

A chat could prove a lifesaver

MEL OTTAWAY



WE face many challenges as we age, including an increase in health issues.

Tasks that were previously simple to complete can become more challenging.

We can also become isolated as our usual networks of support are slowly eroded due to changing circumstances.

With the tragic events that occurred several weeks ago in an Adelaide retirement village, it is timely for us all to consider, "how am I doing?"

While we will never know why these events took place, it shows us how important it is to check in with those we love.

Last Thursday was RU OK Day, a national day of action which prompts Australians to ask: "Are you OK?"

Starting a conversation is a good way to check in with each other. A simple chat can mean everything to someone who is struggling. It could change, or even save, their life.

If someone needs to talk, they might not always let you know, so reach out to those you care about and find out how they're going.

Before you can look after others, you need to look after yourself. If you're not in the right headspace to start a conversation, that's OK.

Remember, it is OK to acknowledge you are not OK. We all experience highs and lows during our lives.

We can all try to make a difference in the lives of those who are struggling by having a simple conversation. If you feel like something is not quite right with someone you know, trust your gut, and take the time to ask: "Are you OK?"

If you find yourself struggling and don't have anyone to talk to, you can call Lifeline on 13 11 14 any time, day or night – there is always someone there to listen.

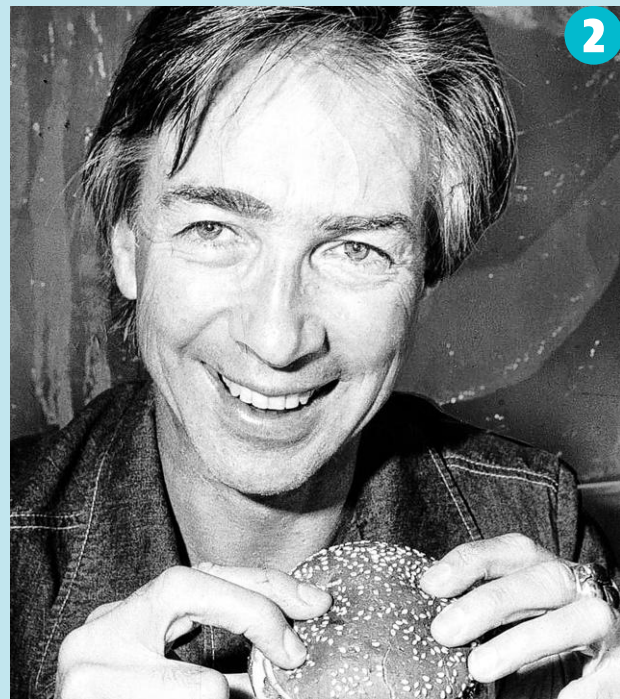
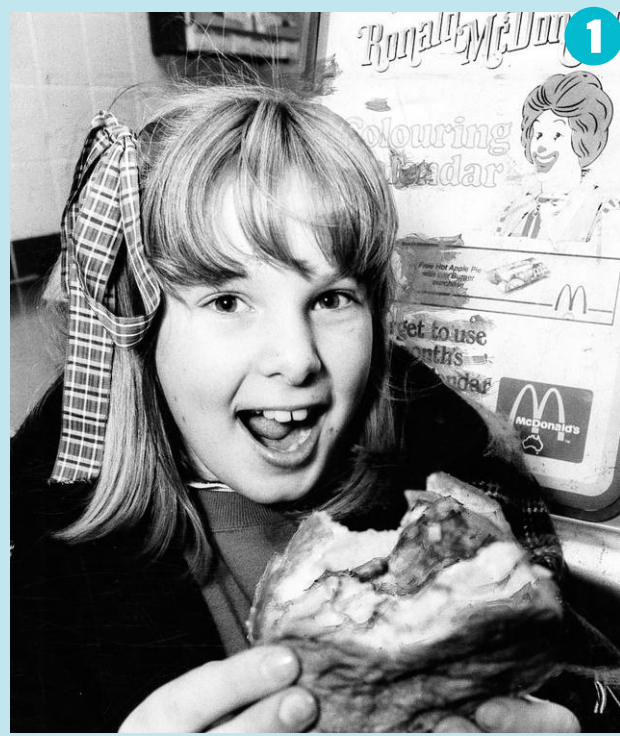
Mel Ottaway is Uniting Communities' executive manager of services for older people

Tribute to singers

SINGERS Judith Durham and Olivia Newton-John will be remembered during a special concert event at Goodwood's Capri Theatre from 2pm on Sunday, September 18.

Presented by Dr John Atwell, the Spring Fever theatre concert will include a selection of musical pieces associated with spring, as well as a tribute to the much-loved Australian stars.

Details: capri.org.au



SA's serve of US-style dining

From previous page

The first Kentucky Fried Chicken shops in Adelaide featured a life-size statue of the Colonel within and a huge, brightly-lit, revolving bucket high atop a 10m pole.

The menu offered seven different-sized containers from the lunch pack for 45c (one piece of chicken and chips) to a barrel for \$5.20 (21 pieces of chicken). There was no "Hot and Spicy", Nuggets or burgers, just fried chicken.

In 1991, Kentucky Fried Chicken officially changed its name to KFC, ditching the word "fried".

When Pizza Hut reached our shores in 1970, it was in a distinctive building with red and white checkered tablecloths and an "all-you-can-eat" dine-in menu.

Like other giant fast-food chains, Pizza Hut was started in the US, in 1958 by two brothers, Dan and Frank Carney, who borrowed a few hundred dollars from their mum to set up their first pizza shop in Kansas. They had a unique business idea of an "all-you-can-eat" menu and initially even gave away free pizza to attract new customers.

Over the next decade, Pizza Hut introduced home delivery in Australia, eventually buying



out the Adelaide-based national chain, Dino's Dial-a-Pizza, which was established in 1984 by Richard Wescombe.

The last dine-in Pizza Hut, in Marion, finally closed its doors in June this year.

Although McDonald's first launched in Australia in 1971 in the Sydney suburb of Yagoona, it appears Maccas did not begin in Adelaide until six years later. According to Jacqui from McDonald's

customer service: "The first restaurant in South Australia was Enfield which opened in December 1977."

In 1948, the McDonald brothers Richard (Dick) and Maurice (Mac) famously established a streamlined system for making hamburgers or cheeseburgers, potato chips, coffee, and apple pie for their food stand in suburban Los Angeles.

Just as famously, in 1954

they hired a milkshake machine salesman, Ray Kroc, to help with the franchising of their "system" – and the rest is history.

McDonald's is now the world's largest restaurant chain by revenue, serving more than 69 million customers daily in more than 100 countries across 37,855 outlets (as of 2018).

Hungry Jack's' first restaurant in Australia

launched in Perth in 1971. Because the name Burger King had already been registered in Adelaide in 1962, the American company could not use its own name, so settled instead for Hungry Jack's. It was very complicated.

Burger King had its origins in Florida in 1959; started by two business partners who wanted to challenge the growing popularity of the McDonald's brand. Their main claim to fame was the invention of the Whopper range of beef burgers.

Hungry Jack's commenced its first Adelaide shop on Anzac Highway in 1972 after Don Dervan decided he had made enough hamburgers and sold his Burger King chain to them, although he refused to sell the naming rights.

Hungry Jack's is now the second-biggest fast-food outlet in Australia and around the world.

Since the 1980s, we have had many more American fast-food franchises launched in Adelaide including Subway, which offered a healthier alternative, Domino's Pizza, and my personal favourite, Sizzler.

With the exception of Sizzler, they have all been