

Darling Downs Western Downs TOWN & COUNTRY

Week starting Thursday, July 30, 2026 – Telephone 4662 4767

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New Leo Club
in Highfields

U3A Dalby 30 Years



RECEIVED
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TOOWOOMBA
REGIONAL COUNCIL

Celebrating 30 years of U3A in Dalby, past and current members took part in a lunch function to mark the event. U3A Toowoomba, past president Rhonda Weston AM, David Weston and president Penny Protheroe were among the many visitors and supporters who attended the day.
Story Page 3. Photo Nancy Evans



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Dalby Police Citizens Youth Club hosts Open Day

If you have children who love to be upside down, always flipping over and cannot stay still, maybe you should enrol them in gymnastics. All ages and skills are catered for.

The Police Citizens Youth Club at Cooper Street Dalby was blessed with a sunny Saturday in July to give the public and parents a chance to see the club's activities. More than 100 children of varying ages tried out gymnastic activities during the morning.

Prefer to be bouncing balls, then basketball is the game for your children or they can play pickle ball.

A highlight of the morning was the netball game where the Queensland Police Service faced off the

Queensland Fire Service. QPS were triumphant with a score of 30 to 18 from the QFS. They are still rivals though. Each year they compete with each other over who produces the best calendar.

The hardest part about getting a driver's licence is getting the hours you need to complete the requirements. The Breaking the Cycle programme helps young drivers to gain confidence and the skills to become a licenced driver.

On the Open Day, volunteers with virtual reality headsets and displays demonstrated what you can achieve.

There were tours of the 24/7 gym to motivate ev-

eryone young and old to keep fit. Access to the gym is for members only. Whether you want to burn off excess weight, build muscle or just work towards getting fit, the 24/7 gym is there help you reach your goals.

Doing all this activity can give you an appetite. Fortunately, the sausage sizzle was there to keep the energy going and if big kids were craving coffee, the Big Sky Coffee Cart gave everyone a caffeine boost.

Story and Photos
Colleen Walker



Left
Larry Johnson is ready to serve coffee at the Big Sky Coffee Cart.

Right
Indie O'Sullivan demonstrates a front split.



Right
Intermediate and advanced gymnastics coach Lexie Kimpton demonstrates a move on the balance beam.



Out and About on the Western Downs with Senior Constable Dan

Western Downs Patrol Group District Crime Prevention Coordinator Senior Constable Dan O'Hara has been visiting events across the region during July.

To start off a busy month, on July 4, Dan was invited to attend the Kaimkillenbun "Bun Pub" Cars, Bars and Guitars Car Show. The event featured a wide variety of classic cars, motorcycles and utilities as well as live music and

family activities.

During NAIDOC Week, Dan was invited to attend a number of NAIDOC events. On July 6 he visited the Tara Skate Park where activities included Songline Skateboarding, facepainting, jumping castle, arts and crafts. There were also a sausage sizzle and refreshments.

On July 9, Dan and Senior Police Liaison Officer Jenny Thomas

were invited to the Miles NAIDOC activities at the Miles Base Hospital. Dan and Jenny were impressed at the range of culturally based activities and stalls at the yearly event.

Dan and Jenny caught up with their friends the Miles Police, Qld Ambulance Service and First Nation based community support groups.

Through the week, Dan also

attended NAIDOC events at Chinchilla and Dalby.

Waminda Services celebrated its 48th birthday with several events last week. On Thursday, July 23, Dan attended the disability support services' celebration at the Brew Café in Dalby. Dan had the opportunity to catch up with staff and his friends who are clients of the service.

For National Farm Safety Week,

Dan and Dalby Police Volunteer in Policing Tony Turner attended the Jandowae Lions Club Markets and family day on Sunday, July 26.

Dan and Tony conducted Crime Prevention and Road Safety information stall and were also available to discuss any queries with locals and visitors in relation to National Farm Safety Week and the upcoming Rural Road Safety Month in August.



Dan admires a restored classic GT Falcon at Kaimkillenbun.

Photos Contributed



Tara Neighbourhood Centre Family Support Officer Malyntha Bartholomew, Nash Bilue and Dan.



Dan and Aunty Robin Derksen with the "50 Years of Deadly" cake.



Amy Wibberley of MPH Support, DJ Sean Pocock, Dan and Johnno Webster.



Jandowae Lions Club secretary Brooke Woollett, Tony Turner, Dan and Cherie Woollett.

Western Downs Darling Downs TOWN & COUNTRY

Meet the Town & Country team ...

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U3A aka University of the Third Age celebrates thirty years in Dalby

U3A Dalby celebrated its 30th anniversary in July with a lunch at the Dalby Senior Citizens' Centre.

Members, former members and guests were entertained with music from the U3A Ukelele Group and the Harmoniques along with reminiscings by some of the people who were involved with the early days of the organisation.

Speakers on the day included the inaugural president Margaret Neville who spoke about

the history of U3A Dalby, and Rhonda Weston AM past president of U3A Toowoomba who is the first and only Australian to be elected to the international governing board of Universities of the Third Age.

Rhonda read a letter of congratulations from Professor Francoise Vellas, President of the International Association of Universities of the Third Age in France which she then presented to current president Tim Phillips.

With assistance from U3A Toowoomba, the Toowoomba Dalby U3A was formed after a public meeting on March 21, 1996. The first orientation morning was held on July 8, 1996 with 35 members and five classes. With no permanent home, classes were held in various venues around town.

By September 1999, U3A Dalby was incorporated and now had a permanent home at the Senior Citizens Centre in Condamine Street.

The organisation currently has 198 members and holds 20 different classes, some weekly, others fortnightly or monthly.

During the day, a continuous slide show of photos and newspaper articles showing U3A activities and events through the 30 years was played on the large TV screen in the hall.

Next door in the Longmore Room was a display of memorabilia including photo albums, scrapbooks of newspaper articles, newsletters, minute

books, books published by U3A writing groups and the membership register going back to the first members.

There was also a display showing the current classes and activities.

To finish the day, the inaugural president Margaret Neville and current president Tim Phillips cut the anniversary cake. The cake was served as part of the afternoon tea which concluded the day's event.

Story and Photos Nancy Evans



Rhonda Weston AM presents Tim Phillips with the congratulatory letter from Professor Francoise Vella.



Dianne Ferguson, Carol Fraser and Dianne Leerentveld.



Former U3A Dalby members Jenny and Ted McNally of Toowoomba.



Jan McGuinness and Fay Hall.



Treasurer Jan Jones, secretary Gail Battishall and member Naomi.



Bev McAuliffe, Myria Cuddihy, Gwenda Carroll, (back) Dianne Leerentveld and Bev Harvey.



Inaugural president Margaret Neville and current president Tim Phillips cut the anniversary cake.



Narelle McIntyre presents Trish McGrath with the lucky door prize.



The Harmoniques, Alwyn Shenfield, Rob Brazier, Irene Foster and Henry Wilson.



U3A Ukelele Group play for the crowd.

Western Downs Regional Council opens career pathways for future trainees and apprentices

Council opens applications for 2027 trainees and apprentices

Council's acclaimed 'Kickstart Your Career' program returns for 2027 with a variety of traineeship and apprenticeship opportunities for Western Downs locals.

Kickstart Your Career provides essential hands-on experience and knowledge for both students and adults across multiple industries, allowing participants to gain a nationally recognized qualification while working with council.

Council Spokesperson for Corporate Governance and Finance Councillor George Moore said the Kick-

start Your Career program provides participants with a unique opportunity to gain hands-on experience while supporting the local community.

"Many of our trainees and apprentices contribute to projects that support local roads, water infrastructure, parks, facilities and other vital council services," Cr Moore said.

Council provides opportunities for applicants with disabilities, ensuring all community members have the chance to upskill.

Six months into his Civil Construction Traineeship, Fletcher Smith said the program has already provided valuable hands-on experience and

opportunities to work with machinery.

"I wanted a career where I could work with machinery and learn practical skills every day," Mr Smith said.

"I would highly recommend the Kickstart Your Career program to anyone considering a traineeship or apprenticeship."

Applications for the 2027 'Kickstart Your Career' traineeships and apprenticeships are now open and will close on August 14. The successful applicants are set to begin their careers with council in February 2027.

Story and Photo Contributed



Fletcher Smith recommends the Kickstart Your Career program.



Travel Talk

with Suzanne Watson

What can you take on a plane

If you are heading overseas, one of the easiest ways to avoid delays, fines or having items confiscated is to know what you can and cannot take on the plane.

In your carry-on luggage, you can pack valuables such as passports, medications, phones, laptops and chargers. Power banks should always travel in your cabin bag, not in checked luggage. Liquids, aerosols and gels must generally be in containers of 100ml or less and fit into a clear, resealable bag, so check the rules before you fly.

Sharp objects such as knives, scissors with long blades, tools and sporting equipment are not permitted in carry-on baggage. Fireworks, flares, fuel, gas canisters and other flammable or explosive items are strictly prohibited.

Even everyday items like pocket knives or multi-tools can be confiscated at airport

security.

Checked luggage allows more flexibility, but batteries, power banks and electronic cigarettes usually need to stay with you in the cabin. If you are carrying prescription medication, keep it in its original packaging and bring a copy of your prescription, especially if travelling with injectable medicines.

Remember that every country also has its own customs rules. Fresh food, fruit, meat, plants and some animal products may be banned or require declaration on arrival.

When in doubt, check with your airline and your destination country's customs authority before you pack. A few minutes of planning can save a lot of stress and help your holiday get off to a smooth start.

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Arts AND About

Vicki Buttrose presents Leaf by Leaf an exhibition at the Rosalie Gallery

Pechey painter's Rosalie Gallery display traces Australian bush regeneration

Pechey-based abstract painter Vicki Buttrose traces regeneration in Australia's bushland and the quiet act of beginning again in her exhibition titled, *Leaf by Leaf*, which will be displayed at Goombungee's Rosalie Gallery from July 29 to August 30, 2026.

Artworks in *Leaf by Leaf* were created in response to the land where Vicki lives, with the works emerging from close, daily observation of a patch of bush that

was previously cleared to bare dirt.

What followed was not instant recovery, but a slow and determined return – seedlings, leaves, shifting light, and new growth appearing over time.

This gradual regeneration forms the heart of the exhibition.

Through layered paint, charcoal, and gestural mark-making, Vicki explores themes of resilience, memory and renewal.

While grounded in a specific landscape, *Leaf by Leaf* also operates as a broader metaphor for transition.

The regeneration of the land parallels the artist's own experience of arriving in a new place and shaping a new life, offering a quietly hopeful reflection on adaptation and belonging.

Positioned within contemporary Australian abstract landscape practice, the exhibition invites viewers to slow down and look closely to consider regeneration not as a dramatic event, but as something patient, cumulative and ongoing.

Leaf by Leaf encourages audiences to notice what returns when given time and space, one

leaf, one moment, one quiet shift at a time.

The exhibition's Artist in Conversation event starts at 11am on Saturday, August 1.

Rosalie Gallery will host a two-day Pop-Up Studio with Vicki on Saturday, August 15 and Sunday, August 16.

Leaf by Leaf is on during the *In-Studio Art Trail*, which will take place every weekend during August 2026. For more information visit www.instudioarttrail.com.au

Story and Photo Contributed



Leaves that speak, acrylic and conte on canvas by Vicki Buttrose.

Counting your money

Business After Hours brought to you by Harth and Associates

Business After Hours for July was held at Bi-Rite Dalby on Hospital Road. Members of the Dalby Chamber of Commerce and Industry were greeted at the door by young people from the Junior Chamber who handed out name badges and lucky door tickets.

