

Kingborough Chronicle

FREE!

AT THE HEART OF THE COMMUNITY

ISSUE No. 693

Ph: 6229 3655 • Email editorial@kchronicle.com.au

TUESDAY, 15 AUGUST, 2023



Kingborough Mayor Paula Wriedt and Kingston Police Inspector Colin Riley encourage the community to report all crimes, no matter how small, to the police. (PS)

Council teaming up with police

Kingborough Council and Kingston Police have teamed up to encourage the community to report all crimes, no matter how small, to the Tasmanian Police.

Kingborough Mayor Paula Wriedt said several community members had shared their stories of crimes being committed, such as car break-ins and vandalism in Kingborough.

"Of all the incidents being retold to me, none had been reported to the police, either because nothing was stolen or because the victim believed that the crimes were too small," Cr Wriedt said.

"I am now encouraging our community along with our new Kingston Police Inspector Colin Riley to report any crimes to the police, no matter how small.

"Without accurate records of thefts, vandalism and antisocial behaviour Tasmania Police can't accurately assign resources to address any concerns."

Inspector Colin Riley from Kingston Police said from a policing perspective, Kingborough is one of the safest communities.

"Police cannot be everywhere all the time, and we need the community to help us by reporting incidents," Inspector Riley said.

"Please don't be nervous or concerned about reporting matters to police, we want to hear from you - your information can assist us in keeping our community safe.

"Non-urgent matters can be reported to the Police Assistance Line on 131 444, where they will be triaged for urgency and attended to."

Cr Wriedt said Inspector Riley attends the Council's Community Safety in an advisory capacity.

"It is terrific to have Inspector Riley on this committee as he provides valuable insight and advice on how Council and community can address safety issues particular to Kingborough," she said.

Kingborough's Safety Committee meet up every two months to discuss safety issues in the community.

Funding progresses Lightwood Park upgrades

The federal government is making good on their election commitment to deliver just over \$3 million to upgrading the Kingborough Lions facilities at Lightwood Park.

Member for Franklin the Hon Julie Collins approached Kingborough Lions United Football Club (KLUFC) last year with a commitment to match the state government's \$3 million.

A funding agreement is now in place with KLUFC.

"With the Matildas inspiring a next generation of football stars, I am proud to be part of a government that is providing the facilities Tasmanians need to realise their sporting dreams," said Minister Collins.

It forms part of a \$6,574,716 project, which is a multi-stage development of the Kingborough Lions Football facilities and the

Kingborough Council ground at Lightwood Park.

This funding helps to secure the future of football in Tasmania which is one of the largest participation sports in the state, with around 38,000 registered players and growing.

The project is being funded under the Investing in Our Communities Program.

"This program is about delivering community priorities that assist communities to build on their strengths and improve liveability," said Minister for Infrastructure, Transport, Regional Development and Local Government Catherine King.

"And that's exactly what the upgrade to Kingborough Lions facilities at Lightwood Park is about."

When the funding commitment was announced last year, there were hopes it could be used to establish Lightwood Park as a base camp for the 2023 FIFA Women's World Cup.

Whilst Lightwood Park made it to the final stages of the selection process, it was ultimately decided against using it as a base camp as there were no games held in Tasmania.

"The World Cup was the catalyst, but it's all about the legacy," president of KLUFC Brian Downes said.

The funding will provide for future generations of club members.

Brian said the club was very grateful to the state and federal governments, and to Ministers Julie Collins and Nic Street for their involvement in funding upgrades to the facilities.

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Lady Gowrie in Kingston hosted Megan from Denison Dental (back right) for Dental Health Week on Thursday, August 10. Megan is the dental hygienist at Denison Dental and shared her important knowledge of healthy dental habits to look after your teeth with some very keen listeners. Megan also travelled to Glen Huon Primary School on Friday, August 11 as part of Dental Health Week. (PS)

Kingborough Chronicle
AT THE HEART OF THE COMMUNITY

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Mail letters to: PO Box 306, Kingston. TAS. 7051. Name, address and phone number for verification purposes must be included. Letters must be signed. Letters may be edited. Those exceeding 500 words will be returned to sender, or edited. Preference will be given to letters intended for publication solely in the Kingborough Chronicle. Signed letters may also be sent by email: editorial@kchronicle.com.au

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(PS) at the end of a caption means 'Photo supplied' and these photos cannot be ordered.

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Trialling early learning for three-year-olds

The state government is trialling early learning for three-year-olds with trial sites across Tasmania, including Bruny Island.

Other locations for these trial sites include Flinders Island, Cape Barren Island and east Devonport.

There will also be community engagement and research across Hobart and Launceston to better understand the supports and action needed for future expansion of early learning for three-year-olds in these areas.

"Education is the most powerful driver for improving economic and social outcomes in Tasmania, including health, life expectancy, happiness and productivity," Minister for Education, Children and Youth Roger Jaensch said.

"I look forward to providing updates as we progress towards universal access to early learning for three-year-old tasmanians."

SNUG

Dog found

Kingborough Council's Facebook page posted about the lost dog and within two days the owner was found.

The small dog was found in the Snug area on August 5, and officers were unable to locate microchip details.

A photo of the lost dog was shared 53 times.

By 2.45pm Monday, August 7 the owner had been located with the help of the community.

If you find a lost or injured animal, please contact Kingborough Council on 6211 8200 for advice

LETTER TO THE EDITOR

The Kingborough Chronicle welcomes your opinion and encourages correspondents to have their say. Mail your letter to PO Box 306, Kingston 7051 or email editorial@kchronicle.com.au. Your full name, street address and telephone number should be included. Readers are encouraged to keep their letters brief and to the point. Letters of 250 (maximum 500) words is preferred. All letters are to be submitted Thursday noon before publication. It is the newspaper's position that if you wish to pass judgement on community issues and/or individuals that your name and suburb is published. Letters with pen names will not be considered.

Thinking about wheelie bin dynamics

Dear Editor,

As an addition to Keith Anderson's (August 8) letter to the editor regarding wheelie bins (rubbish bins), while all ideas are worth considering, a few years back in the 90s this problem of bins being blown around caught my attention.

Firstly, a gust of wind threw two bins into my lane while driving, causing quite a problem obviously, and another time, a fairly low gust blew a bin onto one of my new cars, denting it, in the early 2000s.

This caused me to really think about the design of the bins (which seem to have not changed in 30 or so years, if not more).

Here is my take on some design ideas to minimise wind issues.

The bin could be designed as a cylinder, with a sudden diameter change about half-way up (like a staggered cup, skyscrapers use this idea to 'trick/diffuse'

wind dynamics), while also designing into the mould of the bin those stipple/small wing type protrusions you sometimes see on the rear of the roof of performance cars, and also smaller types on wing mirrors, which also trick/diffuse wind.

I worked in computer science and did a lot of programming/computer modelling, and also got my pilot's licence back in my early 20s, so aerodynamics and computer modelling were a hobby of mine, and based on some modelling I feel that these changes could possibly lessen the wind issue on bins somewhere between 40 per cent to 60 per cent while the bin is standing, and possibly even more-so once the bin has fallen over (and I feel the issue of wind and an already fallen bin is possibly the bigger issue, so these design changes possibly influence stopping that problem a fair amount).

Of course, this is modelled by me as an individual, and I obviously realise a team of designers would be able to confirm or not if these changes would be worthwhile.

I believe the changes would help a lot.

I also understand that these design changes would not 100 per cent fix the issue; any gains are worthwhile, especially if they have a major impact.

While I am not 100 per cent sure, making changes to the bins' shape as I describe should not add cost to making the newly designed bins, replacing them as older ones become unusable.

At least there is discussion on the issue, but I also want to be clear, the current wheelie bin/pick up system should be respected, and never taken for granted, as it really is so important to society, and is a very good system.

Michael Whayman
Huntingfield

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New logo for Spring Farm Village

Tipalea Partners has unveiled a new logo for Spring Farm Village designed by local Huntingfield resident, Laura Philpot.

A Facebook competition was held to decide on the logo and Laura's winning design received more than 1000 votes from followers of the Spring Farm Village Facebook page.

Laura requested that if her logo was selected Tipalea Partners would donate to local women's shelter Jireh House, which they agreed to.

"Social responsibility is something we take to heart in all communities that we operate in," CEO of Tipalea Partners Scott Spanton said.

"We recently started working with Beacon Foundation through our Glebe Hill Village shopping centre.

"The work that Beacon provides is super impressive and we want to continue working with them across our Tasmanian projects.

"Jireh House and Beacon Foundation will be our charities of choice for Spring Farm Village, and we intend to support these initiatives throughout its construction and beyond."

The winning Spring Farm Village logo design pays homage to the nearby landmark of kunanyi/ Mount Wellington.

Laura said it was a natural choice to incorporate the mountain into her design given it stands 'protectively' over Kingston and Spring Farm Village.

She chose a navy-blue colour to match the exact hue of the mountain when viewed from afar.

"The mountain looks different depending on where you stand and which angle you're looking from," Laura explained.

"I wanted to capture the exact shape and colour of the mountain, as you see it from the site of the new shopping centre."

A Kingborough resident her whole life, Laura has lived in Huntingfield for the last three years with her three daughters.

"We're delighted to have a new logo for Spring Farm Village that holds significance to the local community," said Scott Spanton.

"Laura's logo speaks to the residents of the Kingborough region, celebrating its natural beauty with a message of inclusivity."



Kingborough Mayor Paula Wriedt with Laura Philpot holding her winning logo design for Spring Farm Village and CEO of Tipalea Partners Scott Spanton. (PS)

TasTAFE joins forces with southern Jobs Hubs

Martin Killick has been employed as a new Regional Engagement Officer working with southern Tasmanian Jobs Hubs to identify how TasTAFE can meet regional training needs.

