 3:30 Good Chef Bad Chef 4:00 My Market Kitchen 4:30 Farm To Fork 5:00 10 News First 6:00 TBA 7:00 TBA 8:00 Movie: "Weird: The Al Yankovic Story" (M I) ('22) Stars: Diedrich Bader 10:00 The Cheap Seats (PG)

BOLD 6:00 Home Shopping 9:00 The Offroad Adventure Show 10:00 Diagnosis Murder (PG) 12:00 Escape Fishing With ET 12:30 Jake And The Fatman (PG) 1:30 JAG: Legacy (Part 1) (PG) 2:30 Camper Deals (PG) 3:00 Tough Tested (PG) 4:00 JAG (PG) 5:00 Reel Action 5:30 JAG (PG) 7:30 NCIS: Patience/ No Good Deed (M v) 9:25 48 Hours: The Betrayal Of Linda Slaten/ The Murdaugh Mysteries (M) 11:15 Seal Team (M) 12:15 Blue Bloods (M) 1:10 Star Trek: Discovery (PG) 2:05 48 Hours (M) 3:00 JAG (PG) 5:00 Home Shopping

SBS 5:00 Worldwatch 9:00 Garma Festival: Day 1 "Live" 12:30 Worldwatch 2:00 Gymnastics: Trampoline World Cup 4:00 Trail Towns 4:30 Going Places With Ernie Dingo (PG) 5:30 Unsinkable: Japan's Lost Battleship (PG) (In English/ Japanese) 6:30 SBS World News 7:30 Going Places With Ernie Dingo (PG) 8:30 Amazing Railway Adventures Nick Knowles 9:25 Worlds Most Scenic Railway Journeys (PG) 10:15 Tony Robinson's History Of Britain (M) 11:05 Rex In Rome (M) (In Italian) 12:00 The Family Law (MA15+)

SBS VICE 5:00 Worldwatch 10:00 Vice World Of Sports (M I) 11:30 The UnXplained With William Shatner (PG) 12:15 The Curse Of Oak Island (PG) 1:00 Jeopardy! 3:30 BBC News At Ten 4:00 ABC World News Tonight With David Muir 4:25 PBS News Hour 5:25 Mastermind Australia (PG) 5:55 Monty Python's Flying Circus (PG) 6:30 The Story Of Man! I Feel Like A Woman (PG) 7:00 Netball: World Cup 2023: Semi Final 1 "Live" 8:30 Impossible Engineering (PG) 9:30 Stay Tooned (MA15+) 10:30 Day The Rock Star Died (PG)

SUNDAY AUGUST 6

ABC 6:00 rage (PG) 7:00 Weekend Breakfast 9:00 Insiders 10:00 Offsiders 10:30 The World This Week 11:00 Compass (PG) 11:30 Songs Of Praise 12:00 ABC News 12:30 Landline 1:30 First Weapons (PG) 2:00 Movin' To The Country 2:30 Grantchester (PG) 3:20 A Life In Ten Pictures (PG) 4:10 Grand Designs New Zealand (PG) 5:00 Art Works 5:30 Fake Or Fortune? 6:30 Compass 7:00 ABC News 7:30 Restoration Australia (PG) 8:30 Bay Of Fires (MA15+) 9:30 The Beast Must Die (M I) 10:10 The Newsreader (M I)

ABC TV PLUS 5:00 Children's Program 12:30 Buddi 1:00 Peppa Pig 1:35 Cookie Monster's Foodie Truck 2:00 Kiddets 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 5:55 Ben And Holly's Little Kingdom 6:30 Pffirates 7:05 Andy's Safari Adventures 7:30 Spicks And Specks 8:00 You Can't Ask That (PG) 8:30 Louis Theroux: Miami Mega Jail (M I,s) 9:30 Louis Theroux's LA Stories: Among The Sex Offenders (M I,s) 10:30 Vera (PG)

SEVEN 6:00 NBC Today 7:00 Weekend Sunrise 10:00 The Morning Show Weekend 11:00 House Of Wellness (PG) 12:00 VFL: Round 20: Werribee v Collingwood "Live" From Avalon Airport Oval 2:40 AFL: Pre Game 3:00 AFL: Round 21: St Kilda v Carlton "Live" From Marvel Stadium 6:00 Seven News Tasmania 7:00 The Voice: Blind Auditions (Part 1) (PG) 8:55 TBA 9:55 The Latest Seven News 10:25 Born To Kill? (MA15+) 11:25 Autopsy USA (M) 12:25 All Together Now - The 100 (PG) 2:00 Home Shopping 3:30 Million Dollar Minute

7TWO 6:00 Australia's Best Drives 6:30 Religious Programs 8:30 Home Shopping 9:00 DVine Living (PG) 9:30 The Great Australian Doorstep (PG) 10:00 Better Homes And Gardens 11:00 NBC Today 12:00 Escape To The Country 1:00 The Great Outdoors (PG) 2:00 South Aussie With Cosi (PG) 2:30 Discover With RAA Travel 3:00 The Bowls Show 4:00 The Yorkshire Vet (PG) 6:00 Escape To The Country 7:00 Kath & Kim (PG) 8:45 Mrs. Brown's Boys (M) 10:15 Disasters At Sea (PG) 11:15 Pie In The Sky (PG) 12:30 DVine Living (PG)

NINE 6:00 Fishing Australia 6:30 A Current Affair (PG) 7:00 Weekend Today 10:00 Sunday Footy Show 12:00 Sports Sunday 1:00 Drive TV 1:30 Explore 1:40 Taronga - Who's Who In The Zoo (PG) 2:40 Iconic Australia (PG) 3:50 David Attenborough's The Mating Game (PG) 5:00 NINE News: First At Five 5:30 Postcards (PG) 6:00 NINE News Sunday 7:00 The Block (PG) 8:50 60 Minutes (M) 10:20 Australian Crime Stories (M) 11:15 The First 48 (MA15+) 12:10 Law & Order: Organized Crime (M v) 1:00 Fishing Australia