Sam Body, treasurer of the Chamber of Commerce, gave the official welcome then handed over to Greg Burton from Carrick Aland to present the Exceptional Service Award for the month.

This month there were two finalists, Kym Larrson from Helping Hand Psychology and Emma Donaldson from Southern Star Academy. Emma, a dance teacher, was announced as the winner. The person who nominated her said, "Emma is so kind and patient with the children she teaches. She is a positive role model for all the little dancers and always makes the classes an enjoyable time."

Andrew Langton, owner of Bi-Rite Dalby and Oakey spoke about the stores and

invited guests to have a look at the stock on display. He advised that the store had a very successful end of financial year sale.

Amber Lawrence from Waminda and Brew Café won the lucky door prize which was a \$50 voucher to spend in the store.

There will be no Business After Hours in August, as the Chamber has another event that month. The next BAH will be hosted by Burstow's Funerals on September 2.

Story and Photos
Nancy Evans



Chamber of Commerce treasurer Sam Body, Exceptional Service Award finalist Kym Larrson, winner Emma Donaldson and Greg Burton from sponsor Carrick Aland.



Amber Lawrence receives her lucky door prize from store owner Andrew Langton.



Bi-Rite Dalby store manager Tony Hunt, Linda Chiverton, Tony Guilford, owner Andrew Langton from Oakey and Marlee and Milla Langton from the Oakey store.



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High Country News

Highfields State Secondary College Leo Club Chartered

At a ceremony on Sunday, July 26, the Highfields State Secondary College Leo Club received its Certificate of Organisation.

The Leo Club is sponsored by the Lions Club of Highfields North Eastern Downs.

Leo Clubs are junior Lions Clubs for 12 to 30-year-olds. The Highfields State Secondary College Leo Club is open to all students at the college. Members of the Leo Club support the school community, and their activities complement the activities of the Student Council.

The Highfields State Secondary College Leo Club was Chartered with 16 members from across the school years.

It was formed after a student, Sarah, approached the Lions Club to see whether it would sponsor a new Leo Club at the college. Sarah had been a Leo in Rockhampton.

After receiving the support of the Lions Club and persuading her mother to become a Leo Advisor, she approached the principal at the State Secondary College. She received his backing if she could show that she had the student interest. She made a presentation at a school assembly, she was well supported, and the Leo Club was formed.

The Leos attended a special presentation at the Highfields Lions Den at Cabarlah. The Certificate of Organisation was presented to outgoing pres-

ident Sarah and incoming president Rachel by Lions Club president Geoff Jarvis.

The Leo Club banner was presented by Lions District Q3 Leo Club chair John Creagh. Lions Club Q3 covers an area from part of Brisbane to the Queensland – Northern Territory border. The banner is displayed at Leo Club ceremonies and events. The gong and gavel were presented by the Lions Club of Crows Nest.

Each Charter Leo was presented with their name badge and Leo Advisor Melinda presented each member present with their Leo pin.

The presentations were followed by a sausage sizzle.



Lion John Creagh (Lions District Q3 Leo Chair) presents the banner to incoming Leo president Rachael and outgoing Leo president Sarah.



Several of the Leos celebrate their charter with Leo Advisor Melinda and Lions Q3 District Leo Chair John Creagh.

Story and Photos Contributed

Crows Nest Table Tennis Club Notes

Crows Nest Table Tennis

Results July 20, 2026

Alpha Legions 8

(Jason Hurst, Jadon Pope, Phil Biggs, Jay Morice)

Jason (1), Jadon (1), Phil (1), Jay (2), Jason/Jadon (-), Phil/Jay (1), Jason/Phil (-), Jadon/Jay (1), Jason/Jay (-), Jadon/Phil (1)

VS

Night Raiders 6

(Ben Kahler/Michelle Murphy-Sandy Kahler/John Patzwal/Danny Zagorsky)

Ben (2), Michelle-Sandy (-), John (1) Danny (-), Ben/Michelle-Sandy (1), John/Danny (-), Ben/John (1), Michelle-Sandy/Danny (-), Ben/Danny (1), Michelle-Sandy/John (-)

Delta Dragons 7 (16 games, 306 points)

(Malcolm Macdonald, Michael Snell, Peter Greaves, Allen Parsons)

Malcolm (1), Michael (1), Peter (1), Allen (1), Malcolm/Michael (1), Peter/Allen (-), Malcolm/Peter (-), Michael/Allen (1), Malcolm/Allen (-), Michael/Peter G (1)

VS

Viper Strikes 7 (16 games, 288 points)

(Kurt Macdonald, Will Tomes, Keith Contessa, Peter Morice)

Kurt (2), Will (-), Keith (2), Peter (-), Kurt/Will (-), Keith/Peter (1), Kurt/Keith (1), Will/Peter (-), Kurt/Peter (1), Will/Keith (-)

Iron Falcons 7 (18 games, 322 points)

(Kearin Macdonald, Doug Shum, Brendon Robinson, Sheryl Tonscheck)

Kearin (2), Doug (1), Brendon (2), Sheryl (-), Kearin/Doug (-), Brendon/Sheryl (-), Kearin/Brendon (1), Doug/Sheryl (-), Kearin/Sheryl (-), Doug/Brendon (1)

VS

Charlie Cobras 7 (18 games, 320 points)

(Samantha Black, Grahame Knight, Micah & Jessie Robinson)

Sam (-), Grahame (1), Micah (1), Jesse (1), Sam/Graham (1), Micah/Jesse (1), Sam/Micah (-), Grahame/Jesse (1), Sam/Jesse (1), Grahame/Micah (-)

Ghost Unit 9

(Jason Kahler, Shane Macdonald, Tiani Pope, Hugh Clarke)

Jason (1), Shane (-), Tiani (2), Hugh (1), Jason/Shane (1), Tiani/Hugh (1), Jason/Tiani (1), Shane/Hugh (1), Jason/Hugh (1), Shane/Tiani (-)

VS

Steel Wolves 5

(Shane Murphy, Andrew Patryarcha, Greg Watt, Daisy/Mandy Zagorsky)

Shane (2), Andrew (1), Greg (1), Daisy/Mandy (-), Shane/Andrew (-), Greg/Daisy-Mandy (-), Shane/Greg (-), Anderw/Daisy-Mandy (-), Shane/Daisy-Mandy (-), Andrew/Greg (1)

Samantha Black

VARIETY CONCERT
Wilsonton Uniting Church
Cnr. North & Tor Sts., Wilsonton Hts.
Saturday, 8th August, 2026
1.30pm

- ★ Brass Band ★ Bush Poets
- ★ High Altitude Harmony
- ★ Lucile the Giraffe ★ Afternoon Tea
- ★ Market Table

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When: September: Thursday 3 - Saturday 5, 2026
Where: Anglican Church Hall, Warrego Highway, Dalby
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WINTER 2026

TV GUIDE - Thursday, July 30

6.00 News Breakfast.	6.00 Sunrise. (CC)	6.00 Today. (CC)	6.00 Entertainment Tonight. (R)(CC)	6.00 DW English News. (CC)
9.00 ABC News Mornings. (CC)	9.30 The Morning Show. (PG)(CC)	9.00 Today Extra. (PG)(CC)	6.30 The Bold and the Beautiful. (PG)(R)(CC)	6.30 Al Jazeera News. (CC)
10.00 Hard Quiz Battle of the Duds. (PG)(R)	12.00 Seven's National News at Noon. (CC)	11.30 9News Morning. (CC)	7.00 Deal or No Deal. (R)(CC)	7.00 BBC News at Six. (CC)
10.30 Spicks and Specks. (PG)(R)(CC)	1.00 Bridge of Lies. (R)(CC)	12.00 MOVIE Love's First Lane. (2023)	7.30 Everyday Gourmet with Justine Schofield. (R)(CC)	7.30 France 24 English News. (CC)
11.00 New Zealand Spy The Games. (PG)(R)	2.00 Glasgow 2026 Commonwealth Games.	Grace Patterson, Tom Gipson, Paul Van Scott. (PG)(R)(CC)	8.00 Lingo. (R)(CC)	8.00 DD India News Hour. (CC)
11.25 Dr Karl's How Things Work. (R)(CC)	Day 6: Highlights. From the Glasgow 2026 Commonwealth Games. (CC)	2.00 Pointless. (PG)(R)(CC)	9.00 The Finish Line. (R)(CC)	9.00 Living Black Shorts. (R)(CC)
12.00 ABC News at Noon. (CC)	4.00 Seven News At 4. (CC)	3.00 Tipping Point. (PG)(R)(CC)	10.00 Entertainment Tonight. (R)(CC)	9.05 Paul O'Grady: For the Love of Dogs.
1.00 Believe Me. (M)(R)(CC)	5.00 The Chase Australia. (CC)	4.00 9News Afternoon. (CC)	10.20 Attenborough's Parenthood: Oceans. (PG)(R)(CC)	10.05 Canada's National Parks. (PG)(R)(CC)
1.45 Gardening Australia. (R)(CC)	6.00 Seven Local News. (CC)	4.30 Tipping Point Australia. (PG)(R)(CC)	11.30 Farm to Fork. (R)(CC)	11.05 America's Great Trails. (PG)(R)(CC)
1.55 Back Roads: Dunalley, Tasmania. (PG)	6.30 Seven News. (CC)	5.30 WIN News. (CC)	12.00 Everyday Gourmet with Justine Schofield. (CC)	12.00 BBC News at Ten. (CC)
2.25 Julia Zemiro's Home Delivery. (R)(CC)	7.00 Glasgow 2026 Commonwealth Games.	6.00 9News. (CC)	12.30 Family Feud. (PG)(R)(CC)	12.30 France 24 International News. (CC)
2.55 Race Around the World. (PG)(R)(CC)	Day 7: Evening. From Glasgow, Scotland.	7.00 A Current Affair. (CC)	1.00 10 News: Lunchtime. (CC)	1.00 PBS NewsHour. (CC)
3.55 Frankie Drake Mysteries. (PG)(CC)	Hosted by Bruce McAvaney, Matt Shirvington, Emma Freedman, Mel McLaughlin, Jason Richardson, Johanna Griggs, Matt White, Re-becca Maddern, Trent Copeland and Lizzie Jelfs. (CC)	7.30 Rugby League. NRL. Round 22. North Queensland Cowboys v Sydney Roosters. From Queensland Country Bank Stadium.	2.00 Millionaire Hot Seat. (PG)(R)(CC)	2.00 Queens That Changed the World. (M)(R)
4.40 Long Lost Family. (PG)(R)(CC)	8.30 Glasgow 2026 Commonwealth Games.	9.55 NRL Thursday Night Footy Post-Match: North Queensland Cowboys v Sydney Roosters. (CC)	2.30 The Finish Line. (R)(CC)	3.00 Such Was Life: Groupies. (R)(CC)
5.30 Antiques Roadshow. (R)(CC)	Day 7: Night. From Glasgow, Scotland. (CC)	10.40 9News Late. (CC)	3.30 Lingo. (R)(CC)	3.10 The Cook Up with Adam Liaw. (R)(CC)
6.30 Hard Quiz Battle of the Duds. (PG)(R)	10.00 Glasgow 2026 Commonwealth Games.	11.10 Bad Blood. (MA15+) (CC)	4.30 The Bold and the Beautiful. (PG)(CC)	3.40 Ireland's Wild Islands (PG)(R)(CC)
7.00 ABC News. (CC)	Day 7: Late. From Glasgow, Scotland. (CC)	12.05 Tipping Point. (PG)(R)(CC)	5.00 10 News+. (CC)	4.40 Jeopardy!
7.30 7.30. (CC)	12.00 Glasgow 2026 Commonwealth Games.	1.00 Next Stop: Ireland/Edinburgh. (R)(CC)	6.00 10 News+. (CC)	5.30 Letters and Numbers. (R)(CC)
8.00 Back Roads. (PG)(CC)	Day 7: Overnight. From Glasgow, Scotland.	1.30 TV Shop: Home Shopping. (R)	6.30 Deal or No Deal. (R)(CC)	6.00 Mastermind Australia.
8.30 Grand Designs Stratford. (PG)(CC)	2.00 Glasgow 2026 Commonwealth Games.	2.30 Global Shop. (R)	7.00 Millionaire Hot Seat. (PG)(R)(CC)	6.30 SBS World News. (CC)
9.15 Treasure & Dirt. (M)(R)(CC)	Day 7: Pre-dawn. From Glasgow, Scotland.	3.00 TV Shop: Home Shopping. (R)	7.30 NCIS: Sydney. (M)(CC)	7.30 Spain with Michael Portillo Valencia.
10.15 ABC Late News. (CC)	4.00 Glasgow 2026 Commonwealth Games.	4.00 Skippy the Bush Kangaroo. (R)	8.30 NCIS: Deal with the Devil. (M)(CC)	8.30 Eva Longoria Searching for France. (PG)
10.30 The Business. (R)(CC)	Day 7: Early morning. From Glasgow, Scotland. (CC)	4.30 A Current Affair. (R)(CC)	9.30 10's Late News. (CC)	9.20 Say Nothing The Cause. (CC)
10.50 Frankie Drake Mysteries. (PG)(R)(CC)	5.30 Sunrise. (CC)	5.00 Today Early News. (CC)	10.30 The Big Bang Theory. (PG)(R)(CC)	10.10 SBS World News Late. (CC)
11.35 Long Lost Family. (PG)(R)(CC)		5.30 Today. (CC)	11.00 The Big Bang Theory. (PG)(R)(CC)	10.40 Bonn. (M)(R)
12.20 Rage. (MA15+)			11.30 10 News+. (R)(CC)	3.25 Bonn. (M)(R)
3.00 Gardening Australia. (R)(CC)			12.00 Home Shopping. (R)	4.25 Bamay. (R)
4.00 Poh's Kitchen on the Road. (R)(CC)				4.55 Destination Flavour China Bitesize. (R)
4.30 Antiques Roadshow. (R)(CC)				5.00 NHK World English News Morning.
5.30 7.30. (R)(CC)				5.30 ANC Philippines the World Tonight.

