

THE AUSTRALIAN Women's Weekly

FEBRUARY 2017

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EXCLUSIVE

At home with **QUENTIN BRYCE**

What's next for the mum of five, granny to 11 and Aussie trailblazer

Exclusive

MUCH-LOVED STAR REVEALS

'Reunited with the baby I gave up 50 years ago'

Real life

Growing up in a cult and how I escaped

Chilling crime

Meet Australia's most dangerous woman

VALERIE TAYLOR

I survived three shark attacks

Inside
Miranda Kerr's
controversial family wedding



Oprah's *secret*

'How I beat yo-yo dieting - and you can, too'

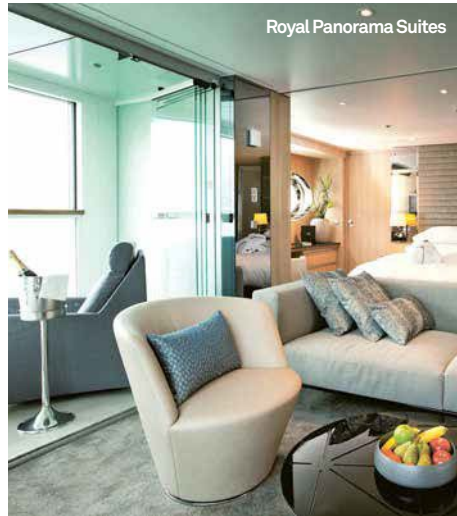
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There's something amazing about Australian women. Sure, it's hard to generalise about 12 million individuals who come from all corners of our wide brown land, but I think there are traits beyond the global female values of love, family and sisterhood that Aussie women share: a sense of humour in the face of challenges; a fierce loyalty to friends; pride in the value of honest hard work; a certain pragmatic, determined get-on-with-it stoicism in tough times. We have our faults, too, a reluctance to prioritise ourselves, a generous dose of stubbornness (my husband is no doubt nodding vigorously at this. It's the flipside of determination, I say!) and, let's face it, we could probably do a better job as a nation of celebrating our high-achieving sisters.

What evidence do I have for all this? Well, we have a brilliant research team at *The Weekly*, who merrily spout impressive statistics willy-nilly (don't stand still in the office kitchen if you don't want to hear them). Numbers that tell us facts such as where you live (65 per cent live in the city and suburbs), your education (mostly university educated) and your marital status (64 per cent married). Studies tell us you're also social, optimistic, down-to-earth, engaged in the world and very, very busy.

That's all very handy, of course, but it's only the outline of the picture, the black lines that sketch us. The person who can tell us most about Australian women and what makes them special is you. Your letters, your reactions to our pages and, most of all, your stories. For more than 83 years, every issue, every interview, every story you share with us fills in the colours to paint a rich and beautiful picture of Aussie women. And this issue is no exception.

Who better demonstrates our humour under pressure than Julia Morris



The Weekly's Editor, Julie Rieden (below, right) at the Brisbane home of Dame Quentin Bryce. In our exclusive interview, the former Governor-General talks about her family life and reveals her future plans.

(page 14)? Or pragmatic strength and stoicism in the face of personal challenges than Anne Phelan and Sandra McInerney (page 38)? And for determination and honest hard work, you can't go further than our former Governor-General, the inspirational Dame Quentin Bryce, who generously welcomed us into her home and family to share her story this month (page 24). With

one woman killed by a current or former partner every week in Australia and one in four of our children exposed to domestic violence, Dame Quentin's work to prevent and support victims is vital. Rest assured, she isn't sitting in a drawing room talking about it. She's out there on the ground, engaging with the problem and applying her brilliant mind to practical strategies to solve this heartbreaking epidemic and force governments and the community to act now. As if that isn't enough for the 74-year-old grandmother of 11, she is also the patron of our Women of the Future campaign, which kicks off again in coming months. (See? We're celebrating Aussie women. Who says we're not working on our faults, too!) Speaking of which, if you've been neglecting your own health and fitness, we hope you find some help in our Body Special to make 2017 your most energetic and positive year yet.

And if you can, please try to find a moment to pat yourself on the back this month and take some pride in all the wonderful characteristics that make you an Aussie woman. All of us at *The Weekly* think you're amazing.

Kim

Kim Doherty
Editor-in-Chief

Email me at awweditor@bauer-media.com.au
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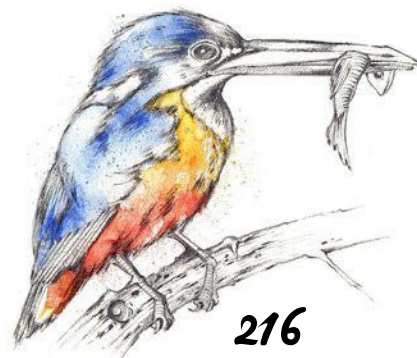
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Don't miss

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Pearl of wisdom

Turn your face toward the sun and your shadows will fall behind you.

Maori proverb

Sent in by **J. Cooper, Padstow, NSW.**

The winner of our Pearl of Wisdom this month wins a 12-issue subscription to *The Australian Women's Weekly*, valued at \$83.80.



COVER:

DAME QUENTIN BRYCE

Photography by Corrie Bond.
Styling by Mattie Cronan.

WRITE TO US

Letter of the Month wins \$100. Your postal address must be included in all correspondence. Please state clearly if your letter is not for publication. See Contents for the location of Bauer Media Limited's Privacy Notice.

Letter of the month

I was 15 when my father, Bryan Knight, was killed at Granville, travelling to work (*Tracks Of Our Tears*, AWW, January). My family, like most families and injured survivors, received no financial compensation. Most of those who did received paltry sums. We didn't receive counselling, nor did the rescuers, many of whom suffered long-term post-traumatic stress. As the article pointed out, what made this event so shocking was the fact that it was entirely preventable. Painstaking research by ambulance officer Barry Gobbe revealed a wheel was reported as defective yet was permitted to travel another 45,000 kilometres before jumping the tracks. When Parliament resumed in 1977, there was no minute's silence, not even a mention. At the 40th anniversary on January 18, we will gather to remember the 83 who died. The NSW state



government has promised to issue a public apology this year. A token but important gesture on behalf of the Wran government of 1977 for its neglect, for which it was never held accountable.

Meredith Knight, Secretary/Treasurer, Granville Train Disaster Association Inc.

Accepting past choices

The story on Tziporah Malkah (*Tziporah Malkah's Tell-All Interview*, AWW, January) could not have come at a more poignant time. Struggling with many of the things she spoke about, I too am older (43) and trying to be kinder to myself about accepting choices I made in the past. This morning on the bus to work I was feeling tortured and in angst on how to just "be" and accept myself for who I am. Tziporah's frankness gave me hope. Hearing others' stories that I can relate to is so helpful. Thank you for sharing, Tziporah.

Name and address withheld.

Beautiful birds

In your latest issue, as usual I went first to Pat McDermott's "family matters", which always makes me smile. How thrilled I was to then flick a couple of pages and see the beautiful bird illustrations (*Astrology Special*, AWW, January,

with illustrations by *The Weekly's* Deputy Art Director, Kristy Allen). Lovely work.

M. Whatman, Revesby, NSW.

Good enough for Ita

Ita is one of my favourite Australians (*Ita Buttrose At 75*, AWW, January). My favourite piece of advice was that it was okay to eat the froth off cappuccino with my teaspoon. I was brought up to have good manners and always longed to eat the froth while sitting in a cafe, but didn't. However, when Ita said it was okay, I thought, "Great, I've got permission to do so!"

L. Morrissey, Strathdale, Vic.

Still going strong

I have been cooking your sausage rolls ever since they appeared in *The Weekly* in 1975. This year, I took them to a Christmas party, where they were a big hit.