GO! 6:00 Children's Program 11:00 Ninjago: Masters Of Spinjitzu (PG) 11:30 Lego Friends: Heartlake Stories 12:00 Yu-Gi-Oh! Sevens (PG) 1:00 Teen Titans Go! (PG) 1:30 Transformers: Cyberverse (PG) 1:45 The Bradshaw Bunch (PG) 2:15 100,000 Tenants And Counting (PG) 3:15 Mega Zoo (PG) 4:15 Movie: "Dune" (PG) ('84) Stars: Kyle MacLachlan 7:00 Movie: "The Mummy Returns" (PG) ('01) Stars: Brendan Fraser 9:30 Movie: "Hercules" (M I,v) ('14) Stars: Dwayne Johnson 11:30 Killjoys (MA15+)

TEN 6:00 Religious Programs 8:00 Everyday Gourmet 8:30 Freshly Picked 9:00 Good Chef Bad Chef 9:30 Australia By Design: Innovations 10:00 Studio 10: Sunday (PG) 12:00 TBA 1:10 My Market Kitchen 1:30 Cook With Luke 2:00 Luxury Escapes 2:30 Everyday Gourmet 3:00 Destination Dessert 3:30 Exploring Off The Grid 4:00 Good Chef Bad Chef 4:30 Farm To Fork 5:00 10 News First 6:30 The Sunday Project (PG) 7:30 Hunted (PG) 9:00 FBI (M) 10:00 NCIS: Hawaii (M) 11:00 The Sunday Project (PG) 12:00 Home Shopping

BOLD 6:00 Home Shopping 7:30 Religious Programs (PG) 8:00 The Offroad Adventure Show 9:00 Pat Callinan's 4X4 Adventures 10:00 I Fish 11:00 Destination Dessert 12:00 JAG (PG) 2:00 Wildlife Rescue Australia (PG) 3:00 All 4 Adventure (PG) 4:00 Pooches At Play (PG) 4:30 Reel Action 5:00 I Fish 5:30 JAG (PG) 7:30 NCIS: Lost In Translation/ Troll/ The Lost Boys (M v) 10:20 48 Hours (M v) 12:15 Blue Bloods (M v) 1:10 Seal Team: Limits Of Loyalty (M) 2:05 Star Trek: Discovery (PG) 3:00 48 Hours (M) 4:00 JAG (PG)

SBS 5:00 Worldwatch 9:00 Garma Festival: Day 2 "Live" From Gulkula 12:00 Worldwatch 1:00 Motorsport: Speedweek 3:00 Motorsport: Superbike World Championship Highlights 4:00 Cycling: National Road Series Highlights 4:30 Going Places With Ernie Dingo (PG) 5:30 First To Fight: Pacific War Marines (PG) 6:30 SBS World News 7:30 Colosseum (M v) 9:15 Amazon - The Lost World (PG) 10:10 Hemingway: A Writer (1899-1929) (M) 12:15 Dan Snow - The Tutankhamun Mystery (PG) 1:55 24 Hours In Emergency (M)

SBS VICE 5:00 Worldwatch 9:30 Small Business Secrets 10:00 Vice World Of Sports (PG) 11:00 The Cleveland Strangler (M I) 11:50 The Curse Of Oak Island (PG) 1:25 Jeopardy! 2:40 ABC World News Tonight With David Muir 3:10 Alone (PG) 6:40 Nazi Megastructures (PG) 7:35 Abandoned Engineering (PG) 8:30 Cycling: UCI Road World Championships "Live" From Scotland 1:30 Alien Weaponry (MA15+) 2:00 Netball: World Cup 2023: Semi Final "Live" From International Convention Centre, Cape Town



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MONDAY AUGUST 7

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Landline (PG) 11:00 Fake Or Fortune? 12:00 ABC News 1:00 Nolan (PG) 1:25 Walking Man (PG) 2:00 Parliament Question Time 3:00 Gardening Australia 4:05 Antiques Roadshow 4:55 Australian Story 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 7.30 (PG) 8:00 Back Roads (PG) 8:30 Four Corners 9:15 Media Watch (PG) 9:35 Q-A (M) 10:35 ABC Late News 10:50 The Business 11:10 The Beast Must Die (M I) 11:55 The Cult Of The Family (M d)

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Cookie Monster's Foodie Truck 2:00 Kiddets 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Pffirates 7:05 Andy's Global Adventures 7:30 Spicks And Specks 8:00 David Attenborough's Global Adventure 8:50 George Clarke's Amazing Spaces 9:40 Julia Zemiro's Home Delivery (PG)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 2:00 FIFA Women's World Cup Highlights 2:30 Border Security International (PG) 3:00 The Chase UK (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News Tasmania 7:00 Home And Away (PG) 7:30 The Voice: Blind Auditions (Part 2) (PG) 8:45 9-1-1: Lone Star: Best Of Men/ In Sickness And In Health (M v) 10:45 The Latest Seven News 11:15 The Blacklist (MA15+) 12:30 Home Shopping

7TWO 6:00 Home Shopping 6:30 DVine Living (PG) 7:00 The Great Australian Doorstep (PG) 7:30 Room For Improvement 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 10:30 Better Homes And Gardens 1:00 World's Most Secret Homes (PG) 2:00 Weekend 2:30 The Yorkshire Vet (PG) 3:30 Room For Improvement 4:00 Medical Emergency (PG) 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Doc Martin (PG) 8:30 Endeavour (M v) 10:30 Air Crash Investigation: Special Report