TV GUIDE - Friday, July 31

6.00 News Breakfast.	6.00 Sunrise. (CC)	6.00 Today. (CC)	6.00 Entertainment Tonight. (R)(CC)	6.00 DW English News. (CC)
9.00 ABC News Mornings. (CC)	9.30 The Morning Show. (PG)(CC)	9.00 Today Extra. (PG)(CC)	6.30 The Bold and the Beautiful. (PG)(R)(CC)	6.30 Al Jazeera News. (CC)
10.00 Compass. (PG)(R)(CC)	12.00 Seven's National News at Noon. (CC)	11.30 9News Morning. (CC)	7.00 Deal or No Deal. (R)(CC)	7.00 BBC News at Six. (CC)
10.30 Stuff the British Stole. (PG)(R)(CC)	1.00 Your Money & Your Life. (PG)(CC)	12.00 MOVIE Marry Me in Yosemite. (2022) Cindy Busby, Tyler Harlow, Lexxy McKowen. (G)(CC)	7.30 Everyday Gourmet with Justine Schofield. (R)(CC)	7.30 France 24 English News. (CC)
11.00 Race Around the World. (M)(R)(CC)	1.30 The Great Outdoors. (R)(CC)	2.00 Pointless. (PG)(R)(CC)	8.00 Lingo. (R)(CC)	8.00 DD India News Hour. (CC)
12.00 ABC News at Noon. (CC)	2.00 Glasgow 2026 Commonwealth Games.	3.00 Tipping Point. (PG)(R)(CC)	9.00 The Finish Line. (R)(CC)	9.00 Living Black Shorts. (R)(CC)
1.00 Portrait Artist of the Year. (PG)(R)(CC)	Day 7: Highlights. Relive some of the best moments from the Glasgow 2026. (CC)	4.00 9News Afternoon. (CC)	10.00 Entertainment Tonight. (R)(CC)	9.05 Paul O'Grady: For the Love of Dogs.
1.50 Treasure & Dirt. (M)(R)(CC)	4.00 Seven News At 4. (CC)	4.30 Tipping Point Australia. (PG)(R)(CC)	10.20 MasterChef Australia. (PG)(R)(CC)	10.05 Canada's National Parks. (PG)(R)(CC)
3.00 Race Around the World. (PG)(R)(CC)	5.00 The Chase Australia. (CC)	5.30 WIN News. (CC)	11.30 Farm to Fork. (R)(CC)	11.05 America's Great Trails. (PG)(R)(CC)
4.00 Murdoch Mysteries. (PG)(R)(CC)	6.00 Seven Local News. (CC)	6.00 9News. (CC)	12.00 Everyday Gourmet with Justine Schofield. (CC)	12.00 BBC News at Ten. (CC)
4.45 Long Lost Family. (R)(CC)	7.00 Glasgow 2026 Commonwealth Games.	7.00 A Current Affair. (CC)	12.30 Family Feud. (PG)(R)(CC)	12.30 France 24 International News. (CC)
5.30 Antiques Roadshow. (R)(CC)	Day 8: Evening. From Glasgow, Scotland.	7.30 Rugby League. NRL. Round 22. Melbourne Storm v Canterbury Bulldogs. From AAMI Park, Melbourne. (CC)	1.00 10 News: Lunchtime. (CC)	1.00 PBS NewsHour. (CC)
6.30 Hard Quiz. (PG)(R)(CC)	Hosted by Bruce McAvaney, Matt Shirvington, Emma Freedman, Mel McLaughlin, Jason Richardson, Johanna Griggs, Matt White, Re-becca Maddern, Trent Copeland and Lizzie Jelfs. (CC)	9.55 NRL Friday Night Footy Post-Match: Melbourne Storm v Canterbury Bulldogs.	2.00 Millionaire Hot Seat. (PG)(R)(CC)	2.00 Queens That Changed the World. (PG)(R)
7.00 ABC News. (CC)	8.30 Glasgow 2026 Commonwealth Games.	10.45 MOVIE Rush Hour. (1998) Jackie Chan, Chris Tucker, Tom Wilkinson. A loyal and dedicated Hong Kong inspector teams up with a reckless and loudmouthed LAPD detective to rescue the Chinese Consul's kid-napped daughter, while trying to arrest a dangerous crime lord along the way. (M)(R)	2.30 The Finish Line. (R)(CC)	3.00 NITV News: Nula. (CC)
7.30 Monty Don's Rhineland Gardens. Monty Don travels along Europe's famous Rhine River to Germany, where he sees romantic castles and a park created from disused factories. (CC)	Day 8: Night. From Glasgow, Scotland. (CC)	1.30 TV Shop: Home Shopping. (R)	3.30 Lingo. (R)(CC)	3.30 The Cook Up with Adam Liaw. (PG)(R)
8.30 Saint-Pierre: The Bogman Cometh. When an archaeologist is found dead at a dig site, Arch and Fitz investigate a group of academics to find the murderer. (M)(CC)	10.00 Glasgow 2026 Commonwealth Games.	4.00 Skippy the Bush Kangaroo. (R)	4.30 The Bold and the Beautiful. (PG)(CC)	4.00 Gamma Festival 2026 Opening Ceremony. (CC)
9.15 Spicks and Specks. (PG)(R)(CC)	Day 8: Late. From Glasgow, Scotland. (CC)	4.30 Global Shop. (R)	5.00 10 News+. (CC)	5.30 Letters and Numbers. (R)(CC)
9.45 Would I Lie to You? Jo Brand, Josie Gibson, Beverley Knight and Alasdair Beckett-King.	12.00 Glasgow 2026 Commonwealth Games.	5.00 TV Shop: Home Shopping. (R)	6.00 10 News+. (CC)	6.00 Mastermind Australia: Special.
10.20 ABC Late News. (CC)	Day 8: Overnight. From Glasgow, Scotland.	5.30 Postcards. (PG)(R)(CC)	6.30 Deal or No Deal. (R)(CC)	6.30 SBS World News. (CC)
10.35 New Zealand Spy. (PG)(R)(CC)	2.00 Glasgow 2026 Commonwealth Games.		7.00 Millionaire Hot Seat. (PG)(R)(CC)	7.30 Mastermind Australia: Grand Final.
11.00 Murdoch Mysteries. (M)(R)(CC)	Day 8: Pre-dawn. From Glasgow, Scotland.		7.30 Love It or List It Australia: Corinda, Qld. (R)(CC)	8.35 WWII With Tom Hanks: The Beginning. (PG)
11.45 Rage New Music. (MA15+)	4.00 Glasgow 2026 Commonwealth Games.		8.30 Have You Been Paying Attention? (M)(R)	9.25 WWII With Tom Hanks: Blitz. (PG)
	Day 8: Early morning. From Glasgow, Scotland. (CC)		9.30 10's Late News. (CC)	10.20 SBS World News Late. (CC)

