



The Kingston CBD is being upgraded, with the southern lane of Channel Highway now open to traffic. Kingborough Council anticipates much of the large work for the upgrades will be completed in approximately three weeks. (PS)

CBD transformed

The transformation of Kingston CBD is underway with the southern lane of Channel Highway now open to traffic.

Kingborough Mayor Paula Wriedt said some of the new footpaths had been poured which had improved access to many of the restaurants and cafés in Kingston's CBD.

"Work on the upgrade is continuing with new footpaths, garden beds, and some small art pieces are starting to appear along the main strip," Cr Wriedt said.

"There is still footpath work to do at the end of John Street, Hutchins Street and outside Commonwealth Bank, but over the next few weeks much of the large work will be completed.

"Once the footpaths and road works are finished, landscaping will commence, and installation of street furniture will follow.

"The north bound lane of Channel Highway is likely to be opened for vehicle traffic by the end of July."

Kingston Park receives architect award

Kingston Park has won an Excellence Award at the State Awards Ceremony for the Australian Institute of Landscape Architects (AILA).

"This year's entries demonstrated some big learnings across the industry in cultural engagement and value," said AILA jury chair Naomi Barun.

"There was a real maturity both in the engagement and respect that landscape architecture practices had for Traditional Owners, and the cultural connection they have with these places.

"This is a clear reflection on the advocacy and leadership of landscape architects in this space and the acceptance and willingness of clients."

Kingborough Mayor Paula Wriedt said Kingston Park had topped the Parks and Open Space category at the AILA Tasmanian State Awards on Thursday, July 6.

"We've tried very hard to build Tasmania's best playground

here in Kingston, so it is wonderful to see our hard work recognised with this award," Cr Wriedt said.

"Kingston Park was acknowledged for the way the designers, Playstreet, incorporated Aboriginal history and culture into the playground's features.

"Working with Tasmanian Aboriginal artist Allan Mansell, Playstreet designed nine distinct areas of play, inspired by our community and the native fauna and habitats within Kingborough.

"Extensive community engagement was conducted with over 1800 members of the public providing feedback on the design elements they wanted to see in the playground.

"This award recognises all the beautiful stories and artwork that have gone into the design of the park.

"Kingston Park sets a new standard for urban and play-space development in Tasmania and Council is really proud of the enjoyment it provides for many in our community."

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Kingborough Chronicle

AT THE HEART OF THE COMMUNITY

ESTABLISHED 2009. ISSUE No. 688.

Kingborough Chronicle is published weekly on Tuesday.
CAB Membership Application Approved October, 2009

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Printed and published by Robert Donald Yeates,
3351 Huon Highway, Franklin for the *Kingborough Chronicle*. Responsibility for election comment is
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LETTER TO THE EDITOR


Clogging the local streets

Dear Editor,
With all the developments in Kingborough, as good as they may be, the downside is that the local streets are being clogged with trade vehicles or else resident parking.
In the event of an emergency it may be impossible for a fire truck to access a house fire.
Perhaps Kingborough Council could consider 'one-side only' parking?
This is especially needed on narrow streets such as Auburn Road.

R.Quinn
Blackmans Bay

Blackmans Bay resident R. Quinn is concerned about vehicles clogging narrow side streets in the event of an emergency. (PS)






A Japanese Whiskey Tasting event was recently hosted at Parliament House. Dr David Gillespie MP who is Deputy Chair of Australia-Japan Parliamentary Friendship Group (AJPPFG) with Senator Catryna Bilyk (Chair of AJPPFG) and His Excellency Kazuhiro Suzuki, who was recently appointed Ambassador of Japan to Australia. (PS)

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Schools across Kingborough participated in activities celebrating Indigenous culture and traditions for NAIDOC Week, which spanned July 2 to July 9. Taroona High students painted their handprints which were connected with dots to represent their connection to each other within the learning community. See what other schools got up to for NAIDOC Week in next week's issue of the *Kingborough Chronicle*. (PS)

NORTH BRUNY

Hand over of sheep station

The weetapoona Aboriginal Corporation was recently handed independent control over Murrayfield Station. This 4100 hectare coastal property was the birthplace of Truganini and holds great cultural significance to the Indigenous community. More recently it has been used as a working sheep station. weetapoona intend on continuing to run the sheep station to produce Merino wool to be sold under the new brand name of 'Longwinny' which translates to 'fur' in the local Aboriginal language. Murrayfield Station will also become a site for Aboriginal education programs and to train up Indigenous station hands.

FERN TREE

Best tap water

Fern Tree has won the Ixom Best Tasting Tap Water in Tasmania title for 2023. This is their second year in a row securing the title. "The competition recognises and acknowledges the individuals and organisations that are stepping up, some in very trying circumstances, to make sure their communities are supplied with safe drinking water every day," said George Wall, Managing Director of Water Industry Operators Association of Australia. "We want to use the competition to let people know the great work that is going on in local communities around Australia, and help to shape and secure Australia's water future." Fern Tree will go on to compete with the best from other states for the Australian title in November.

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Taroona hosts Kids in Space

Taroona Primary School hosted judges from the University of Tasmania and interstate to determine the state winner of the Kids in Space Program run by the Andy Thomas Space Foundation, the Australian Space Agency and Makers Empire.

Students and teachers from eight Tasmanian primary schools came together on Wednesday, June 28 at Taroona to share their ideas for improving life in space.

“With Tania Glover’s enthusiasm, and support from Philly Hughes, our school has been involved in this pioneering new program designed to deliver education and awareness of the opportunities in space careers to Australian primary school-aged children,” said Taroona Primary School in a Facebook post.

“We were thrilled when Finn and Nahuel’s project was award the peer prize at the end of the judging.

“Congratulations to all of the children in Year 5-6 who have engaged so eagerly in this project during Design and Technologies lessons, and to Tania, the Year 5-6 teaching team and office administration staff for ensuring today’s event was an outstanding success for all involved.”

School Administration Clerk Erin Richardson also expressed gratitude to ExpoTas who provided the display boards and tables for the event.



Roo, James and Clem. (PS)



Peer prize winners Finn and Nahuel. (PS)



Saskia and Tilo. (PS)



Iris, Lauren and Olivia. (PS)

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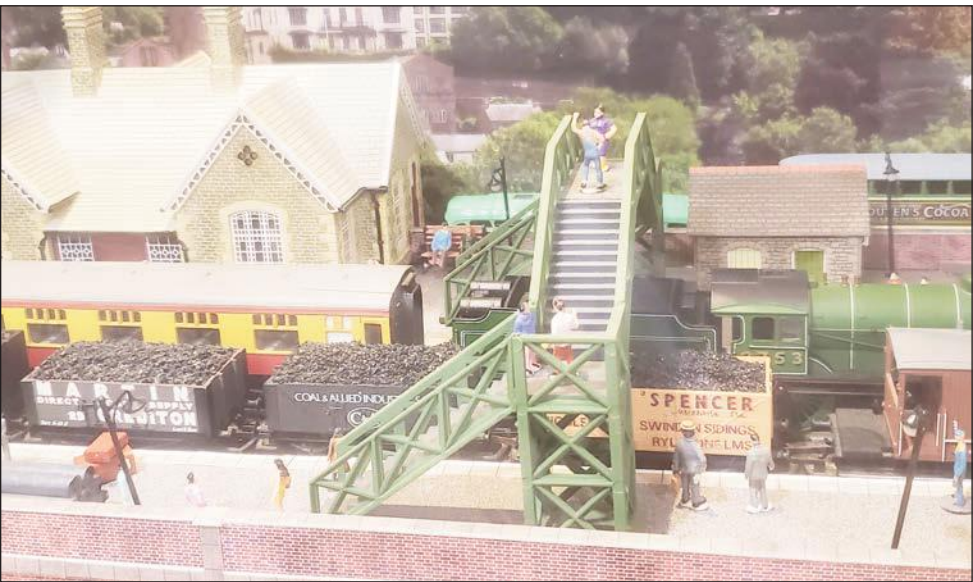
KINGSTON

Library hosts model trains

Kingston Library is hosting a model train display for the month of July.
This display includes some amazing railway models of street scenes, town and village stations, railway viaducts, locomotive yards, goods depots, city landscapes and country railway lines. These have all been meticulously detailed in every sense. All the displays are well stocked with locomotives, carriages and wagons from a range of British Rail examples. To compliment the display there is a large photo montage that illustrates the complexities of constructing a model railway layout. The display is part of the promotion for the 2023 Model Train Show, which is being held at the Kingborough Community Hub August 5 from 10am to 4pm.



The displays are meticulously detailed. (PS)



The display is part of the promotion for the 2023 Model Train Show, which is being held at the Kingborough Community Hub August 5 from 10am to 4pm. (PS)



Kingston Library is hosting a model train display for the month of July. (PS)

PUBLIC INFORMATION

Three-Year Wood Production Plan

Sustainable Timber Tasmania’s annual update of its Three Year Wood Production Plan is now available. The plan informs stakeholders of potential planned operations on Permanent Timber Production Zone land from 2023/24 to 2025/26.

Specifically, the Plan identifies coupes on Permanent Timber Production Zone land from which a schedule of harvesting, roading, and regeneration operations will be developed across the next three years.

The Three Year Wood Production Plan is a key part of our commitment to engaging with stakeholders to gather feedback and to manage Tasmania’s public production forests responsibly for future generations.