L. Stephens, Toowoomba, Qld.

Acknowledgement of Country

The Australian Women's Weekly acknowledges the Gadigal people of the Eora Nation as the traditional custodians of the place we now call Sydney, where this magazine is published. *The Weekly* also pays respects to Elders past and present.

In the news

Crown Princess Mary, Michelle Obama, Meryl Streep and the Queen - we check in with women we admire around the world.

Crown Princess Mary's twins turn six

The Danish royal family has celebrated its precocious youngest members with the release of new portraits of Princess Josephine and Prince Vincent for the twins' sixth birthday.

Crown Prince Frederik and Crown Princess Mary were blessed with the arrival of the two tiniest royals on January 8, 2011. Josephine, who is younger by 26 minutes, has since proven a playful character, who often steals the limelight from her more reserved brother.

The next family birthday celebration will be for Crown Princess Mary, who turns 45 on February 5.



ABOVE: The official portrait of the little Danish royals. **RIGHT:** Their mum, Crown Princess Mary, on New Year's Eve this year.



PICTURE MEDIA / PERNILLE RONDE / PR FOTO, GETTY IMAGES

Meryl Streep hits out at Donald Trump

When you're Meryl Streep, you can say what you like and she did just that at the Golden Globes. Meryl spoke in defence of diversity and freedom of the press, and criticised US President-elect Donald Trump, "Disrespect invites disrespect; violence incites violence". Trump's response was swift and predictably on Twitter: Meryl was "overrated". A Twitter storm ensued, with her admirers defending her outspokenness and her award for lifetime achievement.

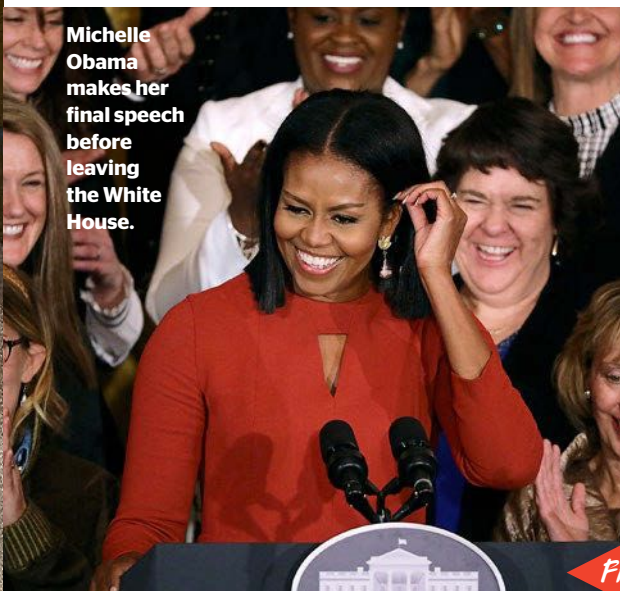


Meryl Streep making her Golden Globes speech in January. LEFT: Meryl parodied Donald Trump in 2016.



"Young people, don't be afraid. Be focused. Be hopeful. Be empowered ... Hope is what moves this country forward every single day, the hope that hard work inspires." **MICHELLE OBAMA**

Michelle Obama makes her final speech before leaving the White House.



The First Lady says farewell

US First Lady Michelle Obama marked her final days in the White House with a tearful pledge to devote the rest of her life to American youth. She appealed to young people to focus on getting the best education they can. "For all the young people in this room and those who are watching, know that this country belongs to you," she said, her voice faltering during an emotionally charged speech. "I will be with you, rooting for you and working to support you for the rest of my life."

Final speech



Queen Elizabeth II achieves a record reign

On February 6, Queen Elizabeth II becomes the first British monarch to celebrate a Sapphire Jubilee, marking a 65-year reign. Sapphire blue is a colour favoured by the Queen. In fact, a cherished piece of her jewellery is a sapphire and diamond necklace, a wedding gift from her father, George VI. That wedding day will also be remembered in November, when the monarch, who will be 91 in April, and Prince Philip celebrate their platinum (70-year) anniversary.



Queen Elizabeth's Sapphire Jubilee will be celebrated "modestly".



Julia Morris has come a long way from Gosford, NSW, having performed with comedy royalty, been nominated for Logies, won a singing contest - living by the motto, "I'm mad for it!"

Julia Morris gets her mojo back

She had everything – a stellar career, happy marriage and two healthy kids, so why was Julia Morris so angry? Despite her high-octane life, the comedian had lost her sense of humour. **Samantha Trenoweth** reports.

PHOTOGRAPHY ● PETER BREW-BEVAN STYLING ● JACKIE SHAW


Menopause was driving comedian and TV presenter Julia Morris nuts: “Nuts, I tell you!” She can laugh about it now, but 18 months ago, she felt absolutely overwhelmed.

“I was thinking, I’m in an amazing job, I have a happy marriage, I’ve got healthy, happy children, I feel like I’m heading towards my career apex, so why am I furious all the time? Furious!” she says.

Julia was furious with her husband, with her kids, with friends and colleagues, with other drivers on the

road – especially with other drivers on the road. “If I let someone into traffic and they didn’t wave, I just wanted to follow them home and bash them to death. Make no mistake, that’s how I felt.

“If I’m honest, the problem wasn’t simply menopause,” admits the 48-year-old mother of two. “It was overload ... and a little bit too much of the high-octane life. It was partly an adrenaline thing and partly a fear of losing control. I’ve never really thought of myself as a controlling person, but I must have become one while I wasn’t looking. »

A woman with dark hair, wearing a black long-sleeved dress and blue tassel earrings, is sitting on a pile of dark, mossy rocks. She is smiling broadly, showing her teeth. Her left hand is on her hip, and her right arm is extended outwards. She is wearing black strappy high-heeled sandals. The background is filled with lush green plants, including large spiky leaves and small succulents. The ground is covered in reddish-brown gravel.

“It was a quick
turnaround from
fury to being so
much happier.”

As you have more success, there's more to lose and unconsciously, I think, you become more controlling.

The "high-octane life" took hold when Julia first tried juggling two major TV projects simultaneously, playing Gemma Crabb in the drama series *House of Husbands* and hosting *Australia's Got Talent*, back in 2013.

Two years later, she added *I'm A Celebrity ... Get Me Out Of Here* to the mix. With its long stints filming in South Africa, the emotional and professional pressures then ramped up spectacularly. "I was trying to be best mumma, best comedian, best colleague, best everything," says Julia.

Today, however, sitting in the shade of a Moreton Bay fig, looking out across Sydney Harbour, Julia couldn't appear more relaxed. She has spent the morning trudging through jungle for a photo shoot. Nothing was too much trouble. Clambering over rocks in heels? No problem.

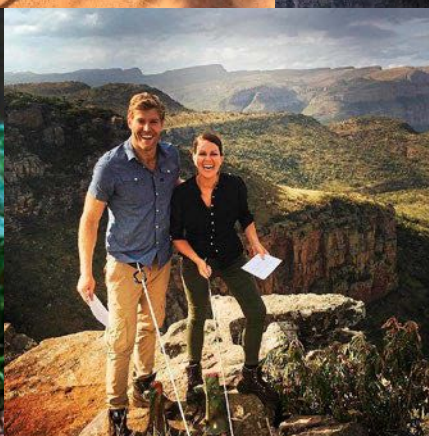
Wading into that sea of venomous spiders' webs? Sure. So, what's changed? Where did this new happy-go-lucky Julia Morris come from?

"A friend suggested I try cognitive behavioural therapy [CBT]," she explains, cheerily. CBT is a results-driven school of psychotherapy that helps change habitual thought patterns and behaviour. "It saved me," she says. "Having felt out of control, I've now relinquished control and I feel so much better. Who knew? It was a very quick turnaround from fury to being so much happier. I'm evangelical about it. It's like my new religion."