TV GUIDE - Saturday, August 1

6.00 Rage Charts. (PG)(CC)	6.00 Glasgow 2026 Commonwealth Games.	6.00 Getaway. (PG)(R)(CC)	6.00 Pat Callinan's 4x4 Adventures. (R)(CC)	6.00 DW English News. (CC)
7.00 Weekend Breakfast. (CC)	Day 8: Morning. From Glasgow, Scotland.	6.30 A Current Affair. (R)(CC)	7.00 Reel Action. (R)(CC)	6.30 Al Jazeera News. (CC)
9.00 Rage. (PG)(CC)	7.00 Weekend Sunrise. (CC)	7.00 Weekend Today. (CC)	7.30 Escape Fishing With ET. (R)(CC)	7.00 BBC News at Six. (CC)
10.30 Rage Vault Guest Programmer. (PG)	10.00 The Morning Show: Weekend. (PG)(CC)	10.00 Today Extra: Saturday. (PG)(CC)	8.00 IFISH. (R)(CC)	7.30 France 24 English News. (CC)
12.00 ABC News at Noon. (CC)	12.00 Horse Racing. Phar Lap Race Day. From Flemington, Melbourne. Jockey Celebration Day. From Rosehill, Sydney.	11.00 NRLW Wrap. (PG)(CC)	8.30 All 4 Adventure. (PG)(R)(CC)	8.00 DD India News Hour. (CC)
12.30 Cooper & Fry. (M)(R)(CC)	Queensland Cricket Foundation Charity Race Day. From Eagle Farm, Brisbane. (CC)	11.30 Rugby League. NRL Women's Premiership. Round 5. Cronulla Sharks v Wests Tigers. From Geohex Park, NSW. (CC)	9.30 Frugal Foodie: Set and Forget. (R)(CC)	9.00 Paul O'Grady: For the Love of Dogs.
1.15 Cooper & Fry. (M)(R)(CC)	3.00 Glasgow 2026 Commonwealth Games.	1.25 Rugby League. NRL Women's Premiership. Round 5. St George Illawarra Dragons v Sydney Roosters. From Geohex Park, NSW. (CC)	10.00 Freshly Picked with Simon Toohy. (R)	10.00 The World from Above. (PG)
2.05 Saint-Pierre: The Bogman Cometh. (M)	Day 8: Highlights. Hosted by Bruce McAvaney, Matt Shirvington, Emma Freedman, Mel McLaughlin, Jason Richardson, Johanna Griggs, Matt White, Rebecca Maddern. (CC)	5.00 9News First at Five. (CC)	10.30 Luca's Key Ingredient. (R)(CC)	10.30 The World from Above. (PG)
2.50 Bill Bailey's Wild West Australia. (R)	5.30 Seven News At 5. (CC)	5.30 Getaway. (PG)(CC)	11.00 Everyday Gourmet with Justine Schofield. (R)(CC)	11.00 BBC News at Ten. (CC)
3.40 Griff's Canadian Adventure. (R)(CC)	6.00 Seven News. (CC)	6.00 9News Saturday. (CC)	11.30 Good Chef Bad Chef. (R)(CC)	11.30 France 24 International News. (CC)
4.30 Kitchen Cabinet: Angus Taylor. (R)(CC)	7.00 Glasgow 2026 Commonwealth Games.	7.00 A Current Affair. (CC)	11.50 MasterChef Australia. (PG)(R)(CC)	12.00 Gamma Festival 2026 On the Ground.
5.00 Australian Story. (R)(CC)	Day 9: Evening. From Glasgow, Scotland.	7.30 MOVIE Legally Blonde 2: Red, White and Blonde. (2003) (PG)(R)(CC)	1.00 Pooches at Play. Series return. (PG)(CC)	3.00 PBS NewsHour. (CC)
5.35 Landline. (R)(CC)	8.30 Glasgow 2026 Commonwealth Games.	9.30 MOVIE New Year's Eve. (2011) (M)(R)	1.30 Country House Facelift. Premiere. (CC)	4.00 Sailing. Sail Grand Prix. Round 8. Portsmouth. Highlights. From England.
6.05 Kath & Kim Fame. (PG)(R)(CC)	Day 9: Night. From Glasgow, Scotland. (CC)	11.50 Wild Cards Con In 60 Seconds. (M)(R)	2.00 Deal or No Deal. (PG)(R)(CC)	5.00 Going Places with Ernie Dingo. (PG)(R)
6.30 Hard Quiz. (PG)(R)(CC)	10.00 Glasgow 2026 Commonwealth Games.	12.40 Space Invaders. (PG)(R)(CC)	2.30 Millionaire Hot Seat. (PG)(R)(CC)	5.30 Churchill's Bid to Abolish Britain.
7.00 ABC News. (CC)	Day 9: Overnight. From Glasgow, Scotland.	1.30 Next Stop: Turkiye/Vanuatu. (PG)(R)(CC)	3.00 The Finish Line. (R)(CC)	6.30 SBS World News. (CC)
7.30 Grantchester. A drive-in fundraiser turns deadly when a sponsor is murdered, forcing Alphy to confront painful truths about faith, family and fantasy. (M)(CC)	2.00 Glasgow 2026 Commonwealth Games.	2.30 TV Shop: Home Shopping. (R)	4.00 Lingo. (R)(CC)	7.30 Dan Snow's Odyssey.
8.15 Father Brown. (M)(R)(CC)	Day 9: Pre-dawn. From Glasgow, Scotland.	4.30 Global Shop. (R)	5.00 10 News. (CC)	8.50 Breakaway Femmes. (M)(R)(CC)
9.05 Doc Martin. (PG)(R)(CC)	4.00 Glasgow 2026 Commonwealth Games.	5.00 TV Shop: Home Shopping. (R)	6.30 The Dog House Australia. (PG)(R)(CC)	10.35 Guillaume's Paris. (R)(CC)
9.50 Believe Me. After Laila is drugged and assaulted by Worboys, she appears to be dismissed by police, and her case is dropped despite the CCTV footage. (M)(R)(CC)	Day 9: Early morning. From Glasgow, Scotland. (CC)	5.30 Helping Hands. (PG)(R)(CC)	7.30 Love It or List It Australia: Miranda, NSW. (CC)	11.35 Stories of Power: Chef Aheda. (R)(CC)
10.35 Little Disasters. Police and Social Services investigate jointly. (M)			8.40 Love It or List It Australia: Ormiston, Qld. (R)(CC)	11.45 Cycling. Tour de France Femmes. Stage 1. Lausanne to Lausanne. 137km flat stage. From Switzerland. (CC)
11.25 Rage. Continuous music programming.			9.50 Airport 24/7. (PG)(R)(CC)	2.15 Those Who Stayed: Family. (M)(R)
5.00 Rage. (PG)			10.50 Ambulance Australia. (M)(R)(CC)	2.55 Those Who Stayed: In the Zoo. (M)(R)
			11.50 FBI: Fadeaway. (M)(R)(CC)	3.40 Hitler and the Reichstag Fire. (M)(R)(CC)
			1.00 Home Shopping. (R)	4.35 Bamay. (R)
			5.00 Hour of Power.	5.00 NHK World English News Morning.
				5.15 Euronews.

TV GUIDE - Sunday, August 2

6.00 Rage. (PG)(CC)	6.00 Glasgow 2026 Commonwealth Games.	6.00 Hello SA. (PG)(R)(CC)	6.00 Mass for You at Home. (CC)	6.00 DW English News. (CC)
7.00 Weekend Breakfast. (CC)	Day 9: Morning. From Glasgow, Scotland.	6.30 A Current Affair. (R)(CC)	6.30 Key of David. (PG)(CC)	6.30 Al Jazeera News. (CC)
9.00 Insiders. (CC)	7.00 Weekend Sunrise. (CC)	7.00 Weekend Today. (CC)	7.00 Joseph Prince: New Creation Church.	7.00 Cycling. Tour de France Femmes. Stage 1. (CC)
10.00 Offsiders. (CC)	10.00 The Morning Show: Weekend. (PG)(CC)	10.00 Wide World of Sports. (PG)(CC)	7.30 Silvia's Italian Masterclass. (R)(CC)	8.00 PBS News Horizons. (CC)
10.30 The World This Week. (R)(CC)	12.00 Sunday Footy Feast. (CC)	11.00 NRL Sunday Footy Show. (PG)(CC)	8.00 My Market Kitchen. (R)(CC)	8.30 France 24 English News. (CC)
11.00 Compass. (PG)(R)(CC)	1.00 To Be Advised.	11.30 Rugby League. NRL Women's Premiership. Round 5. Canterbury Bulldogs v Brisbane Broncos. From Geohex Park, NSW. (CC)	8.30 Food Trail: South Africa. (R)(CC)	9.00 DD India News Hour. (CC)
11.30 Songs of Praise. (R)(CC)	3.00 Border Security Australia's Front Line.	1.25 Rugby League. NRL Women's Premiership. Round 5. New Zealand Warriors v Gold Coast Titans. From Geohex Park, NSW. (CC)	9.00 Cook with Luke. (R)(CC)	9.00 PBS News Hour. (CC)
12.00 ABC News at Noon. (CC)	3.30 Glasgow 2026 Commonwealth Games.	3.15 Rugby League. NRL. Round 22. Wests Tigers v Parramatta Eels. From CommBank Stadium, Sydney. (CC)	9.30 Good Chef Bad Chef. (R)(CC)	10.30 PBS Washington Week with the Atlantic. (CC)
12.30 Landline. (CC)	Day 9: Highlights. Hosted by Bruce McAvaney, Matt Shirvington, Emma Freedman, Mel McLaughlin, Jason Richardson, Johanna Griggs, Matt White, Rebecca Maddern, Trent Copeland and Lizzie Jelfs. (CC)	6.00 9News Sunday. (CC)	10.00 Good Food Everyday with Gary Mehigan. (PG)(R)(CC)	10.55 Living Black Shorts. (R)(CC)
1.30 Monty Don's Rhineland Gardens. (R)	5.00 Seven News At 5. (CC)	7.00 The Block: Guest Bedroom. (PG)(CC)	10.30 Farm to Fork. (R)(CC)	11.00 Cycling. Tour de France Femmes. Stage 1. (CC)
2.30 Race Around the World. (PG)(R)(CC)	6.00 Seven News. (CC)	8.40 60 Minutes. (CC)	10.40 MasterChef Australia. (PG)(R)(CC)	12.00 Gamma Festival 2026. (CC)
3.30 The Assembly: Delta Goodrem. (PG)(R)	7.00 The Voice: Blind Auditions Pt 1. (PG)	9.40 9News Late. (CC)	1.00 The Dog Hospital with Graeme Hall.	3.00 Gamma Bungul 2026. (CC)
4.10 Grand Designs: Stratford. (PG)(R)(CC)	8.40 Farmer Wants a Wife: Reunion. (PG)(CC)	10.10 The First 48: The Abnormals. (M)(CC)	2.00 Millionaire Hot Seat. (PG)(R)(CC)	4.00 Going Places with Ernie Dingo. (PG)(R)
5.00 Back Roads: Wycheproof. Vic. (PG)(R)	10.00 Glasgow 2026 Commonwealth Games.	11.10 Black Widow: The Consequences of Bigamy. Delves into Dena Thompson's bigamous marriages, exploring how she used these relationships to de-fraud her victims and build her criminal empire. (M)(CC)	2.30 Deal or No Deal. (PG)(R)(CC)	4.30 Cycling. Tour de France Femmes. Stage 1. (CC)
5.30 Antiques Roadshow. (CC)	Day 10: Overnight. From Glasgow, Scotland.	12.50 Murder in the 21st: All in the Family. (M)(R)	3.00 The Finish Line. (R)(CC)	5.30 WWII Women on the Frontline. (PG)(R)
6.30 Compass: The Way We Care. (CC)	2.00 Glasgow 2026 Commonwealth Games.	12.50 For the Love of Pets. (PG)(R)(CC)	4.00 Lingo. (R)(CC)	6.30 SBS World News. (CC)
7.00 ABC News. (CC)	Day 10: Pre-dawn. From Glasgow, Scotland.	1.30 TV Shop: Home Shopping. (R)	5.00 10 News+. (CC)	7.30 Alexander the Great. (CC)
7.30 Race Around the World. (M)(CC)	3.00 Home Shopping. (R)	4.00 Skippy the Bush Kangaroo. (R)	7.00 MasterChef Australia. (PG)(R)(CC)	8.25 Las Vegas and the American Dream.
8.30 Treasure & Dirt: The Dead Tree. Ivan has a strange encounter with The Third Row as he and Nell make an explosive discovery at the Dead Tree. (M)(CC)	3.30 Million Dollar Minute. (R)(CC)	4.30 CampByMe: Backyard Escape. (CC)	8.30 The Dog Hospital with Graeme Hall.	9.25 Castle Secrets. (M)(R)(CC)
9.30 Believe Me. (M)(CC)	4.00 NBC Today. (CC)	5.00 Today Early News. (CC)	2.00 Millionaire Hot Seat. (PG)(R)(CC)	10.20 Kennedy: The World at War (1940-1946) (PG)(R)(CC)
10.20 Grantchester. (M)(R)(CC)	5.00 Sunrise Early News. (CC)		2.30 Deal or No Deal. (PG)(R)(CC)	11.10 Guillaume's Paris. (R)(CC)
11.05 Father Brown. (M)(R)(CC)	5.30 Sunrise. (CC)		3.00 The Finish Line. (R)(CC)	11.40 Stories of Power. (PG)(R)(CC)
11.55 Rage. (MA15+)			4.00 Lingo. (R)(CC)	11.45 Cycling. Tour de France Femmes. Stage 2. (CC)
2.40 Poh's Kitchen on the Road. (R)(CC)			5.00 10 News+. (CC)	2.15 Framed. (M)(R)(CC)
3.10 Doc Martin. (PG)(R)(CC)			6.30 10 News+. (CC)	
4.00 Antiques Roadshow. (R)(CC)			7.00 MasterChef Australia. (PG)(R)(CC)	
5.00 Insiders. (R)(CC)			8.15 Watson: Livvy Sees the Doctor. Watson and the fellows are taken hostage by a man with a bomb strapped to his chest. (M)(CC)	
			9.15 FBI: Ratlined. (M)(CC)	
			10.15 FBI: Pledges. (M)(R)(CC)	
			11.00 FBI: Perfect. (M)(R)(CC)	
			12.00 10 News+. (R)(CC)	
			12.30 Home Shopping. (R)	
			5.30 Home Shopping. (R)	