He will be working closely with the Jobs Hubs based at Huon Valley/Kingborough regions, Glenorchy, Pontville, and Sorell to increase access to TasTAFE's training.

"I've seen first-hand how training tailored to the specific needs of local people and employers can have a really positive impact," Martin said.



Martin Killick has been employed in a new pilot program to identify how TasTAFE can meet regional training needs with Jobs Hubs. (PS)

KINGSTON BEACH

Tree removal

Kingborough Council is planning to remove the white gum in front of Kingston Beach toilets over Tuesday, August 15 and Wednesday, August 16.

This tree is unfortunately infected with an untreatable pathogenic fungus (Armillaria sp.) and its decline has recently accelerated.

"We appreciate that many members of the local community value this tree, which was nominated for the Significant Tree Register a number of years ago," a Kingborough Council Facebook post read.

Council plans to replace the tree with a kurrajong tree instead, which is a species known to be resistant to Armillaria.

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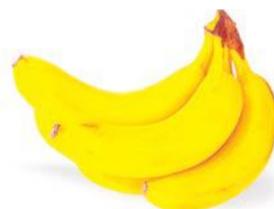


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Bake it blue for medical research

Kingston Neighbourhood House (KNH) celebrated Jeans for Genes Day on Friday, August 4 with the Bake it Blue fundraising event to support the Children's Medical Research Institute.

Community members, volunteers and staff raised funds by baking cupcakes and blue treats for people to enjoy. The event raised almost \$500 for the Children's Medical Research Institute and funds raised will contribute to finding treatments and cures that will save lives.

Around 5 per cent of children face a birth defect or genetic disease, like cancer, cystic fibrosis, and life-threatening metabolic disorders.

That is approximately 12 children born every minute worldwide.



Manager of Kingston Neighbourhood House David, Gill, Janet, Kingborough Mayor Paula Wreidt, Fiona and Liam. (PS)



In back row David, Fiona, Declan, Sam, Jasper, Di and Caye. In front row Bianca and Bec. (PS)

KINGSTON

Football fever at Kingston Primary

Kingston Primary students were excited to meet Matilda's player Emily Gielnik, who spoke to them about her journey and signed posters.

Emily attended the Football Fever mini World Cup hosted by Football Australia.

Football Fever was an initiative from Football Australia to support and promote the FIFA Women's World Cup.

They provided schools with a free resource pack which had an emphasis on celebrating diversity, engaging in supportive team work and developing enthusiasm for the game.



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50 participants braved the wild weather to participate in National Tree Day at Apollo Bay, Bruny Island. (PS)



An impressive 1050 native plants were planted on the day. (PS)

BRUNY ISLAND

National Tree Day on Bruny

Despite the wild weather, National Tree Day at Apollo Bay, Bruny Island was met with enthusiasm. Kingborough Council's Aboriginal Trainee Land Management Officer Nicole King led a Welcome to Country for the 50 participants attending the day. 1050 native plants were planted and the Bruny Island Men's Shed hosted a barbecue. "Council would like to thank Inala Tours for orchestrating the guided nature walk, hosted by Cat and congratulate Lou from the Bruny Island Cat Project for the wonderful resources and child friendly entertainment that she brought to the day," a Kingborough Council Facebook post read.



Inala Tours led the participants on a guided nature walk. (PS)

TAROONA

Students in national hockey tournament

Finn and Annabella from Taroom played for Tasmania in the under 12 School Sports Australia Hockey Tournament last week. Both Finn and Annabella scored goals and were great representatives of the state. Livestreams of the games can be watched at <https://schoolsportaus.tv/>

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JULIE COLLINS MP

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



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Heading to the Huon soon? Stop in for a meal or order takeaways at the Grand Hotel, located on Main Street, Huonville along the beautiful Huon River. Kitchen opening hours are Monday to Sunday for lunches from noon to 2pm, Monday night from 5pm to 7.30pm and Tuesday to Saturday 5pm to 8pm. Call ahead of time for takeaways if you're in a hurry. For bookings and information, please call the friendly team on 6264 3256 or 6264 1004. (PS)



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Kermandie's winter menu across their restaurant and bar features well-loved classics along with dishes that highlight local produce. Pictured is their char-grilled pork cutlet with duck fat potato, braised apple and red cabbage with a brie cream. It smells and tastes as good as it looks. Open seven days a week for lunch and dinner in the bar. Book online at www.kermandie.com.au or contact 6297 1052. (PS)

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Money Matters

Finance Column

Recession and your retirement savings

There is no doubt that the current economic market cycle is creating uncertainty when it comes to planning for retirement.

In the current environment it is important that your financial plan is robust enough to ensure economic conditions don't get in the way of your retirement goals.

After 12 interest rate rises since May 2022 it has been widely stated that the Reserve Bank of Australia (RBA) have gone too far with their interest rate rising cycle, with the official cash rate being 4.1 per cent at the time of writing.

Further, the RBA have indicated that even though the inflation rate is starting to fall, there may be more rate rises to come.

It is widely speculated that Australia and other developed economies will follow New Zealand and may go into recession.

Speculation is being fuelled by the US bond yield curve inverting.

An inverted yield curve is when short-term bond rates are higher than long term bond rates.

This is a leading indicator used by economists and investors to predict recession.

The likelihood of entering recession will become more apparent over the coming months, consequently we might see heightened levels of financial market volatility as the RBA releases economic information.

During recession, generally some assets classes do better than others.

Given this, and the current economic environment, it is wise to review your investments to ensure your money is invested appropriately for your situation and the uncertain economic challenges ahead.

When you are near, or in, retirement protecting your super balance becomes equally, if not more important than chasing high returns.

Understanding how your super is invested is crucial.

On average, most Australians are invested in default balanced investment funds which hold approximately 70 per cent of your money in growth assets (risky) and approximately 30 per cent in defensive assets (safer).

To some people this mix of growth and defensive might be too risky.

The more you have invested in growth assets, typically the more volatile your portfolio will be.

Equally important to reviewing your investments is having a plan to fund your income in retirement.

History shows that recessions have been short-lived, with the average life of a recession being one year or less.

In most cases, money inside super will be invested in assets that are subject to volatility and during times of economic slowdown some assets will fall in value.

If your super balance falls and you need to draw income from your super, it can impact your balance in the long-term.

This is because when your super fund sells assets to fund your regular income, it must sell down a larger portion of assets to fund the same amount of income.

This results in your balance reducing faster than expected over time.

The good news is that it is possible to mitigate this risk.

Over the next 12 months and beyond, it is important to ensure that your money is invested appropriately for you and future economic conditions.

Talk to your financial adviser today to ensure that your stage of life and financial goals are aligned with how your retirement savings are invested.

If you do not have a financial adviser, we welcome you to book an appointment with Elevate Wealth.

As one of Hobart's leading advice firms, we are passionate about helping our fellow Tasmanians.

Any general advice in the publication has been prepared without taking into account your objectives, financial situation or needs.

Before you act on any general advice in this publication, you should consider whether it is appropriate to your individual circumstances.

Please seek personal advice prior to acting on this information.

Damian Gibson, Partner & Financial Adviser, Elevate Wealth

TARGA 2024

TARGA Tasmania said that they have been overwhelmed with the support, well wishes and crucial conversations happening amongst the Australian tarmac rally community.

Two weeks on from TARGA's announcements regarding the 2023 events and future of TARGA in 2024, the course for the 2024 TARGA Tasmania was released with five new stages included and the return of three from past routes.

There will be 37 stages in total covering just over

500 competitive kilometres.

Previous reconnaissance information has been combined with Version 1 of the road book to provide prospective entrants with a level of detail never provided this early before.

This will assist drivers and navigators to get more out of the course reconnaissance and better prepare for the event in April.

It will also provide TARGA with early feedback to fix errors, omissions and add detail to the road book.



2024 TARGA Tasmania will include five new stages and the return of three from past routes. (PS)



Pam and Tony Adams of Barretta recently celebrated their 60th wedding anniversary. They met at Manchester University in 1960 and migrated to Australia in 1976 with their daughter, Natasha and settled in Taroon, moving to Barretta in 1996. Tony was a staff member in the Computing Science Department in the University of Tasmania until his retirement in 1996 and Pam taught geography at Fahan School for 18 years. They were lucky enough to live in Fiji and work at the University of the South Pacific from 1996 - 2000. Both have been active in the community as part of the Dave Burrows Landcare Group and Pam led the Friends of Margate Community Group for some years. (PS)





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KINGBOROUGH COMMUNITY GRANTS ARE NOW OPEN

- The Community Grants Program supports activities and initiatives such as:
- Community health and wellbeing
- Arts and culture
- Community development
- Heritage and history
- Sport and recreation
- Festivals and events
- Environmental projects
- Sustainable living




Grants of **up to \$3,000** are available to assist not-for-profit community groups and organisations to develop and implement projects and activities which enhance the well-being of the community.

Grants close **Monday 16 October 2023**.