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 The Block: House Decider Challenge PG 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE's Afternoon News 4:30 Millionaire Hot Seat 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:00 The Block (PG) 8:45 TBA 9:45 Footy Classified (M) 10:45 NINE News Late 11:15 Mr Mayor: Sister Cities (PG) 11:40 Family Law: Family History (M) 12:40 Tipping Point (PG) 1:30 Home Shopping 4:00 Religious Programs 4:30 A Current Affair (PG)

GO! 6:00 Children's Programs (PG) 11:30 Bakugan: Geoghan Rising (PG) 12:00 Mega Zoo (PG) 1:00 Life Unexpected (PG) 2:00 Full House (PG) 2:30 Everybody Loves Raymond (PG) 3:00 MacGyver (PG) 4:00 Family Ties (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 Everybody Loves Raymond (PG) 7:00 Young Sheldon (PG) 7:30 RBT (PG) 8:30 Movie: "The Last Samurai" (M v) ('03) Stars: Tom Cruise 11:25 Homeland (MA15+) 12:30 World Endurance Championship 1:35 Bewitched

TEN 7:00 Farm To Fork 7:30 Good Chef Bad Chef 8:00 Everyday Gourmet 8:30 Entertainment Tonight (PG) 9:00 Judge Judy (PG) 9:30 The Bold & The Beautiful (PG) 10:00 Studio 10 (PG) 12:00 10 News First 1:00 Dr Phil (M) 2:00 TBA 3:10 Entertainment Tonight (PG) 3:30 Judge Judy (PG) 4:00 Everyday Gourmet 4:30 The Bold & The Beautiful (PG) 5:00 10 News First 6:30 The Project (PG) 7:30 Hunted (PG) 8:40 Have You Been Paying Attention? (M) 9:40 Tom Gleeson: Lighten Up (M I,s) 10:50 FBI: Most Wanted (M)

BOLD 6:00 Home Shopping 8:00 Australia By Design: Innovations/ Architecture 9:00 Camper Deals 9:30 I Fish 10:30 JAG: JAG TV/ The Princess And The Petty Officer (PG) 12:30 NCIS: Patriot Down (PG) 1:30 Bull: Into The Mystic (M) 2:30 Jake And The Fatman: Only You (PG) 3:30 Diagnosis Murder: All Dressed Up And Nowhere To Die/ Confession (PG) 5:30 JAG (PG) 7:30 Bull: Teacher's Pet (PG) 8:30 NCIS (M) 10:20 Blue Bloods (M v) 11:15 48 Hours (M) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 9:25 Home Is Where The Art Is (PG) 10:20 Paul O'Grady For The Love Of Dogs (PG) 11:20 Susan Calman's Grand Week By The Sea: Blackpool (PG) 12:10 Worldwatch 2:00 Great Asian Railways Journeys (PG) 3:10 Mastermind Australia (PG) 3:40 The Cook Up With Adam Liaw (PG) 4:10 Tony Robinson's Forgotten War Stories (PG) 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Robson Green's Weekend Escapes (PG) 8:40 Britain's Most Expensive Houses (PG)

SBS VICE 5:00 Worldwatch 9:30 Small Business Secrets 10:00 Counter Space (PG) 11:30 The UnXplained With William Shatner (PG) 12:20 Abandoned (PG) 2:10 Cook Up With Adam Liaw Bitesize 2:15 Insight (PG) 3:15 BBC News At Ten 3:35 ABC World News Tonight With David Muir 4:05 ABC America This Week 5:00 Forged In Fire (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M I,s) 8:30 Taskmaster (M I,s) 9:25 Deep Fake Neighbour Wars (M I)

TUESDAY AUGUST 8

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Foreign Correspondent (PG) 10:30 Outback Ringer (PG) 11:10 Secrets Of The Museum 12:00 ABC News 1:00 The Cry (M I) 2:00 Parliament Question Time 3:00 Gardening Australia 4:05 Tenable 4:55 Australian Story 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 7.30 (PG) 8:00 New Leash On Life 8:30 War On Waste 9:30 Louis Theroux Interviews Rita Ora (M I) 10:15 ABC Late News 10:30 The Business 10:50 Four Corners 11:35 Media Watch (PG) 11:50 Parliament Question Time

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Cookie Monster's Foodie Truck 2:00 Kiddets 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Prehistoric Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Pffirates 7:05 Andy's Global Adventures 7:30 Spicks And Specks 8:00 Would I Lie To You? (PG) 8:30 Adam Hills: The Last Leg (M) 9:15 Ghosts (PG) 9:45 Gold Diggers (M I,s) 10:15 Blunt Talk (MA15+)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 1:30 Highway Patrol (PG) 2:00 FIFA Women's World Cup Highlights 2:30 Border Security International (PG) 3:00 The Chase UK (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News Tasmania 7:00 Home And Away (PG) 7:30 The Voice: Blind Auditions (Part 3) (PG) 9:15 The Rookie (M d,v) 10:15 The Rookie - Feds (M v) 11:15 The Latest Seven News 11:45 Chicago Fire (M v) 12:45 S.W.A.T. (M) 2:00 Home Shopping 4:00 NBC Today

7TWO 6:00 Home Shopping 6:30 Escape To The Country 7:30 Room For Improvement 8:00 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 Escape To The Country 2:00 Creek To Coast 2:30 Air Crash Investigation: Special Report (PG) 3:30 Room For Improvement 4:00 Medical Emergency (PG) 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 The Coroner (PG) 8:30 Inspector George Gently (M I,v) 10:30 Law & Order: UK (M)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 The Block (PG) 1:15 9Honey - He Said, She Said (PG) 1:30 Getaway (PG) 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE's Afternoon News 4:30 Millionaire Hot Seat 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:30 The Block (PG) 8:40 The Hundred With Andy Lee (M) 9:40 Botched (M) 10:40 NINE News Late 11:10 See No Evil (PG) 12:05 Court Cam (M) 12:35 Tipping Point (PG) 1:30 Home Shopping 4:00 Religious Programs