WEEKLY TV GUIDE



TV GUIDE - Monday, August 3



6.00 News Breakfast.
9.00 ABC News Mornings. (CC)
9.55 Sue Perkins' Big Adventure. (PG)(R)(CC)
10.45 Father Brown. (M)(R)(CC)
11.30 Nigella at My Table. (R)(CC)
12.00 ABC News at Noon. (CC)
1.00 Landline. (R)(CC)
2.00 Back Roads. (PG)(R)(CC)
2.30 Julia Zemiro's Home Delivery. (PG)(R)
3.00 Race Around the World. (M)(R)(CC)
4.00 Murdoch Mysteries. (PG)(R)
4.40 Long Lost Family. (PG)(R)(CC)
5.30 Antiques Roadshow. (R)(CC)
6.30 Hard Quiz. (PG)(R)(CC)
7.00 ABC News. (CC)
7.30 7.30. (CC)
8.00 Australian Story. (CC)
8.30 Four Corners: Duped Food Exposed Pt 2. (CC)
9.25 Media Watch. (PG)
9.40 If You're Listening. (R)
10.10 Foreign Correspondent. (R)(CC)
10.40 ABC Late News.
10.55 The Business. (R)
11.10 Murdoch Mysteries. (PG)(R)
11.55 Long Lost Family. (PG)(R)(CC)
12.40 Rage. (MA15+)
2.45 Gardening Australia. (R)(CC)
3.45 Love Your Garden. (R)(CC)
4.30 Antiques Roadshow. (R)(CC)
5.30 7.30. (R)(CC)



6.00 Sunrise. (CC)
9.00 The Morning Show. (PG)(CC)
12.00 Seven's National News at Noon. (CC)
1.00 Clarkson's Who Wants to Be a Millionaire UK. (PG)(R)(CC)
2.00 Bridge of Lies. (R)(CC)
3.00 The Chase. (CC)
4.00 Seven News At 4. (CC)
5.00 The Chase Australia. (CC)
6.00 Seven Local News. (CC)
6.30 Seven News. (CC)
7.00 Home and Away. (CC)
7.30 The Voice: Blind Auditions Pt 2. The blind auditions are heating up and the pressure is on for Team Kate as the other superstar coaches are one step closer to taking her crown. (PG)(CC)
8.50 Glasgow 2026 Commonwealth Games. A recap of all the golden moments for Australia, including the great moments and stories of the athletes in Glasgow. (CC)
10.20 The Agenda Setters Rugby League. (R)
11.20 The Agenda Setters. A team of trusted footy voices tackles the biggest topics in the AFL world. (CC)
12.20 New Amsterdam. (MA15+)(R)
1.20 Harry's Practice. (R)(CC)
2.00 Home Shopping. (R)
4.00 NBC Today. (CC)
5.00 Sunrise Early News. (CC)
5.30 Sunrise. (CC)



6.00 Today. (CC)
9.00 Today Extra. (PG)(CC)
11.30 9News Morning. (CC)
12.00 The Block: Guest Bedroom. (PG)(R)
1.30 Find My Beach House Australia. (R)(CC)
2.00 Pointless. (PG)(R)(CC)
3.00 Tipping Point. (PG)(R)(CC)
4.00 9News Afternoon. (CC)
4.30 Tipping Point Australia. (PG)(CC)
5.30 WIN News. (CC)
6.00 9News. (CC)
7.00 A Current Affair. (CC)
7.30 The Block: Guest Bedroom. The teams work on their guest bedrooms and quickly realise that the season ahead is not going to be a walk in the park. (PG)(CC)
8.40 100% Footy. (M)(CC)
9.40 9News Late. (CC)
10.10 Outback Opal Hunters: Hit the Road. The Opal Lovers drill into a road. The Mooka Boys fight relentless breakdowns. (PG)(CC)
11.10 Footy Classified. (M)(CC)
12.10 Tipping Point. (PG)(R)(CC)
1.05 Hello SA: The Block. (PG)(CC)
1.30 TV Shop: Home Shopping. (R)
2.30 Global Shop. (R)
3.00 TV Shop: Home Shopping. (R)
4.00 Skippy the Bush Kangaroo. (R)
4.30 A Current Affair. (R)(CC)
5.00 Today Early News. (CC)
5.30 Today. (CC)



6.00 Entertainment Tonight. (R)(CC)
6.30 The Bold and the Beautiful. (PG)(R)(CC)
7.00 Deal or No Deal. (R)(CC)
7.30 Everyday Gourmet with Justine Schofield. (R)(CC)
8.00 Lingo. (R)(CC)
9.00 The Finish Line. (R)(CC)
10.00 Entertainment Tonight. (R)(CC)
10.20 MasterChef Australia. (PG)(R)(CC)
11.30 Farm to Fork. (R)(CC)
12.00 Everyday Gourmet with Justine Schofield. (CC)
12.30 To Be Advised.
1.00 10 News: Lunchtime. (CC)
2.00 Millionaire Hot Seat. (PG)(R)(CC)
2.30 The Finish Line. (R)(CC)
3.30 Lingo. (R)(CC)
4.30 The Bold and the Beautiful. (PG)(CC)
5.00 10 News. (CC)
6.00 10 News+. (CC)
6.30 Deal or No Deal. (PG)(CC)
7.00 Millionaire Hot Seat. (PG)(CC)
7.30 MasterChef Australia. In the semi-final, the top three contestants battle it out in a two-course service challenge. (PG)(CC)
9.10 Have You Been Paying Attention? (M)
10.10 10's Late News. (CC)
11.10 The Big Bang Theory. (PG)(R)(CC)
11.35 The Big Bang Theory. (PG)(R)(CC)
12.00 10 News+. (R)(CC)
12.30 Home Shopping. (R)



6.00 DW English News. (CC)
6.30 Al Jazeera News. (CC)
7.00 Cycling. Tour de France Femmes. Stage 2. Highlights. (CC)
8.00 PBS Washington Week with the Atlantic. (CC)
8.25 Living Black Shorts. (R)(CC)
8.30 France 24 English News. (CC)
9.00 DD India News Hour. (CC)
10.00 The Cook Up with Adam Liaw. (R)(CC)
10.10 BBC News at Ten. (CC)
10.30 France 24 International News. (CC)
11.00 Cycling. Tour de France Femmes. Stage 1. Highlights. From Switzerland. (CC)
12.00 Cycling. Tour de France Femmes. Stage 2. Highlights. From Switzerland. (CC)
1.00 PBS News Compass Topics. (CC)
1.30 Al Jazeera News Hour. (CC)
2.00 Going Places with Ernie Dingo. (PG)(R)
2.30 The Cook Up with Adam Liaw. (PG)(R)
3.05 Jeopardy!
3.30 Letters and Numbers. (R)(CC)
4.00 Mastermind Australia. (PG)(R)(CC)
4.30 Cycling. Tour de France Femmes. Stage 2. Highlights. From Switzerland. (CC)
5.30 Gamma Festival 2026 In Review. (CC)
6.30 SBS World News. (CC)
7.30 Scandinavia with Simon Reeve. (PG)(R)
8.40 24 Hours in Emergency. (M)
9.35 Alone Australia. (M)(R)(CC)
10.45 SBS World News Late.

TV GUIDE - Tuesday, August 4



6.00 News Breakfast.
9.00 ABC News Mornings. (CC)
10.00 Australian Story. (R)(CC)
10.30 Kitchen Cabinet: Angus Taylor. (R)(CC)
11.00 Lucy Worsley's Victorian Murder Club. (PG)(R)(CC)
12.00 ABC News at Noon. (CC)
1.00 Grantchester. (M)(R)(CC)
1.55 Back Roads. (PG)(R)(CC)
2.25 Julia Zemiro's Home Delivery. (PG)(R)
2.55 Race Around the World. (M)(R)(CC)
3.55 Murdoch Mysteries. (PG)(R)
4.40 Long Lost Family. (R)(CC)
5.30 Antiques Roadshow. (R)(CC)
6.25 Hard Quiz. (PG)(R)(CC)
7.00 ABC News. (CC)
7.30 7.30. (CC)
8.00 Foreign Correspondent. (CC)
8.30 Kitchen Cabinet. (CC)
9.05 The Assembly Jimmy Barnes. (PG)(R)
9.50 Compass. (R)(CC)
10.20 ABC Late News. (CC)
10.35 The Business. (R)(CC)
10.50 Four Corners. (R)(CC)
11.45 Media Watch. (PG)(R)
12.00 Murdoch Mysteries. (M)(R)
12.45 Long Lost Family. (R)(CC)
1.30 Rage. (MA15+)
2.45 Gardening Australia. (R)(CC)
3.45 Love Your Garden. (R)(CC)



6.00 Sunrise. (CC)
9.00 The Morning Show. (PG)(CC)
12.00 Seven's National News at Noon. (CC)
1.00 Clarkson's Who Wants to Be a Millionaire UK. (PG)(R)(CC)
2.00 Bridge of Lies. (R)(CC)
3.00 The Chase. (CC)
4.00 Seven News At 4. (CC)
5.00 The Chase Australia. (CC)
6.00 Seven Local News. (CC)
6.30 Seven News. (CC)
7.00 Home and Away. Levi and Cash are out of options. Mali races against the clock. Mackenzie, Abigail and Eden start to panic.
7.30 The Voice: Blind Auditions Pt 3. (PG)
8.45 Madonna & Graham. Graham Norton sits down with Madonna for a rare, candid conversation reflecting on her life, iconic career, creative journey and new music, with special guests and surprises along the way. (M)(CC)
10.00 Ramsay's Kitchen Nightmares USA. (CC)
11.00 The Agenda Setters. AFL. (CC)
12.00 Happy's Place: Mamma Drama. (PG)(CC)
12.30 New Amsterdam. (MA15+)(R)
1.30 Harry's Practice. (R)(CC)
2.00 Home Shopping. (R)
4.00 NBC Today. (CC)
5.00 Sunrise Early News. (CC)
5.30 Sunrise. (CC)



6.00 Today. (CC)
9.00 Today Extra. (PG)(CC)
11.30 9News Morning. (CC)
12.00 The Block: Guest Bedroom. (PG)(R)
1.00 Space Invaders. (PG)(R)(CC)
2.00 Pointless. (PG)(R)(CC)
3.00 Tipping Point. (PG)(R)(CC)
4.00 9News Afternoon. (CC)
4.30 Tipping Point Australia. (PG)(CC)
5.30 WIN News. (CC)
6.00 9News. (CC)
7.00 A Current Affair. (CC)
7.30 The Block Guest Bedroom. (PG)(CC)
8.40 Banjo and Ro's Grand Island Hotel: Home. Interior designer Banjo Beale and his husband Ro Christopher arrive on the Scottish island of Ulva to re-vive a derelict mansion, battling a tiny budget, island logistics and a crumbling library. (PG)(CC)
9.55 9News Late. (CC)
10.25 The Teacher: Body in the Lake. (M)
11.25 Footy Classified. (M)(CC)
12.15 Tipping Point. (PG)(R)(CC)
1.10 GolfBarons. (PG)(R)(CC)
1.30 TV Shop: Home Shopping. (R)
2.30 Building Ideas. (PG)(R)(CC)
3.00 TV Shop: Home Shopping. (R)
4.00 Skippy the Bush Kangaroo. (R)
4.30 A Current Affair. (R)(CC)
5.00 Today Early News. (CC)