See Kingborough Council website for more details

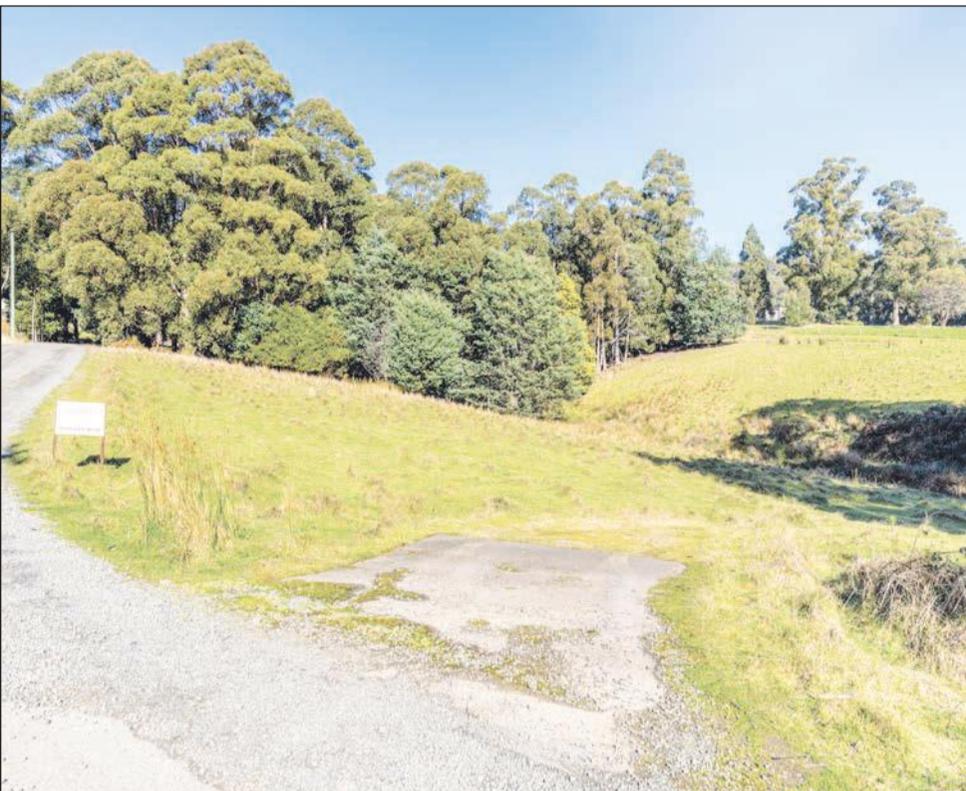


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Kingborough Real Estate Guide



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With a combination of open grass and mature, native trees you could position the new home to be secluded and private or bathed in sunshine with just a few neighbours in sight.

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The nearby small village exudes a welcoming atmosphere, where friendly faces and a close-knit community await.

Engage in local events held at Kettering Hall, watch the weekend cricket in season, savour delicious produce at

the local cafés and restaurants, grab a beer at the pub, and immerse yourself in the rich culture of the area.

Nature enthusiasts will relish the many outdoor activities at their doorstep.

Kettering is a fast car or walk-on ferry trip to Bruny Island which is renowned for its foods, pristine beaches, and national parks.

The Oyster Cove Marina has berthing for approximately 300 boats, a boatyard with hard stand facilities and multiple onsite trades.

Take a walk out to Kettering Point along the coastal walking track or pack a picnic and head further round the point to bewitching Trial Bay with its calm, shallow waters, great for beginners to learn kayaking or paddle boarding.

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Kingborough Real Estate Guide

Pet friendly and flooded with light

With neutral tones throughout, consisting of new floating flooring in the open plan kitchen/lounge/dining and hallway areas, combined with a low maintenance backyard, this unit is a great opportunity for those looking to downsize, buy their first property or for investment.

The kitchen is flooded with natural light and has ceramic hotplates, dishwasher, separate oven and rangehood. There are two good-sized bedrooms, both with built-in wardrobes.

The bathroom is modern with separate shower and bath. The unit is heated by a reverse cycle heat pump making it a lovely cosy place to relax. The fully fenced backyard has been beautifully landscaped to a high standard with raised garden beds, and your very own cherry, plum and apple trees. There are two garden sheds for storage and the backyard is complemented by your very own gazebo to sit and enjoy a meal or two.

Parking is not a problem; the unit has two car spaces inclusive of a single car garage with electric roller door which has internal access to the unit. The laundry is in the garage and has additional access to the back yard. Margate is a fantastic community, with local shops, schools, and public transport all within a short walk; a 20-minute drive will take you to the heart of the Hobart CBD. Brookside Villas are pet friendly, subject to body corporate approval. Estimated rental income per week \$460.



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Kingborough Chronicle



AT THE HEART OF THE COMMUNITY

FREE WEEKLY TV GUIDE

Wednesday August 16 - Tuesday August 22

WEDNESDAY AUGUST 16

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Four Corners 10:45 Q+A (M) 12:00 ABC News 12:30 National Press Club Address 1:40 Media Watch (PG) 1:55 Summer Love (M d,l) 2:30 The Cook And The Chef 3:00 Gardening Australia 3:55 Tenable 4:40 Long Lost Family (PG) 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) 9:35 Would I Lie To You? (M d,l,s) 10:10 Adam Hills: The Last Leg (M) 10:50 ABC Late News 11:05 The Business

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 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 Piffirates 7:05 Andy's Global Adventures 7:30 Spicks And Specks 8:00 Vera (PG) 9:30 We Hunt Together (MA15+) 10:20 Killing Eve (M v) 11:00 Movie: "Her" (MA15+) (13) Stars: Joaquin Phoenix 1:05 ABC News Update

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 1:45 Surveillance Oz (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 Football: FIFA Women's World Cup: Pre Game 8:00 Football: FIFA Women's World Cup: Teams TBA *Live* From Stadium Australia 10:00 Football: FIFA Women's World Cup: Post Game

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 Lewis (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 The Block (PG) 1:00 The Hundred With Andy Lee (M) 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) 8:35 Luxe Listings (M l) 9:40 Footy Classified (M) 10:40 NINE News Late 11:10 The Equalizer (M v) 12:00 The Gulf (M d,l,s) 1:00 Getaway (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: Evolutions (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: "Parenthood" (M s) ('89) Stars: Steve Martin 10:00 Movie: "RoboCop 2" (MA15+) ('90) Stars: Peter Weller 12:15 Homeland (MA15+)

TEN 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 The Inspired Unemployed (Impractical) Jokers (M s) 9:00 Five Bedrooms (M l) 10:00 So Help Me Todd (PG) 11:00 FBI (M) 12:00 The Project (PG)

BOLD 6:00 Home Shopping 8:00 All 4 Adventure (PG) 9:00 What's Up Down Under 9:30 Jake And The Fatman (PG) 10:30 JAG: Mutiny/ Adrift (Part 1) (PG) 12:30 NCIS: Cracked (PG) 1:30 Bull: Child Of Mine (M) 2:30 Jake And The Fatman (PG) 3:30 Diagnosis Murder: The Blair Nurse Project/ Miracle Cure (PG) 5:30 JAG (PG) 7:30 Bull: Dressed To Kill (PG) 8:30 NCIS: React (M) 9:25 Hawaii Five-O (PG) 10:20 FBI: Most Wanted M v 11:15 Diagnosis Murder (M) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 9:05 Home Is Where The Art Is 9:55 Paul O'Grady For The Love Of Dogs (PG) 10:55 Charles I: To Kill A King 12:00 Worldwatch 2:00 Dateline (PG) 2:30 Insight (M) 3:30 Be My Brother 3:40 The Cook Up With Adam Liaw (PG) 4:10 Darcey Bussell's Royal Roadtrip 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Michael Mosley Secrets Of The Superagers (PG) 8:30 The Moment: How Sports Changed The World (PG) 9:40 Wolf (MA15+) 10:40 SBS World News Late

SBS VICE 5:00 Worldwatch 10:00 Shortland Street (PG) 12:00 Land Of The Giants: Titans Of Tech (M l) 1:35 Outsider: World's Weirdest Films 2:05 Ice Cowboys (M) 2:55 BBC News At Ten 3:25 ABC World News Tonight With David Muir 3:50 PBS News Hour 4:50 Asia's Next Top Model (PG) 5:50 Forged In Fire: Pick Your Poison (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 Fanny: The Right To Rock (M) 11:15 Movie: "Jiu Jitsu" (MA15+) ('20)



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THURSDAY AUGUST 17

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Back Roads (PG) 10:30 That Pacific Sports Show 11:00 Australia Remastered 12:00 ABC News 1:00 Hard Quiz (PG) 1:30 Would I Lie To You? (PG) 2:00 Julia Zemiro's Home Delivery (PG) 2:30 Aftertaste (M d,l,s) 3:00 Gardening Australia 3:55 Tenable 4:40 Long Lost Family (PG) 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 Extraordinary Escapes (PG) 9:20 Grand Designs New Zealand (PG) 10:05 Art Works

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 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 Piffirates 7:05 Andy's Global 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 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) 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 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 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 6:00 Bargain Hunt 7:30 Father Brown (M) 8:30 Miss Scarlet And The Duke (M v)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 The Block (PG) 1:00 Postcards (PG) 1:30 Great Australian Detour (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 RBT (PG) 8:30 Emergency (M) 9:30 Casualty 24/7 (M) 10:30 A+E After Dark (M v) 11:30 NINE News Late 12:00 The First 48 (MA15+) 12:50 New Amsterdam (M) 1:40 Tipping Point (PG) 2:30 Home Shopping 4:00 Religious Programs

GO! 6:00 Children's Programs (PG) 12:00 IndyCar Series 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 Basketball: FIBA World Cup Warm Up: Australia v South Sudan *Live* From Rod Laver Arena 9:45 Movie: "The Way Back" (M l) ('11) Stars: Jim Sturgess (In Russian/ English/ Polish)

TEN 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 Dogs Behaving (Very) Badly Australia (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 Dogs Behaving (Very) Badly Australia (PG) 8:30 Gogglebox Australia (M) 9:30 TBA 10:30 The Cheap Seats (M) 11:30 TBA