GO! 6:00 Children's Programs (PG) 12:00 Celebrity Game Face (M) 1:00 Life Unexpected (PG) 2:00 Full House (PG) 2:30 Everybody Loves Raymond (PG) 3:00 MacGyver (PG) 4:00 Family Ties (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 Everybody Loves Raymond (PG) 7:00 Young Sheldon (PG) 7:30 Movie: "Bill And Ted's Bogus Journey" (PG) ('91) Stars: Alex Winter 9:25 Movie: "Knocked Up" (MA15+) ('07) Stars: Katherine Heigl 11:20 Young Sheldon (PG) 12:00 Homeland (MA15+)

TEN 6:00 Freshly Picked 6:30 My Market Kitchen 7:00 Farm To Fork 7:30 Good Chef Bad Chef 8:00 Everyday Gourmet 8:30 Entertainment Tonight (PG) 9:00 Judge Judy (PG) 9:30 The Bold & The Beautiful (PG) 10:00 Studio 10 (PG) 12:00 10 News First 1:00 Dr Phil (M) 2:00 TBA 3:30 Judge Judy (PG) 4:00 Everyday Gourmet 4:30 The Bold & The Beautiful (PG) 5:00 10 News First 6:30 The Project (PG) 7:30 Hunted (PG) 8:40 The Cheap Seats (PG) 9:40 NCIS (M v) 10:30 NCIS: Hawaii (M v) 11:30 The Project (PG)

BOLD 6:00 Home Shopping 8:00 Australia By Design: Innovations/ Architecture 9:00 Camper Deals 9:30 Jake And The Fatman (PG) 10:30 JAG (PG) 12:30 NCIS: Rule Fifty-One (PG) 1:30 Bull: Doctor Killer (M) 2:30 Jake And The Fatman: My Boy Bill (PG) 3:30 Diagnosis Murder: Playing God/ Less Than Zero (PG) 5:30 JAG (PG) 7:30 Bull (PG) 8:30 NCIS: Personal Day (PG) 9:25 FBI: A New Dawn (M) 10:20 48 Hours (M) 11:15 Seal Team (M) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 9:15 Home Is Where The Art Is (PG) 10:10 Paul O'Grady For The Love Of Dogs (PG) 11:10 Susan Calman's Grand Week By The Sea 12:00 Worldwatch 2:00 Garma Festival: Wrap Highlights 3:00 Mastermind Australia (PG) 3:30 56 Years Of Painting, 1 Lesson On Anger 3:40 The Cook Up With Adam Liaw (PG) 4:10 Tony Robinson's Forgotten War Stories (PG) 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 The Point (PG) 8:30 Insight (M) 9:30 Dateline (PG)

SBS VICE 5:00 Worldwatch 10:00 Counter Space (PG) 11:30 The UnXplained With William Shatner: Truth About UFO's (PG) 12:20 Netball: World Cup 2023: Semi Final "Replay" 1:50 Female Fighters Of Kurdistan (M) 2:15 Extreme Food Phobics (PG) 3:05 BBC News At Ten 3:35 ABC World News Tonight With David Muir 4:00 PBS News Hour 5:00 Forged In Fire (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M I,s) 8:30 Alone (PG) 9:40 Adam Eats The 80s (PG)

SUDOKU

8	7	2						
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			6	8				4
	9				3	6		
	1		9		7			2
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CROSSWORD AND SUDOKU SUPPLIED

SUDOKU

Last week's answers

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

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CROSSWORD

	1			2			3			4			5						
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ACROSS

6. Amity (10)
8. Disease (4)
9. Entity (4)
10. Passenger ship (5)
11. Perpetually (4)
12. Mellancholy (9)
16. Ludicrous (9)
20. Wound (4)
22. Pending (5)
23. Economise (4)
24. Rock (4)
25. Cheese (10)

DOWN

1. Country (6)
2. One hundred (7)
3. Confuses (6)
4. Transform (6)
5. Extra (5)
7. Farewell (5)
13. Coin (3)
14. Overturn (7)
15. Opening (5)
17. Dress (6)
18. Run (6)
19. Floors (6)
21. Carriage (5)

ACROSS

6. With which the tree-doctor gives injections? (4-6). 8. Put "Ring back" (4). 9. Flush when responsible for the discord (4). 10. It's not windy yet (5). 11. Turning, bags with the gun (4). 12. Dear vegetables and flowers (5-4). 16. Hits the nasty creature, making the audience laugh (9). 20. Does it sing for your supper? (4). 22. She made the alsatian's tail wag! (5). 23. Within a year, need to become a bread - winner (4). 24. What she answered when the artist said, "Shall I paint you?" (4). 25. Gave up work and became a thief? (7,3).

DOWN

1. As the tree said when Shakespeare hit it with an axe? (6). 2. The outside may be real, not man - made material (7). 3. When it eases off, no longer confines to bed (4,2). 4. She and I, we got confused (6). 5. The author's sources (5). 7. What the more animated of the butcher's customers got? (5). 13. Are standing, for a time (3). 14. Is present at Ten Downing Street, initially (7). 15. Stick! Don't declare! (5). 17. Capital boys, the two of them (6). 18. Diving - boards unpopular with sailors! (6). 19. Some wine for the soldier in the restaurant (6). 21. Bet it's the post (5).

CROSSWORD – Last week's answers

QUICK PUZZLE

Across - 1, Understanding. 8, Lines. 9, Crimson. 10, Agenda. 11, Relate. 12, Adder. 14, Acute. 18, Insect. 20, Minute. 23, Realise. 24, Natal. 25, Extraordinary. **Down** - 1, Unload. 2, Dunce. 3, Residue. 4, Tack. 5, Naive. 6, Instant. 7, Gannet. 13, Distant. 15, Chianti. 16, Fierce. 17, Really. 19, China. 21, Ultra. 22, Heir.