Access Map

To make it easy for stakeholders to identify the locations of coupes of interest to them, an Access Map is available on Sustainable Timber Tasmania’s website at sttas.com.au

Stakeholder input

We welcome stakeholder input to inform our detailed operational planning and decision making. We would like to:

Identify if stakeholders have specific interest or concerns in relation to potential operations at any particular coupes and want to be informed about future operations; and

Identify any issues we may need to consider during our operational planning.

Talk to us

Stakeholders seeking more information or who would like to register their interest in any particular coupes are encouraged to contact our Engagement Team at the earliest opportunity:

Phone (03) 6169 2800 during business hours

Email stakeholder@sttas.com.au

Mail Engagement Team, Sustainable Timber Tasmania, GPO Box 207, Hobart, Tasmania, 7000



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Substance abuse can have a negative impact on family and friends. If you are a family member or friend of someone who experiences difficulties with alcohol and other drugs and you live in the Kingborough or Huon Valley area, please contact the Salvation Army Family Engagement Program to hear about what support is available to you on 0428 724 352 or 6232 2900.

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Annual Channel lantern walk

Channel students and their families embraced the chill of the season by donning their coats and beanies for the annual Channel Lantern Walk.

In preparation the students worked to create paper lanterns to carry, to light their way. Children and their families carried their handmade lanterns from Channel Christian School winding through Dru Point, turning around and wandering back to the school.

Everyone joined together in the Arts, Recreation and Community hall (ARC) for the first time to enjoy an engaging and funny interactive story told by Mrs Conry.

This was followed by tummy warming soup and spiced apple drink.

"It was a magical evening that gave us an opportunity to nurture our connectedness as a community," said a representative of the school.

"A special thank you to our Community Engagement Committee for their hard work in organising this event, and to all the families who made yummy soup."



Children and their families carried their handmade lanterns from Channel Christian School winding through Dru Point. (PS)



In preparation the students worked to create paper lanterns to carry, to light their way. (PS)

KINGSTON

Kingston Men's Shed Biggest Morning Tea

The Kingston Men's Shed, "Biggest Morning Tea with a Difference," was an outstanding success.

Feedback was positive from attendees who come to the Men's Shed to engage, be creative and stay connected to the community.

With the support of Nic Street, David O'Byrne, Dean Winter, Paula Wriedt, Flora Fox, Woolworths - Channel Court, Coles-Kingston Plaza, several Margate Men's Shed members and Meagan from Cancer Council Tasmania, the event raised \$555 to the Cancer Council.

In addition, 'someone' slightly overestimated the number of doughnuts required for this event.

Eight dozen were delivered to Edna Pennicott and Helping Hands for their evening run.

It is never too late to become a member of your local Men's Shed.

Check out your neighbourhood shed; located in Kingston and Margate.



The new Rotary Club of Kingston Board, outgoing President Peter Turner, Alan Gluyas, Jill Sward, Julie Creed, incoming President Ewen Cameron, Else Phillips and Bill Keenan. The changeover dinner of around 70 guests was held at the Sandy Bay Yacht Club on Monday, June 26. (PS)

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The Tramway Hill Landcare Group recently spent 10 hours at Nierinna Creek Reserve weeding hemlock, thistle, umbrella sedge, forget-me-not, broom and blackberry. (PS)



The group will put a request to Kingborough Council to have a bench seat placed near the the dam on Tramway Hill Reserve. (PS)

Milestone for Australian Antarctic Division

Senator Catryna Bilyk toured the Australian Antarctic Division on June 30.

“Huge thanks to the Australian Antarctic Division (AAD) Director, Emma Campbell, for giving me a tour, together with my colleagues (Member for Franklin) Julie Collins MP and the Australian Minister for Environment and Water, Tanya Plibersek,” Senator Bilyk said.

“It’s a privilege to have the AAD just a stone’s throw from my Kingston office.”

The day before, Senator Bilyk, Minister Plibersek and Senator Carol Brown had been guided through the *RSV Nuyina*, an Antarctic supply and research vessel.

This year the Australian Antarctic Program celebrates 75 years of tradition - from humble beginnings as Australian National Antarctic Research Expeditions (ANARE) in 1947, to today’s modern Australian Antarctic Program.

The first ANARE landed on Heard Island on December 26, 1947.

Three months later, Macquarie Island was established.

ANARE led directly to the formation of the ‘Antarctic Division’ in May 1948 and the appointment of Dr Phillip Law as its first ‘Director’ in January 1949.

“It’s incredible the research that’s going on in the Australian Antarctic Program,” Senator Bilyk said.

“Some of these world-leading research programs are making a massive contribution to marine conservation, to gathering evidence for the International Whaling Commission and to understanding the impacts of climate change on Antarctic and Southern Ocean ecosystems.”



Senator Bilyk, Minister Plibersek and Senator Carol Brown aboard the *RSV Nuyina* (an Antarctic supply and research vessel). (PS)



Member for Franklin Julie Collins, Minister Tanya Plibersek and Senator Catryna Bilyk toured the Antarctic Division Frank Hurley Building recently. (PS)

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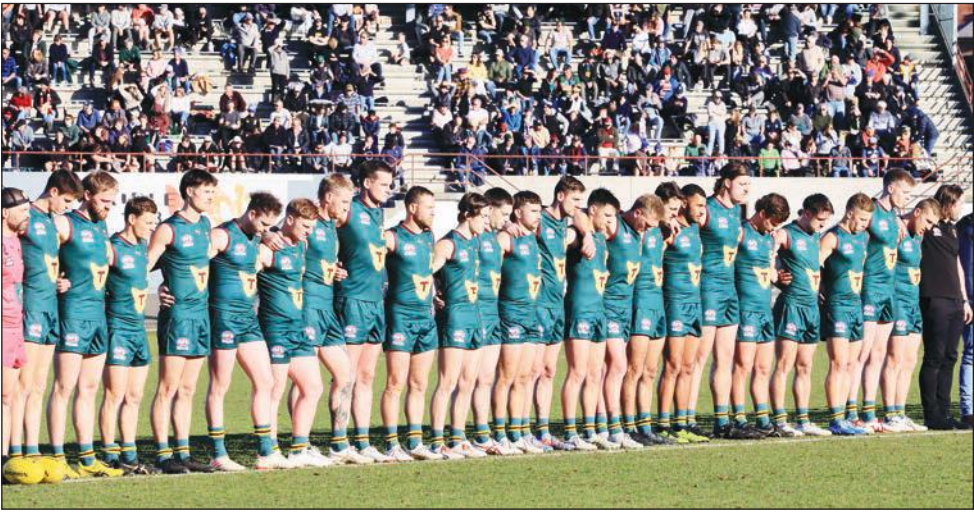
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CROSSWORD AND
SUDOKU SUPPLIED

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Last week's answers

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



North Hobart hosted the AFL Tasmania State Games on Saturday, July 1 with the Tasmanian team going up against Queensland. There were some familiar faces in the team as they lined up for the national anthem. (PS Chris Rule)

CROSSWORD

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ACROSS

1. Tranquil (4)
7. Cruel (9)
8. Test (4)
9. Stake (4)
10. Cry (4)
11. Rung (4)
14. Blot out (10)
16. Liqueur (10)
19. Depression (4)
22. Metal (4)
24. Wine (4)
25. Region (4)
26. Nationality (9)
27. Avoid (4)

DOWN

1. Plant (5)
2. Let (5)
3. Nucleus (6)
4. Emphasis (6)
5. Thump (4)
6. Statement (9)
12. Method (9)
13. Inferior (4)
15. Regretted (4)
17. Account (6)
18. Clamour (6)
20. Soil (5)
21. Instruct (5)
23. Enclosure (4)

ACROSS

1. Dopes the drink containers (4). 7. Does it form part of the home fleet? (5-4). 8. Trim and very fitting (4). 9. Dossier the prisoner would like to get hold of! (4). 10. Songs one plays without a piano (4). 11. Does badly at poetry (4). 14. What calling someone the tops is? (4,6). 16. Liquid notes? (5-5). 19. He's taken nothing in from the toolshed (4). 22. Mark the place (4). 24. That's no ruddy fence! (4). 25. Opera singer eager to get backing (4). 26. Waiting-until a net is provided to catch you? (7,2). 27. Give in when you hear the pip (4).

DOWN

1. What a chap on leave eats? (5). 2. Does it strike a harsh note in the sitting-room? (5). 3. What the nurse said to the tenor when giving him his medicine? (6). 4. Like the cover up in bed (6). 5. Sounds for an appropriate name for a seaman (4). 6. How an expert cook finds pastry-making? (4,2,3). 12. Paper said, when torn up, to become invisible (9). 13. It may have its tongue on your foot! (4). 15. Chief for most of the month (4). 17. When listless, give the doctor a ring (6). 18. There's nothing in the room but a bar (6). 20. Think its Olive's initial on the tree (5). 21. Extra thin (5). 23. Have a go at making a garment (4).

CROSSWORD – Last week's answers

QUICK PUZZLE

Across - 7, Butterscotch. 8, Squeal. 9, Poetry. 10, Satanic. 12, Smart. 15, Chair. 16, Sterile. 18, Scrape. 20, Revive. 22, Mulligatawny. **Down** - 1, Musquash. 2, Sty. 3, Trellis. 4, Scope. 5, Streamer. 6, Char. 11, Amicable. 13, Relevant. 14, Eternal. 17, Denim. 19, Coma. 21, Veal.

