

# Bowling & Lifestyle

National Magazine

NEW

2022 VOL2 NO 2

DIGITALLY DISTRIBUTED AUSTRALIA WIDE

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See page 58

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**26-30**



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**JUST BOWLS!**  
Lawn Bowls News as it happens on the "Sunny Coast"

**p: 0422 920 753.**  
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## Letter from the editor

Welcome to our second edition of Bowling&Lifestyle Magazine for 2022. In this bumper issue we are featuring all the latest news from "Bowls Australia" and Lawn Bowls Icons, "Henselite Australia" who this year celebrate 104 years in the Lawn Bowls business. We are also incredibly honoured to have Australian Icon Tony Bonner AM as our guest writer. Don't miss Tony's incredible tribute to his gorgeous mother on pages **42 & 43**. Plus, we pay tribute to cricket legend Shane Warne. Give away Tickets to "Friends" The Musical Parody and John Paul Young's "50 years Young" The Anniversary Tour.

We are also featuring special articles on our new Prime Minister Anthony Albanese, Angelina Jolie and an exclusive interview with one of Australia's best story teller's Peter Fitzsimons. Plus we give one of our readers the opportunity to win a copy of Peter's latest book "The Opera House".

Special thanks to "Bowls Australia" and Catherine Colusso for their wonderful stories. Plus a huge thank you to all the clubs, bowlers and businesses who have sent in stories, latest events and articles.

We really appreciate your input. We love hearing what is happening at your club. "KEEP THE STORIES COMING" Many thanks also to all our wonderful advertisers, who make this magazines possible.

Make sure you send Bowling&Lifestyle Online Magazine to your friends and family to enjoy, or alternatively read our latest and past editions on ISSUU for FREE at <https://issuu.com/sales.bowlingandlifestylemagazines>. Head on over to our Facebook & Instagram pages and give us a like/follow and support your only National Lawn Bowling Online Magazine. We appreciate the support. From the team here at Bowling&Lifestyle Magazine, please stay safe

Until next time...



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## 2021 AUS CHAMPS: TRIPLES RECAP

BY VAL FEBBO

It was a successful day for Queensland and Tasmania on the opening day of action at the 2021 Australian Championships at Broadbeach Bowls Club, with the two states winning gold in the men's and women's triples respectively.

After falling agonisingly short of the Champion of Champions crown over the weekend, *Right at Home* Jackaroo Rebecca Van Asch was able to salute with another national title with her Tasmanian mother-daughter teammate combination of Debra Lee and Jess McMullen.

The trio was able to finish undefeated in the sectional play, with victory over Queensland's Serena Matthews, Cheryl Heaps and Amanda Haevecker and the South Australian grouping of Kate Argent-Bowden, Bailey Rafferty and Laini McGorman.

Awaiting in the final was the Western Australian outfit of Linda Warburton, Laura Merzand Lisa Featherby, who entered the decider off the back of a 41-2 victory over the Northern Territory in the final sectional match. However, the Tasmanians proved too strong, with a 17-12 win to be crowned the 2021 champions.

Victoria's Tara Ferrier, Kelly McErihen and Lisa Phillips took bronze with a nail biting 17-16 win over Queensland.

Van Asch was thrilled to display such an all round team performance, labelling the contribution of each member in the team was a key for victory, while touching on a special moment between Lee and McMullen.

"I thought in particular that Deb was our best on ground out there tonight, she was solid from start to finish, and Jess has led well for us the whole way through," she said.

"I really enjoy playing with both of those girls, Deb and I in particular have played together a lot over the years as state and club teammates and I've played a lot with Jess in recent years as well.

"For me it's great to play with them but to see a mother-daughter combination win it is really exciting."

On the men's side, it was the star studded lineup of Nick Cahill, Barrie Lester and Aron Sherriff who enjoyed a sensational day in their home state to claim the title.

The trio went undefeated with early sectional wins over the ACT and the Northern Territory, before facing the Tasmanian squad of Will Coad, Rob McMullen and Mark Nitzfor the gold.

After jumping out of the blocks early, the Queenslanders never looked back, posting a 19-12 win and winning a national title in their own backyard.

Western Australia's trio of Tom Mitchell, Warren Holt and Daniel Trwehella claimed bronze with a 22-13 win over the Northern Territory.



## 2021 AUS CHAMPS: PAIRS/MIXED PAIRS RECAP

BY VAL FEBBO

It was yet another successful day for Queensland at the 2021 Australian Championships, claiming both the men's and women's pairs events at the Broadbeach Bowls Club.

The state would also post a bronze medal in the mixed pairs, with Victoria claiming the honours in the discipline.

Following a title in the triples yesterday, Aron Sherriff would back up and hoist yet another trophy this week, pairing with Sean Ingham as the Queenslanders went undefeated through the day's play.

They began with a 24-6 win over Western Australians Greg Taylor and Jack East, before sealing their place in the final with another dominant win over South Australia.

The pair would face Victorians Cooper Wescombe and Jarryd Davies in what was a final for the ages, with neither state willing to budge as they jostled for momentum, in fact consecutive ends were only won on a solitary occasion in the first 12 ends of the match.

Trailing 9-10 after the 12th end, Sherriff would ensure that Queensland would score a four and draw ahead as

they claimed an epic 14-12 victory and gold for their state.

Tasmanian pair Mark Nitz and Taelyn Male took out the bronze, continuing a positive week for the state.

A jubilant Sherriff said he was looking forward to re-watching the final, and labels his move to Broadbeach over the past few months as a rejuvenation to his bowling career.

"It was probably a final that you have to watch back, it was a bit of a dog fight I suppose, we were on the better side of the draw shot but Jarryd hit well," he said.

"We just had to ride it out and stay positive, our time had come and he finally missed on the 13th end and we got a four, that was the turning point in the game.

"Coming to Broadbeach has been the breath of fresh air I needed for my career and to win two national titles on my home ground with great mates is awesome."

In the women's pairs it was the Queensland duo of Cassandra Millerick and Kelsey Cottrell who brought home another gold for the Sunshine State after an undefeated run in their four games.

Finishing in second was the Tasmanian pairing of Alison Venn and Rebecca Van Asch, with the latter taking her third medal in as many events since Saturday.

In the bronze medal position were Western Australia's Linda Warburton and Lisa Featherby.

The mixed pairs was dominated by Victoria's power couple in Kelly McKerihen and Ali Forsyth who claimed the title over Tasmanian brother-sister pairing of Jorja and Isaac Maughan.

In bronze it was Queensland's Lynsey Clarke and Brett Wilkie.





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### SEAN LUES

Managing Director

Sean Lues loves our natural world. Inspired as a young boy by wild animals wandering through the family farm in Zimbabwe, he grew up destined to become a safari guide to the great wild places of our beautiful earth.

Fast forward and Sean remains fascinated by ecological links and landscapes and the communities around them, building his career leading and managing some of the most highly acclaimed camps in Africa. In 1994 he stood out from the crowd to win the Zimbabwe Professional Guides Association 'Guide of the Year' award, later going on to teach and act as examiner himself. In other words, he is an extremely experienced, capable and knowledgeable guide and you can trust him with your life.

A dab hand with a camera, Sean's eye for detail has also seen him win a number of photography prizes. His work has been published in various magazines, as well as in books such as The Wild Heart of Africa by Rolf Baldus, and Kariba Birds. He also spent extended time behind the lens in Belize, commissioned to take photographs for Belizean National Parks.

After 11 years in Tanzania, Sean and his wife moved to call Australia home in 2016. They have two young children and are very much enjoying bringing up a new generation of world explorers. In fact, Sean has grown particularly passionate about showing all new travellers the places he has loved and seeing them again through fresh eyes. Africa is his specialty and he finds great reward in designing personalised itineraries and tours. For him, it's the next best thing to being out there when he can't be out there himself and he loves to trade stories with the many clients who return to Journeys Worldwide again and again.



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# How to achieve financial freedom the stress-free way!

In these uncertain times, many older Australians are revisiting their future financial plans. Some are concerned about how to manage an existing mortgage when rates are on the way up, looking for a solution to put 'cash in the bank' to help pay for living costs, or have a greater focus on finding a way to 'age in place' if they can.

When the time comes to consider the available options, there is a lot of information out there to consider, and it can be difficult to understand where to start. Quite often the information "overload" can be more stressful than the solution itself.

For many Seniors, the family home is often their biggest asset, and for many years, equity release products have assisted many retirees with the ability to access the wealth accumulated in their homes, when they need it most. Selecting the best solution to achieve this is an important decision, so where do you start?

## Determine what is important to you.

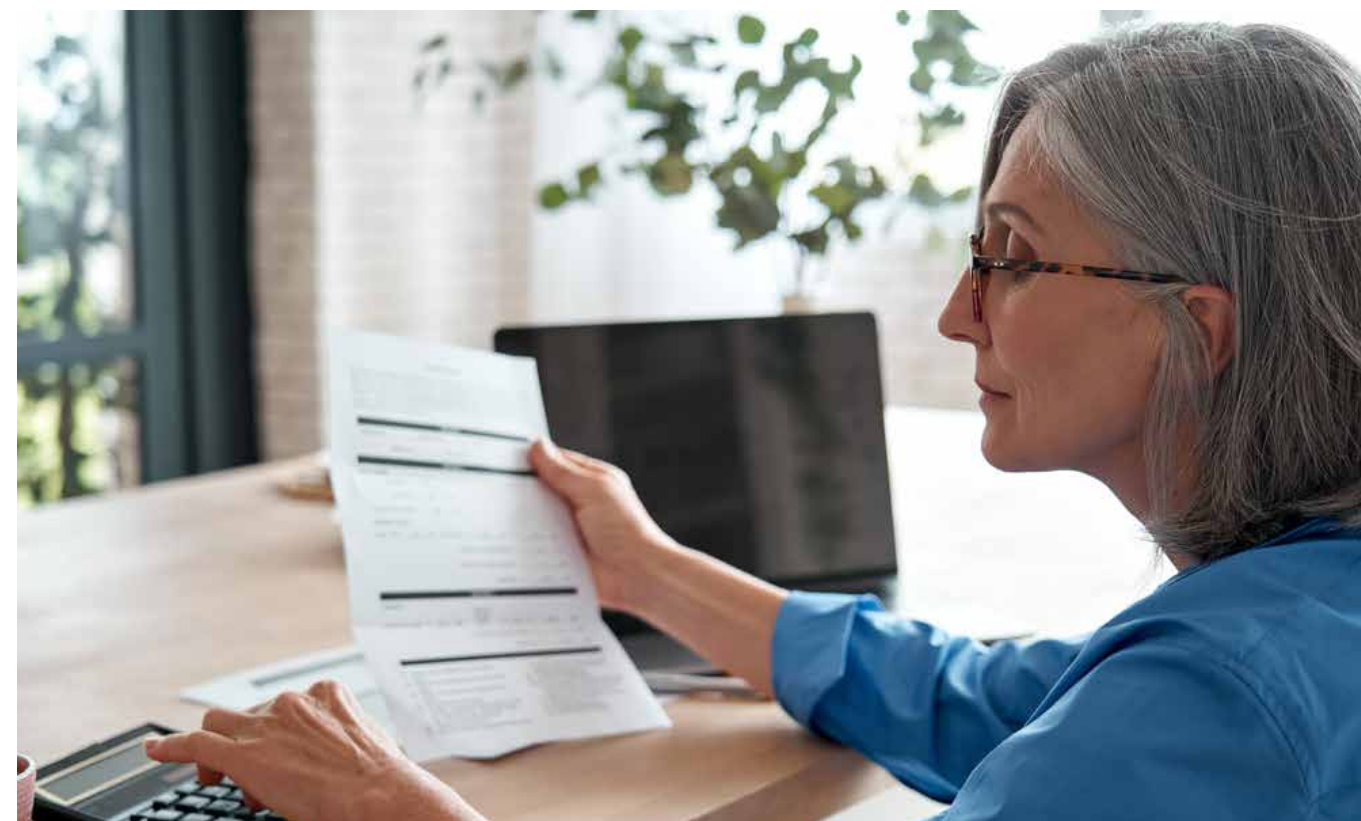
Put some thought into at least 3 goals that are the most important to you now. These may include:

- solving your current concern (e.g., paying off your mortgage, upgrading your car before your current one breaks down, putting cash in the bank to pay bills etc);
- no longer being in debt, or going back into debt to fund your retirement; or
- being able to stay in my home as long as possible – without penalty!

Once you have your 3 goals, write them down. Then, when considering your next steps, make sure that any option you choose will ensure you can still achieve what is important to you, well into the future.

## Think about what may happen down the track.

We often make decisions about what is important to us now, rather than thinking about what the long-term impact of our decision will be. Any solution you select should provide you with protections and benefits into the future, not just at the time you solve



your current challenge.

If you are considering an equity release product, think about what might happen if interest rates continue to rise, not only in the next 12 months, but 4 or 5 years down the track. You have lived through a time when rates were at their highest, so use this experience to understand what may happen if this occurs again. What about property prices? What could happen if the property market shifts downwards? What protections do you, or your Estate, have in that circumstance?

## Who are you partnering with?

It is important that you feel comfortable about the provider you select. Do they have a good track record? What about the product they offer – does this have a good reputation in the market? Do they have experience assisting homeowners like you? An equity release solution is a big decision, so you must feel comfortable that you trust the provider you are working with.