BOLD 6:00 Home Shopping 8:00 All 4 Adventure (PG) 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: I May Be Wrong (PG) 3:30 Diagnosis Murder: Amnesia/ Murder At The Telethon (PG) 5:30 JAG (PG) 7:30 Bull: Bring It On (PG) 8:30 NCIS: Loose Cannons (M v) 9:30 NCIS: New Orleans: Empathy (M) 10:30 Seal Team: Do No Harm (M) 11:30 FBI: Fortunate Son (M) 12:30 Home Shopping 2:00 Diagnosis Murder (PG) 4:00 JAG (PG)

SBS 5:00 Worldwatch 9:00 Home Is Where The Art Is 9:55 Paul O'Grady For The Love Of Dogs (PG) 10:50 Charles I: To Kill A King 12:00 Worldwatch 2:00 Great Asian Railways Journeys (PG) 3:10 Mastermind Australia (PG) 3:40 The Cook Up With Adam Liaw (PG) 4:10 Darcey Bussell's Royal Roadtrip (PG) 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Great Australian Walks With Julia Zemiro (PG) 8:30 Stanley Tucci - Searching For Italy (M) (In English/ Italian) 9:20 Kin (MA15+)

SBS VICE 5:00 Worldwatch 10:00 Shortland Street (PG) 12:00 The Kimberley Cruise: The Full Journey 2:55 BBC News At Ten 3:25 ABC World News Tonight With David Muir 3:50 PBS Newshour 4:50 Asia's Next Top Model (PG) 5:50 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) 9:30 Secrets Of The Chippendales Murders (MA15+) 10:25 Cowboy King Of Crypto (M) 10:50 Taskmaster (M l,n,s)

FRIDAY AUGUST 18

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Vietnam's 50th Anniversary 12:00 ABC News 1:00 Bay Of Fires (M l,v) 1:55 Gruen (PG) 2:30 Poh's Kitchen 3:00 Gardening Australia 3:55 Tenable 4:40 Long Lost Family (PG) 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 Gardening Australia 8:30 Death In Paradise (PG) 9:30 Midsomer Murders (M v) 11:00 ABC Late News 11:15 Gold Diggers (M) 11:45 Roadkill (M d,l) 12:45 Harrow (M v) 1:40 rage (MA15+)

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 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 Piffirates 7:05 Andy's Global Adventures 7:30 Spicks And Specks 8:00 Hard Quiz (PG) 8:30 Movie: "Jackie" (MA15+) ('16) Stars: Natalie Portman 10:05 Movie: "Trumbo" (M l) ('15) Stars: Bryan Cranston

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: "The Captive Nanny" (AKA 'Nanny Lockdown') (M v) ('20) Stars: Austin Highsmith Garces 2:00 House Of Wellness (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 Better Homes And Gardens 7:30 AFL: Round 23: Collingwood v Brisbane *Live* From Marvel Stadium 10:30 AFL: Post Game 11:00 Armchair Experts (M) 12:00 Reverie (M v) 1:00 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 Home Shopping 8:30 Million Dollar Minute 9:00 Harry's Practice 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 House Of Wellness (PG) 2:00 Discover With RAA Travel (PG) 2:30 Escape To The Country 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: "Long Story Short" (M l) ('21) Stars: Rafe Spall 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 Mega Zoo (PG) 8:30 Movie: "Monster-In-Law" (M s) ('91) Stars: Jennifer Lopez 10:30 Movie: "The Vow" (PG) ('12) Stars: Rachel McAdams 12:25 Movie: "Bad Boys" (MA15+) ('83) Stars: Sean Penn 1:20 Hello SA (PG) 1:45 Garden Gurus Moments

GO! 6:00 Children's Programs (PG) 10:30 Pokemon The Series: Sun & Moon - Ultra Adventures 11:00 The Amazing World Of Gumball (PG) 11:30 Bakugan: Evolutions (PG) 12:00 Speed Series 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 TBA 6:30 Movie: "Mr. Magorium's Wonder Emporium" (PG) ('07) Stars: Natalie Portman 8:30 Movie: "The Dark Knight" (M v) ('08) Stars: Christian Bale 11:30 Homeland (MA15+)

TEN 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) 11:30 The Project (PG)

BOLD 6:00 Home Shopping 8:00 All 4 Adventure (PG) 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: Flesh And Blood (M) 2:30 Jake And The Fatman: Daddy's Home (PG) 3:30 Diagnosis Murder: Inheritance Of Death/ The 13 Million Dollar Man (PG) 5:30 JAG (PG) 7:30 Bull: Make Me (M) 8:30 NCIS: After Hours (M) 9:25 NCIS: Los Angeles (M v) 11:15 Star Trek: Discovery: The War Without, The War Within (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) 11:05 Wonderland - Lewis Carol To JRR Tolkien (M) 12:00 Worldwatch 2:00 Mastermind Australia (PG) 3:00 NITV News: Nula 3:30 The Weedy One (PG) 3:40 The Cook Up With Adam Liaw (PG) 4:10 Darcey Bussell's Royal Roadtrip 5:05 Jeopardy! 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 Shortland Street (PG) 12:00 The Curse Of Oak Island (PG) 1:30 Motherboard: (M l) 2:00 Unknown Amazon (PG) 2:55 BBC News At Ten 3:25 ABC World News Tonight With David Muir 3:50 PBS Newshour 4:50 Unknown Amazon (PG) 5:45 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 Sex Tape Germany (MA15+) (In German) 10:10 My First Threesome (MA15+) 11:05 National Indigenous Music Awards *Replay*

SATURDAY AUGUST 19

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 For Frogs' Sake! 3:40 Secrets Of The Museum 4:30 Restoration Australia (PG) 5:30 The Soundtrack Of Australia 6:30 Kitchen Cabinet 7:00 ABC News 7:30 Grantchester (M) 8:20 Vera (M v) 9:50 Bay Of Fires (M I, v) 10:45 Last Tango In Halifax (M I) 11:45 rage Guest Programmer (MA15+) 5:00 rage (MA15+)

SEVEN 6:00 NBC Today 7:00 Weekend Sunrise 10:00 The Morning Show (PG) 12:00 Seven's Horse Racing: Randwick/ Caulfield/ Doomben "Live" 5:00 Seven News At 5 5:30 Border Security - Australia's Front Line (PG) 6:00 Seven News Tasmania 7:00 AFL: Round 23: St Kilda v Geelong "Live" From Marvel Stadium 10:30 AFL: Post Game 11:00 TBA 12:45 Repco Supercars Highlights 2:00 Home Shopping 4:00 Get Arty 5:00 House Of Wellness (PG)

NINE 6:00 Getaway (PG) 6:30 A Current Affair (PG) 7:00 Weekend Today 10:00 Today Extra - Saturday 12:00 Surfing Australia 12:30 Our State On A Plate 1:00 Great Australian Detour 1:30 The Pet Rescuers (PG) 2:00 The Block (PG) 4:30 The Garden Gurus 5:00 NINE News: First At Five 5:30 Getaway (PG) 6:00 NINE News Saturday 7:00 NRL: Dragons v Storm "Live" From WIN Stadium 9:30 NRL: Post Match 10:00 Movie: "Sicario: Day Of The Soldado" (MA15+) ('18) Stars: Benicio del Toro 12:20 New Amsterdam (M)

TEN 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 Taste Of Australia 12:30 Well Traveller 1:00 10 Minute Kitchen 1:30 TBA 2:40 Everyday Gourmet 3:00 Healthy Homes 3:30 Farm To Fork 4:00 My Market Kitchen 4:30 Food Trail: South Africa 5:00 10 News First 6:00 Location, Location, Location (PG) 7:00 TBA 8:00 Movie: "The Kings Of Mykonos" (M I, s) ('10) Stars: Nick Giannopoulos 10:00 The Cheap Seats (PG) 11:00 Just For Laughs Australia (M I, s)

SBS 5:00 Worldwatch 9:00 National Indigenous Music Awards "Replay" 12:00 Worldwatch 2:00 Gymnastics 4:00 No More Spectators 4:10 Trail Towns (PG) 4:40 Going Places With Ernie Dingo (PG) 5:40 Secret Nazi Bases (PG) 6:30 SBS World News 7:30 Going Places With Ernie Dingo (PG) 8:30 Amazing Railway Adventures Nick Knowles (PG) 9:30 Worlds Most Scenic Railway Journeys (PG) 10:20 Tony Robinson's History Of Britain (M) 11:10 Rex In Rome (M v) (In Italian) 1:00 The Witnesses (MA15+) (In German) 3:00 UFOs (PG)

ABC TV PLUS 5:00 Children's Programs 12:00 In The Night Garden 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 2:00 Kiddets 2:35 Peter Rabbit 3:00 We're Going On A Bear Hunt 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 8:30 Whose Line Is It Anyway? (PG) 8:55 Live At The Apollo (M I, s) 9:25 Tom Walker: Very Very (M I, s)

7TWO 6:00 Home Shopping 8:30 Travel Oz (PG) 10:00 Medical Emergency (PG) 10:30 House Of Wellness (PG) 11:30 Escape To The Country 4:30 Border Security International (PG) 5:00 Seven's Horse Racing: Randwick/ Caulfield/ Doomben "Live" 5:30 Animal SOS Australia (PG) 6:00 Gold Coast Ocean Rescue (PG) 6:30 Bondi Vet (PG) 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 My Greek Odyssey (PG)