CRYPTIC PUZZLE

Across - 7, Labour of love. 8, Stalks. 9, Ernest (earnest). 10, Rep-ried. 12, Ten-s-e. 15, Essay. 16, Chas-sis. 18, Grills. 20, Mar-shy. 22, Bitterly cold. **Down** - 1, Mat-tress. 2, Cool. 3, B-rush-ed. 4, Off-er. 5, Bounders. 6, Sees (rev.). 11, Leaflets (anag.). 13, S-lightly. 14, Sh-amble. 17, Aster (anag.). 19, Rob-e. 21, Rock.



Kingborough Tigers' Jack Tomkinson represented in the state game. (PS Chris Rule)



Tasmania triumphed over Queensland. The team pictured with the cup. (PS Chris Rule)



Eddie Cole from Kingborough Tigers with his eyes on the ball. (PS Chris Rule)

Kingborough Chronicle

2023

ROUND 18

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

PAULA WRIEDT
MAYOR OF KINGBOROUGH

WIN: 8
TOTAL: 93



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

JOE ASSI
KINGSTON BEACH TAKEAWAY

WIN: 8
TOTAL: 94



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M16454



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

DEAN YOUNG
LIBERAL MEMBER FOR FRANKLIN

WIN: 9
TOTAL: 95



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

DEAN WINTER
LABOR MEMBER FOR FRANKLIN

WIN: 8
TOTAL: 97

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

BRETT IRVINE
NEWSXPRESS KINGSTON TOWN

WIN: 7
TOTAL: 94



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

SHANE CROSS
KINGSTON TOWN MEATS

WIN: 3
TOTAL: 82

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

RHYLLON SYKES
MEREDITH'S ORCHARD

WIN: 2
TOTAL: 70



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

RICKY SHAW
KINGSTON LOCKSMITHS

WIN: 8
TOTAL: 105

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

JANE BARKER
STELLA HAIRDRESSING

WIN: 5
TOTAL: 88



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

FRED NEWTON
GLENDON INSURANCE BROKERS

WIN: 7
TOTAL: 91

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

MICHAEL WEST
HFT INTERIORS

WIN: 7
TOTAL: 98



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

NADINE SEABOURNE
TRILOGY HAIR

WIN: 7
TOTAL: 96

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

STEVE WESTWOOD
CO-OP TOYOTA KINGSTON

WIN: 7
TOTAL: 94



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

BRETT WOOLLEY
SOUTHERN MECHANICAL AND BRAKE

WIN: 7
TOTAL: 85

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Samantha Scarlett
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Jude Viney
Bruny Property Agent
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Brooke Saward
Property Agent
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Peter Clark
Rural/Residential Property Agent
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Jo Brownless
Property Agent
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John Soundy
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Kelly Eastwood
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Kingborough Real Estate Guide



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“It has been mine and my husband’s home for the last 20 years and as I’ve been an agent for 20 plus years I would like to think I have a fairly good idea of what people are looking for in a property when they buy,” said real estate agent Kim Chandler-Storey.

“We were never going to sell but as we have six children, a tree change is beckoning and we will be leaving our beautifully restored home on Roslyn Avenue with water and mountain views.”

There are six bedrooms, three bathrooms and two of those bathrooms have their own hot water cylinders to ensure that you never run out of hot water.

The kitchen and lounge are open plan and expansive.

There is also an office with water views.

The house has an approximate insulation R value of 7.5 with white plantation shutters put throughout and 33 solar panels on the roof.

There is plenty of storage in the house with built-in’s in all of the

bedrooms except for one, and two bedrooms have ensuites.

The master has a huge ensuite with a walk-in robe and the most amazing water views.

All the windows are double-glazed.

The carpet is pure wool, there are tiles in the kitchen and in the bathrooms and it has been freshly painted.

There is a sunroom which can be used as a sunroom or a laundry drying room with built-in clothesline.

The laundry/pantry is also the size of a normal room.

Heating is all electric with two heat pumps and an electric heater that looks like a wood fire and three more electric wall heaters.

The gas stove has six hotplates with a griddle plate and an electric oven.

The bench tops in the kitchen are from granite transformations and beautifully enhance the kitchen with its white drawers.

There is an integrated dishwasher and no overhead cupboards.



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Kingborough Chronicle

AT THE HEART OF THE COMMUNITY

FREE WEEKLY TV GUIDE

Wednesday July 12 – Tuesday July 18

WEDNESDAY JULY 12

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Four Corners 10:45 Great Australian Stuff (PG) 12:00 ABC News 12:30 National Press Club Address 1:40 Media Watch (PG) 1:55 Summer Love (M I) 2:30 The Cook And The Chef 2:55 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 Utopia (PG) 8:25 Gruen (PG) 9:10 Gold Diggers (M) 9:35 Queen Of Oz (M I,s) 10:00 Adam Hills: The Last Leg (M) 10:45 ABC Late News 11:00 The Business

ABC TV PLUS 5:00 Children's Programs 11:10 Miffy's Adventures Big And Small 11:30 Play School 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Clangers 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Aquatic Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Piffarates 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) 11:00 The Cry (M I)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Hailey Dean Mysteries (PG) 2:00 Border Security International (PG) 2:30 Highway 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 Animals Aboard With Dr. Harry (PG) 8:30 The Front Bar (M) 9:30 Ambulance: Code Red (M) 10:30 The Latest Seven News 11:00 Death Row - Countdown To Execution (MA15+) 12:00 The Goldbergs (PG)

7TWO 6:00 Home Shopping 6:30 Escape To The Country 7:30 Room For Improvement 8:00 Harry's Practice 8:30 Million Dollar Minute 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 Animals Aboard With Dr. Harry 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Heartbeat (PG) 8:45 Foyle's War (M v) 10:45 Pie In The Sky (PG) 11:45 Cities Of The Underworld (M)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Rush (PG) 1:30 Good Chef Hunting 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 NRL: State Of Origin 'Live' From Accor Stadium 10:00 NRL: State Of Origin: Post Match 11:00 Tennis: Wimbledon: Day 10 'Live' 12:00 Tennis: Wimbledon: Day 10: Late Session 'Live' 3:00 Drive TV 3:30 Home Shopping 4:00 Religious Programs 4:30 Good Chef Hunting

GO! 6:00 Children's Programs (PG) 12:00 Transformers: Cyberverse (PG) 12:10 Movie: "Mr Mom" (PG) ('83) Stars: Michael Keaton 2:00 Full House (PG) 2:30 Everybody Loves Raymond (PG) 3:00 MacGyver (PG) 4:00 The Nanny (PG) 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 Everybody Loves Raymond (PG) 7:00 Young Sheldon (PG) 7:30 Movie: "Around The World In 80 Days" (PG) ('04) Stars: Jackie Chan 9:55 Cricket: Women's Ashes One Day International: England v Australia 'Live' From Bristol Country Ground

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 MasterChef Australia (PG) 3:10 Entertainment Tonight (PG) 3:30 Judge Judy (PG) 4:00 Good Chef Bad Chef 4:30 The Bold & The Beautiful (PG) 5:00 10 News First 6:30 The Project (PG) 7:30 MasterChef Australia (PG) 8:40 Riptide (PG) 9:40 So Help Me Todd (PG)

BOLD 6:00 Home Shopping 8:00 Luxury Escapes 8:30 Exploring Off The Grid 9:00 What's Up Down Under 9:30 Jake And The Fatman (PG) 10:30 JAG (PG) 12:30 Star Trek: Voyager (PG) 2:30 Jake And The Fatman (PG) 3:30 Diagnosis Murder (PG) 5:30 JAG (PG) 7:30 Bull: Caliban (PG) 8:30 NCIS: Homesick (M) 9:30 Hawaii Five-O (PG) 10:30 Matildas Preview Show 11:00 Blue Bloods: Forgive Us Our Trespasses (M) 12:00 Diagnosis Murder (PG) 1:00 Home Shopping 2:00 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 7:00 Cycling: Daily Highlights 8:00 Worldwatch 10:00 Paul O'Grady For The Love Of Dogs (PG) 11:00 Cycling: Bonjour Le Tour/ Daily Highlights 1:00 Worldwatch 2:05 Insight (M) 3:05 Mastermind Australia (PG) 3:35 The Cook Up With Adam Liaw (PG) 4:05 Jeopardy! 4:30 Letters And Numbers 5:00 Cycling: Bonjour Le Tour 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 History Of The Sitcom (M) 8:25 Rainbow Warrior (PG) 9:20 Cycling: Tour De France 2023 'Live' 2:00 Cheyenne & Lola (M I,s,v)

SBS VICE 5:00 Worldwatch 10:00 The Chefs' Line 12:00 Russia's Alcatraz (M) (In English/ Russian) 1:00 BBC News At Ten 1:30 ABC World News Tonight With David Muir 2:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 4:00 Lee Lin Chin's Fashionista 4:15 PBS Newshour 5:15 Only Connect 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 Patriot Brains (M I) 9:25 Hong Kong's Fight For Freedom (M) (In English/ Cantonese)

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THURSDAY JULY 13

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Back Roads (PG) 10:30 That Pacific Sports Show 11:00 The Chemical World 12:00 ABC News 1:00 Julia Zemiro's Home Delivery (PG) 1:25 Shaun Micallef's MAD AS HELL (M I) 2:00 Aftertaste (M I,s) 2:30 The Cook And The Chef 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 A Life In Ten Pictures (PG) 8:55 Grand Designs New Zealand 9:40 One Plus One - The Elders (PG) 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 Clangers 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Aquatic Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Piffarates 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 Penn And Teller: Fool Us (PG) 10:20 Whose Line Is It Anyway? (PG) 11:05 Doctor Who (PG)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Hailey Dean Mysteries (PG) 2:00 Border Security International (PG) 2:30 Highway 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 AFL: Round 18: Sydney v Western Bulldogs 'Live' From The SOG 10:30 AFL: Post Game 11:00 The Latest Seven News 11:30 Fantasy Island (M) 12:30 Movie: "Rites Of Passage (M v) ('98) Stars: Jason Behr 2:30 Home Shopping 4:00 NBC Today