Julia's husband, TV producer and comedian Dan Thomas, and their daughters, Ruby, 10, and Sophie, eight, have been happy about the turnaround, too.



Julia and her *I'm A Celebrity* co-host Dr Chris Brown on the set in South Africa's Kruger National Park.



overwhelmed by my own fury."

The scandal

The therapy also clocked in just in time to help Julia keep her cool in the face of allegations that her flirtation with *I'm A Celebrity* co-host, Dr Chris Brown, was sexual

"I'm much more patient," she confesses, "and better at spending not

just time together in the same room, but actively doing something that the girls will enjoy. A friend suggested that I ask the girls what they'd most like to do, then take each of them out of school for a day and do it. Ruby wanted us to hang at home and give each other crazy makeovers. Then she wanted to fill the bathtub with soft toys – no water – and sit in there.

"Sophie wanted to go ice-skating, which I'd never tried. I hired a big seal-shaped Zimmer frame. Can we just say it wasn't *Ice Castles*."

The most rewarding aspect of those days for Julia was seeing that "the girls didn't want big, flashy things. They just wanted to look in my eyes and do something. It's been amazing to reconnect properly with the family this year, rather than feeling lost and

harassment. The allegations were made not by Dr Chris, but by a variety of tabloid, social media and FM radio commentators on a slow news day. Even so, it took a dose of CBT-infused calm for Julia to refute them without blowing a fuse.

"There were comparisons made with the young woman [sports reporter Mel McLaughlin], who was hassled by the pervy cricketer [Chris Gayle]," Julia says, aghast. "How can you draw a comparison? Dr Chris doesn't feel put upon, he's not scared, I don't touch him inappropriately and I'm not in his space. He is a big, strong, smart man and I feel like I treat him with nothing but respect.

"Also, those jokes are written collaboratively. They're written by two incredible scriptwriters [Matt Lovkis and Michael Ward] and Chris and me. Every day, it's a party of four. If Chris found any of it offensive, he would have no trouble telling us. He's a scientist – he's not an idiot." »

Chris is also quick to defuse the controversy. The duo's on-screen dynamic "is built around a deep respect for each other and an even deeper desire to surprise each other and make each other laugh," he says.

"Julia provides this wall of energy that we ride like a wave during that 90-minute live show. You're on your toes, throwing in turns and cut-backs, and having a ball. When we come off air, we're not really sure how we got to where we did, but there's been a lot of adrenaline and a lot of laughs."

The adrenaline and laughter leaven what might otherwise be long and gruelling days in South Africa's Kruger National Park.

Filming involves months spent away from home and family, and "it's not great on them", Julia admits. "My girls understand it better now, but when they were younger, it didn't make sense to them. We Skype every day. Sometimes, they're more interested than others and I can't allow myself to feel sad or hurt if they're not missing me too much. They're kids and they have other things going on, and I don't want them to be unhappy. Luckily, Dan is willing to take on the home role while I'm away and keep a proper ballast."

The hours Julia spends on set don't allow much time for pining. She and Chris are up before 4am every morning, working on scripts with the show's writers and their director, Peter Lawler, whom she describes as "a great Svengali of hilarity". She and Chris are on set by seven and then head out to the jungle to watch celebrities get up close and personal with the wildlife. By the time Chris and Julia are delivered back to their safari pad, the sun is setting behind umbrella thorn trees,

wild animals have gathered at the waterholes for aperitivo hour and "we're so empty neither of us even knows how to speak".

"They're brutal days and I'm not a young woman – I'm in the sheets by 7pm," Julia quips. Yet she wouldn't have it any other way. "The working-class girl in me always wants to be working because I love it. I'm happy when I'm working."

Talking politics

Julia Morris is a working-class girl from Gosford, NSW, with an impressive Irish working-class family tree. She learnt last year, while making an episode of SBS TV's *Who Do You Think You Are?*, that her great-grandfather was a speechwriter for NSW Premier Jack Lang. "I always knew that I came from a big Labor family – and we've been outed now," she says, laughing. More surprising was the revelation that her maternal grandfather was a member of a secret society of Irish nationalist rebels.

Julia's mother, who turned 80 last year, had never understood why the church was "heaving with people" at her father's funeral and why his coffin was draped in the Irish flag. "He died young and Mum knew very little about him," says Julia. "She thought, 'All this for a tram conductor?'" Julia and her mother were "emotionally overwhelmed" by the revelations. If Julia were to carry on the family tradition and hatch her own revolution, she says, it would be "a revolution of kindness".

"People forget about kindness. They're too busy," she says. "Comedian Kate Langbroek once said, 'I'm not sure what my children will turn out to be, but if I've raised them to be kind people, we're on the right track.' I've always remembered that."

Julia would also like to institute a revolution of research. "Look at the state we're in politically," she says, sounding like a chip off the great-

grandfatherly block.

"How did those people get elected? It makes me want to go into a corner and cry. We need to do research before we vote, and people who make statements at

dinner parties could get a back-story, too. A revolution of kindness and research would ease our fury."

Julia likes to keep her revolution and her comedy separate, however. "I don't want to teach anybody anything," she insists. "I don't want to preach."

She has been dabbling in some scriptwriting lately, with her close friend, Louise Siversen (Miss Looby in *House Husbands* and long-ago Lou Kelly in *Prisoner*), whom she describes as "a silky, brilliant actress" and a darned good writer. Julia isn't ready to share too many details of the work in progress yet, but she confesses that it is well underway.

"It's getting to a stage now where I can see it – I can see shots – so it's exciting," she says. "From the shape it's taking at the moment, I think it could easily be a television series or it may even be a motion picture. The idea is strong. There are two girls at the helm and we're two girls who have many different facets, so joining them together is lots of fun. Louise says, when she looks back at her notes, it's like they've been taken by someone on acid ... It will be hilarious, but, right now, it still needs a bit more tickling." **AWW**

I'm A Celebrity ... Get Me Out Of Here begins on Network Ten, Sunday, January 29, and Julia's *Lift and Separate* stand-up show tours Australia in May and June.

“I’m not young – I’m in the sheets by 7pm.”



RIGHT: Julia and her husband Dan Thomas on the red carpet in Melbourne in 2014.





OPRAH'S FARM



[The body special]

Oprah Winfrey

How I beat yo-yo dieting

After a lifetime of battling weight, **Oprah Winfrey** has discovered the secret to eating what you want and staying healthy and happy. Here in an emotional extract from her book, she shares her epiphany with *The Weekly*.

Maya Angelou, my wonderfully wise mother-sister-friend, once said, “When you know better, you do better.” Well, I thought I knew all there was to know about losing weight. Over the years, I’d interviewed every expert, I’d tried every diet. For one brief moment, back in 1988, it seemed like I’d found the secret: after a four-month liquid diet (which is a nice way of saying “fast”), I practically leapt onto the stage of my show to reveal my brand-new body in a pair of skinny minnie Calvin Klein jeans. To prove the point, I hauled out a little red wagon loaded with actual fat representing the pounds I’d starved myself to lose.

And then – no pun intended – fell off the wagon. As, of course, I was bound to do, I started eating again. I lied to myself. I broke promises to myself. I beat myself up. I let myself down. I felt like a spectacular failure.

And the worst part was I did this over and over again. My lowest moment came the year I was afraid to win an Emmy; I couldn’t stand to think how fat I’d look to all the pretty

soap stars in the audience if I had to waddle up to the podium. It didn’t matter that I’d be wearing hand-tailored couture. In my mind, to my shame, I’d be dressed in fat.