Homesafe Wealth Release® is the popular debt free equity release solution, which has been providing senior Australian homeowners access to the equity in their homes since 2005. A Joint Venture with Bendigo & Adelaide Bank, Homesafe is the 'tried and tested' leader in the debt free equity release market. With over 17 years' experience and thousands of satisfied customers, Homesafe understands how



important the decision process is for Seniors and a team of experienced specialists are available to assist.

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*\*Terms, conditions, and eligibility criteria apply. Homesafe Wealth Release™ is available in 90% of eligible postcodes in Melbourne & Sydney.*



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There are people in our community who are struggling with their mental health. **1-in-5** of us will experience symptoms of mental illness in any given year, in Australia that's around **5 million people**. And roughly **60%** of these people won't seek help.

## A gift in your will can light the way to a mentally healthier future

*"When you lose somebody, you want to give back; you want to do something about it. We didn't feel like we had the skills to do anything ourselves, so we were looking for an organisation that could do the work on our behalf. Black Dog Institute helps people recover from mental illness by developing programs to prevent suicide and helping to remove the stigma around mental illness. I would give anything to have my son here with us today, so on behalf of him, we want to try and help other people that may be in a similar situation."*

**Robyn, caring supporter and Luminary**



*Mental health issues surround us, but mainly go unnoticed. Black Dog Institute is undertaking ground-breaking research – leading the way through prevention and treatments, which needs our support. By leaving a portion of my estate to the Institute, I will be allowing their worthwhile work to continue into the future."*

**Michael, caring supporter and Luminary**

Including a gift in your will, gives the Institute the resources to invest in bigger, bolder, evidence-based research. After caring for loved ones, as little as 1% of a residual estate can make a difference to the future of mental health in Australia. You can read more information on writing a will or updating a will [here](#)

For more information please contact,  
Joan Cameron-Smith,  
Planned Giving Manager at  
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or **(02) 9065 9014**



**Little Mahalia  
has known the  
four walls of a  
hospital for her  
entire life.**

**She spent the first  
five years of her life in  
severe pain due to  
a rare genetic  
condition.**



**Her severe and complex condition causes problems with her organs, and Mahalia relies on a tube to eat. She also lives with a developmental delay and anxiety, requiring regular appointments and therapy from specialists at the Queensland Children's Hospital.**

Mahalia has sadly been prevented from having a 'normal' childhood, and her mum, Kristie, worries what the future will hold.

"When I started researching the condition, I was so unsure what her life would be like. Some kids with her condition don't walk, talk or live independently. That's hard to read as a mum," Kristie said.

To manage her condition, Mahalia has an extensive and diverse team of dedicated specialists, including Dr Anita Cohn, a paediatrician at Queensland Children's Hospital. She works with Mahalia's family to help her get the very best out of life and is determined to give her a healthy childhood and steady future.

"I want her to enjoy those normal childhood things she's missed out on because of the nature of her condition," Dr Cohn said.

During her time in hospital, Mahalia and her family were supported by Children's Hospital Foundation, who believe that all children deserve the greatest possible care.

**Children's Hospital Foundation services help to make being in hospital as distress-free as possible, with Kristie describing the services as a 'god-send'.**

Helping just one sick child's life is worth doing everything possible. Imagine the opportunity to help thousands of children's lives for many years to come. A gift in your Will helps work wonders for kids like Mahalia, now and long into the future.

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## 2021 AUS CHAMPS: FOURS RECAP

BY VAL FEBBO

It was a sensational day for Victoria and Western Australia on fours day at the 2021 Australian Championships, hoisting the trophies in the women's and men's events respectively.

In the women's event, it was Claire Sanders, Laureen Smith, Anne Miles and Kylie Whitehead who took home the gold medal with an undefeated run at the Broadbeach Bowls Club.

After a first up win over the Siobhan Tootell skipped Northern Territory side, the foursome faced off against eventual silver medallists, Western Australia, in the third round.

It was an encounter that boasted multiple momentum shifts, with the Victorians holding off Helen Heal, Robyn O'Brien, Hailey Packer and Kristina Krstic with an 11-10 after a time limited 14th end.

They would post two more wins over the Patricia Hobson skipped Queensland side and eventual bronze medallists, Tasmania, who were represented by Barbara Liddington, Linda Rose, Crystal Brooks and Deann Harman.

In the men's draw, it took a scintillating final to decide

the gold medallists, with Western Australia hanging on in a final end thriller against Tasmania.

Paul Sinden, Adam Graham, Anthony Einfeld and Mark Masel trailed throughout most of the encounter against Christopher Murray, Matt Mitchell, Greg Douce and Tim Douce and went into the 15th end level at 15-15.

The match came down to the skips, and as Tim Douce nailed his penultimate bowl to grant the Apple Isle two shots with only two to play, before Masel stepped up to trail the jack to take command. Douce was unable to find the reply, sealing Western Australia's title.

Einfeld, who played in third, was emotional after the victory and praised Masel's ability on the green throughout the entire event.

"I don't believe it, I really don't believe it," he said.

"We're some club hackers from Mount Lawley, we love our bowls and we had such a great journey in the state fours and coming here was really just a treat, so to get up and win it is unbelievable, it really is.

"Mark has been awesome the whole tournament, he was just huge in the first couple of games and he deserved that one."

The bronze medal was claimed by Queensland's Ryan Digby, Gary Pearson, Dale McWhinney-Shillington and Dean McWhinney.

# LOCAL LEGENDS WANTED



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## 2021 AUS CHAMPS: SINGLES RECAP

BY VAL FEBBO

Western Australia and Queensland hoisted the final trophies of the 2021 Australian Championships after an enthralling concluding day at the Broadbeach Bowls Club.

In singles action, it was Blake Nairn who sealed the title with an emphatic 25-11 victory over Tasmanian Jacob Brown.

Nairn won his opening two matches in comfortable fashion, allowing him to eye just 21 shots in his final match against Victorian Nathan Murray.

After the 24th end it was 21-15 to the Victorian, Nairn scored a four to close the gap and two ends later he sealed his place in the final despite losing the encounter, by a solitary shot.

From there, Nairn dominated the final against Brown, claiming multiples on four occasions between the eighth and 13th ends.

Nairn was emotional following the victory, thanking the support of his wife Kellie, son Noah and the Cambridge Bowling Club in his home state to help him reach such a milestone in his career.

Queensland's Chris Rosanes claimed bronze with a 25-21 win over Murray.

Home club bowler Bolivia Millerick took home the women's gold for Queensland with two wins and a loss in her three matches for the day.

The Emerging Jackaroo claimed a 25-4 win over eventual bronze medallist, Kate Argent-Bowden, before recording a 25-12 win over the Northern Territory's Sarah James.

Her final game came against Western Australian Kristina Krstic, where Millerick would only need 13 shots to seal her crown.

Krstic would win the encounter 23-18 to claim her own silver, leaving the Queenslander to join her sister, Cassandra, with a gold this week.



## BPL15: SHERRIFF DOMINATION CONTINUES, TWO NEW ALL STARS CROWNED

BY LACHLAN WILLIAMS

Aron Sherriff's domination of the Bowls Premier League has continued, with the Moama star crowned the BPL15 MVP.

It is the fifth time Sherriff has claimed the award, winning it for his third franchise. He also repeats his feat from BPL06 & 07, winning back-to-back honours having won at BPL14 in February this year.

The Moama Steamer recorded a remarkable 47 votes of a possible 54, polling in all 18 rounds and at least two votes in every match.

Sherriff also becomes the first two-time BPL All Star, having earned selection in the inaugural side in February.

Melbourne eXtreme's Matt Flapper capped off an impressive week at Club Pine Rivers with a runner-up MVP performance, earning his first BPL All Star selection in the process.

Rebecca Van Asch polled an impressive 20 votes on her way to top the female vote-getting tally.

Carla Krizanac would have been in the mix to challenge Van Asch, polling 13 votes from 12 matches before withdrawing from the event due to illness.

### BPL15 MVP Top 5

1. Aron Sherriff (Moama Steamers) – 47 votes
2. Matt Flapper (Melbourne eXtreme) – 41 votes
3. Alex Marshall (Brisbane Pirates) – 39 votes
4. Corey Wedlock (Tweed Heads Ospreys) – 37 votes
5. Taelyn Male (Tasmania Tridents) – 31 votes

### Leading female vote-getter

Rebecca Van Asch (Tasmania Tridents) – 20 votes





## BPL15: PULSE TAKE FIRST TITLE IN ALL MELBOURNE FINAL

BY LACHLAN WILLIAMS

Dandenong Club's Melbourne Pulse have claimed their first Bowls Premier League title after a thrilling finals night at Club Pine Rivers.

The Pulse took out the BPL15 title in a hard-fought tiebreak final win over Victorian rivals Melbourne eXtreme.

The win is a historic one for the Pulse, giving them their first BPL title on their sixth attempt. It also marks the first BPL titles for players Barrie Lester, Gary Kelly and Ellen Ryan.

The Pulse set the pace during the week in the lead up to finals, finishing on top of the table after the 18 rounds to give themselves a double-chance finals opportunity.

Finals night began with the Tasmania Tridents, who snuck into finals in fifth spot on shot difference, take on the Moama Steamers.

The Tridents settled well in their first ever final, winning to advance to take on the Brisbane Pirates.

Alex Marshall and the Pirates were too good, winning to move on to the preliminary final.

Taking on the eXtreme in a qualifying semi-final, the Pulse snuck through in a tight contest to lock away a grand final berth.

The preliminary final was one to remember, with eXtreme's Matt Flapper going shot for shot with Marshall. In the end it was Flapper with a final bowl bomb to secure the win and help the eXtreme into their first BPL final.

The Pulse appeared to be the stronger side in the final, but Flapper continued his strong form to force a tiebreak.

Down a set and 3-2 on the fourth end and with the Pulse holding three shots, the eXtreme looked dead and buried before more Flapper magic saved the match, picking up two shots doubled on their powerplay to advance to a deciding end.

It wasn't to be for the Sunbury-based side however, with the Pulse getting the job done in the tiebreak end.

The Pulse will have a chance to defend their title in November, when the Bowls Premier League returns to Club Pine Rivers from November 7-11 for BPL16.

## AUSTRALIA FAREWELLS CRICKET LEGEND

# Shane Warne

The world mourns as the undisputed "Spin King" of cricket, Shane Warne tragically passes away of a suspected heart attack. Shane was considered to be the greatest "leg-spin" champion in cricket history, who left behind a legacy as the greatest bowler of his generation.

Shane died suddenly on the 4th March, 2022 while holidaying in Thailand. He was 52. His unexpected passing has resulted in a national outpouring of grief and heartfelt tributes from family and fans from across the globe. In the days since his death, famous friends including Mick Jagger, Ed Sheeran, Chris Martin, Hugh Jackman and Russel Crowe have all communicated their sympathies.

Simone Callahan, his ex-wife of 10 years and the mother of his three children, described him as "a light" and his ex-fiancee, actress Elizabeth Hurley has expressed her sorrow by declaring on her instagram account "I feel like the sun has gone behind a cloud forever." "RIP my beloved Lionheart."

Shane exploded onto the test cricket scene in 1992 at Old Trafford, Manchester. His spectacular performance created a media frenzy, which fuelled public fascination instantly. In a few short years Shane was propelled into the kind of stardom unimaginable and beyond his wildest dreams, transforming him into a media magnet and sporting idol worshiped by millions of fans around the globe. However, his life on and off the field soon became public property, which Shane often admitted hurt his family and friends. Nonetheless his flamboyant attitude never failed to bring a smile to the face of his adoring fans and the public. He was often described as charismatic, complex and fascinating, yet outrageously talented at cricket.



During his amazing career, he has singlehandedly rewritten the cricket books and took more than 700 Test wickets between 1992 and 2007.

Shane was considered to be the greatest leg-spin champion in cricket history, who left behind a legacy as the greatest bowler of his generation. Shane Warne's talent and personality transcended cricket. He was arguably Australia's most revered cricketer after the great Sir. Donald Bradman, who famously regarded him as "the game's best ever legspinner." He will be remembered as a cricketing genius, who possessed an undeniable lust for life, and credited with reviving the art of "legspin."

Along with the rest of Australia, I was saddened and deeply shocked by the passing of Shane Warne.

I had the enormous privilege of meeting and chatting with Shane a few years ago when he was in Sydney to promote his book "NO SPIN." As expected he was everything I thought he would be, exciting, charismatic and obliging. A true sporting genius.

I must admit, I was extremely nervous at the time, however was soon made to feel comfortable and very much appreciated by Shane after telling him about the article I was currently writing about him.

STORY COURTESY OF CATHERINE COLUSSO



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Book Review by Catherine Colusso

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# NECK AND BACK PAIN



Neck and back pain can range from mild, annoying aches to severe, disabling pain

While most spine pain occurs as a part of the normal degenerative ageing process-it can also be a warning sign of cancer, infection, autoimmune disease, or a structural problem causing pressure on the spinal cord/ nerves

## WHY DOES THIS OCCUR?

Our spines are comprised of a number of joints around the spinal cord and nerves. As we age, changes occur as the joints wear out resulting in inflammatory processes such as osteoarthritis.

The joints and tissues can also become overgrown and compress a neural structure, which is called spinal stenosis.