6.00 Entertainment Tonight. (R)(CC)
6.30 The Bold and the Beautiful. (PG)(R)(CC)
7.00 Deal or No Deal. (PG)(R)(CC)
7.30 Everyday Gourmet with Justine Schofield. (R)(CC)
8.00 Lingo. (R)(CC)
9.00 The Finish Line. (R)(CC)
10.00 Farm to Fork. (R)(CC)
10.30 MasterChef Australia. (PG)(R)(CC)
12.00 Everyday Gourmet with Justine Schofield. (CC)
12.30 To Be Advised.
1.00 10 News: Lunchtime. (CC)
2.00 Millionaire Hot Seat. (PG)(R)(CC)
2.30 The Finish Line. (R)(CC)
3.30 Lingo. (R)(CC)
4.30 The Bold and the Beautiful. (PG)(CC)
5.00 10 News. (CC)
6.00 10 News+. (CC)
6.30 Deal or No Deal. (PG)(CC)
7.00 Millionaire Hot Seat. (PG)(CC)
7.30 The Traitors Australia. Twenty-one players band together to win a share of up to \$250,000 through deception, lies and betrayal. (PG)(CC)
9.00 The Cheap Seats. (M)(CC)
10.00 10's Late News. (CC)
11.00 The Big Bang Theory. (PG)(R)(CC)
12.00 10 News+. (R)(CC)
12.30 Home Shopping. (R)



6.00 DW English News. (CC)
6.30 Al Jazeera News. (CC)
7.00 Cycling. Tour de France Femmes. Stage 3. Highlights. (CC)
8.00 BBC News at Six. (CC)
8.30 France 24 English News. (CC)
9.00 DD India News Hour. (CC)
10.00 BBC News at Ten. (CC)
10.30 France 24 International News. (CC)
11.00 Cycling. Tour de France Femmes. Stage 2. Highlights. From Switzerland. (CC)
12.00 Cycling. Tour de France Femmes. Stage 3. Highlights. (CC)
1.00 PBS NewsHour. (CC)
2.00 Queens That Changed the World. (PG)(R)
3.00 The Cook Up with Adam Liaw. (R)(CC)
3.35 Jeopardy!
4.00 Letters and Numbers. (R)(CC)
4.30 Adam Liaw's North American Fan Feasts: Mexico City II. (R)(CC)
5.00 Cycling. Tour de France Femmes. Stage 3. Highlights. (CC)
6.00 Mastermind Australia. (R)(CC)
6.30 SBS World News. (CC)
7.35 Portugal with Michael Portillo. (PG)(R)
8.30 Insight: Working Later in Life. (CC)
9.30 Dateline. (CC)
10.00 SBS World News Late. (CC)
10.30 Stanley Tucci Searching for Italy. (PG)
11.20 Guillaume's Paris. (PG)(R)(CC)
11.50 Cycling. Tour de France Femmes. Stage 4. From France. (CC)

TV GUIDE - Wednesday, August 5



6.00 News Breakfast.
9.00 ABC News Mornings. (CC)
10.00 Four Corners. (R)(CC)
10.55 Foreign Correspondent. (R)(CC)
11.25 Back Roads. (PG)(R)(CC)
12.00 ABC News at Noon. (CC)
12.30 National Press Club Address. (CC)
1.35 Media Watch. (PG)(R)(CC)
1.55 Classic Countdown Extras. (R)(CC)
2.00 Back Roads. (PG)(R)(CC)
2.30 Julia Zemiro's Home Delivery. (R)(CC)
2.55 Race Around the World. (PG)(R)(CC)
4.00 Murdoch Mysteries. (PG)(R)
4.45 Long Lost Family. (R)(CC)
5.30 Antiques Roadshow. (R)(CC)
6.30 Hard Quiz. (PG)(R)(CC)
7.00 ABC News. (CC)
7.30 7.30. (CC)
8.00 Hard Quiz. (PG)(CC)
8.30 Spicks and Specks. (PG)(CC)
9.00 New Zealand Spy. (M)(CC)
9.25 Race Around the World. (M)(R)(CC)
10.30 ABC Late News. (CC)
10.45 The Business. (R)(CC)
11.00 Treasure & Dirt. (M)(R)(CC)
12.00 Murdoch Mysteries. (M)(R)(CC)
12.45 Long Lost Family. (R)(CC)
1.30 Rage. (MA15+)
2.45 Gardening Australia. (R)(CC)
3.40 Love Your Garden. (R)(CC)



6.00 Sunrise. (CC)
9.00 The Morning Show. (PG)(CC)
12.00 Seven's National News at Noon. (CC)
1.00 Clarkson's Who Wants to Be a Millionaire UK. (PG)(R)(CC)
2.00 Bridge of Lies. (R)(CC)
3.00 The Chase. (R)(CC)
4.00 Seven News At 4. (CC)
5.00 The Chase Australia. (CC)
6.00 Seven Local News. (CC)
6.30 Seven News. (CC)
7.00 Home and Away. An ex-con arrives in the Bay. Leah and Justin butt out. David is under the microscope. (PG)(CC)
7.30 The 1% Club UK. (PG)(R)(CC)
8.30 The Front Bar. (M)(CC)
9.30 Unfiltered. (PG)(CC)
10.00 The Agenda Setters. AFL. (CC)
11.00 The Fall and Rise of Reggie Dinkins: Dr Watson's Dad. When one of Reg-gie's most prized possessions goes missing, he must gather all the suspects and uncover whodunnit. (PG)(CC)
11.30 Stumble: The Tell-Tale Slurp. (PG)(CC)
12.00 Everything I Know About Love. (M)
1.00 Harry's Practice. (R)(CC)
2.00 Home Shopping. (R)
4.00 NBC Today. (CC)
5.00 Sunrise Early News. (CC)
5.30 Sunrise. (CC)



6.00 Today. (CC)
9.00 Today Extra. (PG)(CC)
11.30 9News Morning. (CC)
12.00 The Block: Guest Bedroom. (PG)(R)
1.00 Taronga Who's Who in the Zoo: Platyplus Emergency. (PG)(R)(CC)
2.00 Pointless. (PG)(R)(CC)
3.00 Tipping Point. (PG)(R)(CC)
4.00 9News Afternoon. (CC)
4.30 Tipping Point Australia. (PG)(CC)
5.30 WIN News. (CC)
6.00 9News. (CC)
7.00 A Current Affair. (CC)
7.30 The Block: Guest Bedroom. (PG)(CC)
8.40 The F Ward. A group of interns is sent to the underfunded Pines Hospital in Sydney for one final chance to complete their medical training. (MA15+)(CC)
9.40 To Be Advised.
10.40 Freddy and the Eighth. (M)(CC)
11.35 9News Late. (CC)
12.05 Tipping Point. (PG)(R)(CC)
1.00 Destination WA. (CC)
1.30 TV Shop: Home Shopping. (R)
2.30 Global Shop. (R)
3.00 TV Shop: Home Shopping. (R)
4.00 Skippy the Bush Kangaroo. (R)
4.30 A Current Affair. (R)(CC)
5.00 Today Early News. (CC)
5.30 Today. (CC)



6.00 Entertainment Tonight. (R)(CC)
6.30 The Bold and the Beautiful. (PG)(R)(CC)
7.00 Deal or No Deal. (PG)(R)(CC)
7.30 Everyday Gourmet with Justine Schofield. (R)(CC)
8.00 Lingo. (R)(CC)
9.00 The Finish Line. (R)(CC)
10.00 Entertainment Tonight. (R)(CC)
10.30 The Traitors Australia. (PG)(R)(CC)
12.00 Everyday Gourmet with Justine Schofield. (CC)
12.30 To Be Advised.
1.00 10 News: Lunchtime. (CC)
2.00 Millionaire Hot Seat. (PG)(R)(CC)
2.30 The Finish Line. (R)(CC)
3.30 Lingo. (R)(CC)
4.30 The Bold and the Beautiful. (PG)(CC)
5.00 10 News. (CC)
6.00 10 News+. (CC)
6.30 Deal or No Deal. (PG)(CC)
7.00 Millionaire Hot Seat. (PG)(R)(CC)
7.30 The Traitors Australia. Twenty-one players band together to win a share of up to \$250,000 through deception, lies and betrayal. (PG)(CC)
9.00 Boston Blue: Baggage Claim. (M)(CC)
10.00 10's Late News. (CC)
11.00 The Cheap Seats. (M)(R)(CC)
12.00 10 News+. (R)(CC)
12.30 Home Shopping. (R)



6.00 DW English News. (CC)
6.30 Al Jazeera News. (CC)
7.00 Cycling Tour de France Femmes. Stage 4. Highlights. (CC)
8.00 BBC News at Six. (CC)
8.30 France 24 English News. (CC)
9.00 DD India News Hour. (CC)
10.00 BBC News at Ten. (CC)
10.30 France 24 International News. (CC)
11.00 Cycling Tour de France Femmes. Stage 3. (CC)
12.00 Cycling Tour de France Femmes. Stage 4. (CC)
1.00 PBS NewsHour. (CC)
2.00 Dateline. (R)(CC)
2.30 Insight: Working Later in Life. (R)(CC)
3.30 The Cook Up with Adam Liaw. (R)(CC)
4.05 Jeopardy!
4.30 Letters and Numbers. (R)(CC)
5.00 Cycling Tour de France Femmes. Stage 4. Highlights. (CC)
6.00 Mastermind Australia. (R)(CC)
6.30 SBS World News. (CC)
7.30 Alone Australia. (M)(CC)
8.40 Titanic Sinks Tonight. (M)(CC)
9.45 Six Four. (M)(CC)
10.40 Cycling Tour de France Femmes. Stage 5. (CC)
2.15 While the Men Are Away. (M)(R)(CC)
3.20 Before We Die. (M)(R)(CC)
4.15 Bamay. (PG)(R)
4.45 Bamay. (R)

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HEALTH, WELLBEING and LIFESTYLE

PHARM TALK with Mike

Tantrums

My wife Suzanne and I have a significant number of children. Some are biological some are step kids and the rest we foster.

When a toddler has a meltdown, I have discovered in most cases the little darling wants to express themselves, but their emotion has overwhelmed their minds. They do not have the self-regulation to be able to get control of themselves and vocalise what they want to say, so tears, screaming, throwing themselves on the floor, and even hitting are common.

This is how I deal with this scenario. Firstly, I tell them, "I see you are having a meltdown, and you need to get yourself under control so we can talk". I will ask them when they get to some control, "Are you under control yet?", sometimes the answer is no, sometimes yes, (but they are not), and in time they are.

If they tell me they are not under control, I say,

"We will wait until you are." If they say yes but are not, I will say, "No you are not, I cannot understand whiny-whiny voice."

However, once they have got control, I acknowledge they are and give them a cuddle telling them, "You have done a fantastic job getting control, that must have been really hard, and you have done a good job."

Once we have got to this stage, I discuss with them whatever the problem is. Sometimes this is minor sometimes major and deal with this in a much calmer way.

De-escalating has taken tantrums from lasting hours to a few minutes.

I understand what it is like to have an unruly little person or a very unwell child with significant health issues, so if you need some sort of assistance come in and have a talk, I may be able to give some advice.

So, until next time keep well, come in and have a chat, your good health could depend on it.