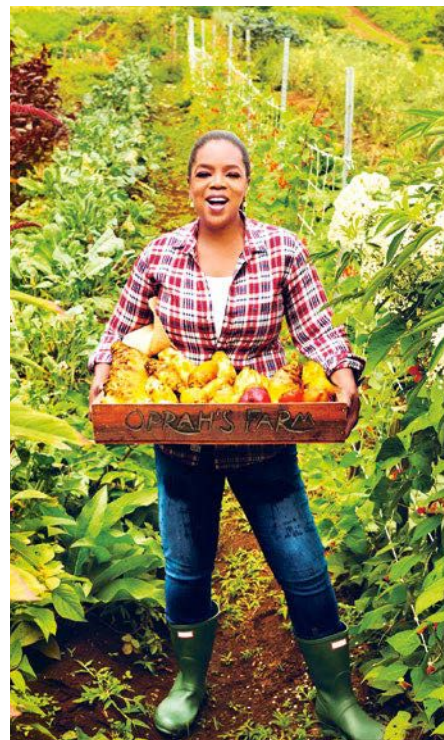
If Maya were here right now (and, as I sit writing this, I like to believe she is), I’d say, “OK, if anyone knows better when it comes to dieting, it’s me. So how do you explain my endless struggles with weight? Why is it that, with all this experience and information, I haven’t done better?” My guess is she’d probably smile and, in that commanding voice unlike any I’ve ever heard, she’d say, “Well, my dear, when you’re truly ready to know, you will”. And, as usual, she’d be right.

You can tell yourself to eat less and move more, you can cut down on carbs (so long, lasagne) and salty snacks (goodbye, Mr Chips), you can practise portion control and begin the day with a balanced breakfast – at this point we all know the drill. But it’s one thing to be able to recite the rules of dieting and quite another to fully internalise and know the truth of maintaining a healthy weight.

The reality is that, for most of us, diets are a temporary solution at »



Oprah has reframed her relationship with food and dieting. "Food is supposed to be about joy, not suffering," she says.



“When you eat consciously and well, you feed your body and your spirit.”

best. They last as long as our willpower holds out. But how long can any of us hold our breath before we need a gulp of air? I've fallen into every trap, from "The diet starts first thing Monday morning" to "I'll have the cheeseburger and fries with a diet soda, please". Yes, I've made every excuse in the book.

That's where I was in the summer of 2015 when Weight Watchers called. Seventeen pounds beyond my already steadily overweight weight. And yes, you read that right – Weight Watchers actually called me!

For years, my daily prayer had been, "Lord, what should I do next? I've tried everything already. Twice." So I not only took the call from Weight Watchers, I decided to take it as the answer to my prayer. The call came and I was ready to listen. Something inside me shifted. The need to see a

certain number on the scale, to wear a specific size, had somehow fallen away and released me. How exhilarating to suddenly think I might be able to stop being a slave to yo-yo dieting, that I might be able to live freely and independently, eating the way I chose in order to fuel my life! I could be free from the burden of stressing out over what to eat next, free from the guilt of regretting what I'd just eaten.

Somewhere buried beneath the decades of trial and error – the seesawing between fat and fasting, feast and famine, the shame and fear and frustration – was a belief that I could find balance and satisfaction with food without having to declare war on myself. I dreamed of detente, of eating with pleasure, ease and maybe even a hint of joy.

For most of my life, emotional eating has been my negative

behavioural hot button. I've only recently learned to process and not repress with food whatever I'm experiencing that's uncomfortable. All the years when my regular routine included taping at least two and sometimes three shows a day, people would ask how I managed the stress and I'd say, "I don't feel stress". I never felt it because I ate it. Just the slightest inkling of discomfort – a phone call I didn't want to make, an encounter that might result in a less-than-pleasing outcome – would have me reaching for something salty or crunchy and feeling immediately comforted and soothed.

Unwanted emotion triggers unwanted behaviour. Now I've learned to do so much better. I not only feel what I feel when appropriate, I speak it out loud. When I have to make a hard decision, I lean right into it, rather than

procrastinating and burying stuff that later shows up in my thighs. For sure, it's a new way of being.

This new consciousness extends to how I eat – and this is where Weight Watchers has been so helpful. It's a really effective tool for being more aware of the food I put on my plate and in my mouth. It's not a diet. You can eat anything you want – and I do. I use the point system like a game. I get 30 points a day to play with as I like. The healthier my choices, the more plays I get.

As long as I can remember, I've been the kind of person who wants to share the things that make life better. When I come upon something useful, something that brings me pleasure or comfort or ease, I want everyone else to know about it and benefit from it, too. And that is how my new cookbook, *Food, Health and Happiness*, came to be. It's part of my life story – the lessons I've learned, the discoveries I've made – told through food.

What I now know for sure: food is supposed to be about joy, not suffering. It's meant to nourish and sustain us, not cause us pain. When you eat consciously and well, you feed your body and your spirit. And that makes all life more delicious!

When I decided to write this book a while back, I took a long look at myself in a full-length mirror. From the top of my ponytailed head down to the bunioned feet I inherited from my father, I just stood very still, very naked, staring in the mirror.

Pretty soon a quiet little mantra emerged: Thank you. Thank you. Thank you. I began thinking about all the times I've been so critical, so judgmental of this body that has carried me through nearly 63 years. Thank you, I said. Thank you for allowing me, as the old folks used to say in church, to wake up clothed in my right mind. Thank you. Thank you for shoulders that are sturdy and knees that still work.

Thank you. Thank you for allowing me to walk and to stand, and to make myself fully awake. And thank

you for letting me share that hard-earned consciousness.

As for food, I eat breakfast, lunch and dinner, and allow for two snacks. I track my points. I try my best to remain consciously in the game – mindful of what I'm eating, thinking and doing. I weigh myself periodically, but I'm focused on life beyond the scale. I've lost over 40 pounds since I started Weight Watchers. Maybe it'll be 50 by the time you read this, or maybe it won't. I no longer have a target weight I'm desperate to hit or a destination I'm rushing to reach.

These days, my goal is a lot more worthwhile: to end my battle with weight without feeling guilt or shame, without the critic in my head hissing, "You blew it!" I embrace my practice of counting points as a tool to help me reframe my attitude, redirect my

thinking and reform my old habits. I hold myself accountable, but I don't take myself too task. I'm stepping up and out of my own history and into the light of self-awareness, acceptance and love. I'm moving forward with better health and a happiness so deep and rewarding that I have a new favourite word for it: contentment.

I finally get to make peace with my story of food. And I wish the very same for you. **AWW**



This is an exclusive edited extract from *Food, Health and Happiness* by Oprah Winfrey, Pan Macmillan. For recipes, see page 148.





“ I left
there very
happily. I was
ready to come
home. ”

Dame Quentin Bryce, her husband Michael and eight of their grandchildren (from left), Ellen, Charlie, Lauren, Alexandra, Isla, Lucinda, Claudia and Teddy, photographed at the Bryces' home in Brisbane.

[Exclusive at home]

Dame Quentin Bryce Pioneer, role model & our granny!

In an extraordinary interview, Dame Quentin Bryce, mum of five, grandma of 11 and one of our most powerful women, talks to **Juliet Rieden** about life after being Australia's Governor-General and her new quest.

Dee Dee. Where's Dee Dee?" Lauren Bryce bellows as she storms into Grandma's house, galloping through each room until she finally spies her target and launches herself into the arms of Dame Quentin Bryce. Lauren, an angelic seven-year-old dynamo – minus her two front teeth – and her little sister Ellen, four, are the first to arrive for *The Weekly's* photo shoot.

Soon six more of the Bryce grandchildren arrive, including head of the clan, willowy Alexandra Browning, 17, and her twin sisters, Lucinda and Claudia, 13, the three offspring of Quentin and Michael's eldest daughter, Revy, then Charlie, six, who musters a perfunctory kiss on Grandma's cheek when cajoled – he's the son of youngest Tom Bryce – and Teddy, four, and Isla, two, the babies of the throng, who are middle son »

PHOTOGRAPHY ● CORRIE BOND
STYLING ● MATTIE CRONAN

“Michael took
on the role of chief
enabler for Quentin
to shine.”



