

# PROGRAM GUIDE MINI

### July 2017

Released 22 June 2017

Cover to Cover	Presented by writingWA, Meri speaks with Sara Foster about her compelling thriller 'The
	Hidden Hours'. Eleanor, who has travelled to London to escape the demons of her
	traumatic childhood in Australia, is horrified to find herself at the centre of a murder
	investigation – and she has no memory of several crucial hours.
	Jul 19 & 22 - 8pm; Jul 20 - 12:30pm; Jul 21 - 4:30pm; Jul 23 - 2pm
	Our encore episode is with Mohammed Massoud Morsi discussing his novel 'Twenty Two
	Years to Life'
	Jul 5 & 8 - 8pm; Jul 6 - 12:30pm; Jul 7 - 4:30pm; Jul 9 - 2pm
Destination WA	Episode 7 - Onslow Beach Resort, Roller Derby, Mackerel Island - Diving, Fishing, and
	Boating Charters, Archery, Fremantle Torchlight Tour & Ghost the Musical
	Episode 8 - Mackerel Island – Accommodation, Guildford Hotel, Masonmill Cafe, Pet
	Friendly Perth, Rottnest Island – Wildlife Spotting & Parkour
	Episode 9 - World's largest Art gallery, A tour of Perth's hidden music history, The Rottnest
	Lifestyle, Skydiving Rottnest, John Burgess' top Perth haunts, Karratha: Accommodation
	for any budget &Tourism tips on the Mackerel IslandsJul 1, 12, 15, 26 & 29 - 8pm; Jul 2, 16 & 30 -
	2pm; Jul 13 & 27 - 12:30pm; Jul 14 & 28 - 4:30pm
Garden Gurus	Ep 8 - Nigel Ruck takes us to Kings Park, Perth, to learn about plant cross breeding, Trevor
Autumn 2016	shows us the perfect winter herb planter, and Nigel looks at the history of traditional
Autumn 2010	Mother's day flower, the Chrysanthemum.
	Jul 1 - 7:30pm; Jul 2 - 1:30pm
	Ep 9 - Steve Wood visits a unique school that puts a focus on the hands on approach to
	education, takes a look at new and exciting plants at Perth's Garden Festival and he
	discovers an inspiring story of a community friendly verge, Trevor shows us herb planting
	and garnishes with head chef Oliver Gould and as well as looking at edibles in the garden,
	Nigel visits Garden Guru viewer and friend Megan to find out the secret behind her success
	with fruit trees.
	Jul 5 & 8 - 7:30pm; Jul 6 - 12pm; Jul 7 - 4pm; Jul 9 - 1:30pm
	Ep 10 - Nigel Ruck looks at the benefits of keeping animals, he revisits Megan, she
	impressed us with her growing edibles, so this week he takes us back to learn more. Steve
	visits the Beehive Montessori school's gardening program, shows us some exciting new
	concepts in plants at the Swan Valley Exhibit at the Perth Garden Festival while Trevor
	shows us the best Roses for your garden and how to grow herbs in planters.
	Jul 12 & 15 - 7:30pm; Jul 13 - 12pm; Jul 14 - 4pm; Jul 16 - 1:30pm
Healthy tips for a healthier you	Friendly information for a healthier you.
Presented by Healthier	Tips 1-8 Jul 3 to 6 & 8 - 11:30am & 7pm; Jul 7 - 11:30am, 3:30pm & 7pm; Jul 9 - 1pm & 7pm; Jul 12, 15, 19, 22, 26 &
Workplace WA	29 - 7pm; Jul 13, 20 & 27 - 11:30am; Jul 14, 21 & 28 - 3:30pm; Jul 16, 23 & 30 - 1pm
	Tips 1-4
	Jul 10, 12, 14, 17, 19 & 21 - 10:15am & 14:15pm; Jul 16 & 23 - 14:15
	Tips 5-8
	Jul 11, 13, 15, 18, 20 & 22 - 10:15am & 14:15pm Presented by Curtin students and staff, Inside Curtin shows what it's like to be a student at
Inside Curtin-Ep 2	WA's largest university, as we explore a variety of exciting student projects and industry
	experiences. In this episode hear from students studying a diverse range of courses at the
	Curtin Kalgoorlie Campus, located in the heart of Kalgoorlie's mining industry. Learn
	about the career opportunities, and what it's like to live and study in the historic Goldfields
	town. Find out about the recent Curtin Entrepreneurship graduates launching their new
	international business, and the Exercise, Sport and Rehabilitation Science graduate