7TWO 6:00 Home Shopping 6:30 Escape To The Country 7:30 Room For Improvement 8:00 Harry's Practice 8:30 Million Dollar Minute 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 Escape To The Country 2:00 Harry's Practice 2:30 Cities Of The Underworld (PG) 3:30 Room For Improvement 4:00 Better Homes And Gardens 5:00 Escape To The Country 6:00 Bargain Hunt 7:00 Home And Away (PG) 7:30 Father Brown (M) 8:30 Murdoch Mysteries (M) 11:30 What The Killer Did Next (M v) 1:30 Father Brown (PG)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Movie: "Love & Where To Find It" (PG) ('21) Stars: Elise Gatten 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 Paramedics (M) 10:00 Tennis: Wimbledon: Pre Show 10:30 Tennis: Wimbledon: Day 11 'Live' 12:00 Tennis: Wimbledon: Day 11: Late Session 'Live' 3:00 Hello SA 3:30 Home Shopping 4:00 Religious Programs

GO! 6:00 Children's Programs (PG) 12:00 Transformers: Cyberverse (PG) 12:10 Movie: "Carbon Copy" (PG) ('81) Stars: George Segal 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: "Vegas Vacation" (PG) ('97) Stars: Chevy Chase 9:30 Movie: "Funny Farm" (PG) ('88) Stars: Chevy Chase 11:35 Young Sheldon (PG)

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 MasterChef Australia (PG) 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 MasterChef Australia (PG) 9:00 Law & Order: SVU (M v) 10:00 The Cheap Seats (M) 11:00 Law & Order: SVU (M v)

BOLD 6:00 Home Shopping 8:00 Luxury Escapes 8:30 Exploring Off The Grid 9:00 What's Up Down Under 9:30 Jake And The Fatman (PG) 10:30 JAG (PG) 12:30 Star Trek: Voyager (PG) 2:30 Jake And The Fatman: One More For The Road (PG) 3:30 Diagnosis Murder (PG) 5:30 JAG (PG) 7:30 Bull: The Hard Right (PG) 8:30 NCIS: Kill Chain (M v) 9:30 NCIS: New Orleans: Monster (M) 10:30 Seal Team: Cover For Action (M) 11:30 Star Trek: Discovery (M v) 12:30 Home Shopping 2:00 Diagnosis Murder (PG) 4:00 JAG (PG)

SBS 5:00 Worldwatch 7:00 Cycling: Daily Highlights 8:00 Worldwatch 10:00 Paul O'Grady For The Love Of Dogs (PG) 11:00 Cycling: Bonjour Le Tour/ Daily Highlights 1:00 Worldwatch 2:10 Great Escapes With Morgan Freeman (M) 3:00 Mastermind Australia (PG) 3:35 The Cook Up With Adam Liaw (PG) 4:05 Jeopardy! 4:30 Letters And Numbers 5:00 Cycling: Bonjour Le Tour 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Inside Sydney Airport (M) 8:30 Stanley Tucci - Searching For Italy (M) (In English/ Italian)

SBS VICE 5:00 Worldwatch 10:00 The Chefs' Line 11:30 Movie: "Fries! The Movie" (G) ('21) Stars: Chrissy Teigen 1:05 BBC News At Ten 1:35 ABC World News Tonight With David Muir 2:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 4:00 Lee Lin Chin's Fashionista 4:15 PBS Newshour 5:15 Only Connect 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 Beyond Oak Island (PG) 9:20 (Re)Solved (MA15+) 11:05 Taskmaster (M I,s)

FRIDAY JULY 14

ABC 6:00 News Breakfast 9:00 ABC News 10:00 War On Waste: The Battle Continues 11:00 The Poles Revealed 12:00 ABC News 1:00 Movie: "Limbo" (M I) ('23) Stars: Simon Baker 2:35 Gruen (PG) 3:15 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 First Weapons (PG) 8:00 Death In Paradise (PG) 9:00 Utopia (PG) 9:30 Gold Diggers (M I,s) 9:55 ABC Late News 10:10 The Split (PG) 11:10 Why Didn't They Ask Evans? (M) 12:10 rage (MA15+)

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Clangers 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Aquatic Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Piffarates 7:05 Andy's Wild Adventures 7:30 Spicks And Specks 8:00 Hard Quiz (PG) 8:30 Movie: "The Girl On The Train" (M n,s,v) ('16) Stars: Emily Blunt 10:20 Doctor Who (PG) 11:05 We Hunt Together (MA15+) 11:50 Killing Eve (M)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: "The Office Mix-Up" (M) ('20) Stars: Kate Mansi 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 18: Melbourne v Brisbane 'Live' From The MCG 10:30 AFL: Post Game 11:00 Armchair Experts (M) 12:00 Movie: "The Birth Of A Nation" (MA15+) ('16) Stars: Nate Parker 2:30 Home Shopping

7TWO 8:00 Jabba's School Holiday Movie Special (PG) 8:30 Million Dollar Minute 9:30 NBC Today 12:00 Better Homes And Gardens 1:00 House Of Wellness (PG) 2:00 The Great Australian Doorstep (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 10:30 The Aussie Property Flippers (PG) 11:30 Border Security International (PG)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Movie: "A Priceless Love" (PG) ('22) Stars: Erin Agostino 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 Country House Hunters Australia 8:30 Movie: "My Big Fat Greek Wedding 2" (PG) ('16) Stars: Elena Kampouris 10:30 Tennis: Wimbledon: Day 12 'Live' 12:00 Tennis: Wimbledon: Day 12: Late Session 'Live' 4:00 Postcards (PG)

GO! 6:00 Children's Programs (PG) 12:00 Movie: "The Cutting Edge" (PG) ('92) Stars: D.B. Sweeney 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: "The Polar Express" (G) ('04) Stars: Tom Hanks 7:30 Movie: "Kong: Skull Island" (M) ('17) Stars: Tom Hiddleston 9:45 Movie: "Batman Returns" (M s,v) ('92) Stars: Michael Keaton 12:15 Homeland (MA15+) 1:20 Southern Charm (MA15+) 2:10 Starting Up Starting Over (PG)

TEN 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 3:00 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 I,s) 9:30 The Graham Norton Show (M I,s)

BOLD 6:00 Home Shopping 8:00 Luxury Escapes 8:30 Exploring Off The Grid 9:00 What's Up Down Under 9:30 Jake And The Fatman: One More For The Road (PG) 10:30 JAG: Act Of Terror/ Angels 30 (PG) 12:30 Star Trek: Voyager (PG) 2:30 Jake And The Fatman: Who's Sorry Now? (PG) 3:30 Diagnosis Murder (PG) 5:30 JAG (PG) 6:30 Football: Matildas v France 'Live' From Marvel Stadium 10:00 NCIS: Los Angeles (M v) 12:00 Star Trek: Discovery (M v) 1:00 Home Shopping 2:00 Diagnosis Murder (PG) 4:00 JAG (PG)

SBS 5:00 Worldwatch 7:00 Cycling: Daily Highlights 8:00 Worldwatch 10:00 Paul O'Grady For The Love Of Dogs (PG) 11:00 Cycling: Bonjour Le Tour/ Daily Highlights 1:00 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 Letters And Numbers 5:00 Cycling: Bonjour Le Tour 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:35 World's Most Scenic River Journeys (PG) 8:30 Paris - Mystery Of The Lost Palace (M) (In English/ French)

SBS VICE 5:00 Worldwatch 10:00 Movie: "Hunt For The Wilderpeople" (PG) ('16) Stars: Taika Waititi 11:50 The Curse Of Oak Island (PG) 12:40 Forever Young (PG) 1:05 BBC News At Ten 1:35 ABC World News Tonight With David Muir 2:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 4:00 Lee Lin Chin's Fashionista 4:15 PBS Newshour 5:15 Only Connect 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) 8:35 Hoarders 9:30 Sex Right Now (M s)

SATURDAY JULY 15

ABC 7:00 Weekend Breakfast 9:00 rage (PG) 10:30 rage Guest Programmer (PG) 12:00 ABC News 12:30 Death In Paradise (PG) 1:30 The Durrells (PG) 2:15 Louis Theroux Interviews Dame Judi Dench (PG) 3:05 Grand Designs Revisited 3:50 Landline 4:20 Mamirikuwi (PG) 4:00 Wash My Soul In The River's Flow (PG) 4:25 Julia Zemiro's Home Delivery (PG) 5:30 The Black Hand (MA15+) 6:30 New Leash On Life 7:00 ABC News 7:30 Sister Boniface Mysteries (PG) 8:15 Vera (M v) 9:45 Movie: "Limbo" (M) ('23) Stars: Simon Baker 11:25 Marriage (M I)

ABC TV PLUS 5:00 Children's Programs 12:00 In The Night Garden 12:35 Tik Tak 1:00 Peppa Pig 1:35 Clangers 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Peppa Pig 3:30 Play School 4:00 Andy's Wild Workouts 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Pffirates 7:05 Andy's Wild Adventures 7:30 Spicks And Specks 8:30 Whose Line Is It Anyway? (PG) 8:50 Live At The Apollo (M I,s) 9:35 Robot Wars (PG) 10:40 Unprotected Sets (MA15+) 11:30 Staged (MA15+)