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31 July 2026 to 21 August 2026
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– Boundary Realignment
(2 into 2 Lots)

Where: 478 National Park Road, Palmtree
On: Lot 2 RP30197 & Lot 3 RP66314

Approval sought: Development Permit for Reconfiguring a Lot

Application ref: RAL/2026/5034

You may obtain a copy of the application and make a submission to:
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Public notification requirements are in accordance with the *Planning Act 2016*

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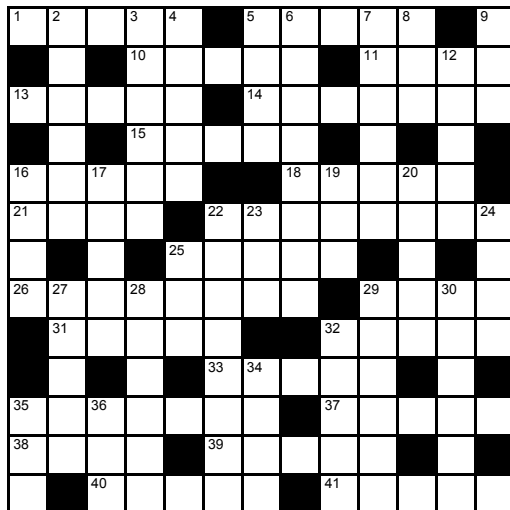
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Crossword Number 297



Across

- 1 Heavenly body
- 5 Indigenous language (NZ)
- 10 Female fox
- 11 Periods of time
- 13 Weird
- 14 Gives a silly smile
- 15 Best part
- 16 Nuisances
- 18 Out of order
- 21 Lyric poems
- 22 Went back
- 25 Rescued
- 26 Chief priests
- 29 Stop up
- 31 Take as one's own
- 32 Finds pleasing
- 33 Faithful
- 35 Sure
- 37 Entreat
- 38 Drug-yielding plant
- 39 Tend the sick
- 40 Narcotics
- 41 Did wrong

Down

- 2 Laid bare
- 3 Dispossesses by law
- 4 Layers
- 5 Table-shaped hill
- 6 Gives life to
- 7 Mend
- 8 Anger
- 9 Donkey
- 12 Got up
- 16 Stately display
- 17 Plied the needle
- 19 Wet soft earth
- 20 Act furtively
- 22 Disconcerting
- 23 First woman
- 24 Immerses
- 25 Plant juice
- 27 Entangle
- 28 Tarry
- 29 Rudder bar
- 30 Threaten
- 32 Become void
- 34 Responsibility
- 35 Headwear
- 36 Slender stick

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Sudoku Number 297



Puzzle Solutions: 296

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

H	O	V	E	L	P	E	S	O	S
U	L	A	G	E	R	B	E	E	S
S	T	R	A	Y	L	A	S	T	E
L	T	E	X	T	S	A	S	P	S
W	A	V	E	R	U	N	I	T	E
E	Y	E	D	S	E	R	E	N	A
E	S	R	E	N	E	M	M	E	
D	I	S	B	A	N	D	S	S	E
M	E	A	N	T	T	I	N	E	S
T	A	L	L	I	S	L	A	M	G
G	L	O	N	E	L	I	V	E	R
C	E	D	E	E	N	R	O	L	N
S	T	I	L	T	N	E	E	D	Y

Sudoku Difficulty Level: Hard

SUDOKU RULES

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 through 9. There is no math involved. You solve each puzzle with reasoning and logic. Each puzzle only has one solution.

Fun Facts

In Utah, it is illegal to swear in front of a dead person.
A snail can have 25,000 teeth.

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WORSHIP TIMES

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Email: contact@highfieldsadventist.church

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ALL WELCOME



KEEPING the FAITH

Brad Dewson Dalby Presbyterian Church

The Shepherd we need

Most of us know our basic needs: food, water, shelter and rest. But beneath those lies something harder to describe – a need for guidance, purpose and peace.

One of the most enduring images in the Bible is that of a shepherd. A good shepherd does not simply provide food; he knows his sheep, protects them, leads them through danger and brings them to places of rest.

In Mark Chapter 6, Jesus is described this way. Seeing a crowd of weary

and directionless people, he has compassion on them because they were "like sheep without a shepherd."

It is an image that still speaks today. In a world that prizes independence, we often carry burdens we were never meant to bear alone.

The invitation of Jesus is not simply to admire him, but to trust him – to let him lead, to find rest, and to discover that the guidance we resist may be the very thing we need most.

Brad Dewson
Lead Pastor
Dalby Presbyterian Church

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On The Farm



By **PAUL McINTOSH**
Industry Development Agronomist - Northern region
For Pulse Australia and Northern Extension
Agronomist for WeedSmart

Helicoverpa strikes our chickpea crops



Left Large healthy helicoverpa larvae before NPV takes effect in CQ chickpeas.



Right A large healthy helicoverpa larvae affected by NPV in a chickpea crop. **Photos Contributed**

Apart from last weekend there has not been much really cold winter weather so far, and certainly not much rain either, over large areas of Queensland and Northern NSW in the last few months.

Winter cereal grain crops in the Central Highlands are pushing heads out from crops that are only 12 to 16 inches high with not many tillers. Chickpeas on the other hand are faring much better with their strong tap root architecture, delving deep into the soil profile seeking that elusive soil moisture.

The only snafu or problem is that a very common issue has arisen, as usual in our chickpea crops. Namely, a dratted insect pest called helicoverpa armigera with a very damaging larval stage in its life cycle, usually occurring at the reproductive stage or pod filling period of the chickpea crop.

Now it is all a numbers game and as an agronomist for many decades, placing my large 2m by 1m beat sheet on the ground under the plant line, and bashing the chickpea plant to dislodge these grubs or larvae onto the sheet, gives you a chance to count them. If above certain number of larvae are found per square metre, we call this a spray threshold and make a pesticide spray recommendation to the crop owner.

Size of these larvae also counts, and we mark them off from the neonate stage of newly hatched grubs (<3 mm) to the bigger ones like in the left side photo of 5th or 6th instar (up to 30 mm long). These large grubs then begin to drop off the chickpea plant into the soil to pupate and start the life helicoverpa lifecycle again.

Now the broadacre farming industry that I have had a lifelong part of, plus the horticultural industry as well, are very aware that these larvae can not only consume your grain crop or hort produce, they can also cause downgrades in your crop quality. So, a very damaging pest.

Over the years of spraying this pest with conventional insecticides like pyrethroid, it eventually becomes resistant to these various modes of action of our various insecticide groups old and new.

That is the dilemma we face in our northern Queensland broadacre crops

with insect pests like cluster caterpillar, which are now very resistant to our main insecticides like chlorantraniliprole. So, we should certainly not be complacent with our current use patterns of conventional insecticides in other parts of the state.

For many years now I have been advocating the use of a biological insecticide with NPV as its active ingredient. It is actually a virus and really does a good control job on helicoverpa caterpillars, especially in the first and second instar size for crops like chickpeas and in grain sorghum paddocks.

For those curious readers, NPV stands for Nuclear Polyhedrosis Virus and I believe in the future, will be at least a partial or more likely a significant savior in our farming systems crops of chickpeas and grain sorghum being infested with these specific pesky insects called helicoverpa armigera.

Note the smaller larval size I mentioned before for best effective NPV use and of course with the way the product works with ingestion by the grub, you need paddock temps over 18 degrees C for their eating to occur.

The other major reason I recommended applications of NPV was the threat of ex-



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Dalby Cattle Market

MLA Report

July 22, 2026

The large numbers of cattle coming to market in recent weeks continued at Dalby, with agents yarding 8,186 head, 455 more than the previous sale and well above average numbers.

Cows were again well represented, with 1,880 head penned.

Overall supply was further boosted by two large consignments totalling 483 head and 447 head respectively, providing buyers with a broad selection of cattle across all categories.

Export buyer attendance was good and there was a return to a full panel of feeder operators and interstate restockers provided support on light weight cattle.

Despite the large selection of young cattle both restock-

er and feeder classes experienced strong demand with any price changes due to the quality penned.

Heavy grown steers and bullocks to export processors were well supplied and sold to a very good market.

Medium and heavy weight cows to export processors averaged 4c to 7c/kg better.

Light weight yearling steers returning to the paddock made to 608c and averaged from 526c to 541c/kg.

Yearling steers to feed for the domestic market sold to 598c with most sales from 551c to 566c/kg.

Heavy weight yearling steers to feed averaged 551c and made to 612c/kg.

Light weight yearling heifers to restockers made to 544c with a large selection from 448c to 465c/kg.

Medium weight yearling

heifers to feed averaged from 480c to 532c with sales to 566c/kg.

Heavy weight yearling heifers to feed averaged 494c and made to 556/kg.

A large sample of heavy grown steers and bullocks sold to 490c with most sales from 472c to 475c/kg.

Medium weight plain condition cows received strong support from restockers and made to 383c and averaged 362c/kg.

Medium weight 2 score cows to export processors averaged 362c and made to 368c/kg.

Heavy weight 3 score cows averaged 379c and the best of the cows made to 405c to average 392c/kg.

Heavy weight bulls made to 471c with most sales at 430c/kg.

**Market Reporter,
Trevor Hess**



Contact us for the latest Market Information

Jason Fitzgerald 0428 951 355 Maurice Smith 0429 635 328 Travis Bulmer 0409 951 355

ceeding the overseas importing country's MRL or Maximum Residue Levels, if we had applied a conventional insecticide at the time like indoxacarb or thiodicarb.

This was some years before the big emphasis on complying with export MRLs, however a grain marketing firm in those times was emphatic about grain testing for pesticides.

This taught me some valuable lessons at the time which I still use to this day, with insecticide resistance complacency being another good reason to use NPV applied correctly and timed well, to successfully to take pressure off our conventional insecticides overuse and to save us any embarrassment and financial costs, as has happened with some recent rejected mung-bean exports.

**That is all folks
Paul McIntosh**



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- Jen-Daview Invitational, Coolabunia Saleyards Limousin and Angus Saturday 15th of August
- Gold Crest Limousin, Crows Nest Saturday 23rd of August
- Talbalba Hereford, Millmerran Thursday 27th of August
- Remolea Poll Hereford, Clifton Friday 28th of August
- Nioa & RL Pastoral Co Santa Gertrudis, Allora Thursday 3rd of September
- Bunya Bull Droughtmaster, Coolabunia Saleyards Saturday 5th of September
- Western Downs Santa, Dalby Saleyards Friday 11th of September

– All bull sales are online –

Please contact:
Corey Evans (stud stock) 0427 233 999
or Kearin Macdonald 0407 044 877
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GOOMBUNGEE GOLF NOTES

Goombungee Golf Club Results

July 23 – Men V.S.S. club trophy. Ladies flag event, Gloria Scott trophy. Winner men Greg Buckley +1, ladies Jenny Murray 18th hole OCB, runner-up Helen Scott. Rundown ladies Robyn Drowley, Chris Slatter, Robyn Purcell, men Jarrod Dean, Beau Young, Charlie Sipple.

Approaches men 1/10 Wayne Nemeth, 2/11 Barney Barnett, 4/13 Murray McLeod, ladies 1/10 Jenny Murray, 2/11 Rhonda Sipple, 4/13 Rhonda Sipple.

July 24 – Friday Chook Run, winner Chris Neilson 24

nett, 2nd Jon Harding, 3rd Rob Beyer.

Approaches No 1 Greg Schull, 5 Justin Mathies.

July 26 – Men 4 ball best ball stroke, ladies single stableford, Steve and Charlie Elfverson trophy. Winners men Travis and Trent Peters 63 nett, ladies Robyn Purcell 37 pts. Rundown ladies Denise Volz, Helen Scott, Robyn Drowley, men Tony and Harry Sipple, Jon Harding and Justin Mathies, Gary Linane and Beau Young, Greg Schull and Rob Wilkie.

Approaches men 2/11 Mat ty Burgess, 5/14 Travis Peters,

6/15 Justin Mathies, ladies 5/14 Robyn Drowley, 6/15 Rhonda Sipple. Pin shots all-in 3/12 Logan Rayner, men 4/13 Gary Linane, 8/17 Travis Peters, ladies 8/17 Sarah Wolski.