GO! 6:00 Children's Programs 11:00 The Gamers 11:30 The Amazing World Of Gumball (PG) 12:00 Yu-Gi-Oh! Sevens (PG) 12:30 Beyblade Burst Quad Drive (PG) 1:00 Teen Titans Go! (PG) 1:30 Desert Vet (PG) 2:30 TBA 3:50 IndyCar Series Highlights 5:00 Go On (PG) 5:30 Movie: "The Lego Ninjago Movie" (PG) ('17) Stars: Dave Franco 7:30 Movie: "The Hobbit The Desolation Of Smaug" (PG) ('13) Stars: Peter Jackson 11:10 Speed Series 1:10 Love After Lockup (M s) 2:05 100,000 Tenants And Counting (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 (PG) 2:30 Camper Deals (PG) 3:00 Tough Tasted (PG) 4:00 JAG: Redemption (PG) 5:00 Reel Action 5:30 JAG (PG) 7:30 NCIS: Scope/ Reasonable Doubts (M v) 9:25 48 Hours (M) 10:20 NCIS: All Or Nothing (M) 11:15 Seal Team: Do No Harm (M) 12:15 Blue Bloods: USA Today (M) 1:10 Star Trek: Discovery (PG) 2:05 48 Hours (M) 3:00 JAG (PG) 5:00 Home Shopping

SBS VICE 5:00 Worldwatch 10:00 Shortland Street (PG) 11:00 The Curse Of Oak Island (PG) 12:30 Jeopardy! 2:10 BBC News At Ten 2:40 ABC World News Tonight With David Muir 3:10 PBS News Hour 4:10 Mastermind Australia (PG) 4:40 Athletics: World Championships: Day 1 "Live" From The National Athletics Centre, Budapest 10:50 Stay Tooned (M I, s) 11:50 Fargo (MA15+) 1:40 VICE (M I) 2:20 NHK World English News 2:50 Athletics: World Championships: Day 1 "Live" From The National Athletics Centre, Budapest

SUNDAY AUGUST 20

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 Gardening Australia 2:30 Grantchester (PG) 3:15 Extraordinary Escapes (PG) 4:10 Grand Designs New Zealand (PG) 5:00 Art Works 5:30 Antiques Roadshow 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) 10:20 The Newsreader (M I) 11:15 Talking Heads (M I)

SEVEN 6:00 NBC Today 7:00 Weekend Sunrise 10:00 Border Security - Australia's Front Line (PG) 10:30 House Of Wellness (PG) 11:30 FIFA Women's World Cup Highlights 12:00 VFL: Round 21: Carlton v Casey "Live" From IKON Park 2:40 AFL: Pre Game 3:00 AFL: Round 23: Melbourne v Hawthorn "Live" From The MCG 6:00 Seven News Tasmania 7:00 Football: Pre Game 8:00 Football: FIFA Women's World Cup: Teams TBA "Live" From TBA 10:00 Football: Post Game 10:30 The Latest Seven News 11:00 TBA

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 Bondi Lifeguard World Adventures (PG) 2:00 Basketball: Australia v France "Live" From Ariake Arena 4:00 The Block (PG) 5:00 NINE News: First At Five 5:30 Postcards (PG) 6:00 NINE News Sunday 7:00 The Block (PG) 8:30 60 Minutes (M) 9:30 NINE News Late 10:00 Australian Crime Stories (M) 11:00 Killer At The Crime Scene (MA15+) 11:50 Law & Order: Organized Crime (M v)

TEN 6:00 Religious Programs 8:00 Everyday Gourmet 8:30 Freshly Picked 9:00 Good Chef Bad Chef 9:30 Australia By Design 10:00 Studio 10: Sunday (PG) 12:00 TBA 1:10 My Market Kitchen 1:30 Cook With Luke 2:00 Destination Dessert 2:30 Everyday Gourmet 3:00 Freshly Picked 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 The Dog House Australia (PG) 9:00 FBI (M) 10:00 NCIS: Hawaii (M) 11:00 The Sunday Project (PG) 12:00 Home Shopping

SBS 5:00 Worldwatch 9:05 Growing A Greener World 10:05 The Bee Whisperer (PG) 11:00 Travel Quest 12:00 Worldwatch 1:00 Motorsport: ProMX: Round 8 "Live" From Coolool Motocross Track, Coolool 4:00 Athletics: World Championships Highlights 5:00 Sunset Stories 5:10 Going Places With Ernie Dingo (PG) 5:40 Secret Nazi Bases 6:30 SBS World News 7:30 Colosseum (M v) 9:15 Amazon - The Lost World (PG) 10:10 Hemingway: The Blank Page (1944-1961) (M I) 12:00 24 Hours In Emergency (M)

ABC TV PLUS 5:00 Children's Programs 12:00 In The Night Garden 12:30 Buddi 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 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 Global Adventures 7:30 Spicks And Specks 8:00 You Can't Ask That (PG) 8:30 Louis Theroux: America's Most Dangerous Pets (M I)

7TWO 6:00 My Greek Odyssey (PG) 7:00 Religious Programs 8:30 Home Shopping 9:00 Dvine Living (PG) 9:30 The Great Australian Doorstep (PG) 10:00 House Of Wellness (PG) 11:00 NBC Today 12:00 House Of Wellness (PG) 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 My Greek Odyssey (PG) 5:00 The Yorkshire Vet (PG) 6:00 Escape To The Country 7:00 Kath & Kim (PG) 8:45 Mrs. Brown's Boys (M) 10:30 Disasters At Sea (PG)

GO! 6:00 Children's Programs 12:00 Yu-Gi-Oh! Sevens (PG) 12:30 Power Players (PG) 1:00 Teen Titans Go! (PG) 1:30 Surfing Australia TV 2:00 100,000 Tenants And Counting (PG) 3:00 The Bradshaw Bunch (PG) 4:00 Top Chef Amateurs (PG) 5:00 Go On (PG) 5:30 Transformers: Cyberverse (PG) 5:40 Movie: "Zoom: Academy For Superheroes" (PG) ('06) Stars: Tim Allen 7:30 Movie: "Now You See Me" (PG) ('13) Stars: Jesse Eisenberg 9:45 Movie: "Limitless" (M) ('11) Stars: Bradley Cooper 11:50 Falling Water (MA15+)

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 Waltzing Jimeoin (PG) 12:00 JAG (PG) 2:00 Taste Of Australia 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: Charade/ Return To Sender/ Homefront (M v) 10:20 Blue Bloods (M) 11:15 48 Hours (M v) 1:10 Seal Team (M) 2:05 Star Trek: Discovery (PG) 3:00 48 Hours (M) 4:00 JAG (PG)

SBS VICE 5:00 Worldwatch 9:30 Small Business Secrets 10:00 Shortland Street (PG) 12:00 Jeopardy! 2:35 ABC World News Tonight With David Muir 3:05 Athletics: World Championships: Day 2: Morning Session "Live" From The National Athletics Centre, Budapest 9:55 The UnXplained With William Shatner (PG) 10:45 Dark Side Of The Ring: Junkyard Dog/ The Grahams (MA15+) 12:25 Athletics: World Championships: Day 2: Evening Session "Live" From The National Athletics Centre, Budapest 3:25 NHK World English News

MONDAY AUGUST 21

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Landline (PG) 11:00 Antiques Roadshow 12:00 ABC News 1:00 Vera (PG) 2:30 The Cook And The Chef 2:55 Gardening Australia 3:55 Tenable 4:45 Long Lost Family (PG) 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 11:05 The Beast Must Die (M I) 11:55 The Cult Of The Family (M I) 12:55 rage (MA15+) 3:40 Tenable 4:30 The Drum 5:30 7.30

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: "A Date With Danger" (PG) ('21) Stars: Lara Jean Chorostecki 2:00 The Rookie: Death Sentence (M I) 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 (PG) 9:15 The Rookie (M v) 10:15 The Rookie - Feds (M v) 11:15 The Latest Seven News 11:45 The Blacklist (MA15+) 12:45 The Village: Laid Bare (M s) 2:00 Home Shopping 4:00 NBC Today

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 The Block (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 Missing Persons Investigation Unit (PG) 9:40 Footy Classified (M) 10:40 NINE News Late 11:10 Mr Mayor (PG) 11:35 Family Law (M) 12:25 New Amsterdam (M) 1:15 Tipping Point (PG) 2:05 Hello SA (PG) 2:30 Home Shopping

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 The Traitors (PG) 8:40 Have You Been Paying Attention? (M) 9:40 TBA 10:10 FBI: Most Wanted (M v)

SBS 10:15 Paul O'Grady Little Heroes (PG) 11:15 Wonderland - Lewis Carol To JRR Tolkien (M) 12:10 Worldwatch 2:00 Athletics: World Championships Highlights 3:00 Beyond The Pitch 3:15 Mastermind Australia (PG) 3:45 The Cook Up With Adam Liaw (PG) 4:15 Who Do You Think You Are? (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) 8:05 Great British Railway Journeys (PG) 8:40 Britain's Most Expensive Houses (PG)

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 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 Interstellar Ella 6:30 Pffirates 7:05 Andy's Global Adventures 7:30 Spicks And Specks 8:00 Universe With Brian Cox 9:00 George Clarke's Amazing Spaces 9:50 Julia Zemiro's Home Delivery (PG)

7TWO 7:00 The Great Australian Doorstep (PG) 7:30 Room For Improvement 8:00 Home Shopping 8:30 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 TBA 2:30 My Greek Odyssey (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 (PG)

GO! 6:00 Children's Programs (PG) 12:00 Top Chef Amateurs (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: "John Wick" (MA15+) ('14) Stars: Keanu Reeves 10:30 Secrets Of An ISIS Smartphone (MA15+) 11:30 Homeland (MA15+) 12:30 Celebrity Call Center (M) 1:30 Young Sheldon (PG)

BOLD 6:00 Home Shopping 8:00 All 4 Adventure (PG) 9:00 What's Up Down Under 9:30 I Fish 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: How To Dodge A Bullet (PG) 8:30 NCIS: Dead Letter/ Family First (M) 11:20 Blue Bloods: Reality Check (M v) 11:55 48 Hours: The Missing Millionaire: A Tiger King Mystery (M) 12:15 Home Shopping 2:15 Diagnosis Murder: Murder: Vanishing Act (Part 1 And 2) (PG) 4:05 JAG (PG)