SEVEN 6:00 NBC Today 7:00 Weekend Sunrise 10:00 The Morning Show (PG) 12:00 Seven's Horse Racing: Flemington/ Rosehill/ Eagle Farm "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 18: Geelong v Essendon "Live" From GMHBA Stadium 10:30 AFL: Post Game 11:00 TBA 12:30 Home Shopping 1:00 TBA 2:00 Home Shopping 4:00 Get Arty 5:00 House Of Wellness (PG)

7TWO 6:00 Home Shopping 8:30 Travel Oz (PG) 10:00 Better Homes And Gardens 11:00 House Of Wellness (PG) 12:00 The Aussie Property Flippers (PG) 1:00 Harry's Practice 1:30 Medical Emergency (PG) 2:00 Bargain Hunt 3:00 Escape To The Country 5:00 TBA 6:00 Gold Coast Ocean Rescue (PG) 6:30 The Highland 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 Highland Vet (PG) 12:15 The Great Australian Doorstep (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 TV 12:30 The Pet Rescuers (PG) 1:00 Great Australian Detour 1:30 Movie: "Middle School: The Worst Years Of My Life" (PG) ('16) Stars: Griffin Gluck 3:30 Rush (PG) 5:00 NINE News: First At Five 5:30 Getaway (PG) 6:00 NINE News Saturday 7:00 A Current Affair (PG) 7:30 Rugby Union: Wallabies v Argentina "Live" 9:50 Rugby Union: Post Match 10:30 Tennis: Wimbledon: Pre Show

GO! 6:00 Children's Programs 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 World Endurance Championship 3:40 Resto My Ride Australia 4:40 Go On (PG) 5:10 Movie: "Charlie And The Chocolate Factory" (PG) ('05) Stars: Johnny Depp 7:30 Movie: "Divergent" (M v) ('14) Stars: Shailene Woodley 10:15 Movie: "Hansel And Gretel: Witch Hunters" (MA15+) ('13) Stars: Jeremy Renner 12:00 Made In Chelsea (MA15+)

TEN 6:00 Reel Action 6:30 Religious Programs 7:00 Freshly Picked 7:30 Escape Fishing With ET 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 MasterChef Australia (PG) 1:10 My Market Kitchen 1:30 Hungry 2:00 Pooches At Play 2:30 Everyday Gourmet 3:00 What's Up Down Under 4:00 My Market Kitchen 4:30 Farm To Fork 5:00 10 News First 6:00 TBA 7:00 The Dog House Australia (PG) 8:00 NCIS: Los Angeles (PG) 11:00 The Cheap Seats (PG) 12:00 Home Shopping

BOLD 6:00 Home Shopping 9:00 Pooches At Play 10:00 Diagnosis Murder (PG) 12:00 Escape Fishing With ET 12:30 I Fish 1:00 Jake And The Fatman (PG) 2:00 Wildlife Rescue Australia 3:00 JAG (PG) 5:00 Escape Fishing With ET (PG) 5:30 JAG (PG) 7:30 Football: West Ham v Perth Glory "Live" From Optus Stadium 10:00 Football: Post Match 10:30 48 Hours (M) 11:25 Seal Team (M) 12:20 Blue Bloods (M) 1:15 Star Trek: Discovery (PG) 2:10 48 Hours (M) 3:05 JAG (PG) 5:00 Home Shopping

SBS 5:00 Worldwatch 7:00 Cycling: Daily Highlights 8:00 Worldwatch 10:00 Barkley Manor (PG) 11:00 Cycling: Bonjour Le Tour/ Daily Highlights 1:00 Worldwatch 2:05 Treasures Of Malta (PG) 3:05 Treasures Of Greece (PG) 4:00 Trail Towns 4:30 Cycling: Bonjour Le Tour 5:30 The Rise Of The Nazis (PG) 6:30 SBS World News 7:30 Going Places With Ernie Dingo (PG) 8:30 Amazing Railway Adventures Nick Knowles 9:25 Cycling: Tour De France "Live" 2:05 Witch Hunt (M I,s) (In Norwegian) 3:55 Food Safari

SBS VICE 5:00 Worldwatch 10:00 The Chefs' Line 12:00 The Curse Of Oak Island (PG) 12:45 Jeopardy! 2:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 4:00 BBC News At Ten 4:30 ABC World News Tonight With David Muir 4:55 PBS News Hour 5:55 Monty Python's Flying Circus (PG) 6:30 The Bee Whisperer (PG) 7:30 Impossible Engineering (PG) 8:25 Smoke & Steel: Secrets Of Modern World (PG) 9:25 Django (MA15+) 11:40 Fargo (MA15+) 1:50 Sex Before The Internet (MA15+) 2:45 NHK World English News

SUNDAY JULY 16

ABC 6:00 rage (PG) 7:00 Weekend Breakfast 9:00 Insiders 10:00 Offsiders 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 Sister Boniface Mysteries (PG) 3:15 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+) 9:25 The Beast Must Die (M I) 10:10 Why Didn't They Ask Evans? (M) 11:10 Small Axe (M I)

ABC TV PLUS 5:00 Children's Programs 1:00 Peppa Pig 1:35 Abby's Amazing Adventures 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Wild Workouts 4:25 Brave Bunnies 5:05 Thomas And Friends 5:35 Fireman Sam 5:55 Ben And Holly's Little Kingdom 6:20 Bluey 6:30 Pffirates 7:05 Andy's Wild Adventures 7:30 Spicks And Specks 8:00 You Can't Ask That (PG) 8:30 Louis Theroux: Gambling In Las Vegas (M I) 9:30 Louis Theroux: Surviving America's Most Hated Family (M I)

SEVEN 6:00 NBC Today 7:00 Weekend Sunrise 10:00 The Morning Show Weekend 12:00 House Of Wellness (PG) 1:00 Better Homes And Gardens 2:00 VFL: Round 17: Geelong v Essendon "Live" From GMHBA Stadium 5:00 Seven News At 5 5:30 Border Security - Australia's Front Line (PG) 6:00 Seven News Tasmania 7:00 Dancing With The Stars (PG) 8:55 TBA 9:55 The Latest Seven News 10:25 Born To Kill? (MA15+) 11:20 Autopsy USA (MA15+) 12:30 All Together Now - The 100 (PG) 2:00 Home Shopping 3:30 Million Dollar Minute

7TWO 6:00 Lifestyle Magazine 6:30 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 Escape To The Country 1:00 Greatest Escapes To The Country 2:00 The Great Australian Doorstep (PG) 2:30 Discover With RAA Travel (PG) 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 TBA 11:15 Pie In The Sky (PG) 12:25 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 Taronga - Who's Who In The Zoo (PG) 2:30 Iconic Australia: The Bush (PG) 3:30 Rush: Bangkok (PG) 5:00 NINE News: First At Five 5:30 Postcards (PG) 6:00 NINE News Sunday 7:00 60 Minutes (M) 8:00 The Murder Of Lyn Dawson: Unlikely Heroes/ Reasonable Doubt (M I) [s] 10:00 NINE News Late 10:30 Tennis: Wimbledon: Pre Show 11:00 Tennis: Wimbledon: Day 14 "Live"

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 Starting Up Starting Over (PG) 3:00 Mega Zoo (PG) 4:00 Top Chef Amateurs (PG) 5:00 Go On (PG) 5:30 Movie: "Scooby-Doo 2: Monsters Unleashed" (PG) ('04) Stars: Matthew Lillard 7:30 Movie: "Harry Potter And The Deathly Hallows - Part 2" (PG) ('10) Stars: Alan Rickman 10:00 Movie: "Blade: Trinity" (MA15+) ('04) Stars: Wesley Snipes 12:15 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 MasterChef Australia (PG) 1:10 Everyday Gourmet 1:30 Cook With Luke 2:00 Luxury Escapes 2:30 My Market Kitchen 3:00 The Offroad Adventure Show 4:00 Good Chef Bad Chef 4:30 Farm To Fork 5:00 10 News First 6:30 The Sunday Project (PG) 7:30 MasterChef Australia (PG) 9:30 FBI (M) 10:30 NCIS: Hawaii (M) 11:30 The Sunday Project (PG)

BOLD 6:00 Home Shopping 7:30 Religious Programs (PG) 8:00 Snap Happy 9:00 Pat Callinan's 4X4 Adventures 10:00 I Fish 11:00 Roads Less Travelled 12:00 JAG (PG) 2:00 Wildlife Rescue Australia (PG) 3:00 What's Up Down Under 4:00 Pooches At Play (PG) 4:30 Reel Action 5:00 I Fish 5:30 JAG (PG) 7:30 NCIS (M v) 10:20 NCIS: Los Angeles: Shame (M v) 11:15 48 Hours: The Black Swan Murder? 12:15 Blue Bloods (M v) 1:10 Seal Team (M) 2:05 Star Trek: Discovery (PG) 3:00 48 Hours (M) 4:00 JAG (PG)

SBS 5:00 Worldwatch 7:00 Cycling: Tour De France: Daily Highlights 8:00 Worldwatch 10:00 Barkley Manor (PG) 11:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 1:00 Motorsport: Speedweek 3:00 Planet Reef (PG) 4:00 Trail Towns 4:30 Cycling: Tour De France: Bonjour Le Tour 5:30 The Rise Of The Nazis (PG) 6:30 SBS World News 7:30 Hindenburg - The Cover Up (PG) 9:20 Cycling: Tour De France 2023 "Live" 2:50 Exit (MA15+) (In Norwegian/ Swedish/ English) 3:45 Food Safari 4:45 Bamay