CRYPTIC PUZZLE

Across - 1, Wrapping paper. 8, Serve. 9, T-h-rusts. 10, Eleven(XI). 11, Saying. 12, State. 14, Sh-one. 18, Heaven. 20, Clutch. 23, Drop-s in. 24, A-lie-n. 25, Winter holiday. **Down** - 1, Wa-she-r. 2, Ag-re-e. 3, P-rev-ent. 4, Note. 5, Par-ma. 6, Pass-i-on. 7, Re-s-ign. 13, Tea-gown. 15, Holdall. 16, Shadow (anag.). 17, Sh-and-y. 19, E(v)e-n-Sue. 21, Tried. 22, I-n-c-h.

MIND, BODY, MOUTH

it's all connected

DENTAL HEALTH WEEK

Teeth

ADP

ADVERTISING FEATURE

Dental Health Week 2023

Dental Health Week runs from August 7 to 13 and the theme is "Mind, Body, Mouth: It's all connected".

The Kingston Beach Dental team encourages you to view your oral health as an important area for attention, and to understand that it relates to the health of your body and how you feel about yourself.

Research shows that the oral bacteria responsible for bad breath and bleeding gums (periodontitis) place people at greater risk of a range of health conditions.

Bacteria in the mouth are connected via the blood stream to other parts of the body and can cause systemic inflammation.

Poor oral health also increases the risk of diseases including cardiovascular disease, kidney disease, Alzheimer's, respiratory diseases, inflammatory bowel disorders, pregnancy complications and diabetes.

In summary, your overall health and wellbeing are linked to your oral health.

Kingston Beach Dental strongly supports the Australian Dental Association's position that it should not be accepted to think it is normal to lose or have your teeth removed due to tooth decay or gum disease.

People do not expect to lose an arm or a leg due to neglect, so why do they expect to lose their teeth and still function and live a healthy life?

Having bleeding gums is not normal. You would visit your GP if your knee bled continuously. If your gums are red, swollen or bleeding this is a sign of inflammation that can progress to more serious health conditions.

Kingston Beach Dental aims to educate and empower patients to make good decisions for their overall health.

They encourage you to view regular preventative dental appointments as much of a priority as seeing

KINGSTON BEACH DENTAL

Call Now 6229 6775

Kingston Beach Dental aims to educate and empower patients to make good decisions for their overall health. (PS)

your hairdresser or booking your car in for servicing.

Regular preventative dental visits help to identify any issues early so that they are manageable and affordable.

A proactive and preventative approach to your teeth and gums means you can eat well, smile confidently, speak easily, feel good and reduce the risk of other general health problems.

During Dental Health week take the time to reassess your attitude to your mouth.

Focus on reducing the sugar in your diet and drinking more water; brush your teeth twice a day and start flossing to clean in between the teeth if you don't already.

If it is more than six months since your last preventative dental care appointment give Kingston Beach Dental a call on 6229 6775 to make an appointment.

The experienced, friendly and helpful team at Kingston Beach Dental look forward to educating and empowering you to make the best decisions for your health.

KINGSTON BEACH DENTAL

Quality and Caring Dentistry

Dr Martyn Sweet
Dr Ram Pandey
Dr Emma Grubb
Dr Gavin Quek
Jade Cusack (Oral Health Therapist)
Hannah Colantoni (Oral Health Therapist)

Shop 98 Channel Court
Church Street, Kingston
New patients welcome

6229 6775

M16587

7-13 AUG 2023

DENTAL HEALTH WEEK

MIND, BODY, MOUTH

It's all connected



Teeth

ADA

ADVERTISING FEATURE

Mind, body, mouth- it's all connected

Denison Dental will be promoting the Australian Dental Association's annual Dental Health Week from August 7 to 13.

The theme this year is 'Mind, Body, Mouth - It's all connected'.

The message aims to shine a light on how your oral hygiene affects your overall wellbeing.

Brushing, flossing, seeing your dentist regularly and eating well all play vital roles in your body's health.

Evidence clearly demonstrates that dental conditions are not just limited to the mouth but are associated with overall general health.

There are links between diseases in the mouth and diseases in the body.

Bacteria in the mouth can travel to different sites of

the body and inflammation in the mouth can increase the body's overall inflammation.

Diabetes, stroke, dementia, cardiovascular, respiratory and inflammatory bowel disease as well as adverse pregnancy outcomes are all potentially linked to your oral health.

Your dentist can assist with the identification of oral health diseases, yet another reason why it is important to visit the dentist regularly.

Together, you can maintain optimal oral health and help to keep your teeth and smile for life.

Often, we don't give too much thought on how we brush, particularly if we are distracted or tired.

Some things to keep in mind are to use a soft bristled toothbrush for two minutes, twice a day and don't forget

to brush your tongue.

Flossing daily is also important to prevent tooth decay and gum disease.

If you are not flossing, you are missing nearly half the surfaces of your teeth.

Talk to your dentist or hygienist about other alternatives to normal floss, like interdental brushes, if flossing is uncomfortable for you.

Think about ways to reduce sugar from your diet as sugar is used by the bacteria in your mouth to produce acid, which then eats away at the teeth to create cavities.

Make sure to also limit foods with hidden sugars and try to limit snacking between meals.

When was your last regular dental check-up?

However complex you feel your dental issues are, they can be addressed by visiting your general dentist and dental hygienist.

Together we can increase your dental wellbeing and improve your general health.

Visit Dr Viviers and the team at Denison Dental for your next dental check-up.