Failure of the joints to hold the bones in position can result in slippage and deformity. These are common characteristics of conditions such as spondylolisthesis, kyphosis, or scoliosis.

## WHAT SYMPTOMS CAN THESE DEGENERATIVE CHANGES CAUSE?

- Dull, burning, or sharp pain-which can be confined to a single spot or cover a large area.

- Arm/leg numbness or tingling
- Sharp, shooting pain that radiates from your neck and your arm.
- Sharp shooting pain that radiates from your lower back to your buttocks, and down your leg (sciatica)
- Stiffness in your neck or back
- Difficulties with walking and balance
- Difficulties with coordination
- Loss of bladder and bowel control, with weakness in both legs are important symptoms that require immediate medical attention.

## HOW IS A DIAGNOSIS MADE?

You should see your general practitioner for a medical and physical exam. They may obtain a CT scan and /or an MRI scan to assess your spine. CT/MRI produces pictures of bones, joints, ligament, the spinal cord and spinal nerves. Sometimes other tests are needed such as bone scans and specialised x-rays.



## HOW ARE BACK AND NECK PAIN TREATED?

If you experience back or neck pain it may simply improve with some rest. Over the counter medicines such as paracetamol or ibuprofen, may also help alleviate discomfort. Activity should be modified to avoid movement that exacerbates pain. Physiotherapy, acupuncture, and massage therapy are beneficial.

Low-impact exercise programs may improve range of motion, increase muscle strength, and improve flexibility and mobility, increase endurance, and improve pain. Weight loss and improving one's core strength are also useful.

## WHEN CAN A SURGEON HELP?

A surgeon can advise on further treatment if the above suggestions haven't improved the pain and your quality of life.

Your surgeon can assess your imaging and recommend cortisone steroid injections that can alleviate some forms of neck, back, arm or leg pain.

An appropriate surgical operation can also significantly improve pain, mobility and quality of life.

## WHAT DOES AN OPERATION INVOLVE?

Because symptoms, imaging findings and causative factors can vary significantly, a surgical procedure must be tailored for you.

A traditional spine surgery procedure involves an incision along the backbone. The surgeon moves muscle and soft tissue aside to gain access to the bones of the spine and the spinal cord.

Minimally invasive techniques involve a smaller incision and special microsurgical instruments, through which the surgeon operates on the spine. Minimally invasive techniques may be able to shorten recovery time and reduce the risk of complications.

These approaches allow the surgeon to trim

away overgrown bone, ligament and joint tissue to decompress the spinal cord and spinal nerve.

Some operations (for example those that help control the conditions spinal stenosis or sciatica) employ a decompression technique and at times may also require a fusion. The latter involves a surgeon placing titanium screws and rods to stabilise the spine and cause adjacent vertebrae to fuse.

There are minimally invasive ways to perform this type of surgery, and can even encompass advanced technology such as GPS-like tracking systems and robotics. If performed for the right indications, surgery can be effective in 80-90% of patients.

## WHAT HAPPENS AFTER SURGERY

Most patients are mobilised either on the same or following day of surgery, as early movement has been shown to be beneficial.

You may be reviewed by a physiotherapist to provide advice on stretches, exercises and activities. Sometimes health professionals will design a rehabilitation program to meet your needs. The type of program will depend on the procedure you underwent and your level of mobility.

The goal of back and neck rehabilitation is to help you return to your highest level of fitness and independence and improve your overall quality of life.

*Courtesy Dr Raj Reddy, MBBS, MS, FRACS*



Dr Raj Reddy is a neurosurgeon with special interests in complex & minimally invasive spine surgery, paediatric neurosurgery, and brain tumour surgery.

Raj manages all neurosurgical conditions, both cranial and spinal. He has a special interest in spine surgery, with foci on minimally invasive techniques as well as complex reconstructive surgery. The focus of his cranial surgery is in the management of intracranial tumours, trauma, and craniofacial operations; both adults and paediatric patients  
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Dr Raj Reddy, MBBS, MS, FRACS

Dr Peter Wilson is a specialist neurosurgeon with a focus on endoscopic skull base surgery, complex spinal surgery and cranial / spinal tumour surgery.

Peter is committed to maintaining the highest level of clinical and operative care of his patients, and is constantly striving to improve his practice by perpetually evolving in pace with the latest in medical advancements.

His clinical interests include:

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# DR PETER WILSON

BSc MB BS (Hons) MS MSurg FRACS

BOWLING & LIFESTYLE MAGAZINE recently had the privilege of chatting with neurosurgeon Doctor Peter Wilson from BRAINSPINE, about his extraordinary career, his family and private life away from the surgery and the legacy he wants to leave behind.

BRAINSPINE’S specialist neurosurgeon DR. PETER WILSON’s focus is on endoscopic skull base surgery, brain tumour surgery, and complex spinal surgery. His current appointments are at Prince of Wales Public and Private Hospitals, and St Vincent’s Private Hospital in Sydney.

Peter graduated from the University of Sydney in 2005 and has worked in multiple neurosurgical units as a registrar, training with over 30 neurosurgeons before completing his formal training in 2015. During his training, he completed a Masters of Surgery by research at the University of New South Wales and a Master of Surgery at Macquarie University. After concluding his neurosurgical training, Peter worked as a locum consultant neurosurgeon at the Prince of Wales Public Hospital prior to embarking on post-fellowship training. He then subsequently completed a complex spinal fellowship in Adelaide focusing on trauma, correction of spinal deformity and minimally invasive spinal surgery. He also travelled to Birmingham in the UK for further experience in skull base surgery and radiosurgery, as well as New York in the USA specifically for endoscopic skull base surgery.

He is committed to maintaining the highest level of clinical and operative care of his patients, and is constantly striving to improve his practice by perpetually evolving in pace with the latest in medical advancements.

## Q & A WITH DR. PETER WILSON

**B&L :** Congratulations Peter on your extraordinary career. What position do you currently occupy at The Prince of Wales Hospital?

**PETER :** I am currently a consultant neurosurgeon.

**B&L :** Why did you become a neurosurgeon, and are other family members in the medical profession?

**PETER :** Yes both my parents are doctors, and I became a neurosurgeon because I have always been fascinated by the way our bodies work, especially the nervous system. I also find it extremely rewarding helping vulnerable people overcome complex situations, associated with brain and spinal surgery.

**B&L :** How long have you been associated with BrainSpine?

**PETER :** I joined BrainSpine in 2016, after I returned from the the United States, where I was fortunate to learn from Dr. Theodore Schwartz, who is a world leader in endoscopic skull



base surgery at Weill Cornell Medicine in New York.

**B&L :** What are the benefits of belonging to the BrainSpine team?

**PETER :** There are many benefits associated with belonging to the BrainSpine Team, the main one being, all the neurosurgeons involved are dedicated to maintaining the highest level of clinical and operative care for their patients. Subsequently we all get on well and are supportive of each other.

**It is a very comfortable environment.**

**B&L :** What was your second option, if you were not successful in this field?

**PETER :** I would have become a scientist.

**B&L :** Are you married and how does your wife/partner deal with your work commitments and long hours?

**PETER :** Yes I am married and have two children, my wife is supportive and understands my work commitments.

**B&L :** What is your advice for a healthy mind and body?

**PETER :** A healthy diet with lots of vegetables, and consistency when exercising.

**B&L :** How do you relax when you are at home?

**PETER :** Home is very intense because I have a 6 year old and a 2 year old. I relax by being at work and focusing intensely on one task at a time.

**B&L :** How do you feel about COVID, and do you think the Government has dealt with COVID correctly, is there anything you would have done differently?

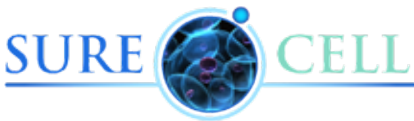
**PETER :** Yes I would have done a few things differently, however compared to other countries, I think Australia is doing very well.

**B&L :** What are your aspirations for the future and what legacy do you want to leave behind?

**PETER :** Maintain my focus to maximise the positive outcomes for my patients, and continue to teach the next generation of budding neurosurgeons.

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After assessing you, a nurse will take your blood (like a standard blood test), which will be spun in a centrifuge to isolate the plasma component.

- PRP is activated under a light. Then, the PRP is injected directly into the site of injury. The process will take around 45 minutes to an hour.
- Local anaesthetic is injected 15-20 minutes before or at the same time with PRP injection depending on the injury.



## DR PETER LEWIS

MBBS, FAARM, Dip. Sports Med

Dr Lewis has been an Australian registered medical practitioner since 1983. He is the Medical Director of Surecell and the current chairman of the Australian Ringside Medical Association. He is also the presiding doctor for most boxing and kickboxing fights in Victoria.

Dr Lewis is an expert in the field of sports and regenerative medicine. PRP can be used for sport injuries such as tendon tears, as well as degenerative joint conditions such as osteoarthritis. He was one of the first clinicians in Australia to offer PRP treatment and is now considered the most experienced.





Construction is well underway on exciting new upgrades to Palm Lake Resort Willow Lodge's community facilities on the back of a record surge in enquiry from over-50s looking for the security and support that lifestyle resorts like this one offers.

Among the resort upgrades currently under construction are improvements to the community hall which will see the installation of a plush 60-seat movie cinema, an exclusive Milon gymnasium system, a heated indoor swimming pool, spa and other new activity rooms.

Palm Lake Group managing director Scott Elliott said, when complete, the value of the improvements would be in the vicinity of \$5-6 million.

"With 44 years of history in developing and operating over-50s communities, it's important to our family company to continue to spend money on updating our resorts' community facilities," Mr Elliott explained.

"In a nutshell, these upgrades reflect directly on re-sale prices for our homeowners. Our residents also take great pride in their communities and we want to encourage that and make them feel proud to host their visiting friends and family members in their respective resort grounds."

Mr Elliott said Palm Lake Resort Willow Lodge was his family's first foray into over-50s community lifestyle resorts, purchased back in 1977. Since that time, Palm Lake Group now offers 28 locations across three states of Australia, including three greenfield sites that are currently in various stages of development approval. There are also six aged caring communities in the company portfolio.

"Community facilities have always been key to Palm Lake Resort's market offering," Mr Elliott said.

"We are definitely in the business of building impressive homes for modern over-50s but, more so, we are in the business of building great communities. A big part of this comes with providing on-site social and sporting facilities that allow our homeowners to come together and enjoy each other's company.

"That might mean a meal with neighbours in one of our clubhouses, or a game of lawn bowls, or some mini golf with visiting family, or even an art class or music practise session in one of our specialist hobby rooms with likeminded neighbours.

"It's important to note that we are always striving to improve and be better, to keep ourselves ahead of our competitors, but our main focus is on constantly completing facility upgrades and improvement projects to keep our property values and investment potential up," he said.

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To find out more about the improvements happening at Palm Lake Resort Willow Lodge or to learn more about the homes available, simply freecall 1800 974 981.



# New facilities on their way to Willow Lodge!

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Palm Lake Resort Willow Lodge continues to develop at a rate of knots, with shiny new homes popping up all the time and many new neighbours joining us. This year, our resort will also see an exciting series of construction projects unfold.

Our clubhouse will receive an extension which will house a new gymnasium, indoor swimming pool and even a sauna. Also on the cards is a luxury movie cinema boasting plush seats and an impressively large screen. There is also scope in the plans for new activity rooms which will house our crafters, artists and other talented creatives, as well as our group exercise fans and wellbeing classes like yoga and Pilates.



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For more information call Naomi Vaughan on 08 8110 8103 or [naomi.vaughan@amnesty.org.au](mailto:naomi.vaughan@amnesty.org.au) or visit [www.amnesty.org.au](http://www.amnesty.org.au) to find out more



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# *In Loving Memory of my beautiful mother* courtesy of **Tony Bonner AM...**

It began in 1943. My mother released me from that warm, pleasant safe place...

I entered this new world, was I ready?

Have I ever been ready or prepared?

The jury is still out on that !!!!!

Wouldn't it have been great if we all could have known our mother's earlier in our lives, those first days, weeks and months of being fed, washed, caressed.....loved.

We of course felt this connection, but didn't really 'know' the giver of all this sensational connection.

I was later to learn that this arrival of mine was not an easy one for either my mother or me.....

Seems I was not in the correct birthing position for this arrival, also being a bit of a lump for my mother, I was 11lbs

at birth. Apparently, my mother would put her dinner plate on top of me as she couldn't get close enough to the dinner table.

I was also born an asthmatic, so this love and affection given by my mother was for my survival, helping me breathe.

There was little known about this silent killer in the early 1940's. To the passer-by, I was this healthy looking, curly headed blue eyed baby, who just had problems breathing, still do at times.

I have little knowledge or remembrance of this early period, other than my mum always being there.

I had two older sisters and a younger brother, who entered the world a few years behind me, my mother attended to us all with a similar passion and love, what a woman....

With WW11 around us, and the fear of invasion ever present, mum, all mothers became even more important to their family structures. With my asthma not improving and now nightmares a part of my sleep process, bed wetting followed.

I was a sad, fearful young boy, now sleeping on a plastic covering not to wet the mattress, a sense of low self-esteem began its grip of me.



My family certainly were beyond supportive, the term 'growing pains' seem to be the answer for all my problems, my mum once again championed my cause, trying her best to support me. We attended many hospitals trying to resolve my asthma, that we hoped would resolve the bed wetting and night fears. This quest for an answer went on for many years, there was just nothing known as to why this was happening to me.