SBS VICE 5:00 Worldwatch 9:30 Small Business Secrets 10:00 Athletics: World Championships Highlights 11:00 Shortland Street (PG) 12:00 Abandoned (PG) 1:50 Life After Food 2:15 Insight (PG) 3:15 BBC News At Ten 3:35 ABC World News Tonight With David Muir 4:00 ABC America This Week 4:55 Asia's Next Top Model (PG) 5:50 Forged In Fire (PG) 6:40 Jeopardy! (PG) 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 22

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Foreign Correspondent (PG) 10:30 Ask The Doctor (PG) 11:10 Secrets Of The Museum 12:00 ABC News 1:00 Call The Midwife (PG) 2:00 Nigella's Cook, Eat, Repeat 2:30 Julia Zemiro's Home Delivery (PG) 2:55 Gardening Australia 3:55 Tenable 4:40 Long Lost Family (PG) 5:30 Hard Quiz (PG) 6:00 The Drum 7:00 ABC News 7:30 7.30 (PG) 8:00 Kitchen Cabinet 8:30 The Soundtrack Of Australia 9:30 Our Vietnam War (M I) 10:35 ABC Late News 10:50 The Business

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 TBA 1:45 Surveillance Oz (PG) 2:00 TBA 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 8) (PG) 9:15 Royal Flying Doctor Service (PG) 10:15 Ambulance - Code Red (M I) 11:15 The Latest Seven News 11:45 Chicago Fire: The Center Of The Universe (M v) 12:45 S.W.A.T. (M v) 2:00 Home Shopping 4:00 NBC Today

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 The Block (PG) 1:00 Missing Persons Investigation Unit (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 (MA15+) 10:40 NINE News Late 11:10 The Killer Nanny - Did She Do It? (M) 12:00 New Amsterdam (M) 12:50 Court Cam (M) 1:40 Tipping Point (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 The Traitors (PG) 8:40 The Cheap Seats (PG) 9:40 NCIS (M v) 10:40 NCIS: Hawaii (M v) 11:30 The Project (PG)

SBS 5:00 Worldwatch 9:10 How To Get Fit Fast 9:55 Paul O'Grady Little Heroes (PG) 11:05 Wonderland - Lewis Carol To JRR Tolkien (M) 12:00 Worldwatch 2:00 Athletics: World Championships Highlights 3:00 Mastermind Australia (PG) 3:30 The Cook Up With Adam Liaw (PG) 4:00 DNA Family Secrets (PG) 5:05 Jeopardy! 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Great Coastal Railway Journeys (PG) 8:30 Insight (M) 9:30 Dateline (PG) 10:00 SBS World News Late 10:30 The Point

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Elmo And Tango Mysterious Mysteries 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 Interstellar Ella 6:30 Pffirates 7:05 Andy's Global Adventures 7:30 Spicks And Specks 8:00 Would I Lie To You? (PG) 8:30 Ghosts (PG) 9:00 Gold Diggers (M I, s) 9:30 Blunt Talk (MA15+) 10:00 Would I Lie To You? (PG)

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 TBA 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) 11:30 The Coroner (PG)

GO! 6:00 Children's Programs (PG) 12:00 Celebrity Game Face (M) 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: "Ace Ventura: When Nature Calls" (PG) ('95) Stars: Jim Carrey 9:20 Movie: "American Reunion" (MA15+) ('12) Stars: Alyson Hannigan 11:35 Young Sheldon (PG) 12:00 Homeland (MA15+) 1:00 Celebrity Game Face (M)

BOLD 6:00 Home Shopping 8:00 All 4 Adventure (PG) 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: Code Of Conduct/ Odd Man Out (PG) 7:30 Bull: Dirty Little Secrets (PG) 8:30 NCIS: Truth Or Consequences (PG) 9:25 FBI: Exposed (M) 10:20 48 Hours: The Idaho Student Murders (M) 11:15 Seal Team: Do No Harm (M) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS VICE 6:00 Worldwatch 10:00 Athletics: World Championships Highlights 11:00 Shortland Street (PG) 12:00 Chasing Famous (M I) 1:50 Lee Lin Chin's Fashionista 2:00 Extreme Food Phobics (PG) 2:55 BBC News At Ten 3:25 ABC World News Tonight With David Muir 3:55 PBS News Hour 4:55 Asia's Next Top Model (PG) 5:50 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 - The Beast (PG) 10:10 Super Maximum Retro Show (M)



Tailored Kung Fu fun

Undefeatd Kung Fu Warrior birthday parties are located at Channel Court Shopping Centre on the mezzanine level next door to Anytime Fitness.

They are suitable for children from five years to 12 years, providing so much fun, and your child will be the centre of attention.

Our parties boast 1.5 hours of fun by experienced and qualified instructors, Kung Fu games and activities, birthday cake cutting with a sword (kids love this), a piñata and board breaking for the birthday child - a tailored birthday party to suit you and your child.

We do all the setting up, organisation, supervision and cleaning up.

"Cannot recommend these birthday parties highly

enough," a review read.

"The children all had so much fun and were talking about it for days.

"We live on the Eastern Shore and were so glad we stumbled upon this wonderful party for our child."

"We had a great birthday party," said another reviewer. "Everything was well prepared, and the activities were engaging for the kids.

"The added bonus of the piñata and cake cutting with a sword was awesome."

Another satisfied customer reflected "A great location in a clean and convenient training room with lots of equipment".

"A fun birthday party!"



Undefeatd Kung Fu Warrior birthday parties offer 1.5 hours of fun with experienced and qualified instructors. (PS)

Kung Fu Warrior Birthday Party for boys and girls

Channel Court Shopping Centre, Kingston

* Cake cutting with a sword

* An introductory martial arts lesson for all your friends with lots of fun and games!

* A birthday PINATA

* A wooden board for the birthday child to break and take home as a momento.

* 2 free classes for all attendees

* Supply your own food and drinks to keep the costs down and we will supply the fun!

* We do all the setting up, organisation, supervision and cleaning up!

What to wear:

- * Comfortable clothing for games and activities.
- * Don't forget to ask for the party invitations!
- * Available Saturday afternoon or Sunday anytime!

Cost:

- * Up to 10 children \$200 (members) and \$240 for non members.
- * Each additional child is \$15.

UNDEFEATD
NO EXCUSES.
NO REGRETS.

For more information please contact Nicola Francis
P 0411 559 862
E undefeatd@outlook.com.au
www.undefeatd.com.au

Come and try Little Athletics

Little Athletics is a great summer sport for children aged three to 15 and a fantastic way to develop skills during the winter sports break.

Do the names Mitchell Starc, Alanna Kennedy or Sally Pearson sound familiar?

They are all athletes who have performed at the highest level in their chosen sport, and all started their journey with Little Athletics.

Come along and join us for our free Come & Try Day

on Saturday, September 30 at the newly refurbished Gormley Park Oval.

Athletes will have the opportunity to participate in running, jumping and throwing events under the supervision of qualified coaches, plus there will be plenty of people on hand to answer any questions you may have.

For further information contact Kingborough Little Athletics Centre at registrar@kingboroughlittleathleticscentre.org.au



Kingborough Little Athletics Club has registrations opening soon for children aged three to 14 years. (PS)



New families please contact
registrar@kingboroughlittleathletics.org.au

Free Come and try day

September 30
Gormley Park Oval



Atlas Barbell provides services to people from all demographics including personal training, physiotherapy and remedial massage services with hopes to move into low-intensity daytime strength circuit classes for the elderly, pelvic floor clinics for post-natal care and NDIS provider support. (PS)

Atlas Barbell opening at Kingston Beach

After nearly a year of uphill battles, Atlas Barbell is opening at Kingston Beach.

Located in the heart of Beach Road, this new and exciting strength training gym is geared towards those who take their time in the gym seriously.

Moving away from the noisy, crowded corporate-style or group-training gyms, Atlas Barbell looks to establish a more genuine and community-minded gym environment focusing on individual members and their goals and needs.

Despite being aimed at powerlifting, strongman and bodybuilding, Atlas Barbell provides services to people from all demographics including personal training, physiotherapy and remedial massage serv-

ices with hopes to move into low-intensity daytime strength circuit classes for the elderly, pelvic floor clinics for post-natal care and NDIS provider support.

It is no secret that resistance training has a huge array of benefits to absolutely everybody, and with a highly experienced and dedicated team specialising in this area, Atlas Barbell aims to be Kingborough's go-to place to access these services.

Keep an eye open for events in the form of competitions and open-days as well as casual access for the busy summertime beach-visitors.

Atlas Barbell will be a valuable draw card to the growing Kingston Beach village precinct.

Tennis for all ages and abilities

The Kingston Tennis Club provides a community venue where players of all abilities and ages can enjoy tennis in a friendly, safe, and welcoming environment.

The club has six courts and has recently undergone a major facility upgrade.

They are situated in the sports precinct in Kingston View Drive, just off Summerlease Road.

The club facility upgrade provides all ability access to both the clubrooms, spectator facilities and courts with ample parking facilities.

New members are always welcome however, if a casual hit is your preference, feel free to drop by or use the online booking facilities.

The Kingston Tennis Club is also a 'ticket to play' provider where vouchers of up to \$100 in value can be used towards club membership for children aged between 5 and 18 years who hold the relevant concession status listed on the Services Australia website.

The six courts with two new plexicushion surfaced courts are available to book online for casual and community play via the online portal, Book a Court.

Alternatively, there are social/casual sessions where members of the public can join in weekly, or as suits.

Just turn up and meet some members and enjoy a hit in the sunshine.