Dr Viviers and the team at Denison Dental will be promoting the Australian Dental Association's annual Dental Health Week from August 7 to 13. Visit Denison Dental for your next dental check-up. (PS)

FREE DENTAL CHECKUPS

FOR THE MONTH OF AUGUST

Did you know that oral disease is the most prevalent disease in adult pets? In fact 80% of dogs and 70% of cats over three have some form of oral disease! And research shows that plaque is the primary cause of periodontal disease. During Pet Dental Health Month our Veterinary Hospital will be working hard to change those statistics by providing **FREE Dental Checkups**.



Call us today on 6229 5900 to book your free Dental Checkup in August.



Monday - Friday 8.30am - 6pm

Saturday 8.30am - 12.30pm

Kingston Animal Hospital

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Dr Martin Viviers & Associates

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Invisalign (The Clear
Alternative to Braces)

• Dentures

Mind, Body, Mouth - It's all connected!

All ages and new patients welcome

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www.denisondental.com.au





AUGUST 2023

DENTAL MONTH



FREE

Dental Checks

BOOK TODAY

Pets need dental care too!



Regular dental checks by your vet can help prevent the serious consequences of dental disease in your pets.

It's never too late - older pets also need dental care.



\$100.00

DISCOUNT

Off all dental procedures performed in August

Hobart Animal Hospital: 6236 9787 & Channel Highway Animal Hospital: 6229 7939

Providing Tasmania's finest pet care

7-13 AUG 2023

DENTAL HEALTH WEEK

MIND, BODY, MOUTH

It's all connected

Teeth

ADA

ADVERTISING FEATURE

Dental awareness in pets

Dental health is a very important part of your pet's overall health, and dental problems can cause, or be caused by, other health problems.

Your pet's teeth and gums should be checked at least once a year by your veterinarian for early signs of problems and to keep your pet's mouth healthy.

Have your pet's teeth checked sooner if you observe any of the following problems:

- Bad breath
- Teeth that are discoloured or covered in tartar
- Abnormal chewing, drooling, or dropping food from the mouth
- Bleeding from the mouth
- Swelling in the areas surrounding the mouth

Some pets become irritable when they have dental problems, and any changes in your pet's behaviour should prompt a visit to your veterinarian.

Always be careful when evaluating your pet's mouth, because an animal in pain may bite.

The process begins with an oral exam of your pet's mouth.

Radiographs (x-rays) may be needed to evaluate the health of the jaw and the tooth roots below the gumline.

Dental cleaning includes scaling (to remove dental plaque and tartar) and polishing, similar to the process used on your own teeth during your regular dental cleanings.

Please contact your Tasmanian Veterinary Hospitals to book in a consultation to access your pet's dental health now.

August is dental health month and TVH is offering

\$200 off any dental procedure

\$200 OFF*

Simple, preventative dental care eliminates nearly 90% of all gum related diseases and improves your pet's long term health.

Does your pet have:

☒ Bad breath

☒ Yellow or brown teeth

☒ Swollen or bleeding gums

☒ Excessive drooling

DENTAL HEALTH

Contact us

11 John Street Kingston

6229 9345 www.tvh.vet hello@tvh.vet

Conditions apply *

- For bookings made during the month of August only. Bookings are subject to availability.
- New patients to the clinic or existing patients not seen by a vet at TVH within the last 6 months must have a Veterinary Consultation prior to their dental procedure for a health check and dental grading/estimation.
- Existing patients seen within the last 6 months can book straight in for a dental procedure with a Nurse Admission.
- Not to be used in conjunction with any other procedure.

MHS568

The Tasmanian Veterinary Hospital is taking advantage of Dental Health Week to remind pet owners to check for signs of dental illness in pets. (PS)

Gentlest of techniques

After four years and over 2600 new patients, Huonville Dental Clinic's (HDC) Joe and Jessie Vernon are extremely pleased with the warm reception their Huonville dental clinic has received.

HDC is very busy, reflecting fast growth fuelled by word-of-mouth referrals.

Dr Joe believes at the core of their popularity is a genuinely minimalist, ethical attitude.

"Paradoxically, the less I do, the more work there seems to be," Dr Joe said.

"Keeping it simple is another key work principle.

"In fact, my favourite quote comes from Leonardo Da Vinci, 'Simplicity is the ultimate sophistication'."

"I strive to achieve and maintain your oral health with a minimum of stress and financial outlay.

"You won't be subject to overservicing, overcharging or up-selling."

HDC has been selected by most major private health insurers to be included in their 'Preferred Provider' schemes.

"We have agreed to a fee schedule set by the insurance companies," Jessie explained.

Combined with the gentlest of techniques, lower fees and calm professionalism, Dr Joe and Jessie Vernon strive to provide a dental experience with a difference.

Don't leave it until it's too late, book an appointment now by calling 6264 3330, or visit them at 2 Wilmot Road, Huonville.

At the Huonville Dental Clinic, Jessie and Dr Joe Vernon strive to provide a dental experience with a difference. (PS)

Kind, compassionate dentistry delivered with a smile and infectious enthusiasm

CLEAR, CONCISE COMMUNICATION

We really listen to patients' needs and wants and build sound relationships early based on communication and trust. Dr Joe will explain his findings, treatment options and cost in simple terms.

PAIN-FREE DENTISTRY

Using numbing gel, sufficient anaesthetic, onset time and exercising patience, we strive to make your

experience as comfortable and pleasant as possible. Everyone is different and we understand most people are nervous or frightened. Dr Joe has a reputation for being gentle.

MINIMALISM

Dr Joe practices a distinctly minimalist style of dentistry. Whilst being thorough, he will do the minimal amount to achieve and maintain your dental health. He will explore the simplest (and often cheapest) option first.

COST

The fees at Huonville Dental are at the low end of the fee spectrum. We believe the cost of treatment

is a major barrier to people seeking dental care. Therefore, with a minimalist approach and lower fees, every attempt is made to make your treatment affordable. Please feel free to ask for a treatment estimate and compare our fees.