My personal difficulty in understanding was that everyone in my family were sporting champions, sisters all school champs, dad was a champion rugby player for Manly and surf champ, mum was a champion pool swimmer and calisthenics champ..... my brother great at everything, then there was me, a bed wetting asthmatic, now they were some cards I was dealt, that I had to play...it makes character in one.

Those formative years, without the love, support and understanding given me, I don't know if I could have survived. Without being overly dramatic, memory of my childhood is not etched into my mind as great times, they were survival times, my memories are of mum sitting with me pushing my chest in and out to help me breathe without effort, those moments of feeling somewhat normal are my childhood highlights, not attained without my mother.

*I have often wondered why I was afflicted with this bastard of a thing, when my parents and siblings were all without these problems, I have I think an understanding possibly.....*

As I have mentioned I was born when WW11 was at a tipping point for us here in Australia....

things were not going well, invasion by the then enemy very much on the cards. I think, and possibly even believe, it was a pressure, emotional pressure that my mum felt. Everything around us was fear based, the enemy had entered our harbour, fired cannon and torpedos at us, the war was at our doorstep.

Dad had four mouths to feed already, and here was another one about to enter this chaos, I think my mum felt all these fears, these uncertainties and those were felt by me in that warm pleasant place that I was in, soon to emerge into this chaos. I think my asthma, bed wetting and nightmares were a part of the times.... I'm sure many other children born during these times of chaos may have shared my problems.

The child that grows within their mothers has to be affected by this, well maybe, just thoughts I have always harboured.....



All I can say is God bless my mother and all the mothers. I thank my mother, Josephine Ellinor Shediow for her Irish strength that I have inherited.

I won't ramble to much more...and I will finish with the action I take when speaking to young men, men in general, I suggest to them when they have the opportunity, if they are not living at home, to see their mums..... the pub will wait, the footy will wait, the meetings etc.... Drop in, see your mum, tell her you love her, have a cuppa with her, especially if she is now on her own. Don't drive past her house, stop.

Everything will wait or be there tomorrow....

Your mum won't be.

Did I stop enough? No I didn't..... and now regret it.

It's about the only thing in my life I do regret.

*However, I have always felt that my mum is always not far from me, and I have needed that hand a few times in my life.*

**I love you mum.....**

STORY AND REFLECTIONS COURTESY OF  
TONY BONNER AM

**TONY BONNER AM** has appeared in an eclectic mix of critically acclaimed films, television shows and live theatre during his phenomenal career, which includes **ANZACS, THE LIGHT HORSEMAN, QUIGLEY DOWN UNDER** and **THE MAN FROM SNOWY RIVER**.

He was awarded both the Sammy and Penguin Awards for "The Best Single Performance by an actor, in the 1978 Television Movie "END OF SUMMER."

Tony was also nominated for "The Best Actor in a supporting role" by The Australian Film Institute in 2003 for the movie "LIQUID BRIDGE" and received a "Lifetime Achievement Award" from The Australian Screen Industry Network Awards in 2011.

Bonner was appointed a "MEMBER OF THE ORDER OF AUSTRALIA" (AM) in 2017 for his services to the performing arts as an actor, surf Lifesaving and to the community through charitable organisations.

*MEMORIES & REFLECTIONS  
COURTESY OF TONY BONNER AM*





# Neighbours

## 1985 – 2022...

**NEIGHBOURS** The long-running Australian soap opera has finally come to an end, after a remarkable 37 years on air. It has since become the longest-running drama series in Australian Television history. However, the show was officially cancelled as a result of financial problems which transpired, after being dropped by UK broadcaster Channel 5 in August last year.

The first episode aired on Australian television screens in 1985, it was originally produced by Grundy Television from 1985 to 2005, then subsequently produced by Fremantle Australia from 2006 to 2022. The show ran for 38 seasons, and included 8,823 episodes. The premise of the show revolved around the lives, loves and challenges of the residents in Ramsay Street in the fictional town of Erinsborough in Australia.

The show produced numerous famous names that rose to prominence and went on to achieve unimaginable success globally including Kylie Minogue, Margot

Robbie, Jason Donovan, Guy Pearce, Russell Crowe, Liam Hensworth and Delta Goodren. Throughout its run, Neighbours also featured numerous guest appearances from celebrities playing themselves including Shane Warne, Clive James, Molly Meldrum and Daryl Braithwaite.

Over the years the show received a wide variety of awards including 89 Logie Award nominations, of which it has won 31 and 6 Australian Writer's Guild Awards. It was inducted into the Logie Hall of Fame in 2005.

The final episode is set to air in Australia in August, 2022. This "massive homecoming" will see a plethora of stars, including Kylie Minogue and Jason Donovan return to Erinsborough for the last time, as they join forces to farewell and celebrate the soap's 37 year legacy...

*STORY COURTESY OF CATHERINE COLUSSO*

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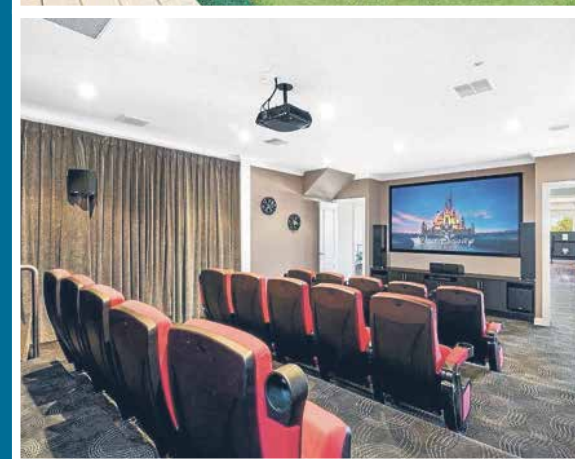
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Give the gift of a lifetime, the impact from your legacy continues far into the future.

The gifts in Wills that the Foundation receives allows us to focus on funding advancements in healthcare at Prince of Wales Hospital to deliver the best possible patient care and outcomes, accessible to all Australians.

Including a Gift in your Will is a wonderful and generous way to make a difference to many lives in the future without impacting on your life today.

*Gifts in Wills have contributed to infrastructure like the Day Oncology ward in the Nelune Comprehensive Cancer Centre, life-saving medical equipment in our Emergency Department, ground-breaking research and many other vital projects making a difference for our patients every day.*

Did you know that a significant source of our vital income is from generous people like you who leave a charitable gift in their Will.

### DO YOU HAVE A WILL? IS IT UP TO DATE?

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For a free copy of our Gifts in Wills Handbook, which contains useful information on how to plan for your legacy and how you could have a Will written for free, please contact Grant on **0418 405 561** or email [grant@powhf.org.au](mailto:grant@powhf.org.au)



*"We found all the staff to be kind, compassionate, caring and very dedicated to their profession. Some are now friends."*

GIFT IN WILL FOUNDATION SUPPORTER  
JOHN CARBERY



*"I truly trust the Foundation To correctly make use of the funds raised to improve the care of patients in the Hospital."*

GIFT IN WILL FOUNDATION SUPPORTER  
MAYLI OOI



*"On the night of the 3 September 2008, I received the news that the Prince of Wales hospital had a kidney for me. At 4am on the 4 September I had a kidney transplant operation for my new kidney, which was a success. I remember vividly how well I was looked after by the nursing staff and the doctors."*

GIFT IN WILL FOUNDATION SUPPORTER  
BARRY MATHERS

## Telestroke

Professor  
Ken Butcher



*Professor Ken Butcher, Medical Director of the NSW Telestroke Service and Director of Clinical Neuroscience, Prince of Wales Hospital, said over 1,000 patients have now been treated.*

Telestroke – an initiative of Prince of Wales Hospital that connects rural and remote communities with city-based specialists to virtually assess and treat stroke patients. Well done to Professor Ken Butcher and team, this innovative service has made an enormous difference to lives of people affected by strokes.

A state-wide service that links city-based specialists to rural and remote health facilities to virtually assess and treat stroke patients was launched in March 2020, just as the COVID-19 pandemic struck in Australia. Prince of Wales Hospital hosts the NSW Telestroke Service. This service supports Hospitals in regional and remote NSW to care for people who have symptoms of stroke. This is a virtual, telehealth service, meaning our Doctors



provide services via telephone or videoconference.

Prince of Wales Hospital leads the way with Telestroke – hailed as 'a model for COVID-19 care and beyond'

Telestroke uses screen-sharing technology provided by eHealth NSW to enable remote specialists to gain full access to patient imaging as it is processed – allowing time-critical diagnosis and immediate treatment of stroke patients.

"Despite the outbreak of COVID-19, the Telestroke service has continued to spread this life-saving model of hyper-acute care to hospitals such as Port Macquarie and Coffs Harbour," Prof. Butcher said.

More than 1,000 rural and regional patients have been aided by world-class rapid stroke assessment, treatment, and management via the NSW Telestroke Service? This 24 hours a day, 7 days a week service is vital in saving lives and improved outcomes at hospitals, especially to rural patients who suffer a stroke.



*Digital health technology is used to treat a patient in the emergency department of POWH, home to the state-wide Telestroke Service*

"Telestroke is a model for COVID-19 care and beyond, as it's all about bringing better outcomes for stroke patients. The outbreak of COVID-19 got us thinking that this type of technology would be invaluable should NSW Health's medical workforce be severely affected by coronavirus.

"If, for example, stroke specialists had to self-isolate but were well enough to work, they could still deliver care to patients of stroke, which – COVID or no COVID – is

always going to be a critical issue."

Recently, to adhere to COVID-19 enforced social distancing, despite being only a few floors away, Prof. Butcher used Telestroke to treat a stroke patient in the Emergency Department at Prince of Wales Hospital.

"The patient had transient symptoms following two previous strokes, so we assessed their vital signs and conducted a neurological examination via Skype for Business – I was able to view the patient's scans, which were clean. It was a good outcome for the patient, and they are now back living independently," Prof. Butcher said.

Professor Ken Butcher's Telestroke pilot has reached more than 1,000 rural and regional patients with world-class rapid stroke assessment, treatment, and management in its first year. The service is a collaboration between the Prince of Wales Hospital, eHealth NSW, the Agency for Clinical Innovation and the NSW Ministry of Health. It is based on a successful pilot at Port Macquarie and Coffs Harbour, and will expand to up to 23 sites across NSW.





## PRINCE OF WALES HOSPITAL FOUNDATION

*Graham and Dr. David Murphy share a special bond.*

Some years ago, Graham's heart stopped for a total of two hours, and David was part of the emergency team at the Prince of Wales Hospital Emergency Department performing his cardiac compressions.

David is the Acting Director of Emergency Medicine at the Prince of Wales Hospital and Bowling & Lifestyle Magazine recently caught up with him.

### Q & A WITH DR. DAVID MURPHY

**B&L:** We love the inspirational story about how you saved Graham's life by performing cardiac compressions on him when he was admitted to the Emergency Department of Prince of Wales Hospital.

How do you feel about that?

**DR. DAVID MURPHY:** It's always wonderful when a person in cardiac arrest does well. We call it the 'chain of survival' where early CPR, defibrillation and hospital care saves lives. We see 60,000 people a year in the Emergency Department, and it's very rewarding to know we can make a difference.

**B&L:** What is your association with the Prince of Wales Hospital Foundation and how does it help your patients.

**DR. DAVID MURPHY:** The ED has had a lot of support from the foundation over many years. I think that committing to leaving a gift in your Will to the Foundation is a good thing to do for your children and grandchildren, and of course it provides funding for life-saving research.

**B&L:** What were you aspiring to become when you were a youngster and when was the idea of becoming a doctor conceived?

**DR. DAVID MURPHY:** Both my parents were doctors, so the idea of entering a health profession was very familiar to me at a very young age.

**B&L:** What was your second option, if you were not successful in this field, and how does your family feel about your success and dedication to medicine?

**DR. DAVID MURPHY:** When I was younger I would probably have considered becoming a teacher, however now, because I love coffee I think my back-up career would be as a barista.

**B&L:** What is your advice for a healthy mind and heart?

**DR. DAVID MURPHY:** Staying connected with people is important for a healthy mind and a good diet and regular exercise is paramount for a healthy heart.

Plus, an apple a day.....