SBS VICE 5:00 Worldwatch 9:30 Small Business Secrets 10:00 The Chefs' Line 12:00 The Curse Of Oak Island (PG) 12:45 Jeopardy! 2:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 4:00 ABC World News Tonight With David Muir 4:25 The Last Lesbian Bars 4:50 Domino Masters (PG) 6:40 Nazi Megastructures (PG) 7:35 Abandoned Engineering (PG) 8:30 The UnXplained With William Shatner (M) 9:20 We Need To Talk About Cosby (MA15+) 11:35 Over The Black Dot 12:05 UFOs (PG)

MONDAY JULY 17

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Landline (PG) 11:00 Fake Or Fortune? 12:00 ABC News 1:00 Queen Of Oz (PG) 1:30 Vera (M v) 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 Back Roads (PG) 8:30 Four Corners 9:15 Media Watch (PG) 9:35 Jonestown - Terror In The Jungle (M) 10:15 China Tonight 10:50 ABC Late News 11:05 The Business 11:20 The Beast Must Die (M I) 12:05 The Split (M I) 1:05 rage (MA15+)

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Abby's Amazing Adventures 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Aquatic Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Pffirates 7:05 Andy's Wild Adventures 7:30 Spicks And Specks 8:00 David Attenborough's Kingdom Of Plants 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 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 Dancing With The Stars (PG) 9:25 9-1-1: Lone Star: J'accuse (M) 10:30 The Latest Seven News 11:00 The Blacklist: The Hat Trick (MA15+) 12:00 Movie: "Total Stranger" (M s,v) ('99) Stars: Lindsay Crouse 2:00 Home Shopping 4:00 NBC Today

7TWO 7:00 The Great Australian Doorstep (PG) 7:30 Room For Improvement 8:00 Harry's Practice 8:30 Million Dollar Minute 9:30 NBC Today 10:30 Better Homes And Gardens 12:00 Better Homes And Gardens 1:00 Harry's Practice 2:00 Weekender 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 (PG)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Movie: "The Charm Of Love" (PG) ('20) Stars: Katrina Norman 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 Rush (PG) 8:55 Police Rescue Australia (PG) 9:55 Footy Classified (M) 10:55 NINE News Late 11:25 Mr Mayor 11:50 Black Widow (PG) 12:40 Tipping Point (PG) 1:30 Home Shopping 4:00 Religious Programs

GO! 6:00 Children's Programs (PG) 11:00 Teen Titans Go! (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: "Interstellar" (M I) ('14) Stars: Anne Hathaway 11:50 Homeland (MA15+) 12:50 Southern Charm (M) 1:50 Formula E 2023 Highlights

TEN 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 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) 9:15 Have You Been Paying Attention? (M) 10:15 Just For Laughs Australia (MA15+) 10:45 FBI: Most Wanted (M v) 11:35 The Project (PG) 12:30 Home Shopping

BOLD 6:00 Home Shopping 8:00 Luxury Escapes 8:30 Exploring Off The Grid 9:00 What's Up Down Under 9:30 I Fish 10:30 JAG (PG) 12:30 NCIS (PG) 1:30 Bull: Prior Bad Acts (M) 2:30 Jake And The Fatman: I'll Dance At Your Wedding (PG) 3:30 Diagnosis Murder: The Roast/ Sleeping Murder (PG) 5:30 JAG (PG) 7:30 Bull: Safe Space (PG) 8:30 NCIS (M) 10:20 Blue Bloods: Protective Instincts (M v) 11:15 48 Hours: What Happened To The Perfect Child? (M) 12:15 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 7:00 Cycling: Tour De France: Daily Highlights 8:00 Worldwatch 10:00 Paul O'Grady For The Love Of Dogs (PG) 11:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 1:00 Worldwatch 2:00 Great Escapes With Morgan Freeman (M v) 2:50 Inferno (PG) 3:05 Mastermind Australia (PG) 3:35 The Cook Up With Adam Liaw (PG) 4:05 Jeopardy! 4:30 Letters And Numbers 5:00 Cycling: Tour De France: Bonjour Le Tour 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Robson Green's Weekend Escapes (PG)

SBS VICE 5:00 Worldwatch 9:30 Small Business Secrets 10:00 The Chefs' Line 12:00 Monty Python's Flying Circus (M v) 12:35 Insight 1:35 ABC World News Tonight With David Muir 2:00 Cycling: Tour De France: Bonjour Le Tour/ Daily Highlights 4:00 BBC News At Ten 4:20 ABC America This Week 5:15 Only Connect 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) 10:20 Most Expensive (M) 11:15 Yokayai Footy

TUESDAY JULY 18

ABC 6:00 News Breakfast 9:00 ABC News 10:00 Poh's Kitchen 10:30 Outback Ringer (PG) 11:00 Fight For Planet A: Our Climate Challenge (PG) 12:00 ABC News 1:00 Grantchester (M v) 1:55 Nigella's Cook, Eat, Repeat 2:25 Julia Zemiro's Home Delivery (PG) 2:55 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 New Leash On Life 8:30 The Dark Emu Story 9:55 Louis Theroux Interviews Yungblud (M I,n) 10:40 ABC Late News 10:55 The Business

ABC TV PLUS 5:00 Children's Programs 12:00 Teletubbies 12:35 Tik Tak 1:00 Peppa Pig 1:35 Abby's Amazing Adventures 2:00 Bananas In Pyjamas 2:35 Peter Rabbit 3:00 Wolf Joe 3:30 Play School 4:00 Andy's Aquatic Adventures 4:25 Brave Bunnies 5:00 Peppa Pig 5:35 Fireman Sam 6:10 Octonauts 6:30 Pffirates 7:05 Andy's Wild 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) 10:10 Blunt Talk (MA15+)

SEVEN 6:00 Sunrise 9:00 The Morning Show 11:30 Seven Morning News 12:00 Movie: "Ruthless Realtor" (PG) ('20) Stars: Christie Burson 2:00 The Rookie - Feds: Flashback (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 Million Dollar Island (PG) 9:00 The Rookie (M v) 10:00 The Rookie - Feds (PG) 11:00 The Latest Seven News 11:30 The Blacklist (M v) 12:30 S.W.A.T. (M v) 1:30 Travel Oz (PG) 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 Harry's Practice 8:30 Million Dollar Minute 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 RFDS (M) 11:25 The Coroner (PG)

NINE 6:00 Today 9:00 Today Extra 11:30 NINE's Morning News 12:00 Rush: Dublin (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 Rush (PG) 9:00 Travel Guides (PG) 10:00 NINE News Late 10:30 Chicago Med 11:20 See No Evil: Loved My Daughter (PG) 12:10 Court Cam (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 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: "Little Fockers" (M s,v) ('10) Stars: Robert De Niro 9:30 Movie: "The Campaign" (M I,s) ('12) Stars: Will Ferrell 11:15 Young Sheldon (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 3:30 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) 8:45 The Cheap Seats (PG) 9:45 NCIS (M v) 10:35 Riptide (M v) 11:30 The Project (PG) 12:30 The Late Show (PG)

BOLD 6:00 Home Shopping 8:00 Luxury Escapes 8:30 Exploring Off The Grid 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: Leave It All Behind (M) 2:30 Jake And The Fatman: My Buddy (PG) 3:30 Diagnosis Murder: Bringing Up Barbie/ Murder At Midterm (PG) 5:30 JAG (PG) 7:30 Football: Tottenham v West Ham "Live" From Optus Stadium, Perth 10:30 FBI: Compromised (M) 11:30 48 Hours (M) 12:30 Home Shopping 2:15 Diagnosis Murder (PG) 4:05 JAG (PG)

SBS 5:00 Worldwatch 9:05 Paul O'Grady For The Love Of Dogs (PG) 12:00 Worldwatch 2:00 Beautiful (PG) 2:20 French Voyages: Discovery To Australia (PG) (In English/ French) 3:10 Mastermind Australia (PG) 3:40 The Cook Up With Adam Liaw (PG) 4:10 The Supervet (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 Cycling: Tour De France 2023: Stage 16 "Live" 2:05 No Man's Land (MA15+) (In French/ Arabic/ English)

SBS VICE 5:00 Worldwatch 10:00 The Chefs' Line 12:00 Secret History Of Comics (PG) 12:50 America's Great Divide: Obama To Trump (M v) 2:50 Sloths Save The World (PG) 3:20 BBC News At Ten 3:50 ABC World News Tonight With David Muir 4:15 PBS News Hour 5:15 Only Connect 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 USA (PG) 9:40 Couples Therapy (M I,s) 10:40 Super Maximum Retro Show (M I)



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Christian Homes Tasmania (CHT) is not just an aged care provider or a retirement village; they are a community. CHT aims to make a difference in the lives of those they serve. Their community encourages you to thrive and have a sense of kinship and belonging. (PS)



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POSITIVE AGEING FOR SENIORS

ADVERTISING FEATURE

Estate planning specialists, recommended

Paula Sutherland & Associates (PSA) specialises in estate planning and administration, dispute resolution and litigation, commercial law, and conveyancing.

PSA's lawyers offer specialist advice tailored to meet specific client needs, providing practical solutions and options whilst identifying risks and possible consequences.

In delivering legal services, PSA focuses on transparency, achieving the best outcome for the client, and anticipating their future needs.