X-RAYS

In keeping with our minimalist philosophy and knowing X-ray radiation is harmful, X-rays are kept to an absolute minimum. They are not always part of a routine examination. We will only recommend them when absolutely necessary.

PRO-CHOICE

We value your opinion on the

direction your treatment takes. You may prefer to deal with a single problem or choose a more complex treatment plan. You may elect just to have your teeth checked, cleaned and adopt a 'watch and wait' approach. We offer silver amalgam fillings for back teeth (which are stronger, last longer and are cheaper) as well as composite resin (white) fillings.

As a team, we are always striving for excellence in treatment outcomes and aim to provide a stress-free, outstanding health experience.

Call Jessie today for an appointment.

Huonville Dental Clinic

6264 3330 • 2 Wilmot Road, Huonville • www.huonvilledentalclinic.com.au

A gentle, enthusiastic and minimalist approach to modern dentistry.

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H21647

7-13 AUG 2023

DENTAL HEALTH WEEK

MIND,
BODY,
MOUTH

it's all connected

Teeth
org.au

Brought to you by
ADA
AUSTRALIAN DENTAL ASSOCIATION

ADVERTISING FEATURE

Take charge of your oral health

This year, Dental Health Week from the Australian Dental Association is focusing on the connection between the mouth and the rest of the body.

The Tasmanian Branch of the Australian Dental Association sat down with Tasmania's key dental stakeholders earlier this month and agreed on a viewpoint and key messages to be shared for all Tasmanians.

There are links between diseases in the mouth and diseases in the body.

Bacteria in the mouth can travel to different sites of the body and inflammation in the mouth can increase the body's overall inflammation.

Take charge of your oral and general health today and book an appointment with your local dentist.



Dental South is a family practice with two convenient locations, Dental South in Margate and Dental on Opal in Blackmans Bay. Both clinics are Quality Innovation Performance (QIP) accredited, to ensure they maintain the highest standards in providing the best dental care for patients. (PS)

DENTAL HEALTH WEEK 2023

MIND, BODY, MOUTH

CLEAN & STRONG
Brush 2x a day with fluoridated toothpaste, spit don't rinse
Clean in between your teeth daily with an interdental brush

HEALTHY LIVING
Balanced diet, low sugar, choose water
Seek to quit smoking, vaping and reduce alcohol consumption

REGULAR CHECK UPS
Visit a dental professional as often as they recommend

YOUR MOUTH IS NOT AN ISLAND
Healthy Mind, Healthy Body, Healthy Mouth

A Tasmanian Viewpoint in collaboration with

DHAA
Dental Hygienists Association of Australia

ADA
TASMANIA

ADPA

ADCOHTA
AUSTRALIAN DENTAL AND ORAL HEALTH THERAPISTS' ASSOCIATION

Tasmanian Government

Department of Health

Giving you more reasons to smile

At Dental South we offer general and cosmetic dentistry, including Invisalign Go to straighten your teeth and muscle relaxant therapy to help relieve pain from jaw dysfunction, commonly known as clenching and grinding, same day crowns, guided dental implants and in-chair teeth whitening.

Our principal dentist, Dr Jess Manuela, also provides safe injectable treatments and skin rejuvenation therapies. Treatments include wrinkle relaxant therapy, dermal filler therapy, microneedling, thread lifts and hydrafacials.

Eligible Medicare Child Dental Benefits Scheme and Veterans Affairs patients are always welcome at Dental South and are bulk-billed.

Call us on 6267 1111 to make an appointment with one of our family friendly dentists. Head to www.dentalsouth.com.au to see all the services we offer and meet our team.

NEW PATIENTS WELCOME

MARGATE 1714 Channel Highway | p 6267 1111 | w dentalsouth.com.au

M16571

Dining, Takeaway and Deliveries



T-Bone Brewing is open in Huntingfield. It's a tap house, brewery and beer garden with wood-fired pizzas and live music on Sundays. Enjoy their current winter special of a pizza and schooner for only \$20. Drop in and say hi to the team while tasting one of their many brews. (PS)



The winter cold has really settled in, so when you're next in the Huon, stop in at the Grand Hotel on Main Street, Huonville and enjoy a warm meal. Kitchen opening hours are Monday to Sunday for lunches noon to 2pm, Monday night from 5pm to 7.30pm and Tuesday to Saturday 5pm to 8pm. Takeaways are also available if you want to call ahead of time. For bookings and information, please call the friendly staff on 6264 3256 or 6264 1004. (PS)



Homemade Vietnamese baguettes (banh mi) are baked fresh every day at La Venezia. La Venezia are now open for lunch Monday to Saturday, 11am to 3pm on Level 2 at Channel Court, next to BWS and Timeless Way. (PS)



Wanting pizza made from fresh local ingredients? Pep Pizza Kingston Beach is a great place to eat in, take away or have pizza home delivered. Order online at www.peppizza.com.au to save you time. (PS)

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Kingborough Chronicle 2023 ROUND 21

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M16023



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

PAULA WRIEDT
MAYOR OF KINGBOROUGH

WIN: 4
TOTAL: 109

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 3
TOTAL: 107

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Dean Young
Liberal Member for Franklin
Dean.Young@dpac.tas.gov.au
Tasmanian Liberals
Phone: 6165 7825