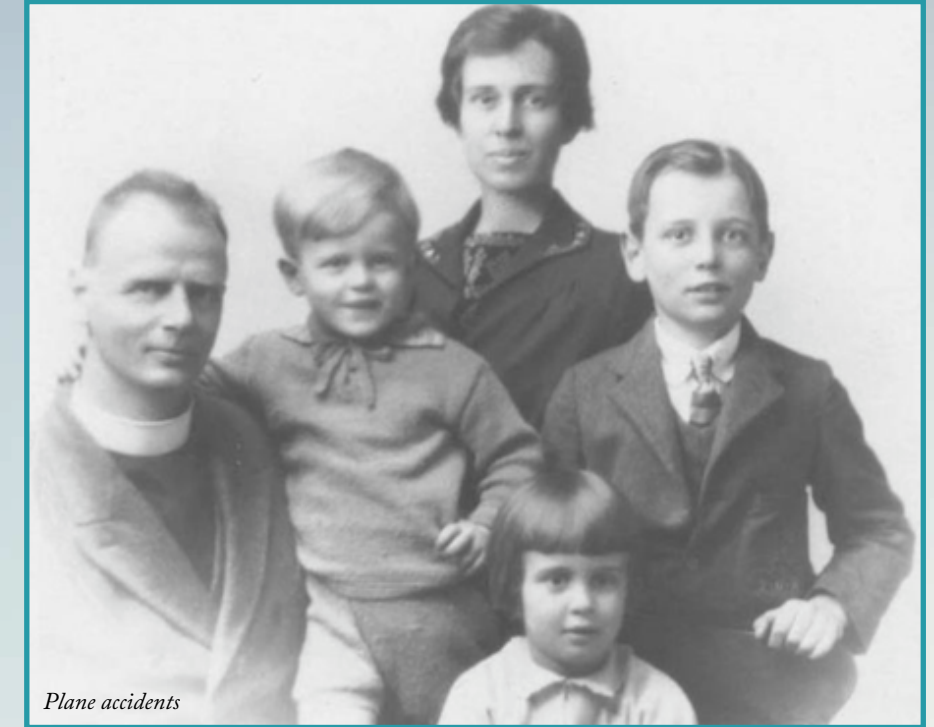
**B&L:** What is next on the agenda for Dr. David Murphy?

**DR. DAVID MURPHY:** The Emergency Department is moving to a new building, so we are working to provide better care for all our patients.

If you would like to have a confidential conversation on how you can leave a gift in your Will to help support the amazing Emergency Department Team and help fund life-saving research please contact our Gifts in Wills Manager, Grant, on 0418 405 561 or grant@powhf.org.au.

**POWHF** | Prince of Wales Hospital Foundation

## This little-known inventor has probably saved your life



On Friday 19 October, 1934, the passenger plane Miss Hobart fell from the sky to the sea.

Eight men, three women and a baby boy fell with her, swallowed - it's believed - by the waters of the Bass Strait that lies between Tasmania and mainland Australia.

The plane's wreckage was never found.

One of those on board was a 33-year-old Anglican missionary, Rev Hubert Warren, who had been travelling to his new parish in Enfield, Sydney. His wife Ellie and four children had stayed behind, intending to follow by boat.

The reverend's last present to his eight-year-old son, David, had been a crystal radio set that the boy treasured deeply.

As a boarder at Launceston Boys' Grammar School in Tasmania, David Warren tinkered with the machine after lessons, learning what made it work. He charged friends a penny to listen to cricket matches, and within a few years was selling home-made copies at five shillings each.

Young David was charismatic and a wonderful orator - a boy with star quality. His family, who were deeply religious, dreamed he would become an evangelical preacher.

But that was not to be. The gift from Rev Hubert, Man of God, had launched a love affair with Science.

It would prove to be of life-saving significance.

By his mid-twenties, David Warren had

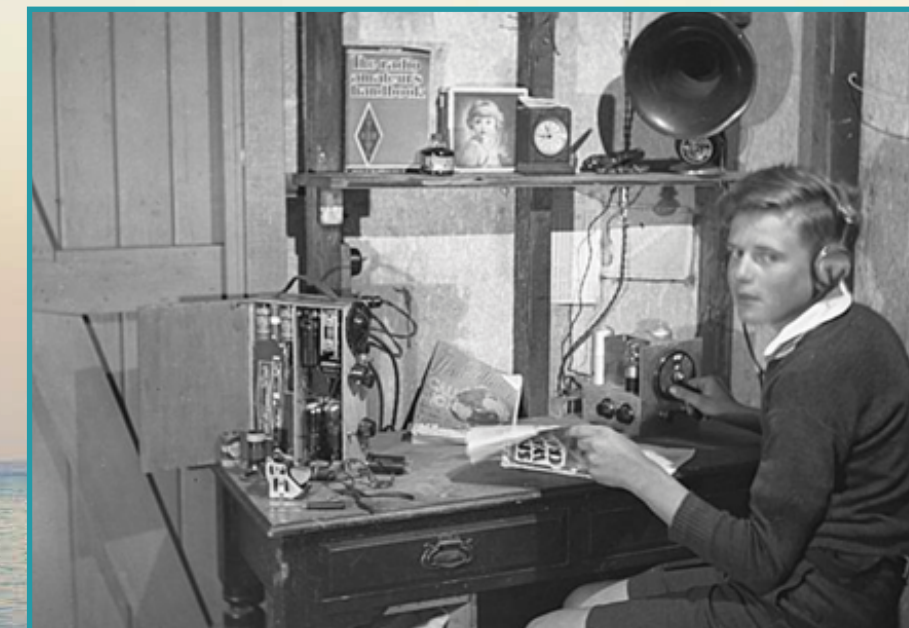
studied his way to a science degree from the University of Sydney, a diploma in education from Melbourne University and a PhD in chemistry from Imperial College, London.

His specialty was rocket science, and he went to work as a researcher for the Aeronautical Research Laboratories (ARL), a part of Australia's Defence Department that focused on planes.

In 1953, the department loaned him to an expert panel trying to solve a costly and distressing mystery: why did the British de Havilland Comet, the world's first commercial jet airliner and the great hope of the new Jet Age, keep crashing?

He thought it might be the fuel tanks; but there were dozens of possible causes and nothing but death and debris as evidence. The panel sat down to discuss what they knew.

**"PEOPLE WERE RATTLING ON ABOUT STAFF TRAINING AND PILOTS' ERRORS, AND DID A FIN BREAK OFF THE TAIL, AND ALL SORTS OF THINGS THAT I KNEW NOTHING ABOUT," DR WARREN RECALLED MORE THAN 50 YEARS LATER.**



*FAMILY a schoolboy, David was fascinated by electronics and learned to build his own radio sets*



"I found myself dreaming of something I'd seen the week before at Sydney's first post-war trade fair. And that is - what claimed to be the first pocket recorder, the Miniphon. A German device. There'd been nothing before like it..."

The Miniphon was marketed as a dictation machine for businessmen, who could sit at their desks (or on trains and planes) recording letters that would later be typed up by their secretaries. David, who loved swing music and played the clarinet, only wanted one so he could make bootleg recordings of the jazz musician Woody Herman.

However, when one of his fellow scientists suggested the latest doomed Comet might have been hijacked, something clicked for him.

The chances that a recorder had been on board - and survived the fiery wreck - were basically nil. But what if every plane in the sky had a mini recorder in the cockpit? If it was tough enough, accident investigators would never be this confused again, because they'd have audio right up to the moment of the crash. At the very least, they'd know what the pilots had said and heard.

The idea fascinated him. Back at ARL, he rushed to tell his boss about it.

Alas, his superior didn't share his enthusiasm. Dr Warren said he was told: "It's nothing to do with chemistry or fuels. You're a chemist. Give that to the instruments group and get on with blowing up fuel tanks."

## 'Talk about it and I'll have to sack you'

David knew his idea for a cockpit recorder was a good one. Without official support, there was little he could do about it - but he couldn't get it out of his mind.

When his boss was promoted, David pitched his invention again. His new superior was intrigued, and so was Dr Laurie Coombes, ARL's chief superintendent. They urged him to keep working on it - but discreetly. Since it wasn't a government-approved venture or a war-winning weapon, it couldn't be seen to take up lab time or money.

Dr Warren said the chief superintendent had cautioned him: "If I find you talking to anyone, including me, about this matter, I will have to sack you."

It was a sobering thought for a young man with a wife and two children.

But his boss's backing extended to sneakily buying one of the precious new dictation recorders, and chalking it up as "an instrument required for the laboratory..."

Encouraged, Dr Warren wrote up his idea in a report, titled "A Device for Assisting Investigation into Aircraft Accidents", and sent it out across the industry.



At ARL in 1958

The pilots' union responded with fury, branding the recorder a snooping device, and insisted "no plane would take off in Australia with Big Brother listening".

That was one of his better reviews.

Australia's civilian aviation authorities declared it had "no immediate significance", and the air force feared it would "yield more expletives than explanations".

Dr Warren was tempted to pack it all in.

But his eldest son, Peter, says his father was stubborn, with a non-conformist streak that coloured his whole worldview.

**"HE TOOK US SKIING," HE RECALLS, "BUT HE DID THE SKIING IN WASHING-UP GLOVES, BECAUSE HE WASN'T GOING TO PAY \$30 FOR A PAIR OF SKI GLOVES. HE WASN'T THE LEAST BIT AFRAID. HE WASN'T GOING TO WAIT AND FOLLOW THE HERD AT ALL."**

It was in that spirit that Dr Warren took to his garage and assembled his 20-year-old radio parts. He'd decided the only way to overcome his critics' mockery and suspicion was to build a solid prototype.

It would be the first ever "black box" flight recorder.

## 'Put that lad on the next courier!'

One day in 1958, when the little flight recorder had been finished and finessed, the lab received an unusual visitor. Dr Coombes, the chief superintendent, was showing round a friend from England.

"Dave!" he said, "Tell him what you're doing!"

Dr Warren explained: his world-first prototype used steel wire to store four hours of pilot voices plus instrument readings and automatically erased older records so it was reusable.

There was a pause, then the visitor said: "I say Coombes old chap, that's a damn good idea. Put that lad on the next courier, and we'll show it in London."

The courier was a Hastings transport aircraft, making a run to England. You had to know somebody pretty powerful to get a seat on it. Dr Warren wondered who this man was who was giving away tickets round the world to somebody he'd never met.

The answer was Robert Hardingham (later Sir Robert), the secretary of the British Air Registration Board and a former Air Vice-Marshal in the RAF.

In David's words: "He was a hero. And he was a friend of Coombes, and if he gave away a seat, you took it."

A few weeks later, Dr Warren was on a plane bound for England - with strict instructions not to tell Australia's Department of Defence



Children. The eldest, Peter, remembers him flying off to England

what he was really doing there, because "somebody would frown on it".

In a near-unbelievable irony, the plane lost an engine over the Mediterranean.

Dr Warren recalled: "I said, 'Chaps, we seem to have lost a donk - does anyone want to go back?' But we'd come from Tunisia and it was about 45 degrees overnight. We didn't want to go back to that hellhole."

They decided they could make it if they ploughed on.

He recorded the rest of the flight, thinking that even if he died in that limping transport plane, "at least I'd have proved the bastards wrong!"

**"BUT UNFORTUNATELY WE DIDN'T PRANG - WE JUST LANDED SAFELY..."**

In England, Dr Warren presented "the ARL Flight Memory Unit" to the Royal Aeronautical Establishment and some commercial instrument-makers.

The Brits loved it. The BBC ran TV and radio programmes examining it, and the British civil aviation authority started work to make the device mandatory in civil aircraft. A Middlesex firm, S Davall and Sons, approached ARL about the production rights, and kicked off manufacturing.

Though the device started to be called "the black box", the first ones off the line were orange so they'd be easier to find after a crash - and they remain so today.

Peter Warren believes the name dates from a 1958 interview his father gave the BBC.

**"RIGHT AT THE END THERE WAS A JOURNALIST WHO REFERRED TO THIS AS A 'BLACK BOX'. IT'S A GENERIC WORD FROM ELECTRONICS ENGINEERING, AND THE NAME STUCK."**



Media caption In footage from 1958, David Warren explains his invention to the BBC



So-called "black box" is in fact a strident orange colour

In 1960, Australia became the first country to make cockpit voice recorders mandatory, after an unexplained plane crash in Queensland killed 29 people. The ruling came from a judicial inquiry, and took a further three years to become law.

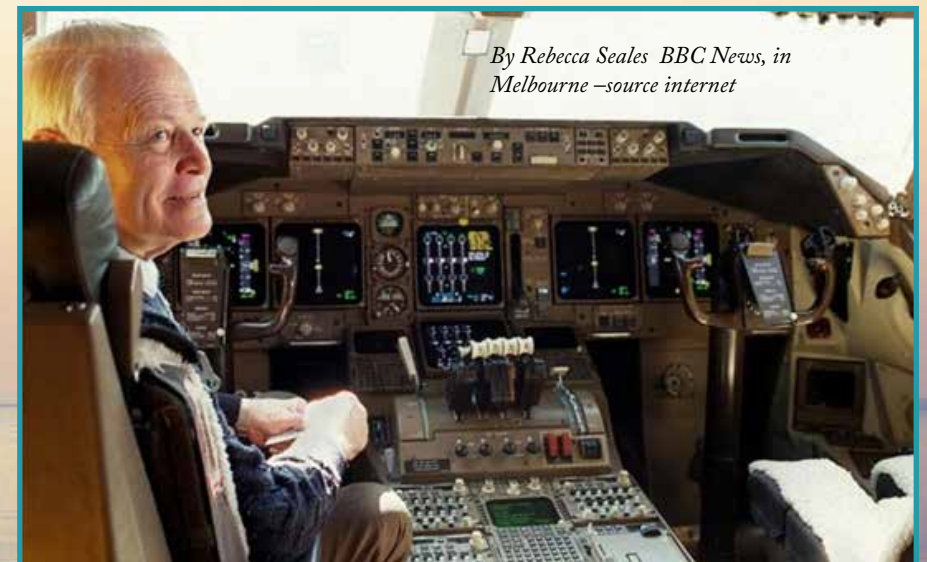
Today, black boxes are fire-proof, ocean-proof and encased in steel. And they are compulsory on every commercial flight.