Rupert Bryce's children. Lauren and Ellen are eldest son Jack's daughters. Not here are Rupert Parkin, 15, Georgette Parkin, 14, and Clementine Shorten, seven, younger daughter Chloe Shorten's trio, who live in Melbourne and are apparently put out they're missing out on the fun.

You would think that it would be utter mayhem, with eight kids, grandparents, mums, dads and a photography, hair and make-up team, but with Grandpa, otherwise known as Bop Bop, organising – sorting drinks, plating snacks, washing up – it's surprisingly civilised and ordered.

Alexandra tells me that Quentin's nickname "Dee Dee" derives from GG for "Groovy Granny" (which could also be for Governor-General) and somehow the G morphed into a D. As for "Bop Bop", nobody knows. While they're definitely a rambunctious mob, manners and a delightful politesse are part of the Bryce brood's DNA, influenced, I suspect, from the top – GG herself.

Evidently, there's a look Dee Dee shoots when she's expressing displeasure. "We all say, 'Did you see that? Dee Dee just gave me the look'," Quentin's daughter Revy Bryce-Browning explains with a chuckle, "Now my Alexandra's got the look, too."

It's a moment of satirical family comedy, which also offers an insight into how Quentin Bryce manages to persuade powerful – more often than not men – to readdress their actions and policies. That look, I suspect, has moved mountains in her current work chairing Queensland's Domestic and Family Violence Implementation Council and Task Force (see page 33).

It's no coincidence that Alexandra is now a keen perpetrator of "the look". Quentin's close bond with her eldest granddaughter is elemental. They share the same passionate interest in what's wrong with the world, the same need to jump in

and get involved. Alexandra already has a deep-seated social conscience, her mother tells me. "She was the only grandchild who was born pre-public life," muses Revy. "She had a full three years' connection [with Quentin]." Subsequently, once in public life, it was Alexandra who saw her grandmother in action. "She was always called 'the date'. 'Can I have the date? [Quentin would ask,] Can I have her tonight?' She knew every Premier."

Today's photo shoot is pertinent because it's a visual representation

grandchildren growing up. So it's nice to get back to them," he explains.

The sociable 78-year-old oozes charm in an old-school gentlemanly fashion, but he's also, daughter Revy tells me, a natural feminist, which I suspect is the foundation to a "truly happy marriage", which he says "has been totally without any blemishes".

On a practical level, Michael is the yin to Quentin's yang, the measured, list-making planner to the take-things-as-they-come-and-always-say-yes over-achiever.

"Michael was the anchor," explains Quentin's best friend, Wendy McCarthy, who, alongside her own work as one of our most prominent women's rights campaigners, has been a second mum and grandmum to the Bryce children, stepping in when Quentin's work called her away, which was quite a lot.

"Michael is very astute. He smoothed all the edges. Michael took on the role of chief enabler for Quentin to shine, which is a wonderfully generous thing for a partner to do," Wendy says.

Marrying young

Quentin was 11 when she first met Michael, then 15. She was his little sister's friend and Quentin's older sister Diane was in the same class as Michael at school. "She was an

ankle biter for me then ... I was more interested in her sister," says Michael, with a cheeky grin. "I'd go [to their house] when he was having parties. They used to play games like Spin the Bottle and we would spy on them. We were still little girls," recalls Quentin.

Yet, when the two crossed paths at university, Michael then an architecture student with a snappy line in "blazers, tweed jackets and stylish suits" and Quentin a 19-year-old Arts graduate on her way to study law, it was a very different story.

"We were at the Broady, which is the Broadbeach Hotel near Surfers Paradise, and it's New Year's Eve," »



"Dee Dee" keeps a close eye as her grandchildren enjoy the swimming pool in the front yard of the Bryces' home.

of Quentin and Michael's return, not just to Queensland, where they were both born and raised, but to the bosom of their family, living a stone's throw from four of their five children.

Life after Yarralumla, after the challenges of public life and the Governor-Generalship, in many ways has been all about family, the beating heart of Quentin's world. "I left there very happily. I was ready to come home," Quentin tells me, calmly.

Certainly, the move back to the familiar community of Indooroopilly, where the couple first raised their children, sits well with Michael. "We missed out on all the new

says Michael, grinning. "I can remember the glass [picture windows] and the sea is out there. Then this skinny girl with her hair sticking out because her hair goes frizzy when she gets in the surf, and it's bleached and she's tanned because she just tans like that ... she walks past. And that's the moment when I thought, 'I'm going to have that girl'."

On the wall in the study is a glorious photo of Quentin at that time and Michael's description is spot on; she's absolutely stunning, a picture of sun-kissed youth and vitality (Quentin is still a mad surfer). It's no wonder he was so smitten.

For Quentin, the sparks took a little longer to ignite. Raised with three sisters and then attending an all-girls' boarding school had ill-prepared her for dating. "We used to have the odd school dance at Moreton Bay [College], but boys were just a foreign race," she says.

Her initial reaction to Michael was that, though not drop-dead handsome, he was "quite nice looking and there was some ease in the fact that there was a family connection," she says. "He was five years older than me and seemed quite glamorous and sophisticated."

Quentin agreed to go on a date. "We clicked," says Michael. "From then, I couldn't think of anything else. It just obsessed my life, wanting to see her, and I didn't know whether she was going, 'Oh, my God, he's rung again!'"

My mother was "very protective", says Quentin. "It was a huge thing for mothers in those years, when there was no sex education really. It was always the great anxiety that the girl didn't get pregnant. Mum kept a pretty close eye on when we left and when we came home. And there were a lot of very cruel things for girls, too, who did become pregnant. Dangerous abortions." Quentin says she did know of girls in that situation and recalls "some tragic consequences".

Michael can't remember how he proposed, but Quentin recalls, "It

was all a bit nerve-racking when he was going to ask my father."

"He was fine," says Michael.

"It was the mother."

"My mother was not very pleased," Quentin concurs. "She thought I was too young, she was worried I wouldn't finish my course. She wrote to him in later years about that. She really thanked him for being such a good son-in-law to her and it was sort of an apology for trying to persuade him that we shouldn't get married."

Yet Michael has always felt there

was a knockout ring, but, alas, it never made it to the wedding. "I was working at the time in an architect's practice in Fortitude Valley. Quentin came in and she's sitting in the foyer, but all along she knows she's just lost her engagement ring. Poor girl. Before she came to see me, she went to the toilet in the department store, but not being used to a ring, took it off, washed her hands, forgot the ring, went back – the ring was gone! We replaced it, but it wasn't the same."

They had a traditional wedding in Brisbane's St John's Cathedral, "with beautiful bells", recalls Quentin, who at 21 was walked down the aisle by her proud father. "Her father was a real bush gentleman," says Michael.