Members Draw: 123 - Martin Radloff not present, \$70 next week.

Upcoming Events:

July 30 – Men single stroke, Monthly Medal, club trophy. Ladies single stroke, Monthly Medal, putts, club trophy.

August 2 – 4 Ball Matchplay Round 1, single stableford for other players, club trophy.

Murray McLeod

CROWS NEST GOLF NOTES

Crows Nest Golf Notes

July 22 – Sporters winner Charlie Ruwoldt 32pts, runner-up Ashley May 30pts. Putting Leo Kruger 19 putts. Pin shots 7/16 Leo Kruger and Marty Edser, 8/17 Ross Burgess.

July 24 – Chook Run winner Col Jenkins 32 net, runner-up Ian Briggs 34 net, 3rd Gary Dukes 34 net. Pin shots 12 Col Jenkins, 18 Chase Gravalin. Friday afternoon chook runs tee off 3pm. Open to all.

July 25 – Trost Livestock Marketing 3 person Ambrose winners Dearn Pearson, Lawrence Pearson and Clayton Pearson 53 1/2 net. Runners-up Lea-Jayne Marschke, Michael O'Connor and Thorne Rice 55

1/6 net. Chase Gravalin, Oliver Hinds and Marty Edser 56 5/6, Mick Bateman, Joe Tapping and Roger Bartholomew 58 1/2. Bradmans Justin Simpson, Kaaron Simpson and Shayne Gotz.

Long Drive Kevin Doyle, Accuracy Drive Lisa Anderson. Pin shots 1/10 Chase Gravalin, 2/11 Greg Campbell, 3/12 Beryl Freeman, 4/13 Scott Parker, 5/14 Tony Weis, 6/15 Russell Gardner, 7/16 Mick Bateman, 8/17 T. Weis, 9/18 Marty Edser.

July 26 – Property Management Products single stab winner Chase Gravalin 41pts, runner-up Rex Kennedy 39pts, 3rd Russell Gardner 39pts, Pin shots 3/12 Ken Cox, 7/16 Anne Robinson, 8/17 Ian Coates + Eagles Nest.

Rundown Ken Cox 38, Anne Robinson 35, Ron Freeman 37, Leo Kruger 33.

Upcoming Events:

August 2 – High Country Sheds and Carports Monthly Medal single stroke. Open to all golfers with a GA handicap. Timesheet from 11am, names in the app or text Betty 0439 981 405 and she will add you in.

August 9 – Toowoomba Embroidery Centre (Lawrence and Dearn Pearson) 2 person ambrose. Open to all golfers and non-golfers. 11am shot gun start. Members please put your names in the app, visitors please text Betty 0439 981 405 and she will add you in

Betty Cox

CROWS NEST BOWLS CLUB

Crows Nest Bowls Club

July 22 – Wednesday afternoon's session of social bowls was regrettably cancelled because of the nuisance weather, see you all back out on the green next week folks.

July 26 – Crows Nest Tyre Service Afternoon was won by Ray Weis and Dale Roberts, runners-up went to John Oates and Geoff Brumpton.

Just the one match on our 2025-26 intraclub competition calendar was played on Sunday. Three Bowl Pairs, Daryl Fraser and Sandra Oates def Graeme Battams and Roger Haldane.

The Saturday, August 1 intraclub competition playing schedule will be confirmed as soon as possible. Players, please watch the club noticeboard and the Crows Nest Community Facebook page for the final rundown.

Upcoming Events:

July 29 – Bevan's Birthday Bash.

August 9 – PWR Electrical Day.

All members, visiting bowlers and those wishing to play for the first time are most welcome to join us on any Wednesday or Sunday afternoon at the Crows Nest Bowls Club.

Final Note: John and Sandra Oates (Crows Nest's representatives in the DDBA Champion of Club Champions Mixed Pairs) met stiff opposition in their opening match at Drayton BC on Saturday, July 25, and were forced to retire early. There is always next year Oates's!

Final Final Note: Nominations for positions on the 2026-27 club committee are now open, and forms are available at the main club noticeboard. All financial members are encouraged to get involved.

Good bowls everyone!

Gary Baker

NORTH DALBY BOWLS

North Dalby Bowls Club Results

July 16 – Social Bowls winners L Berghauser, T. Davies, W. Usher, runners-up V. Dun, S. Kellett, D. Owen.

July 18 – Social Bowls, winners E. Buchan, W. Robinson, D.

Owen, runners-up L. Berghauser, S. Kellett, B. Waldron.

July 19 – Social Bowls, winners K. Kimpton, G. Powell, runners-up G. Cox, A. Milgate.

July 23 – Social Bowls, winners R Maddalena, D. Wise, runners-up T. Wright, A. Croft,

N. Hallett.

Coaching: Our club offers a welcoming space and is committed to supporting the next generation of bowlers through coaching and on-green encouragement. For enquiries phone the club after 4 pm. **Sue Waldron**

HIGHFIELDS PARKRUN

July 25, 2026, Event No 535.

On Saturday, 91 people enjoyed what began as a little chilly but ended in another fantastic morning of running, jogging and walking around the picturesque course.

The event welcomed seven first-time participants, while another seven parkrunners celebrated new personal best times.

A highlight of the morning was the celebration of several impressive milestones. Congratulations to Geoff K and his dog Buddy, who each completed their 100th parkrun. Congratulations also to Tania M, who reached her 100th parkrun milestone, with an incredible 50 of those events completed at Highfields.

Highfields parkrun simply could not happen without its dedicated volunteers. This week's event

was made possible thanks to the efforts of 19 volunteers: Jason M, Cameron B, Petrina O, Janis T, Dianne T, Kerriane J, Kym M, Greg J, Lainie C, Melanie G, Hayden G, Krystina C, Graham T, Samara N, Sam M, Valerie G, Tom H, Jen W and Lee W.

If you have ever thought about giving parkrun a try, why wait? Whether you run, jog, walk, volunteer or simply cheer others on, everyone is welcome. Best of all, it is completely free. Register once, bring your barcode each Saturday morning, and become part of a friendly community that encourages people of all ages and abilities to get active and enjoy the outdoors together.

Highfields parkrun takes place every Saturday morning 7am with new participants and visitors always warmly welcomed. **Petrina Oakley**

DALBY CROQUET CLUB

Dalby Croquet Club Notes

Members of Dalby Croquet Club have been enjoying their early mornings this month, realising that there is an amount of "geometric strategy" involving angles, precision and a touch of cunning to be the first team to reach seven hoops in each game.

As a club we have begun our "First Sunday Socials" on the first Sunday afternoon of each month. Now you can gather your friends for a leisurely game of croquet from 2 to 4pm as well as visiting on Monday or Thursday mornings in Patrick St.

Bev Lanagan



Players enjoy a game of croquet on the Dalby green. **Photo Contributed**

CABARLAH LADIES GOLF NOTES

Cabarlah Ladies Golf

July 21 – Cabarlah held its annual Ladies Open Day. We had 73 players from 12 different clubs. It takes a lot of people to make the day a success, so a big thank you to the Cabarlah ladies including Tanya for all their work.

We would also like to thank the men that provided assistance on the day, our president Bob Foot is always there helping out, plus our course marshal Ian H, our starter Peter C, our bunker buddies Russell F and Andrew Mac, plus Brendan D for looking after the gate in the morning.

With such a good roll-up we did not have enough buggies, so many thanks to our members Rob W, Peter C, Keith M, Murray A, Jeff B, Brendan D, and Pamie C who generously provided their buggies for the day.

Thanks also to Toby for pre-

senting the course in such good condition. The fantastic scores achieved by the ladies demonstrated how much they enjoyed the course.

Results: Overall nett winner Jenny Murray 64 nett, overall stableford winner Janese Lloyd 41 points.

Div 1 winners, best nett Sue Hayes 72, best gross Mel McLennan 84, best stableford Beryl Freeman 36, rundown Sharon Faulks 32, Rosemary Farquhar 32, Jill Barnes 32.

Div 2 winners, best nett Di Laverty 68, best gross Paula Heelan 92, best stableford Liz Murrie 37, rundown Maria Carey 36, Roslyn Darton 32, Glenda Murray 31.

Div 3 winners, best nett Margie Hayward 70, best gross Cheryl Abberton 95, best stableford Petae Frazer 35, rundown Mary Sutherland 35, Sharon Kirkwood 34, Annie

Woodroffe 34.

Div 4 winners, best stableford Christine Martins 40, 2nd best stableford Julie Gray 37, 3rd best stableford Margaret Harland 36, rundown Leanne Manwaring 35, Sue McNaught-Ford 35, Lisa Macdonald 31.

Pins: Div 1 Hole 5 Trish Bell, Div 2 Hole 14 Paula Heelan, Div 3 Hole 17 Annie Woodroffe, Div 4 Hole 1 Sue McNaught-Ford.

Approaches: Div 1 Hole 11 Mel McLennan, Div 2 Hole 12 Liz Murrie, Div 3 Hole 7 Jenny Murray, Div 4 Hole 4 Simone Morrison.

Accuracy drive: Hole 6 Div 1 Sharon Bierman, Div 2 Gail Jamieson, Div 3 Mearon Geldard, Div 4 Lola Cuffie.

Congratulations to the winners, and to all those who participated.

Janelle Kruse

DALBY DIEHARDS RUGBY LEAGUE

Goondiwindi 32 Dalby 30

Dalby Diehards suffered their first home defeat of the season at the hands of the Goondiwindi Boars on Sunday, in a hard-fought encounter at the Dalby Leagues Grounds in a game that featured some rugged defence and sharp attack by both sides.

The loss leaves the Diehards fighting for their semi-finals spot with a game against competition leaders Warwick this Saturday night and two away matches as must wins against Highfields and Pittsworth.

Try scorers: Desham Salase

1, Sefa Roache-Faimalo 2, Charlie Cooper 2, Hnaloan Budden 1. Goals: Josh Chappell 3.

Other Scores:

Under 19s: Dalby 64 def Goondiwindi 6.

Reserve Grade: Dalby 46 def Goondiwindi 4.

Bob Hart

CHINCHILLA BOWLS

Chinchilla Bowls Club Champions of Champions

The Zone 3 Champions of Champions were held here on the weekend, and I am extremely proud to be president of such a great club and of the small group of helpers who chipped in over the weekend, PB, PJ, JJ, SD and BG I thank you very much.

It was a fantastic weekend of true championship bowls. Bowlers from Warwick East, The Summit, Texas, Goondiwindi,

di, North Dalby, Tara, Taroom, Roma and Cunnamulla, the spirit in which all games were played was great to see.

All winners now go on to Mackay in November for the State Championships.

Nathan Wichlaz of Roma won the Men's Singles, Shelly Pender from Cunnamulla won the Ladies Singles, Mia Haylock and Kelvin King from Roma won the Mixed Pairs, Mia Haylock and Jocelyn Haylock from Roma, a

mother daughter team, won the Ladies Pairs.

Brad Wheeler and Jim Keleher from Taroom won the Men's Pairs, K Kumsewad, J Foster, S Butz and J Lister from Warwick East won the Ladies 4s and in the Men's 4s, Tara's M Prain, M Llewellyn, W Smith and G Schulz had the win.

Congratulations to all bowlers, winners and losers, it was a fantastic weekend.

Peter O'Dea



Rugby League

Saturday Night Football

1st August, 2026

at Dalby Rugby League Grounds

DALBY DIEHARDS v WARWICK COWBOYS

3.00pm Under 19's

4.30pm Reserve Grade

6.00pm A Grade

Can Bar and Food Canteen Operating

- Club house Open -