## WATCH: What's in a plane's black box?

It's impossible to say how many people owe their lives to data captured in the death throes of a failing plane - to the flaws exposed, and the safety innovations that followed.

## 'I'm a lucky bastard'

David Warren worked at ARL until his retirement in 1983, becoming its principal research scientist. He died on 19 July, 2010, at the age of 85.



By Rebecca Seales BBC News, in Melbourne -source internet

For more than 50 years, his pioneering work on the black box went almost unacknowledged. Finally in 1999, he was awarded the Australian Institute of Energy Medal, and then in 2002 was made an Officer of the Order of Australia (AO) for his service to the aviation industry.

Asked why it took so long for him to be recognised, his daughter Jenny observes: "His battle was inertia. He had this huge enquiring mind, scientifically visionary, and could see how it would work - how it would play out.

"He was sitting there in 1958, saying 'this device can make this happen.'"

Peter Warren blames "a 1950s colonial mindset which said nothing good could come out of this country, and everything good would get invented in either the UK, or Germany or America".

The historic secrecy surrounding ARL's work, which is now more widely understood, is another likely factor.

Dr Warren lived to see Qantas name an Airbus A380 after him in 2008. Jenny Warren says she's been trying to get a seat on it ever since.

But he never saw a penny in royalties from the black box.

He was often asked if he felt hard done by. Peter says his standard response was: "Yes, the government got the results of what I did. But then, they also didn't charge me for the other hundred ideas that didn't work."

David's children inherited his sense of humour.

At Peter's urging, Dr Warren's death notice included his personal catchphrase: "I'm a lucky bastard."

At Jenny's request, he was buried in a casket labelled: "Flight Recorder Inventor: Do Not Open."

Do they think of their dad when flying?

His daughter replies simply: "Every time."

Sourced from the Internet by Les Taylor



# GREENPEACE

Give in your Will to protect the future of our planet...



"We do not inherit the earth from our ancestors, we borrow it from our children." Native American proverb For 50 years, Greenpeace has been fighting to protect the environment, and we do so without financial support from governments or corporations. Did you know that 10% of our campaigns are funded by gifts in Wills? After making provisions for those closest to you, it is a popular way of making a difference for future generations. Your gift will honour your memory and create a legacy for the planet.

Visit our website to learn how you can protect nature with a gift in your Will.

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Greenpeace exists because of everyday people who want to see a positive change in the world. By adding Greenpeace in your Will you will be joining a growing community of thousands of passionate people who care about nature and want to be remembered for making a difference long into the future.

+ Many of our supporters take care of their loved ones first, and then leave a percentage to Greenpeace. Every gift, big and small, is incredibly meaningful and enables us to protect the Earth for many years to come.

Click [here](http://www.greenpeace.org) to learn more [www.greenpeace.org](http://www.greenpeace.org)



## INTERVIEW WITH HARRY JOHNSON GREENPEACE LEGACY SUPPORTER

GREENPEACE : At what age did you first begin to think about the importance of protecting our natural environment?

**HARRY JOHNSON** : I first became really interested in the value of and importance of protecting the world's natural environment from the age of about 12 when my friends and I were allowed to go fishing on the River Thames in England and out and about on our bikes in the surrounding countryside without parental supervision. However the catalyst that really heightened my environment awareness was in my early twenties when I saw "The War Game" by Peter Watkins.

GREENPEACE : Describe someone who has influenced your decision to support Greenpeace.

**HARRY JOHNSON** : Three decades ago an eight year old, Grade 3 girl who was visiting Kingfisher Recycling Centre at Aspley Special School in Brisbane where I was coordinating the school's unique waste minimisation initiative said this to me. "We should treat each other and the environment how we would like to be treated." This young girl got it in one simple sentence and encapsulates my philosophy for a sustainable future, and according to Professor Ian Lowe. "The future is what you choose."

GREENPEACE : Why did you decide to leave a Gift to Greenpeace in your Will?

**HARRY JOHNSON** : If you do value your children and grandchildren and the natural world as much as you value yourself, you can easily gift an amount or percentage of your estate in your Will to Greenpeace. Thus your legacy will benefit your young grandchildren, those generations that will follow them and the world's plant and animal species. Changing your Will in this way is a very easy step to take to ensure a more sustainable future world. Click to learn how you can protect nature with a gift in your Will.

[www.greenpeace.org](http://www.greenpeace.org)

## RECENT VICTORIES IN AUSTRALIA AND THE PACIFIC

### Recent Victories in Australia and the Pacific

Greenpeace operates in 55 countries creating the global impact needed to protect our planet



**Saved the Bight from oil drilling**  
In 2020, after a relentless campaign, the Norwegian oil giant Equinor withdrew its plans to drill for oil in the Great Australian Bight. This comes after Chevron and BP also withdrew their plans thanks to the pressure from Greenpeace and local communities.



**Exposed dirty power**  
In 2019 we uncovered the federal government's shocking vested interests in the coal industry, which has stifled effective and necessary action to fight climate change.



**Ended single use plastic bags**  
In 2018, Australia's two major supermarkets Coles and Woolworths committed to phasing out single-use plastic bags and made further commitments to reducing plastic in their supply chains.

But today the planet needs you more than ever before. Thousands of Australians have already immortalised their values by remembering Greenpeace in their Will. +Will you join them? It is a simple and powerful way to make a big difference for generations to come. It won't cost you anything today but ensure future generations can enjoy an Earth capable of nurturing life in all its magnificent diversity. Find out more by visiting our website

[www.greenpeace.org](http://www.greenpeace.org)

We understand that creating your Will is a very personal and private process, and we will always respect your confidentiality. If you would like to have a confidential conversation or if you have a question about leaving a gift to Greenpeace in your Will please feel free to contact me.

### Alexis Escavy

Relationships Coordinator  
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# A YEAR WITHOUT PRINCE PHILIP

## (Duke of Edinburgh)

This year (2022) is the year Queen Elizabeth celebrates her Platinum Jubilee, marking the 70th anniversary of her accession to the British throne. However, this mammoth occasion has been overshadowed by controversy, with Her Majesty having to endure for the past 12 months numerous dramas relating to her beloved family.

Yet, it seems like only yesterday the world watched her sit alone in the pews at St. George Chapel in Windsor attending her husband's funeral.

The Duke of Edinburgh (Prince Philip) passed away on the 9th April, 2021 at Windsor Castle with his beloved wife, Queen Elizabeth by his side.

In the past twelve months the Queen has barely had a

moment to mourn her husband. She has instead been forced again to take drastic action to help protect her legacy, as the Royals become embroiled in more family scandals that threaten to destabilise the monarchy. It has been revealed that unfortunately, the Queen has recently been dealing with the ramifications caused by her son, Prince Andrew relating to his association with convicted sex offender Jeffrey Epstein and the court battle that followed.

Consequently, the Queen has now been forced to oust Prince Andrew from the Royal fold and remove all his military affiliations and Royal patronages. It is believed the Queen's decision was heavily influenced by Prince Charles and Prince William.

The Queen has also suffered increasing tension caused by her grandson Prince Harry and his wife Meghan Markle. The couple stepped down from all Royal duties in January 2020 and have since accused the Monarchy of racist remarks. Prince Harry has added fuel to the fire by admitting that his relationship with his father, Prince Charles was strained. He also announced recently that he has signed a book deal believed to be worth \$20 million, which will apparently recount the "intimate and heartfelt moments" behind palace walls which is sure to ruffle a few royal feathers.

However, Royal experts are hoping that Harry and Meghan's recent visit to Windsor Castle to see the Queen, will pave the way for the couple to join the Royal Family at the Platinum Jubilee celebrations later in the year.

Despite wars, family drama and COVID, It is believed The Queen is currently focusing of her health after being confined to a wheelchair since falling ill with COVID earlier this year. Buckingham Palace has indicated that the "Fab Four" Prince Charles, his wife Camilla, Prince William and his wife Catherine are all keen to represent her majesty and fulfil her duties while she is convalescing.

STORY COURTESY OF CATHERINE COLUSSO

# WHAT IS APHASIA?

Bruce Willis's family recently released a heartbreaking statement revealing that Mega Star Bruce Willis is battling Aphasia...

*"As a family we wanted to share that our beloved Bruce has been experiencing some health issues and has recently been diagnosed with Aphasia, which is impacting his cognitive abilities."*

*"As a result of this and with much consideration Bruce is stepping away from the career that has meant so much to him."*

*The Willis Family...*

Aphasia is a neurological disorder caused by damage to the portions of the brain responsible for language. The condition includes, difficulty in expressing oneself when speaking. Trouble understanding speech and difficulty with reading and writing. Aphasia is a symptom of brain damage often resulting from a stroke or head injury.....

Bruce Willis began his career on the 'off-Broadway' stage in the 1970's. However, he achieved fame with a leading role on the comedy-drama series Moonlighting starring opposite Cybill Sheppard.

The series ran from 1985 to 1989 and soon developed a cult following which helped to establish Willis as a comic actor.

During the show's five seasons, Willis won an Emmy Award for "Outstanding Lead Actor in a Drama Series" and a Golden Globe Award for "Best Actor in a Television Series, Musical or Comedy."

Willis has since appeared in over one hundred films. Gaining widespread recognition as an action hero after his 1988 portrayal of John McClane in the

"Die Hard franchise" which catapulted him to

Mega Star status. In 1990 Willis reprised his role as John McClane in the sequels "Die Hard 2" and "Die Hard with a Vengeance." To date the "Die Hard Series" has grossed over \$700 million internationally and resulted in Willis's herculean rise to fame.

Willis has also starred in blockbusters (Pulp Fiction) 1994, (The Fifth Element) 1997 (Armageddon) 1998 and (The Sixth Sense) 1999. Films featuring Willis have grossed over \$2.6 billion making him the eighth highest-grossing actor in a leading role in 2010.

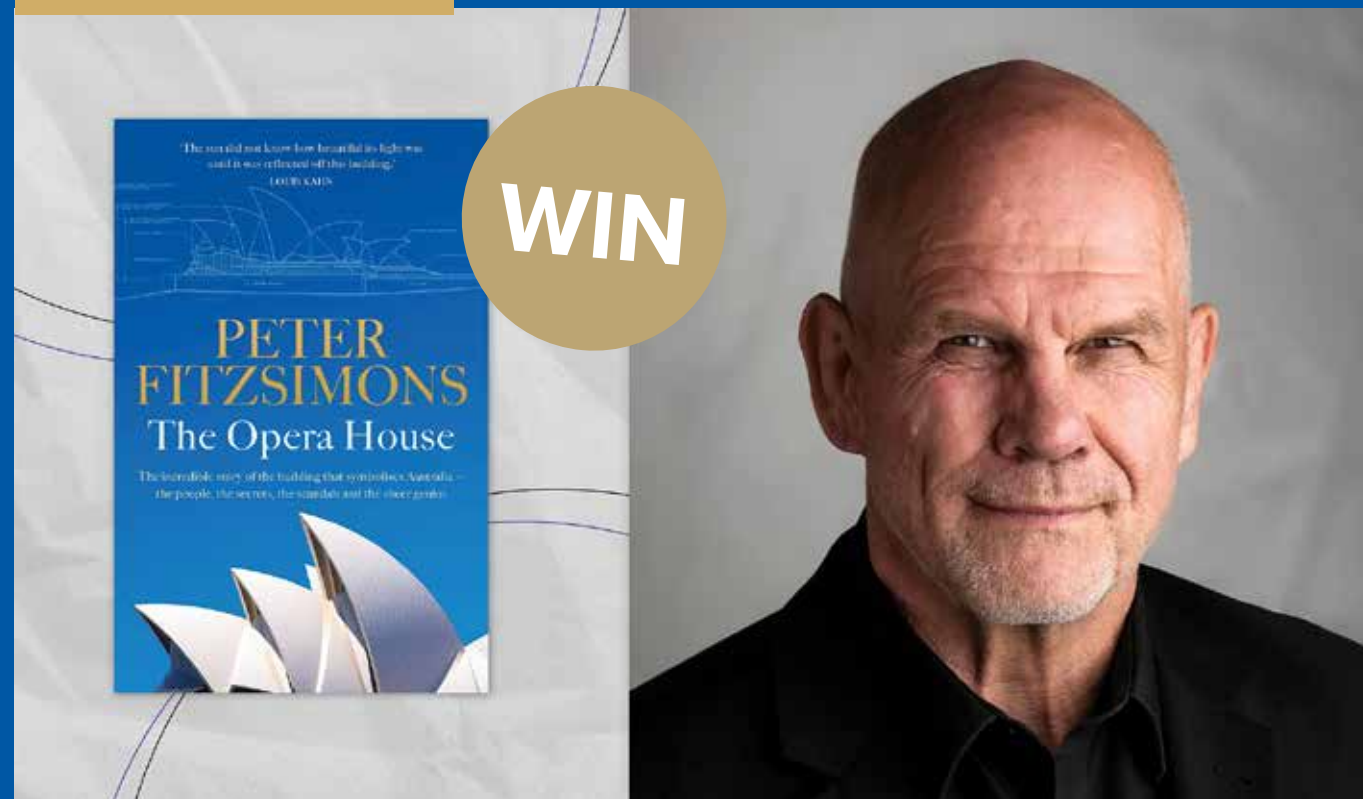
He is a two-time Emmy Award winner, a Golden Globe Award winner and has been nominated for a Saturn Award four times. In 2006 Willis was honoured with a star on the Hollywood Walk of Fame and in 2011 he was inducted into the New Jersey Hall of Fame.