	working with the Fremantle Dockers. Plus students at our Bentley Campus offer their best
	study tips. Jul 5, 8, 19 & 22 - 6pm; Jul 6 & 20 - 10:30am; Jul 7 & 21 - 2:30pm; Jul 9 & 23 - 12pm
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Our State on a Plate	WA is home to some of the world's most unique and finest produce. This program takes a journey across the state visiting the various regions discovering amazing food, from the primary producer to restaurants and then into the kitchen sharing recipes with the states leading chefs and cooks. There is inspiration at every turn.
	Ep 1 - The Hoochery, with Linley Valley Pork Goulash Recipe, Theo's Farmers Market Roasted Vegetable Pizza, Mussel Farm and Chili Mussels, Gail's Guide – A visit to Silks, Manjimup Marron, Truffle Hunting, Myattsfield Winery, Bib and Tucker, Biodynamic Farming-what does it mean?, Super Foods: The Yacon, Incontro Cooking, Mandurah Mullet Recipe Jul 19 & 22 - 7:30pm; Jul 20 - 12pm; Jul 21 - 4pm; Jul 23 - 1:30pm
	Ep 2 - Old Fashion Pasta Making, Theo's Gluten Free Pizza, Farmers Market , Live Lighter Tips #1, Beach House at Bayside, Albany Offer!, Barra, Trout Fishing , Super foods: Avocado
	Jul 26 & 29 - 7:30pm; Jul 27 - 12pm; Jul 28 - 4pm; Jul 30 - 1:30pm
Sweet & Sour 2017	Hosted by Gary Mitchell and a panel of weekly special guests, Sweet & Sour is a community orientated talk show in which people write in and share their situation with the panel who offer suggestions to help solve them. (Rated "M") Jul 1, 5, 8, 12, 15, 19, 22, 26 & 29 - 8:30pm
Top of Down Under	Ep 9 - S.E.A.L. Track pt 2 Koolatong River & Sink Hole are en route this episode as the Crew conquer the last section
	of the S.E.A.L. Track.
	Jul 1 - 6:30pm; Jul 2 - 12:30pm
	Ep 10 - Banubanu
	Bremer Island lies only 9kms offshore from Nhulunbuy. Small in size, but for the vacation
	of a life time, this spot has it all and more!
	Jul 5 & 8 - 6:30pm; <mark>Jul 6 - 11a</mark> m; Jul 7 - 3pm; Jul 9 - 12:30pm
	Ep 11 - Nhulunbuy's Beaches
	After driving 700kms from Katherine, most travellers stay a night in Nhulunbuy, refuel, and return the way they came, never knowing the sensational beaches only a stone's throw
	from town.
	Jul 12 & 15 - 6:30pm; Jul 13 - 11am; Jul 14 - 3pm; Jul 16 - 12:30pm Ep 12 - Cape Arnhem – FINAL
	Special Permits are required to venture out to Memorial Park, and the breathtaking Cape Arnhem. A small amount of paper work but worth the effort as you'll see in the final
	episode for the Explore East Arnhem Land Series
	Jul 19 & 22 - 6:30pm; Jul 20 - 11am; Jul 21 - 3pm; Jul 23 - 12:30pm
Woodworking Masterclass-	Steve has been a Woodworker/Fine Furniture Maker for over 30 years. He covers many
Plate Rack Ep 6	aspects of Woodwork and Fine Furniture Making as well as DIY projects including Tips,
Plate Rack Ep 6	Tricks and other Woodworking Techniques.
	Jul 1 - 7pm; Jul 2 - 1pm
You Can Make a Difference	You Can Make a Difference to Customer Relations for People with Disabilities
	This 15 minute program has been developed to improve customer service for people with
	disabilities. It will help will equip your customer service staff with the necessary
	confidence and skills to respond effectively to customers with disabilities. It is just as
	important to get this right with customers with disabilities as with any other customer.
	For more information on Disability Access and Inclusion visit:
	http://www.disability.wa.gov.au/business-and-government1/business-and-government/ Jul 10 to 15 & Jul 17 to 22 - 10:30am & 2:30pm; Jul 16 & 23 - 2:30pm

#### Westlink TV is now on Facebook!

It would be great if you could



our page and join Westlink's Facebook community