Providing a premium estate planning service, PSA encourages everyone, no matter how big or small their estate, to have the following in place:

- Will
- Enduring power of attorney
- Enduring guardianship

Whilst you are still alive, a Power of Attorney appoints a person (the attorney) to make decisions on your behalf about matters that relate to your financial and legal affairs, such as selling or purchasing property and accessing

funds in your bank accounts.

It does not permit a person to make decisions about your medical or personal affairs, this is achieved via the appointment of an enduring guardian, which PSA can also assist you to put in place.

After you pass away, it is equally important to ensure you have a will.

Circumstances change: children are born, beneficiaries predecease you, your asset pool changes by either the growth or disposal of assets, and so on.

You should update your will when there is a significant event in your life, such as marriage or divorce, or otherwise at least every two to three years to ensure that your wishes remain current and valid.

Paula Sutherland & Associates offers comprehensive, accessible, and affordable assistance to clients in relation to their estate planning needs.

PSA has also been recognised as a recommended Wills & Estates Litigation Law Firm by *Doyle's Guide*.

Contact the team for an appointment to discuss drafting or updating your will, power of attorney, or enduring guardianship.



Paula Sutherland & Associates offers comprehensive, accessible, and affordable assistance with estate planning needs. The team empowers clients, with an understanding of legal matters through innovative, transparent, and specialist advice. (PS)



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Do your family circumstances feel too complex? Or do you have specific assets that you want to leave to loved ones? Life is unpredictable, but so too is death. Having a valid will protects everything that is important to you. At Paula Sutherland & Associates, no matter the size or complexity of your estate, if you want control over your assets after you pass away, then tick this one off your list today.

We offer comprehensive, accessible and affordable assistance for all your estate planning needs.

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POSITIVE AGEING FOR SENIORS

ADVERTISING FEATURE

Positive ageing in Kingborough

Retirement can be a time for learning new things, spending more time with family and friends, and doing more of what you enjoy.

Kingborough Mayor Paula Wriedt said Kingborough Council's Positive Ageing program created great opportunities for our older people to learn, engage and have fun.

"Tuesday Talks are held on the first Tuesday of each month and provide informative, informal gatherings for older people to hear presentations on a variety of topics," Cr Wriedt said.

"Recent Tuesday talks have been about topics such as misunderstood road rules and mobility aids.

"We also have regular Seasonal Walks taking place four times a year to make the most of the variety of walking trails across Kingborough.

"Each walk everyone enjoys some of the shorter, gentle rambles with a guide from Council's Natural Areas team.

"The walks are for those interested in experiencing and learning about some of our beautiful natural areas, while socialising and having a cuppa together.

"Pop-up cafés have become a regular feature on Council's positive ageing calendar.

"The cafés 'pop up' at the Kingborough Community Hub during school holidays to allow newly trained young baristas prepare favourite beverages to build up their hospitality work skills.

"Café patrons are treated to a guest speaker to listen to while having a tasty morning tea.

"Recent speakers at our pop-up cafés have covered topics such as: keeping your indoor plants healthy, how to boost your nutrients with delicious protein-rich toast toppings; and the fine art of successful and satisfying plant propagating.

"This July we'll have delightful presentation on birds and bees - literally!

"Birdlife Tasmania will talk about all the wonderful birds you might see in the area, and Yves from 'Miellerie' (a high quality, local honey business) will share his passion for bees and their magical honey."

All talks and walks are free and morning tea is provided.

Pop-up cafés are \$5 per head.

For more information on Kingborough's positive ageing programs, call 6211 8200, email kc@kingborough.tas.gov.au, or go to www.kingborough.tas.gov.au



Find the right mobility equipment for you at Mobility4All. (PS)

Getting the most out of every day

The right mobility equipment can provide a healthy lifestyle, enabling people to live well longer.

To find the most suitable home care products or mobility aids, talk with the experts at Mobility4All.

Their showroom is conveniently located at 23 Derwent Park Road, Derwent Park, with easy access and free parking at the front door.

There is a large range of mobility scooters, powerchairs, wheelchairs, walkers/rollators and daily living aids.

The staff understand everyone has different requirements and the importance of discussing individual circumstances to provide the best advice on the most suitable equipment.

As a specialist store, Mobility4All appreciate the value of backing up their products with after-sales service.

They know their products inside-out and will service and repair mobility aids and equipment, either at their store or in the home if required.

Get the most out of every day and contact Mobility4All on 6273 8300 or at info@mobility4all.com.au

Qigong classes in Kingston

Qigong is a movement energy practice that originates from ancient Chinese traditions with a connection to traditional Chinese medicine.

Qi (chee) means energy/life force, and Gong means skill development.

Removing obstacles to promote healing is facilitated through gentle movement and a focused mind/breath connection.

Stillness or meditation may be incorporated, bonding this together.

The stimulation of an energy flow through meridians and channels in this process unblocks tension and stagnation in the different body systems, restoring and cultivating vitality and wellbeing.

In the modern sense, Qigong is increasingly popular all around the world today.

It is a practice that can readily be accommodated in today's busyness and is adaptable to physical ability, life stages, time and space availability.

A session may be any length, but an ideal time is 45 to 60 minutes, incorporating a warmup to get the body, breath and mind primed, a sequence of defined and elaborated movements with specific intention, and stillness or a meditation to complete.

However, if 10 or 20 minutes is all that is available, that can easily still become a daily practice, with benefits that build over time.

Research studies are increasingly finding that there are numerous health benefits associated with regular Qigong practice.

Cardiovascular and respiratory conditions, immunity, bone and joint health, balance, flexibility and strength, stress relief, mood and emotional regulation are just a few.

Jennifer Phillips is a Natural Medicine and Qigong Practitioner.

She practices and consults in Nutrition and Nutritional Medicine with her own business LAGOM NutriHealing & Qigong.

She began her Qigong certification journey as a response to exploring mind/body/breath strategies for herself and her clients during the COVID lockdown period.

Knowing how beneficial Qigong is motivates her to want to share this with others, so they too can come to appreciate its value for physical and emotional health and wellbeing.

For details on Qigong classes being offered in the Kingston area, she can be contacted on 0447 710 961.



Jennifer Phillips is a Natural Medicine and Qigong Practitioner. (PS)

POSITIVE AGEING ACTIVITIES

Be part of the range of activities offered in Kingborough Council's Positive Ageing programs.

TUESDAY TALKS

Informal information sessions covering a range of topics relevant to older people.

Held on the first Tuesday of the month.

SEASONAL WALKS

Gentle rambles through Kingborough's natural areas with knowledgeable guides.

Held in spring, summer, autumn and winter

POP-UP CAFES

Enjoy your favourite beverage served by newly trained baristas as you listen to an interesting guest speaker.

Held in school holidays

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you like knowing that a helping hand is always close by and that you never have to be alone. We also understand the importance that pets can play in our lives and Oak Tree is one of the few operators who openly welcome furry friends.

From the Community Centre, gardens, lounge and library to the bowling green, you can live life your way within a secure, gated environment. You'll find that regular village and community activities help to meet new people, while your friends and family are also welcome to visit and share in the many benefits of the village.

At Oak Tree we take great pride in providing affordable and thoughtful retirement living solutions. We genuinely care about your future and look forward to helping you live the life you have worked so hard to achieve, we'll be here for you every step of the way.

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POSITIVE AGEING FOR SENIORS

ADVERTISING FEATURE

Who you going to call? Will-myth busters!

There are many myths to be busted when considering wills.

Below are four common phrases/myths which lawyers often hear when speaking with someone about making a will:

- I don't need a will as my spouse/partner knows my wishes and they will get everything, unless you have a will which stipulates who your beneficiaries are, then it does not necessarily follow that your spouse will receive your estate.
- It may be that your spouse is entitled to your estate, should you die 'intestate' (without a valid will) but the process for them receiving their entitlement under your estate is much more complicated and costly when you die without a will.
- If I die without a will the government gets everything, so why worry about it? This myth probably dates back to a time when there were 'death taxes'. However, there are no longer 'death taxes' in any Australian state and the

government does not receive your estate.

If you die without a valid will, you are said to die 'intestate'.

Your estate may not be divided according to your wishes because the law (in Tasmania this situation is governed by the Intestacy Act 2010) sets out how your estate will be distributed.

- I don't own anything, why would I need a will?

Even if you do not own any large assets, like a house or land it is still important to have a will so that any other assets such as cars and personal items, for example, are directed to the right beneficiaries and to give certainty to your family members at a stressful time.

- I wrote my own will and have it stored at home, so don't need a will written by a lawyer - It is recommended that you attend to having a lawyer draw

up a will for you.

There is a risk that if you write your own will that it may be deemed to be invalid and/or ineffective once you die, because for example it may not be executed and witnessed correctly or it may not correctly dispose of your assets.

So, no matter what stage of life you're in or if you became incapacitated, with a valid will, power of attorney and enduring guardianship, you can take comfort knowing that you've appointed someone you trust to make decisions about your financial affairs or medical treatment and lifestyle issues with your best interest at heart.

Protect the ones you love.
Make time for a will.



Simmons Wolfhagen Lawyers: Wills and Estate planning myths busted. (PS)

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PROTECT THE ONES YOU LOVE

MAKE TIME FOR A WILL

Simmons Wolfhagen Lawyers Wills & Estate team will ensure your affairs are secure and your wishes for your family and loved ones are legally protected in case the unexpected happens.

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- Agribusiness Law

sw-kg-hn-0723-wep M16484

Breathe well for health

Local Kingborough resident Shannon McGurgan is bringing another perspective on health to the municipality as one of only a few people in Tasmania facilitating the Buteyko Breathing Method.