These social sessions are organised for:

- Mondays 7pm - 9pm
- Tuesdays 8.30am - 11am
- Fridays 8.30am - 11am
- Saturdays 2pm - 4pm

Are you tempted?

Further enquiries email: info@kingstontennisclub.com.au or go to the website at www.kingstontennisclub.com.au

KINGSTON TENNIS CLUB

CASUAL COURT HIRE
Book online, play today!

KINGSTON TENNIS CLUB
play.tennis.com.au/KingstonTennisClub

To book a court simply use your phone to scan the QR Code and follow the instructions or go to play.tennis.com.au/KingstonTennisClub

M16579 Enjoy the tennis

Golf for everyone

Have you been to Kingston Beach Golf Club lately?

You will find it is one of the best within Tasmania and it is playing superbly.

The local golf course has received wonderful feedback from visitors far and wide.

Their wonderful greenskeepers are ahead of their game and the club is proud of their committed efforts.

Along with the course, the facilities and Clubhouse are seeing a long overdue upgrade.

There are two very committed professionals who are able to see to your every golfing need, whether it be for golf lessons, golf clubs, golfing apparel or general golfing advice.

The retail staff are equally as conversant with the business and will be able to support you in a variety of ways.

Golf has far-reaching health benefits and is a lifelong game and, in an attempt to spread those benefits and the love of the game, Kingston Beach Golf Club are currently promoting golf for juniors, females, diverse groups, families and anyone else who is wanting to learn.

Drive 100

Drive 100 is part of this initiative, and the club would

encourage everyone to consider joining them on a Sunday afternoon.

It will only take an hour of your time and if you don't have golf clubs, the club can loan you those as well.

The ad on this page will provide you the details you need and contact number for registrations.

It will be running everyone Sunday afternoon while the weather holds out.

Come along and join in the fun.

Junior Programs

Junior golf development programs are offered every Sunday from 1pm to 2pm.

Book online through the Golf Australia website or by phoning the Kingston Beach Golf Club Pro Shop on 6229 4298.

Adult Programs

The adult 'Get into Golf' programs for women on Thursday afternoons is beginning again in September.

The mixed adult 'Get into Golf' programs currently running on Sunday 10.30am to 11.30am.

Book online through the Golf Australia website or by phoning the Kingston Beach Golf Club Pro Shop on 6229 4298.



Come and join us!

Kingston Beach Golf Club



DRIVE 100

A relaxing way to spend a Sunday afternoon enjoying golf with your family

- A fun social event especially for those new to golf
- 5 x 100m holes on a championship layout course
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Goodsports National Club of the Year

Woodbridge Cricket Club (WCC) will return to competing at the highest level in the Huon and Channel Cricket Association (HCCA) when the upcoming season kicks off in October.

In the lead-up to the season, the club was very pleased to secure the services of Clayton Braddick as senior coach.

Clayton brings a wealth of experience to the club after fulfilling various leadership roles at the University of Tasmania Cricket Club in recent years.

The club has also recruited a number of quality players, including Englishman Jake Martin, for the upcoming season.

This season will also see the unveiling of a new pitch

as well as the start of landscaping and other improvements at the club's home ground in Woodbridge.

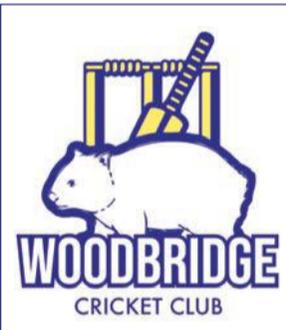
Together with its co-tenant, Woodbridge Football Club, WCC was successful in lobbying Kingborough Council for a major upgrade of the car parking facilities provided at the ground.

Work on this upgrade will commence early in the new year.

The club aims to build upon the success of last season where it won the HCCA Division 2 T20 competition and was named the Goodsports National Club of the Year in recognition of its work in enhancing the health and wellbeing of its members.



Woodbridge Cricket Club 2022 winners of HCCA Division 2 T20 competition.^(PS)



Good Sports National Club of the Year 2022

We are a Good Sports club



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Use promo code **BABYGYM** to claim your free babygym class at Kingborough Gymsports.^(PS)

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through fun rhymes, learn about rhythm through music and dance and discover their body in space.

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Babygym is a wonderful introduction to the other early learning offerings at Kingborough Gymsports like Kindergym.

Visit the website for more information and bookings www.gymsports.net.au



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Ready Steady Go Kids

Ready Steady Go Kids is Australia's largest multi-sport program for one-and-a-half to six-year-olds.

In Term 1 of 2023, it was brought to Hobart with two locations running the term-based program: Moonah Sports Centre and the Cricket Hub Tasmania in Kingston.

The program teaches the fundamentals of 10 different sports in a progressive format whilst developing the gross and fine motor skills of children.

Within the classes, teachers facilitate the development of social skills and see children grow in confidence week to week.

Ready Steady Go Kids is offering a great opportunity to introduce your child to the program with a free trial to all new members.

To book your free trial, go to www.readysteadygo.com.au

This program is based in science, developed by occupational therapists and paediatric physiotherapists.

There are four class options:

- Get Ready, one-and-a-half to two-and-a-half years old
- Ready, two-and-a-half to three years old
- Steady, three to four years old
- Go, four to six years old.

Each session is tailored to suit the development stage of the children.

Ready Steady Go Kids aligns with Australia's Early Years Learning Framework and helps to support a child as they build skills to prepare them for school.

Excursions for early learning centres and kindergartens are also available, and a program can be tailored to suit.

Ready Steady Go Kids also offer birthday parties, where children can choose up to two sports and games. Coaches are trained to support your child in their early multi-sport journey and provide a welcoming, encouraging and supportive environment.

Ready Steady Go Kids can be found on Facebook and Instagram.



Ready Steady Go Kids is Australia's largest multi-sport program for one-and-a-half to six-year-olds. (PS)



Burn Theory is an all-inclusive health and fitness club which offers effective fitness methods. (PS)

Female fitness business launches in Kingston

The ever-growing Kingborough area has created a need for more diverse health and fitness offerings.

That's why local gal, Hannah McDonald, is ready to open BurnTheory in Kingston.

BurnTheory provides three effective fitness methods: boxing, barre and release/core, with each giving a results-driven workout.

But what sets BurnTheory apart is its focus on creating a fitness community where women from all walks of life can feel comfortable and supported to achieve their fitness goals.

BurnTheory is all about a real-world approach to exercise and movement; one that is holistic and honest.

The workouts have been created for long-term results, and the instructors can tailor each of the movements in classes to suit each individual on their fitness journey.

The real-world approach means women have a welcoming, inclusive and unique space for them and their wellbeing.

The new studio will be throwing its doors open on Saturday, September 9 for a public open day from 7:30am - 12pm offering free classes to women in Kingborough who are eager to build fitness and strength and would love to try boxing or barre for the first time.



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M16786



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PLUS we have exclusive Grand Opening Day intro offers available.

Book your FREE Taster class by scanning the QR code



M1657

The Young Archie Awards submissions are in



Schools from around Kingborough participated in the Young Archives Awards, a statewide portrait competition. Pictured kinder to prep finalists from Taroona Primary. Art by Charlie, Archie, Evelyn and Holly. (PS)

Year 1-2 finalists from Taroona Primary. Art by Jimmy, Freya, Evie and Bella. (PS)



Year 3-4 finalists from Taroona Primary. Art by Florence, Otis, Serena and Elaine. (PS)

Year 5-6 finalists from Taroona Primary. Art by Margot, Charlie, Tabi and Maddie. (PS)



Every class from kinder to grade six at Kingston Primary participated in creating a portrait. These were the school winners. (PS)

All the Kingston students' creations have been displayed at the school to celebrate their artistic achievements. These were from kinder. (PS)

Kingborough Chronicle 2023 ROUND 23

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PAULA WRIEDT
MAYOR OF KINGBOROUGH

WIN: 6
TOTAL: 122

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

JOE ASSI
KINGSTON BEACH TAKEAWAY

WIN: 8
TOTAL: 122

Collingwood v Brisbane
Richmond v North Melbourne
Gold Coast v **Carlton**
GWS Giants vs. **Essendon**
St Kilda v **Geelong**
Adelaide v Sydney
Western Bulldogs v West Coast
Melbourne v Hawthorn
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Dean.Young@dpac.tas.gov.au

Tasmanian Liberals
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DEAN YOUNG
LIBERAL MEMBER FOR FRANKLIN

WIN: 8
TOTAL: 128

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

DEAN WINTER
LABOR MEMBER FOR FRANKLIN

WIN: 7
TOTAL: 123

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

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DEAN WINTER
Labor Member for Franklin

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BRETT IRVINE
NEWSXPRESS KINGSTON TOWN

WIN: 7
TOTAL: 120

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

SHANE CROSS
KINGSTON TOWN MEATS

WIN: 2
TOTAL: 106

Collingwood v Brisbane
Richmond v North Melbourne
Gold Coast v **Carlton**
GWS Giants vs. Essendon
St Kilda v **Geelong**
Adelaide v Sydney
Western Bulldogs v West Coast
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RHYLLON SYKES
MEREDITH'S ORCHARD

WIN: 2
TOTAL: 88

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

RICKY SHAW
KINGSTON LOCKSMITHS

WIN: 8
TOTAL: 134

Collingwood v Brisbane
Richmond v North Melbourne
Gold Coast v **Carlton**
GWS Giants vs. Essendon
St Kilda v **Geelong**
Adelaide v Sydney
Western Bulldogs v West Coast
Melbourne v Hawthorn
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JANE BARKER
STELLA HAIRDRESSING

WIN: 6
TOTAL: 115

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

FRED NEWTON
GLEDON INSURANCE BROKERS

WIN: 7
TOTAL: 122

Collingwood v Brisbane
Richmond v North Melbourne
Gold Coast v **Carlton**
GWS Giants vs. Essendon
St Kilda v **Geelong**
Adelaide v Sydney
Western Bulldogs v West Coast
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MICHAEL WEST
HFT INTERIORS

WIN: 5
TOTAL: 125

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

NADINE SEABOURNE
TRILOGY HAIR

WIN: 8
TOTAL: 121

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

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STEVE WESTWOOD
CO-OP TOYOTA KINGSTON

WIN: 8
TOTAL: 126

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

BRETT WOOLLEY
SOUTHERN MECHANICAL AND BRAKE

WIN: 7
TOTAL: 113

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

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Tassie Tree Climbers is owned and operated by Shaun Norris and his wife Katie. Shaun is a Huon Valley local and has spent most of his life climbing trees.