In 2002 Willis was appointed as national spokesman for Children in Foster Care by President George W. Bush. Willis wrote inline at the time. "I saw Foster Care as a way for me to serve my country in a system by which shining a little bit of light could benefit a great deal by helping kids who were literally wards of the government."

Willis married actress Demi Moore in 1987, they filed for divorce in 2000, however maintain a close friendship and share three daughters. In 2009, Bruce married model Emma Heming. The couple have two daughters.

STORY COURTESY OF CATHERINE COLUSSO





Bowling&Lifestyle Magazine is giving one of our lucky readers the opportunity to win a copy of Peter Fitzsimon's latest book

*"The Opera House."*  
This extraordinary story captures the drama, history and scandals of Australia's most iconic building...

To be in the draw, email your entry to **bowlsplus1@bigpond.com**  
Winner will be advised by email  
[www.bowlingandlifestylemagazines.com.au](http://www.bowlingandlifestylemagazines.com.au)

Peter Fitzsimons is a former Wallabies player, an Australian award winning journalist, radio and television personality and the author of 34 books. He is also involved in an eclectic mix of community organisations, such as 'fellow of the Senate' and 'Pro-Chancellor' at the University of Sydney. He has been Chairman of The Australian Republic Movement since 2015 and has served on the council of the Australian War Memorial.

Fitzsimons is regarded as one of Australia's greatest storytellers of all time.

In his latest book "The Opera House."

Peter captures the extraordinary drama relating to the stories, secrets and scandals of the breathtaking building, recognised around the world for its grandeur and innovative design, which showcases modern Australia.

## RUGBY CAREER

Peter first played 'Club Rugby' with the Sydney University Football Club, and then with the Manly RUFC in Sydney in the 1980's under the coaching of controversial coach Alan Jones. Peter subsequently made his debut as a Wallaby In 1989 against France. He played 7 test matches for Australia in a two-year international career. He played his final test match as a Wallaby in 1990 against New Zealand.

## CAREER AS WRITER AND JOURNALIST

Fitzsimons has been a sports columnist for The Sydney Morning Herald since 1987 and also writes a column titled "The Fitz Files" for the Saturday edition of The Sydney Morning Herald, which looks at all the happenings over the past seven days in sport.

Peter's passion is to tell Australian stories.

He is one of Australia's best-selling non-fiction writers, who has written 34 highly successful books, including Nancy Wake, Breaker Morant, Sir John Monash, John Eales, Nick Farr-Jones, Charles Kingsford-Smith, Burke & Wills and The Incredible Life of Hubert Wilkins. As a journalist Peter has been successful in securing interviews with world famous icons such as Mother Theresa, of Calcutta, Soccer great Diego Maradona, former US President George Bush, Carl Lewis, Sir Edmund Hillary, Nicki Lauda and Jodie Foster. He has also had the honour of interviewing all Australian prime ministers from Gough Whitlam to Julia Gillard.

Fitzsimons is married to Australian journalist and TV presenter Lisa Wilkinson, they have three children.

In 2011 Fitzsimons was named a Member of the Order of Australia for services to literature as a biographer, sports journalist and commentator, and to the community through contributions to conservation, disability care, social welfare and sporting organisations.



## Q & A with Peter Fitzsimons

B&L : Congratulations Peter on your new book

"The Opera House" and your amazing career as author and journalist. What was it like writing about the secrets and scandals associated with this breathtaking Australian Icon.

**PETER :** It was seriously challenging researching and writing about our grand Rembrandt on the harbour and the stories associated with the building of such an Icon.

B&L : Do you do the research for your books and articles yourself or do you have help?

**PETER :** I have 3 to 4 extraordinary researchers that help me with my work.

B&L : Peter, can we start at the beginning? You were born in 1961 and grew up in Peat's Ridge in NSW, the youngest

of seven children. Can you tell me about your youth and the school you and your sibling attended?

**PETER :** I had a very happy childhood, my sibling and I grew up on my parents Orange Orchard in Peats Ridge and we attended Knox Grammar and Abbotsleigh as boarders, both schools are located in Wahroonga.

B&L : Knox Grammar is known for it's love of Rugby Union. Do you think this may have influenced your interest in Rugby Union?

**PETER :** I have always loved Rugby and yes I'm sure I was influenced by the school's interest in Rugby Union.

B&L : What year did you move to Ohio after accepting an American Field Service Scholarship, and how did you enjoy living in America?

**PETER :** I went to The States in 1978 and stayed till 1979 and I loved it.

B&L : What did you do when you returned to Australia?

**PETER :** I went to Sydney Uni and did an arts degree, majoring in Political Science.

B&L : What did you do after graduating from Uni?

**PETER :** In 1984 I had the opportunity to pursue a professional rugby career in Italy and France. I lived and played there for 5 years.

B&L : In 1989 you returned to Australia and played 7 matches for the Wallabies. You retired in 1989 and started working for The Sydney Morning Herald as a sports journalist. What prompted the switch to journalism?

**PETER :** I wrote an article for the Sydney Morning Herald in 1986, which subsequently prompted my interest in journalism and writing.

B&L : One of your first books, "Nick Farr-Jones the authorised biography" 1993 was hugely successful, why did you choose Nick Farr-Jones as one of your first subjects, and when was the thought of writing about Nick first conceived?

**PETER :** I have always had an interest in Rugby Union and it is something that I love and know well.

Nick was the Australian captain of the Wallabies, when they won the 1991 Rugby World Cup.

B&L : As a journalist you have been successful in securing interviews with world famous icons such as Mother Theresa of Calcutta, Soccer great Diego Maradona, former US president George Bush, Carl Lewis, Sir Edmund Hillary, Nicky Lauda and Jodie Foster, who has been the most fascinating interview thus far and why?

**PETER :** Sir Edmund Hillary was the most fascinating because of his stories relating to reaching the summit of Mount Everest in 1953. Coincidentally, when my wife and I left his home in New Zealand, my wife mentioned that "it felt like she had just met Captain Cook."

B&L : What inspires you to write about your subjects and what motivates you to continue with your enormous workload?

**PETER :** I love it, I don't want to be just the narrator at the campfire, I want the reader to be in the moment.

STORY & INTERVIEW COURTESY OF CATHERINE COLUSSO





# ARE WE READY FOR KING CHARLES?

The recent state opening of parliament was the most significant sign yet, that the crown is now in transition.....

It is the first time in 211 years, that an heir to the throne has read the Queen's Speech, which is compiled by the British Government and always read by the reigning Monarch.

These speeches in the past are events, where the focus is on policies relating to the Government's agenda for the following year, which include the cost of living crisis in the United Kingdom and the up and coming council elections.

However, this time the focus was purely on the Queen's absence, apparently due to "episodic mobility issues."

Apparently, the sight of Prince Charles, with the Imperial State crown placed on a red cushion beside him, couldn't help but distract members from Boris Johnson's government and the contents of the proposed agenda.

Unfortunately, the future King, left little doubt that things are about to change. During the Queen's speech, Charles indicated that Her Majesty is looking forward to the celebrations taking place across the United Kingdom for her Platinum Jubilee celebrations this year.

However, after 70 years of service, it is unclear whether the Queen will return to Royal duties.

## THE QUESTION IS !!!!!

### Is Charles ready for the top job?

In the past Charles has raised many royal eyebrows with his perceived activism relating to the environment, organic farming, alternative medicine and numerous royal scandals that have plagued him throughout his career, causing irretrievable damage to the monarchy.

Unfortunately, many royalists are still concerned that the British are still blaming Charles's affair with his then mistress Camilla Parker Bowles, as the catalyst that instigated the chain of events which culminated in the death of Diana in 1997.

Over the years the Royal family has been plagued with numerous royal scandals that have caused tension and disharmony to the monarchy, through a series of bad judgments made by several senior members of the Royal Household.

Yet despite all the family dramas, the Monarchy has been able to endure and thrive throughout the ages. Charles has been the subject of criticism for many years. However, he is also a sensitive and passionate philanthropist, and patron of over 400 charities and organisations. He is without doubt, one of the world's most prolific charitable entrepreneurs of his generation.

Only time will tell if this continues when the Queen scales back her work load, and King Charles takes over the family business.

Apparently, Charles will be relying on his wife Camilla, his son Prince William and his wife Catherine to share Royal duties and protect the Royal legacy. Buckingham Palace is hoping the fab four has the winning formula, and is able to take the monarchy to the next level for many more years to come.

STORY COURTESY OF CATHERINE COLUSSO

# EVERYTHING WE NEED TO KNOW ABOUT THE RISE & RISE OF ELON MUSK...

Musk is a South-African born American citizen and billionaire. He is a business magnate, investor and philanthropist who serves as CEO of electric vehicle manufacturer Tesla and SpaceX and founder of PayPal. He is currently negotiating a deal to buy social media giant Twitter for an estimated \$US 44 billion. His estimated net worth is \$US 265 billion.

## EARLY LIFE

Musk was born and raised in Pretoria, South Africa. His father is a white South African electromechanical engineer, pilot, sailor and property developer.

His mother a former Canadian model and dietitian.

Reports have indicated the family was extremely wealthy. However, according to his mother, Elon was an awkward and introverted child, who was bullied throughout his childhood.

Musk developed an interest in computing and video games and acquired a Commodore VIC -20 at the tender age of 10.

He subsequently learned computer programming using a manual. At age 12, he created and sold the code of a basic-based video game for \$500. EDUCATION

He briefly attended the University of Pretoria before moving to Canada at the age of 17.

He attended Queen's University in Canada and two years later, transferred to the University of Pennsylvania, where he received a Bachelor's degree in Economics and Physics.

In 1995 he moved to California to attend Stanford University, but decided instead to pursue a business career.

## BUSINESS CAREER

After leaving university in 1995, he co-founded the web software company Zip2 with his brother. According to Musk, the brothers contributed \$15,000 to start Zip2 and later received \$200,000 from investors including their father. The company was subsequently sold for \$US 300 million to Compaq Computer Corporation in 1999.

(Compaq was the largest supplier of PC Systems during the 1990's before being taken over in 2001)

That same year, Musk founded PayPal. He then sold the company to EBay for \$US 1.5 billion in 2002 making a personal profit of \$US 180 million from the deal.

In 2002, Musk founded SpaceX, an Aerospace manufacturer and space transport services company for which he serves as CEO and Chief Engineer. He then joined electric vehicle manufacturer Tesla Motors in 2004, he is currently serving as CEO.

Musk's latest venture of acquiring Twitter has been met with divided enthusiasm globally. Musk has promised "free speech" for its users.

Unfortunately, many potential users are worried about the increased spread of misinformation on the platform under Musk's control, and the prospect of former US president Donald Trump's return to Twitter after he was permanently banned last year. Musk now operates in the celebrity stratosphere, which is inhabited by members of the political and showbiz fraternity, during his recent hosting of Saturday Night Live, Musk stated that he has Asperger Syndrome.

STORY COURTESY OF CATHERINE COLUSSO







# Angelina Jolie

## UNHCR AMBASSADOR

*"We cannot close ourselves off to information and ignore the fact that millions of people are out there suffering. I honestly want to help. I don't believe I feel differently from other people. I think we all want justice and equality, a chance for a life with meaning. All of us would like to believe that if we were in a bad situation someone would help us."*

**ANGELINA JOLIE** on her motives for joining UNHCR (United Nations High Commissioner for Refugees) in 2001.

Award winning actress and humanitarian Angelina Jolie, recently made a surprise visit to war-torn Ukraine. Angelina made the trip to the Western Ukrainian city

of Lviv to bear witness to the human impact caused by the conflict. The mother of six is committed to helping the Ukrainian people, and is urging for the "opening up of humanitarian corridors to enable the evacuation of civilians, the delivery of humanitarian relief and an end to attacks on civilians." Angelina is Special Envoy to the United Nations High Commissioner for Refugees. She joined the UNHCR in 2001 after witnessing the effects of a humanitarian crisis while filming Lara Croft, Tomb Raider in Cambodia in 2001.

### EARLY LIFE

Angelina is the daughter of actors Jon Voight and the late Marcheline Bertrand. Following her parents separation in 1976, Angelina and her brother James lived with their mother, who subsequently abandoned her acting career to focus on raising her children. Angelina's interest in acting became apparent at the age of seven, when she won a minor part in her father's movie "Lookin to Get Out" in 1982. She later enrolled at the Lee Strasberg Theatre Institute, where she trained for two years and appeared in several stage productions.



### CAREER

Jolie committed to acting professionally at the age of sixteen, however found it difficult to pass auditions, often being told that her demeanour was "too dark." However, her first breakthrough role came in 1998 when she portrayed supermodel Gia Carangi in HBO's Gia. Jolie gained wide recognition for her portrayal and was nominated for an Emmy Award and won the Golden Globe and the Screen Actors Guild Award.