A country childhood

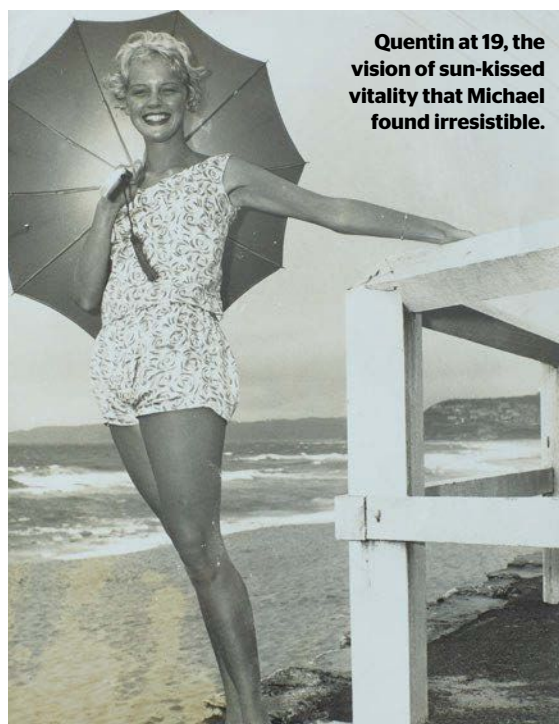
Life was about to change forever, but, despite a sheltered childhood, Quentin was prepared. Naida was the strict matriarch of the Strachan household and a role model to her four daughters. The family lived in Ilfracombe, a tiny Queensland bush town of 200, where Norman Strachan managed wool scour factories. As a former teacher, Naida home-schooled first Diane and then Quentin.

"I look back on it with enormous affection. For me, what I remember is the freedom and the space," says Quentin.

"My earliest memories are about books and listening to *Kindergarten Of The Air* on the ABC."

The sisters and children from the local families were all very close and community was everything. Diane was the bossy eldest, with a five-year gap between her and Quentin, and then Revelyn and Helene much closer in age. "Between my elder sister and me, my mother had a baby boy who died very early," says Quentin.

Diane vividly remembers their baby brother dying and their mother's silent grief. "It was very traumatic for my parents and awful for her [Naida]. She had very sad memories on and off through her life." »



Quentin at 19, the vision of sun-kissed vitality that Michael found irresistible.

was more to it, that Naida Strachan didn't think he was good enough for her smart daughter, for whom she had aspirations well beyond the traditional housewife.

"I don't think Mother wanted any of us to get married," Quentin's eldest sister, Diane Craddock, tells me. "I think she had difficulty relinquishing us to anybody who wasn't just tickety-boo. She was a perfectionist."

Michael was undeterred and, ever the romantic, bought a fabulous engagement ring. "It was quite a large ruby and I had it made to my design," he says. "I'd picked the stone, which was a Burmese pigeon blood ruby and then I had it set." Michael recalls it

*“At 16, I knew
I wanted to change
the world.”*



Yet the loss was never talked about at home. “My mother was born in 1911, my father was born in 1899 and they were brought up as stoics. You never complained about anything,” says Quentin.

“I did ask her about it once, years later. I said, ‘How did you ever get over that?’ She said to me, ‘You get over it because you have to, but you never get over it. It’s like living on two planes.’”

Quentin is an old family name and she suspects may have been chosen by her mother while she was expecting, hoping for a boy.

While Naida was the “disciplinarian”, Norman loved to spoil his daughters. “He was adored by all of us,” coos Quentin.

“We had singing sessions around the piano and we learned to dance with Daddy, our little feet on the top of his,” recalls Diane.

“Meals were formal. No meal was ever in a hurry. Eating was when a family came together and, of course, in the country, you would have ‘dinner in the middle of the day’ and my parents would listen to the ABC, to *Country Hour* and the amount of rainfall and the price of cattle, and we had to be quiet,” says Quentin.

“Mum belonged to a generation of women who could do anything. I didn’t have a dress out of a shop until I went to university. In those years, she would make beautiful full-length ball gowns.”

Naida’s strict sense of propriety later influenced her grandchildren, too, says Revy. “She was always going on about the knives and forks, and the setting of the table. No matter where she was living, in the country, in the dirt, there had to be the silver and the polishing of that darn table, and writing thank-you letters.

“But now I see it – it’s all about how you treat others.”

Quentin went to her first school at eight and quickly realised her mother had taught her well. “I loved boarding school, too,” she says. “Someone said to me the other day, ‘Who was your roommate at boarding school?’ I said, ‘26 other girls, in rows, like Madeline.’



FROM TOP: Naida Strachan with her daughters (from left) Revelyn, Helene, Diane and Quentin; as one of the first women accepted to the Queensland Bar; with her dad on her wedding day in 1964; in '60s London.



We were in dormitories that were called Suffragettes, Paradise, Astronomers, Sunbeams. I was in Sunbeams and then I went up to Suffragettes and over to Astronomers, where you opened up all these big windows so you could see the sky.”

Achieving was never an issue for Quentin and her mother had imbued

her with the belief that she could and most definitely should fulfill her considerable potential. “At 16, I was quite studious and I just assumed – and I caught this assumption from my parents – that I would go to university. I think we were four lucky girls who had parents who were very committed to our having professions,” says Quentin.

More than this, she harboured a keen and rather lofty sense of personal duty to fix the world’s problems. “I remember being an altruistic young girl and thinking about changing the world. I won quite a significant essay prize and my essay was called – and this is such a high-minded title – *How To Foster Peace and International Understanding*.”

Diane says that her sister was simply a chip off the Strachan block. “I think we were all brought up to work hard, be very caring of other people and respectful,” she says.

At Queensland University, Quentin was in her element. When, in 1965 – the year after her wedding – she was one of the first women accepted to the Queensland Bar, the stage seemed set for an extraordinary legal future.

Yet Quentin never actually practised law. Instead, she became pregnant and took her last exams plagued with morning sickness. She says the baby was planned – sort of – and she and Michael never saw family as an impediment to their ambitions.

“I just assumed that it would all happen,” she explains. “There were other women who had careers and children. When you’re 22 and having your first baby, you don’t sit down and think these things through.”

London in the '60s

Jack was born in July 1966 and, in November, Michael and Quentin boarded a ship for England. “We

went to London with a four-month-old baby in our cabin,” says Michael, laughing. “We were in the thick of it there for two years – the Beatles, Carnaby Street – but we had kids and we had no money. Quentin was a stay-at-home mother and I was the one going to work.”

Michael worked for an architects firm and Quentin looked after Jack, and made friends while pushing the pram in the local park and soaking up London life. She cut her hair into an elfin crop, bought a “bunny rabbit fur coat”, hoarded luncheon vouchers for slap-up meals on Saturdays and went to as many galleries and operas as she could. She also became pregnant with daughter Revy.

They reluctantly left London two years later, Michael says, because of both their parents, who wanted to see the grandchildren. Little could they have known that they would be meeting the Queen in Buckingham Palace some 30 years later, with Quentin as Her Majesty’s Governor of Queensland.

Five children

When they returned home, Quentin continued her run of firsts, becoming the first woman to be appointed a faculty member of the Law School where she had studied. This was the perfect job, offering flexible working hours near to home and challenging work. The couple also had three more children.

So how did Quentin manage it all? She says it was the grandmothers, who were “fantastic”, but there were times when it did get too much. “They were hard times for her. I didn’t know that then,” admits Michael. “She wasn’t well. She wondered what it was – chest things – I suppose trying to make a home and make ends meet, without much money.”

Looking back, Quentin says that, though she did feel overwhelmed for a while, it was a lesson learned. “I learned about taking good care of myself,” she says. “I do remember being shrouded in doubt and anxiety about how would I ever get going again; how would I get up and recharge my batteries.

“We went to London with a four-month-old baby in our cabin.”



“Then Michael came in and said, ‘Come on, I’m taking you for a drive’, and I got into my dressing gown, into the car, looked up and thought, ‘The sky is still blue’. I feel evangelical about it now, about women having support and care, particularly in the time of a little family in formation.”

The couple went on to have a fourth and fifth child, and Quentin says she would have loved to have had a sixth, a little girl to even up the gender balance, but Michael put his foot down. “No way! We were lucky – we had boy, girl, boy, girl, boy. Then, the youngest one, Tom, got very sick and we nearly lost him,” says Michael.

“It was first diagnosed as leukaemia. He was so sick that he was in hospital and had to be looked after in a laminar flow cot, that is a bed that’s got plastic sides on it, so that no germs can get in.