What started as a hobby eventually turned into a bigger venture, with Shaun organising recreational tree climbs with fellow enthusiasts and volunteering his rigging services for parties and events.

After deciding to move on from his former wildlife keeping career, Shaun began working full time as a tree climber for a large Tasmanian company.

After several years of full time tree climbing and after starting a family of his own, Shaun took the plunge and started his own business.

Depending on the size of the job, Shaun works

alongside a crew of fellow tree climbing enthusiasts. They assist with groundwork, chipping, rigging, as well as climbing.

All representatives of Tassie Tree Climbers are experienced, qualified, insured, and passionate about tree work!

Tassie tree climbers can attend your business or property to provide a free quote on jobs ranging from basic pruning through to large scale removals and generally complete jobs with a small ground crew to ensure safety, efficiency and professionalism

Waste can be removed from site if desired and are happy to assist with blocking felled trees for firewood. Chipping can also be arranged on site if required.

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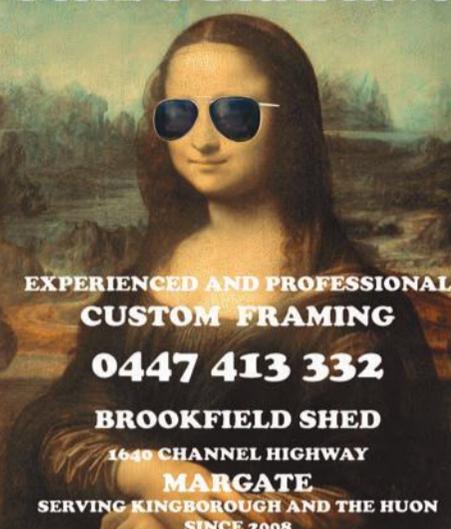
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PROPOSAL TO UPGRADE A TELSTRA MOBILE PHONE BASE STATION WITH 4G/5G AT: BORONIA HILL RESERVOIR, JINDABYNE RD, KINGSTON BEACH TAS 7050

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 - Internal works within existing equipment shelter
- Telstra regards the proposed installation as Low-impact Facilities under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination") based on the description above.
- In accordance with Section 7 of C564: 2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to: Emily Wardlaw on behalf of Telstra, 0422 685 472, consultation@acquirecomm.com.au by **Wednesday 30 August 2023**. Further information can also be obtained from <https://www.rfnsa.com.au/7050003>

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KINGBOROUGH CHRONICLE 6229 3655



The Kingborough Tigers triumphed in every game against Launceston on Saturday, August 12. The U18s came out 17.7.109 to Launceston's 4.3.27. Pictured with the ball Patrick Harnell. (PS Carolyn Whitehouse)



The Tigers Development League came out on top with a respectable 14.8.92 to Launceston's 9.8.62. Pictured battling for the ball Archie Sward. (PS Carolyn Whitehouse)



Pictured Tigers Senior Joey Brouwer demonstrating a fine touch. The Seniors pulled away with a 10.15.75 victory to Launceston's 6.12.48. (PS Carolyn Whitehouse)

GOLF RESULTS

Kingston Beach Golf Club-Women's Tuesday 18 Hole Stroke Silver Spoon Final, August 1

C. Mason 73, S. Falkingham 77.
Ball rundowns: R. Smithies 78, D. Hunnibell 80.

9 Hole Stableford

C. Miller 14 c/b, S. Clark 14.

Thursday 18 Hole Bronze Stableford Qualifying, August 3

P. Donaghy 33, C. Strudwick 32.
Ball rundowns: A. Johnston 32, D. Foster 31, S. Clark 31.

9 Hole Stableford:

F. Rawson 18, S. Fielding 15 c/b.
Ball rundowns: D. Males 15, M. Wisniewski 14.

Kingston Beach Golf Club-Men's Midweek Stableford, August 2

Division 1: R. Demmer 39 c/b, L. Allen.
Division 2: T. Lesser 39, B. Kellam 36.
Division 3: M. Stevens 37, C. Swart 35.
Ball rundowns: L. Oakes 38, T. Rummey 36, C. Meades, B. Knevet, M. Glover 35, H. Smith.
Nearest the pins: 1st R. Jeffrey, 7th B. Handbury, 8th S. Palmer, 16th R. Demmer, 18th D. Harrison.
Seniors: R. Stewart 35 c/b, G. Clarke 34.
Ball rundowns: J. St Hill 34.
Nearest the pin: 16th T. Denne.

Les Lees 18 Hole Weekly Comp, Friday, August 4

A. Pennicott 35.

Saturday Stroke and August Monthly Medal, August 5

B. Sculthorpe 69.
Division 1 Gross: S. Terhell 74.
Division 1 Nett: R. Demmer 72, S. Terhell 73.
Division 2 Gross: M. Millhouse 85.
Division 2 Nett: C. Braddick 73 c/b, M. Millhouse 73.
Division 3 Gross: B. Sculthorpe 88.
Division 3 Nett: B. Sculthorpe 69, T. Brown 70.
Ball rundowns: J. Kennedy 71, P. Johnston 73, C.

Mulcahy, S. Louw 74, P. Dalton, C. Ribbon, R. Chandler, W. Jones 75, A. Rawling, R. Styles, T. Lorkin, I. Sterling.
Nearest the pins: 1st D. Fielding, 7th G. Burrell, 8th M. Penglase, 16th C. Williams, 18th L. Allen.
Seniors: K. Graham 71, C. Willoughby 73.
Ball rundowns: T. Knight 74.
Nearest the pin: 16th D. Nejman.

North West Bay Golf Club-Women's Founders Cup, Tuesday, August 8

Winner: Y. Jarman 36, r/u H. Dwyer 33 c/b, R. Sawford 33.

9 holes

Winner: E. Murray 14, r/u P. Irvine 14, S. Ball 12.

Thursday Stableford, August 10

18 holes

S. Hall 36, R. Sawford 35, C. Thompson 33.

9 holes

E. Murray 16, C. Duggan 15, C. Goodwin 14.

North West Bay Golf Club-Men's Wednesday Stableford, August 9

Division 1: G. Young 38, K. Michael 37.
Division 2: S. Avery 38, M. Jarman 38.
Place getters: G. Lyon, G. McCulloch 36, R. Ford, B. Lovell 35, F. Kohl, D. Muir, L. Barratt, R. Gore, R. Ferguson 34.
Nearest the pins: 7th C. Warn 150cm, 10th N. Sorensen 700cm.
Birdies: 7th C. Warn, 14th M. Jarman.

Saturday Stableford, August 12

A Grade: S. Morgan 46, S. Nicholson 38.
B Grade: R. Brown 40, M. Jarman 37.
Place getters: G. Kalis, M. Wiggins 37, P. Traill, T. Roberts, R. Scallon, B. Lovell 36, D. Herridge, B. Rolf, K. Van Driezum, R. Vester, M. Childs 35, V. Bullard 34.
Nearest the pins: 7th C. James 358cm, 10th V. Bullard, 14th T. Roberts 581cm.
Birdies: 7th R. Vester.



Kingborough Bowls' Tuesday winter roster commenced on April 11 and concluded on August 8 with Gary Baker's team winning against Roger Duggan's team by just one point. Graham Newbold's team came third. Pictured Gary Baker, club patron John Rosevear, Kerrie Lane, Maddie Johnson and Terry Thompson. (PS)



Kingborough Lions took on the Clarence Zebras in the Battle of Franklin Cup to raise money for the Prostate Cancer Foundation of Australia. (PS)



The Lions came away with the cup, winning 5-2. (PS)

Kingborough Lions take on the Battle of Franklin

Kingborough Lions United Football Club and Clarence Zebras Football Club went head-to-head in Tasmania's first Battle of Franklin Cup event on Sunday, August 13.

The Clarence Zebras hosted the Lions at Wentworth Park in Howrah.

All proceeds on the day were donated to Prostate Cancer Foundation of Australia (PCFA).

Clarence Zebras spokesperson Gary Pitchford said the club enjoyed hosting Lions players and their supporters as both teams raised money for a good cause.

"Our club has had many members who have been

affected by prostate cancer, either directly or have had family members who have fought this unfortunate disease, and this is a great opportunity for us as a club to show our support and aim towards increasing awareness to all our members and players," Mr Pitchford said.

PCFA merchandise was available for purchase along with hot food and drinks to help fund further research and continual care.

Prostate cancer survivors Rick Bennett and Andrei Norris volunteered at the event and praised the clubs for raising awareness of prostate cancer in the region.

The Lions dominated the game with a 5-2 victory.



The SFLW Division 1 Tigers played North Hobart on Saturday, August 12. The women were unable to maintain the winning streak of the men's earlier games against Launceston and lost to North Hobart 3.1.19 to 6.9.54. Pictured Marley Beaven with the ball. (PS Carolyn Whitehouse)