### WORLDWIDE RECOGNITION

In 1999 Jolie took the supporting role of a sociopathic mental patient in "Girl Interrupted" her amazing portrayal resulted in her third Golden Globe Award, her second Screen Actors Guild Award and an Academy Award for Best Supporting actress. However, the 2001 movie "Lara Croft, Tomb Raider" achieved the international success Jolie was craving. The film earned \$274.7 million worldwide, finally launching her global reputation as a female action star. She reprised her role as Lara Croft in the 2003 "Lara Croft, Tomb Raider – The Cradle of Life." Unfortunately the film was not as lucrative as the original, earning only \$156.5 million at the international box office. Despite the lack of box office success, Jolie was able to establish herself among Hollywood's highest-paid actresses, earning \$10-15 million per movie for the next five years.

### DIRECTORIAL DEBUT

Jolie made her feature directorial debut in 2011 with "In the Land of Blood and Honey," a love story between a Serb soldier and a Bosnian prisoner, during the 1992-1995 Bosnian War. Jolie conceived the film to highlight the plight of survivors of the Bosnian War after twice visiting Bosnia in her role as a UNHCR Goodwill Ambassador.

### HUMANITARIAN WORK

Jolie has always maintained that she witnessed first-hand the effects of a humanitarian crisis while filming Lara Croft in war-torn Cambodia in 2001.

Upon her return home, Jolie contacted the United Nations High Commissioner of Refugees (UNHCR) to learn more about the conditions relating to the crisis. In 2001 she began visiting refugee camps around the world. She later embarked on her first field visit, an 18-day mission to Tanzania and later expressed her shock at what she had witnessed.

In the following months, Jolie returned to Cambodia, where she donated \$1 million in response to an international UNHCR emergency appeal.

Over the next decade, she went on more than 40 field missions, meeting with refugees and internally displaced people in over 30 countries.

Angelina has received wide recognition for her humanitarian work. In 2002, she received the inaugural Humanitarian Award from the Church World Service's Immigration and Refugee Program, followed by the Citizen of the World Award by the United Nations Correspondents Association in 2003.

In 2005 she was awarded the Global Humanitarian Award by the UNA-USA and in 2007 she received the Freedom Award from the International Rescue Committee.

In 2012, after more than a decade of service as a UNHCR goodwill Ambassador, Jolie was promoted to the rank of Special Envoy.

### MARRIAGE AND CHILDREN

Jolie has been married and divorced three times.

Her first husband was British actor Jonny Lee Miller, whom she met while filming the 1995 movie "Hackers." Their divorce, which was initiated by Jolie was finalized in 1999, shortly before she remarried the following year.

Jolie married Billy Bob Thornton in 2000, the couple met on the set of the 1999 movie, "Pushing Tin."

The couple attracted constant media attention with the frequent public declarations of love and passion and wearing each other's blood in vials around their necks. In 2002 Jolie and Thornton announced the adoption of a child from Cambodia, however the couple separated 3 months later. Their divorce was finalized in 2003.

In 2005, during the filming of the movie Mr. & Mrs Smith, Angelina was accused of causing the divorce between Brad Pitt and American sweetheart Jennifer Aniston. Angelina admitted at the time that she fell in love with Brad during the filming of Mr. & Mrs Smith, however dismissed allegations of an affair.

The couple confirmed in 2006, they were expecting their first child together. During their twelve-year relationship Brad and Angelina became one of Hollywood's most glamorous couples, they married in 2014 and expanded their family to six children, three of whom were adopted.

The couple divorced in 2019.

STORY COURTESY OF CATHERINE COLUSSO



Bowling&Lifestyle Magazine are giving 2 of our lucky readers the opportunity to win a **double pass** to see

## “Friends The Musical Parody”

@ The Tivoli, Brisbane in July, 2022.

To be in the draw, email your entry to **[bowlplus1@bigpond.com](mailto:bowlplus1@bigpond.com)**

Winner will be advised by email

Join your six favourite friends at their favourite café for a night of unstoppable laughs and awe-inspiring music. These much-loved iconic characters will be brought to life on stage by a stellar cast including Annie Chiswell who has won the role of Monica, Belinda Jenkin who returns to the role of Phoebe and Eleanor Macintyre plays hot favourite Rachel. WAPPA graduate Maverick Newman plays Chandler, Conor Putland Plays the lovable Joey and Tyran Stig returns after making his professional debut in the role of Ross.

“Friends” the American sitcom became one of the most popular shows of all time. It aired on NBC from 1994 to 2004 and lasted a remarkable ten seasons.

Starring unknown actors Jennifer Aniston, Courteney Cox, Lisa

Kudrow, Matt Le Blanc, Mathew Perry and David Schimmer. The premise for the show revolved around six 20-something “friends” from New York City (Manhattan) struggling to survive in the real world. The group of buddies goes through massive mayhem, family trouble, past and future romances, fights, laughs, tears and career issues, as they each try and navigate their own dreams.

Monica, a chef, Rachel, a waitress who hopes to work in fashion, Phoebe a masseuse and musician, Ross a palaeontologist, Joey a struggling actor and Chandler who hates his job in data processing.

The series has since been nominated for sixty two primetime Emmy Awards, and won the Outstanding Comedy Series Award in 2002 for season eight, resulting in unimaginable success for the creators of the show and the cast.

Friends The Musical Parody originated at St. Luke's Theatre in New York City in 2017. The show was originally announced as a limited engagement, however due to its popularity was extended multiple times.

The sitcom cast members returned for a reunion special in May, 2021. The Friends reunion was the most watched show on Sky One ever, the broadcaster revealed that over 5.3 million people switched on to watch the show. The cast were paid \$2.5 million each for the 2 hour special.....

STORY COURTESY OF CATHERINE COLUSSO



**WIN**



BOWLING&LIFESTYLE MAGAZINE are giving one of our lucky readers the opportunity to win a double pass to see

## JOHN PAUL YOUNG in “50 YEARS YOUNG” “THE ANNIVERSARY TOUR”

@ Norths Leagues Club Saturday 6th August, 2022

**WIN**

To be in the draw, email your entry to **[bowlplus1@bigpond.com](mailto:bowlplus1@bigpond.com)**  
Winner will be advised by email.

John Paul Young is one of the most iconic artists that Australia has ever produced, with over 4 million album sales worldwide.

The “50 Years Young - The Anniversary Tour” features John performing the songs that brought him national and international stardom. The concert promises to take you on a memorable journey of songs and stories from Glasgow, Scotland and back to the shores of Australia.

### WHERE IT ALL STARTED “THE EARLY YEARS”

In 1972 John Paul Young was cast in the Melbourne production of “The Jesus Christ Revolution.”

His outstanding performance attracted the attention of Legendary Rock Entrepreneur Harry M. Miller.

Miller subsequently offered him a role in Andrew Lloyd Webber's musical Jesus Christ Super Star, alongside future Mega Stars John English, Doug Parkinson, Stevie Wright and Marcia Hines.

In late 1972, John's solo career had already started to gain momentum. He was offered a recording deal and given the opportunity to record “Pasadena”

a song written by George Young and Harry Vanda. John's association with “hit making” music powerhouses Vanda and

Young resulted in enormous success for John as a solo artist. However, John's career was also significantly boosted by his regular appearances as a performer and guest host on the ABC Series Countdown between 1974 -1987.

### THE STAGGERING SUCCESS OF “LOVE IS IN THE AIR”

The 1978 release of the Vanda and Young song “Love is in the Air” was a mammoth turning point in Young's career, resulting in phenomenal record sales and propelling him even further into the spot light.

The staggering success of “Love is in the Air” which became JPY's signature tune ensured that he has remained in the spotlight for over five decades.

A new version of the song was featured as a theme song for Baz Luhrmann's 1992 debut film “Strictly Ballroom” giving John another massive career revival.

John was crowned “Australia's King of Pop” in 1978, his signature song “Love is in the Air” also won “most popular Australian single that year.”

In 2009 John became an Aria (Australian Recording Industry Association) recipient, the award recognises excellence, innovation and achievement across all genres of Australian music. John was also inducted into The Hall of Fame that same year.

In 2012 he was awarded a “Medal of the Order of Australia” (OAM) for services to the performing Arts as a singer and songwriter.

STORY COURTESY OF CATHERINE COLUSSO



# ANTHONY ALBANESE

## has successfully defeated Scott Morrison for the top job as Australia's Prime Minister...

Anthony Albanese, the boy from humble beginnings, only child of a single mother who was raised in the working class neighbourhood of Marrickville, has led the Labor Party to victory in the national election and become Australia's 31st Prime Minister.

Albanese, said he is humbled by the victory and promises big changers after nearly 10 years of conservative rule. Albanese declared his ambition to change the way politics is conducted in Australia after a savage swing against the Coalition, which saw the demise of Scott Morrison and elevated independent women as the new powerbrokers in parliament. Changers include climate change action, boosting indigenous rights and transparency (cracking down on political corruption)

In his first comments after the election win, Albanese said he wanted to bring Australians together by serving and uniting the country.

### EARLY LIFE & HERITAGE

Anthony Albanese was born in Sydney in 1963.

He is the only child of Maryanne Ellery an Irish/Australian and Carlo Albanese an Italian steward from South East Italy. His parents met in 1962 on a voyage from Sydney to Southampton on the Sitmar Line's "Fairsky." Unfortunately, his parents chose not to continue with the relationship and eventually went their separate ways. Albanese grew up with his mother and maternal grandparents.

However, he tracked his father down with the help of the Australian Embassy in Italy in 2009.

Albanese attended St Joseph's Primary School in Camperdown and later, St. Mary's Cathedral College in Sydney. After completing school, he worked for the



Commonwealth Bank, before going on to the University of Sydney to study economics.

### JOINING THE LABOR PARTY

Albanese joined the Labor Party as a student. However, before entering Parliament worked as a party official and research officer.

He was elected to the House of Representatives in 1996. In 1998 Albanese was appointed a Parliamentary Secretary, a position which assists ministers and shadow ministers and is often a stepping stone to a full ministerial position. In 2001 he was appointed to the Shadow Cabinet and served in a number of roles. He eventually became Manager of Opposition Business in 2006.

In 2019 after the then Leader of the Labor Party, Bill Shorten announced his resignation following Labor's unexpected defeat in the Federal election.

Albanese announced his candidacy in the subsequent leadership election. He won the leadership challenge unopposed, and became the oldest first-time Opposition Leader in 59 years.

### PERSONAL LIFE

In 2000, Albanese married Carmel Tebbutt, a future Deputy Premier of New South Wales. They have one son together. Unfortunately, the couple separated in 2019. In 2020 Albanese announced he was in a new relationship with Jodie Haydon, a financial planner and women's advocate.

Albanese has now led the Labor Party to victory. He will be the first Italian-Australian Prime Minister in the country's history. He was sworn in as Australia's 31st Prime Minister on the 23rd May, 2022.

STORY COURTESY OF CATHERINE COLUSSO

# Meet Angela

With a caring nature and a genuine desire to enhance the lives of others, Angela Feery-Richards had a vision to meet the growing need for personalised in-home care and support services. Angela's industry related background and experience made it possible to pursue her passion. Having held the following executive roles in the health care industry:

- Director, Corporate & General Services at Peter McCallum Cancer Institute.
- Chief Executive Officer of St John of God, a private psychiatric hospital.

Angela went on to provide valued consulting services to corporates within the health care sector. Recognising that many people living with a disability or experiencing the challenges of ageing would prefer to remain in the comfort of their own home, it was time to make a difference.

Well-equipped with a Bachelor of Health Administration and a Master of Business Administration, Angela established Simply Helping in 1998 in regional Victoria. Building a reputation for tailoring excellent personalised care solutions, Simply Helping has been able to help thousands of people from all walks of life by supporting their independence and lifestyle.

Today, as we continue to expand across Australia, each Simply Helping location is owned and managed by locals who share Angela's values and strong connections with their community.



## ANY AGE | ANY PLACE SIMPLY HELPING YOU



The world is moving faster than ever and sometimes it seems to be speeding away from the things that matter most. That is why at Simply Helping our mission is to add value, meaning and dignity to individual lives through our professional in-home care and support services.

We offer a wide variety of services to our clients including senior care, disability care, respite and personal care, pet sitting and walking, gardening, home maintenance and domestic assistance. That means no matter what kind of help you need, Simply Helping is all about helping you at home...

Beginning in 1998, Simply Helping has been providing flexible in-home care and support services, tailored to individual needs.

With a reputation for building compassionate and trusting relationships we continually strive for excellence, so that you can continue to live in the comfort of your own home.

Our experienced team can help with straight forward or complex care requirements and our wide range of services are as diverse as the people we assist.

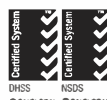




## A collage of 20 photographs arranged in a grid-like fashion, overlapping slightly. The photos depict a wide range of individuals, including children, young adults, and older people, many of whom are using wheelchairs. The scenes are diverse: a young boy and a man smiling; a woman washing dishes; a couple in a wheelchair on a grassy field; a man and a woman looking at a laptop; a woman holding a red heart; a man and a woman sitting on a bench; a woman in a wheelchair with her arms raised; a man and a woman sitting on a bench; a woman in a wheelchair with a dog; a man and a woman sitting at a table; a woman in a wheelchair with a dog; a man and a woman sitting at a table; a woman in a wheelchair with a dog; a man and a woman sitting at a table; a woman in a wheelchair with a dog; a man and a woman sitting at a table; a woman in a wheelchair with a dog; a man and a woman sitting at a table; a woman in a wheelchair with a dog; a man and a woman sitting at a table. The overall theme is the active participation and diverse roles of people with disabilities in society.

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