“He was covered in bruises, if he just touched anything. In the end, we took him home to look after him because we expected he was going to die. Then, one day, there was a miracle. It actually wasn’t leukaemia – it was aplastic anaemia, a bone marrow deficiency.”

What glass ceiling?

Quentin’s climb from this point to the very top of the tree – to be the first female Governor-General – was extraordinary, but not surprising. En route, in 1978, while serving on then Prime Minister Malcolm Fraser’s National Women’s Advisory Council, she met Wendy McCarthy and the two “just clicked”, developing “the closest friendship”.

“We were both very resourceful and very resilient,” says Wendy. “Even then, we could see how you could do things in the community.” They were also both unapologetically bolshy. “We just weren’t going to cop it. We were the first

really significant cohort of university-educated women, so we had the anchor and security of being able to think and express ourselves.”

Opportunities came thick and fast and, generally, Quentin’s maxim was to never say no, using her close community to help pick up the slack raising the kids.

“They were children brought up in a village, who are pals today in their 50s,” says Quentin, proudly.

One of the most difficult decisions was when Quentin was offered the role of federal Sex Discrimination Commissioner, based in Sydney, in 1988. After long discussions, she »

decided to commute between Sydney and Brisbane, leaving Michael to look after the kids. It was the first time they had lived apart.

"It was a big move, a very big sacrifice, for her to move to Sydney. I think Dad was her rock," says Revy.

Yet that decision is one Quentin still wrestles with. "I look back and think about things I didn't do as a mother," she says. "You never stop thinking about your children and your mothering and grandmothering, things that you compromised on."

Did her family complain? "No, I think, really, the complaining has been inside myself with the guilty working mother syndrome that bedevils women," she says.

When then Premier of Queensland, Peter Beattie, offered Quentin the role of Governor in 2003, she had no such hesitation and said yes straightaway. "Well, you bloody might have asked me!" Michael recalls saying – as a joke. "I was secretly proud," he adds.

In the build-up to the announcement, Quentin shared her secret with daughter Revy who, in turn, shared hers – that she was pregnant with twins. In the end, the two collided with farcical results.

"The twins were born on her inauguration day," explains Revy. "It was hilarious because Mum had brand-new staff – her entourage – come to the hospital with security and everything, and I kissed all of them."

"Mum had a pretty tough time in that job and we would speak to each other every year, on 'inauguration twin day', we would call it. I would say to her, 'Congratulations, Mum' – we'd send each other flowers – 'Well done for getting through another year', and she would say, 'Well done for getting through another year of those twins'."

Soon after her appointment, Quentin and Michael went to Buckingham Palace to pay their respects to Quentin's new boss, the Queen.

"That was one of those pinch-me moments, driving into the Palace," says Quentin. "I looked down the hallway and I could see some corgis

there. I said to the equerry, 'Oh, there are the corgis.' He said, 'Don't go near them!' He told me that the Queen often had Band-Aids on her fingers from those corgis giving her a little nip. I have to say that – how old was I then? About 60, I think – and I could have been 16, I felt so nervous."

The Queensland Governor's role was the real game-changer for the Bryce family. From that moment on, they became public property and, as Quentin's trajectory soared, Michael's waned. "When she became state Governor, I had to give up my state government work, more than a third of my business," he says.

Michael has made continual sacrifices for his wife and yet, when she was offered the ultimate accolade – when then Prime Minister Kevin Rudd asked her to be the next Governor-General in 2008 – and Quentin paused with serious

“I look back and think about things I didn't do as a mother.”

misgivings, Michael urged her to do it. Why? "For the women of Australia," he says, without missing a beat. "Absolutely. This was the moment of supreme sacrifice for the male species. I thought that, if she passed it up, a woman might never get it again."

Quentin took the role and Kevin Rudd was lauded for hiring the first female Governor-General. Yet the harsh realities for Michael kicked in pretty fast. "We went to sit with Rudd in his office and have a cup of tea," he says. "They said the Finance Director asked to have a word with me. I thought it was going to be about my tax, which I was running a bit behind with. But she said, 'Now, of course, you'll have to leave your practice.' When? 'We should be able to give you six weeks,' she said."

Yet the dice was already thrown. "When she arrived in Yarralumla, Quentin was full of zeal; I was like retired and had nothing to do.

But I built up to be a patron of 40 organisations in the end," says Michael.

Quentin proved to be a landmark Governor-General, opening up Yarralumla to Australians from all walks of life. Yet her bold Boyer Lecture, delivered in November 2013, some months before the end of her tenure, famously underlined Quentin's support for a republic. As she was a serving representative of the Queen, it was hugely controversial, but she still stands by her pronouncement. "I do hope that in the future we do have our own head of state," she says, firmly.

When she accepted a damehood for her work, Quentin faced more criticism. "I was there when that happened – in Parliament House with her sister," says Wendy McCarthy. "And I saw the look of shock on many faces around me. But, if you have a vice-regal position and you are asked

to accept an award, it was pretty hard to say no. I think she felt obligated. Would she like to be remembered, in the last week of a very successful vice-regal period, as the Governor-General who threw a bomb in the system and

insulted the Queen? I don't think so."

"It was an inward and an outward struggle," says Revy, who is very protective of her mum, "and this is hard because it took away the glory that it's supposed to be."

Having settled back in Queensland, you might think, at 74, Quentin would also be slowing down. Yet she is knee-deep in her next project, possibly the most challenging yet – to tackle domestic violence head on.

"In a way, one side of me says, I don't want you to stop this because as soon as you do, you'll collapse, you'll be an old lady. But on the other hand, I do want you to slow down," Michael explains as Quentin dashes away to dress for another event.

Revy, however, is thrilled that her mum is still in the thick of things. "She says, 'I've got more to give, I'm not ready to be idle.' We always see her as being young. We don't ever see her as being retiree granny." **AWW**

NOT NOW, NOT EVER

In Toowoomba Police Station, Darling Downs District Superintendent Mark Kelly and a nervous Sergeant Louise Aikas, the station's Domestic Violence Unit co-ordinator, are facing Quentin Bryce in an intimate meeting. She is questioning both officers about the area's victims of domestic violence (DV) and the implementation of the key recommendations from the Domestic and Family Violence Implementation Council's *Not Now, Not Ever* report, presented by Quentin, the council chair, in 2015. Sergeant Aikas monitors DV reports and, today, there are 18 in the system, she tells Quentin. One breach she says has been dealt with over a 14-day period. "That sounds like a long time to me," Quentin queries.

This is the work of the council - serious work, not for the faint-hearted. Yet Quentin is passionate, determined to make a difference and find solutions that ensure people don't just "tick boxes", but really engage.

Quentin's taskforce has put together a blueprint for action by government and the community to eliminate domestic violence in Queensland. "The strength of the report is that every one of those recommendations is directed to a person and an office," she explains. "We are all seeing women who are being killed by partners. Some of these killings are now in public - they're not just a domestic. It's decades since we first broke the silence on domestic violence. After all that work, across all that time, all these services, and it's getting worse. [And] there's the horrific situation for Indigenous women, where the incidence is 35 times higher."

So what can we do? "A young woman anaesthetist came to see me to say, 'I'm in a surgical team in a public hospital, where two days a week we're putting back together one victim of domestic violence after another and nobody really talks about it.' I said start with a meeting."

The power of Quentin's logic, coupled with her fervent belief in community action, is infectious. One thing's certain, with Quentin at the helm, we have the best chance to beat this scourge.





Miranda Kerr's controversial family wedding

“We decided on forever”

For most couples, a wedding is a romantic time of great joy, but for Matthew Kerr, brother of supermodel Miranda, and his husband, Jimmy Wright, it is also an act of defiance. **Shonagh Walker** met the couple at their Hunter Valley farm.