M16454



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

DEAN YOUNG
LIBERAL MEMBER FOR FRANKLIN

WIN: 4
TOTAL: 113

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 2
TOTAL: 108

DEAN WINTER
LABOR MEMBER FOR FRANKLIN

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M16026



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

BRETT IRVINE
NEWSXPRESS KINGSTON TOWN

WIN: 2
TOTAL: 107

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 3
TOTAL: 98

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8AM-6PM SUNDAY

M16033



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

RHYLLON SYKES
MEREDITH'S ORCHARD

WIN: 6
TOTAL: 82

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 3
TOTAL: 119

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M16432



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

JANE BARKER
STELLA HAIRDRESSING

WIN: 3
TOTAL: 103

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 3
TOTAL: 108

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M16446



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

MICHAEL WEST
HFT INTERIORS

WIN: 2
TOTAL: 114

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 3
TOTAL: 108

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M16024



Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane

STEVE WESTWOOD
CO-OP TOYOTA KINGSTON

WIN: 1
TOTAL: 110

Western Bulldogs v Richmond
Essendon v West Coast
Adelaide v Gold Coast
Hawthorn v Collingwood
Geelong v Port Adelaide
GWS Giants v Sydney
North Melbourne v Melbourne
St Kilda v Carlton
Fremantle v Brisbane



WIN: 2
TOTAL: 100

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M16449

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provide the highest standards of work quality, professionalism
and reliability and can manage any plumbing problems for
all residential and commercial customers.

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general plumbing needs including maintenance, hot
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homes, blocked drains and their team specialise in gas installation,
water and backflow prevention, installation and testing.

They cover everything from burst pipes, drainage, roof
plumbing, leaks, blocked sinks, toilets and kitchen plumbing.

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regarding new plumbing requirements and trends.

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needs of our clients and tailoring solutions to their requirements.

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On Saturday, July 22 the Table Tennis Championships were held at the Kingborough Sports Centre. Pictured Holly Nicolas was the Women’s Open winner. (PS Carolyn Whitehouse)



For the past 14 weeks, bowlers from various local clubs have participated in the Better Performance Car Care roster which was held on Wednesday evenings at Kingborough. Pictured the winning team of Barry Monk, Chris Byes, Sol Cooper and Harry Evans with Anthony Dikkenburg, who presented them with their prizes. (PS)



Thanks were given to Carmel Rainbird for her support during the competition. Carmel pictured at the bar discussing the evening procedures with Anthony Dikkenburg. (PS)



Ash Woodhead has been appointed as the ‘A’ Grade captain for the upcoming season. (PS)

Kingston Crows captain

The Kingston Crows Cricket Club have announced Ash Woodhead has been appointed ‘A’ Grade captain for the upcoming 2023/24 season.

Ash has played in excess of 200 matches for the Crows, he is a multiple Crows best and fairest recipient, premiership player, has a number of HCCA awards and is a member of numerous HCCA ‘teams-of-the-year’. Out-going captain Trent Rollins will be returning to turf wickets this season. Jamie Knott remains club coach with Nick Townsend, Jacob Downie and Aidan Donovan appointed as assistants. Pre-season training will commence on Friday, September 1.



On Saturday, July 29 the Tigers played the Glenorchy Magpies at KGV Oval. The U18s won 11.8.74 to Pies 7.9.51. Best players: Harry Brereton, Ryan Bradburn, Zac Menadue, Mitchell Dare, Angus Templeman and Dylan Parremore. The Tiger Seniors had a slow start but managed to win 9.20.74 to 7.5.51. Best players: Lachie Clifford, Kieran Lovell, James Webb, Ben Donnelly, George O'Neill and Murray Bastick. Pictured U18s Zac Menadue gearing up for a kick. (PS Carolyn Whitehouse)



On Saturday, July 29 the Taroona Penguins played the Devonport Bulls at Rugby Park, managing a 33 to 12 win. The Penguins wore a new Indigenous jersey designed with Tasmanian Aboriginal Centre ranger and palawa artist Sharnie Read. Pictured Enzo Balducci. (PS Carolyn Whitehouse)



The SFLW Division 1 Tigers battled both their competitors and challenging wind conditions, ultimately losing 0.7.7 to the Glenorchy Magpies 1.2.8. Best players: Hailee Baldwin, Meg Harrison, Mackenzie Ford, Matilda Dalco, Hayley Kluga and Stacey Fox. Pictured Chiara Nyhuis leaping for the ball. (PS Carolyn Whitehouse)

GOLF RESULTS

North West Bay Golf Club-Women's
Tuesday Red Stroke, July 25
18 holes
H. Dwyer 94, M. Wyllie 119, R. Sawford 115, S. Michael 119, J. Palfreyman 111.
9 holes
M. Cormack 57, C. Mackey 60, G. Morris 68.
Thursday Foursomes, July 27
18 holes
J. Palfreyman and M. Roberts 92, E. Collins and H. Dwyer 93, J. Collet and R. Sawford 98, T. Moon and S. Michael 100, D. Banks and Y. Jarman 108.
9 holes
M. Cormack and G. Morris, A. Kruiink and P. Irvine and M. Bedding.

North West Bay Golf Club-Men's
Wednesday Stableford, July 26
Division 1: M. Moon 35, D. Muir 35.
Division 2: P. Chatterton 40, K. Glasson 37.
Place getters: S. Avery, K. Van Driezum 35, K. Smith, P. Walsh, C. Warn 34, M. Christian 33, G. Burns 32.
Nearest the pins: 7th R. King 423cm, 10th M. Moon 135cm, 14th P. Sullivan 437cm.
Birdies: 7th B. Lovell, 10th M. Moon, 14th P. Sullivan.
Saturday Stableford, July 29
A Grade: A. Fisher 39, K. Michael 33.
B Grade: D. Muir 36, G. Wys 34.
C Grade: P. Chatterton 38, R. King 37.
Place getters: A. Dabrowski, M. Chadwick, F. Kohl 36, B. Denton 35, S. Avery, A. Creswell, J. Minehan 34, T. Jennings, K. Woods, W. Su, W. Park 33.
Nearest the pins: 7th E. Gardiner 97cm, 10th K. Woods 379cm, B. Cooke 280cm.
Birdies: 7th E. Gardiner.