Buteyko is a means of re-training the breath for optimal functionality.

It was developed by Constantine Buteyko, a Ukrainian medical doctor from the mid 20th century, who used it to treat soldiers with PTSD.

Upon noticing that all his patients with severe symptoms were also hyperventilating, he managed to dramatically reduce these symptoms by training them to breath slower.

He went on to apply this technique to all manner of

conditions, respiratory and otherwise, over the length of his career.

Shannon's passion for breathing stems from his 30-year career as a circus performer.

As an ageing acrobat he was constantly seeking what would enable him to maintain the rigorous demands placed on the body by his chosen profession.

"At some point, if you are seeking fundamental principles of health through movement, your path inevitably takes you to the exercise we perform 20,000 times every day, namely, the breath" he said.

Shannon's mobile practice is covering Kingborough and its surrounds and offers a Thursday evening group class, for all levels of ability in Blackman's Bay.



Sleep Apnea? Asthma? Anxiety?

Re-train the breath
Regain your health

The Buteyko Method
Contact Shannon
0457 388 137

 M16554





“I’m where I want to be”

You only need to look out the windows of Betty Nailer’s lounge to see why she never wants to live anywhere else.

Her family home of the last 30 years is situated between Blackmans Bay Beach and Kingston Beach, with sweeping views of the Derwent River.

“It’s pretty special,” Betty said.

“I’m where I want to be.”

It’s not just the scenery that’s special.

The people in the area are too.

The retired primary school teacher loves chatting to former students who work at local shops and businesses.

The 90-year-old is delighted all this is possible thanks to her government-funded Home Care Package with Uniting AgeWell.

She receives domestic assistance and help with her enormous garden.

Betty also enjoys weekly respite outings when she is taken out to the shops or for coffee, giving her daughter, Janie Denholm, a bit of a break.

Janie, who lives with Betty, gave up her hairdressing career to care for her mum who has a degenerative eye condition and mobility issues.

Janie and Betty have nothing but praise for Uniting AgeWell.

“The staff are very kind,” said Betty.

“They do a great job.”

Uniting AgeWell offers a range of services to enable people, like Betty, to continue living safely and well in the area they love.

From home care services and social connections programs to independent retirement living and specialist residential aged care, Uniting AgeWell can support you every step of the way.

Visit unitingagewell.org



Betty Nailer in her happy place at her home in Blackmans Bay with Uniting AgeWell Home Care Worker Denise Joss. (PS)



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The Woodbridge Mums soccer league encourages mums with varying soccer experience to have fun on the field twice a week. Pictured in back row: Aida, Freya, Josie, Karina, Kara, Sophie, Andrea, Tess, Sara and Nicola. In front row: Peta, Elissa, Liz and Nicole. (PS)



The Kingborough Lions women played Devonport on Saturday, July 8. Cara Lashmar about to intercept with Danielle Kannegiesser by her side. More on page 24. (PS Carolyn Whitehouse)

GOLF RESULTS

North West Bay Golf Club-Women's Tuesday Red Stableford and Monthly Medal, July 4 18 holes

Division 1: D. Banks 29, J. Palfreyman 27, H. Dwyer 26, M. Roberts 25, S. Hall 20.
Division 2: R. Sawford 39, 39, Y. Jarman 37, M. Wyllie

33, S. Michael 32, E. Collins 31.
Monthly Medal: R. Sawford.
Nearest the pins: S. Hall.
9 holes
P. Irvine 14, C. Mackey 13, M. Cormack 12 c/b, C. Goodwin 12.

Nearest the pins: P. Irvine.
Thursday Yellow Stroke, July 6 18 holes
E. Collins 76, J. Palfreyman 80, S. Hall 81, D. Banks 84.

9 holes
M. Cormack 33, R. Sawford 34, P. Irvine 39.
North West Bay Golf Club-Men's Wednesday Stableford and Monthly Medal, July 5

Division 1: K. Van Driezum 40, K. Michael 36.
Division 2: S. Large 38, S. Avery 36.
Ball winners: B. Lovell 36, P. Sullivan 35, M. Oakley, D. Muir, I. Batt 34, M. Cullen, P. Traill, M. Jarman, T. Holmes 33.
Nearest the pins: 7th G. Wys 288cm, 10th I. Batt 404cm, 14th P. Traill 133cm.
Birdies: 7th G. Wys, 14th P. Traill.
Super pin: G. Wys.
Monthly Medal: K. Van Driezum 40.
Saturday Stableford, July 8

A Grade: T. Riseley 38, B. Stanway 34.
B Grade: P. Traill 41, W. Park 38.
C Grade: C. Webb 38, S. Atkins 37.
Ball winners: C. Ziegeler, C. James 36, R. King 35, G. Wys, G. Swan, A. Creswell, P. Lindsay 34, A. McGee, K. Michael, G. Dwyer 33, G. Vansant, L. Norris 32.
Nearest the pins: 7th L. Barratt 28cm, 10th W. Su 360cm, C. Webb 233cm.
Birdies: 7th L. Barratt, 10th G. Dwyer.
Eagle: 3rd T. Jennings.
Super pin: C. Webb.



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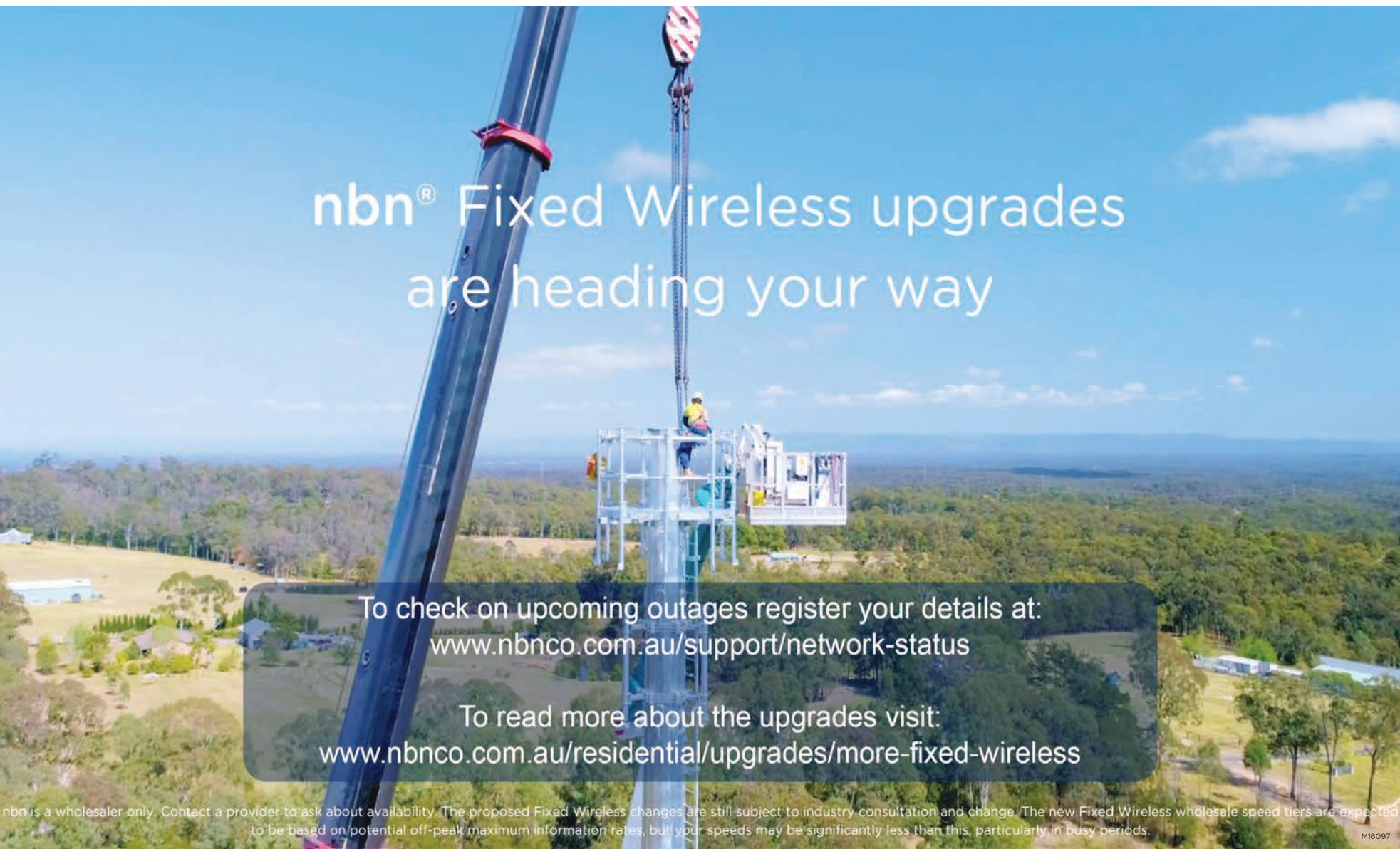
All applications can be sent to Logan Bligh via email at **logan.bligh@hotmail.com**, or for more information, call on **0497 291 165**

APPLICATIONS CLOSE FRIDAY, JULY 21

H21718



The Kingborough Lions' women's game against Devonport was bumped from Lightwood Park to Kelvedon Park as it was decided Devonport could not play three games at the same venue in one day. The Under 21 men's game was held at Lightwood Park instead. The women made the 'break the bias' pose in protest of their game being moved. Despite best efforts, the Lions lost 3-8. (PS Tanner Coad/Take That Game Back)



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