The gold lettering on the white banner above the wedding party said it all: “We decided on forever”. As a sentiment, it perfectly encapsulates the love that goes hand in hand with a marriage. Yet, on this particular day, the words carried an even deeper significance.

The ceremony unfolding beneath the banner – in which Matthew Kerr, 31, younger brother of model Miranda Kerr, wed his long-term partner James “Jimmy” Wright, 38 – was both controversial and exceptional, combining an act of civil rebellion with an act of commitment and mixing it with a liberal dose of international celebrity.

With 280 people celebrating their union on the lush grounds of Leaflee, the couple’s bed and breakfast in the NSW Hunter Valley, Matty and Jimmy Kerr stole an hour away from the crowd, shared a drink together and reflected on their decision to marry.

“Our faces ached from smiling and our hearts were bursting with love and excitement for what we’d



achieved and what was still to come,” says Matty, whose mother, Therese, officiated at the ceremony (his sister, supermodel Miranda, 33, was head groom’s maid).

“It was a precious moment of quiet, for just the two of us, in five days of chaotic fun and festivities,” says Jimmy. “We just chilled out and enjoyed a cuddle and time alone. It was so nice to know that all the craziness was going on outside and it felt really special that the buzz we could hear was all for us.

“It was then that it really hit home – we were married! We’d been joking for ages that we were already married. When you have a farm and a house

THIS PAGE AND OPPOSITE: The day was a family affair for Matthew and Jimmy, with a wedding party made up of friends and family, including Matty’s sister, Miranda, and his parents John and Therese (above).

in the country, and a lease on a restaurant together, the bonds of commitment are already there. But there was something incredible about having this many people at our house being witness to it all. It made it real. Everyone

we loved was outside.”

Destination wedding

Friends and family flew in from all over Australia and across the globe to see Matty and Jimmy exchange vows.

“It was important for us on many levels to have the wedding here, in our home town,” says Jimmy. “We’ve been welcomed and supported so warmly by the community, so we wanted to repay them by bringing our loved ones to the Hunter Valley. We had cocktail parties, wine tastings and a New Year’s Eve celebration at our restaurant, Nanna Kerr’s Kitchen [named after Matty and Miranda’s grandmother]. »



After trading their city life for a tree change in the Hunter Valley, running a B&B and a restaurant together, Jimmy says his and Matty's relationship can survive anything.



LEFT: Nanna Kerr's speech was a highlight of the ceremony and brought a tear to every eye. **BELOW:** The "groom's maids" with sister Miranda (far right) as "head groom's maid".



"Our hearts were bursting with love and excitement."

"We wanted to showcase the region as the perfect destination for same-sex marriage. When the laws finally are changed, or indeed even before they are, it's our aim to make sure that the entire LGBTI community knows this is a safe and accepting destination."

"The boys", as friends and family affectionately call them, had expected Australia's laws on same-sex marriage to have changed by the time they made their union official on December 30, 2016. It was important to the couple they went ahead, regardless.

"A few people asked me if whether our getting married is any different to a man and a woman getting married," reveals Jimmy, who's adamant that, "it absolutely is not. Love is love."

"Within a year of meeting, Matty and I had committed not just to sharing our lives, but taking the risks we'd always wanted to take in life. In June 2014, we both quit our safe and stylish Sydney existence for life in the country and self-employment. The last 18 months have been a roller-coaster. We have literally put everything on the line, materially and emotionally. After starting two restaurants together and surviving, you know your relationship can pretty much cope with anything."

Jimmy's smile fades momentarily and he grows serious on the issue. "Until same-sex marriage is legalised, community-backed celebrations like ours will continue to happen," he says. "The slackness of our legislators on this issue is fast causing state sanctioned marriage to become laughable. It bears no resemblance to what's really going on in our communities."

Time for change

"I find it stunning and disappointing politicians won't listen to the people voting them in," says Janine Middleton, co-chair of Australian Marriage Equality. "They're completely out of touch with where Australians sit on this issue. Polling has shown 66 to 72 per cent of the country support marriage equality. Our politicians aren't quite there yet."

Australian Marriage Equality fought hard to have the proposed plebiscite on same-sex marriage killed off.

"Many in the heterosexual community were confused about why the LGBTI community didn't want a public vote. They thought that by going to a vote the matter would be settled once and for all, one way or another," Janine says.

"However, despite the incredible cost to the Australian taxpayers – \$200 million or more – the plebiscite vote would not have been binding. Some politicians who do not support marriage equality were still going to vote 'no' once it reached Parliament."

"LGBTI people pay their taxes; they can be in the armed forces or emergency services. They buy homes together, have kids together and go on holidays together, yet they can't marry. They are already living this life and it just needs to be legal."

Pokolbin Pride

"We can't understand why the politicians just can't pass the bill," says Matty. "Australia wants marriage equality! That's why we launched Pokolbin Pride in October 2016. It is the Hunter Valley's first LGBTI festival and it's happening again this October."

Matty's sister Miranda lent her full support to the festival, as she did their nuptials. At the launch of the 2016 festival she said, "Equality is something I believe in and I'm proud of the work my brother and Jimmy

are doing by creating the Pokolbin Pride festival. Every step counts."

She echoed these sentiments on their wedding day with her reading (see below), later telling *The Weekly*, "I'm thrilled for Matty. He and Jimmy are taking a stand for marriage equality and I was so honoured to stand beside him on his wedding day. I'm getting married this year and my marriage is legal. Why shouldn't his be?"

Family matters

Indeed, the wedding was a true family affair, with brothers, sisters, cousins and best friends comprising the wedding party, cousin Jeff Wilson taking the official photos, mother Therese officiating and the entire Kerr and Wright clans planning every detail.

"Mum hand-sewed the table runners, she did the candles and the flowers, and we catered the food ourselves using recipes from Nanna Kerr's kitchen. It was a big hit," says Matty. "Family from both sides came a few days before and helped dress the house with fairy lights and they all arrived the next day to help clean up."

Jimmy laughs and winks, "Yes, the guests clearly missed the memo about taking a big black garbage bag full of rubbish with them as they left."

In true Kerr style, the day went off swimmingly, with Therese's role as celebrant and Nanna Kerr's speech two of the highlights.

"Being the celebrant for the boys was such an honour," Therese told *The Weekly* on the day. "It allowed me to show the world just how incredibly proud I am of the boys. I know if my mum and dad were alive, they would be equally as proud to see these two beautiful souls coming together."

"Nanna Kerr's speech had the entire crowd in tears, as she reflected on what amazing young men these two are and how touched she was they named their restaurant after her. She also touched on the importance of marriage equality. It's something we feel strongly about."

"As a family, we have this public profile and the blessing of that is we can, hopefully, be a catalyst for change in this respect." **AWW**

Miranda's reading to her brother and his husband during their ceremony was by the spiritual teacher Yogi Bajan.

THE LAW OF LOVE

Love gives you power to merge,
from finite to infinity.
Love gives you the power to trust,
from nothing to everything.
Love gives you power, the most
powerful prayer.
Love gives you vastness,
as vast as there can be.
When you surrender your divinity
to the infinity,
you become infinite.
That is the law of love.

Sandra, pictured with her birth mother Anne, says the emotion of walking the Kokoda Track last October made her want to tell her story. "I didn't want to hide anymore," she says.



Aussie actress Anne Phelan

The secret I hid for 50 years

She is one of Australia's most loved actresses from *Prisoner* and *Winners & Losers*, but Anne Phelan has a truly personal story she's never told: she gave a baby up for adoption and, despite enormous odds, they have just reunited. **Michelle Endacott** discovers a life story which seems lifted from a Hollywood script.

PHOTOGRAPHY ● NICK CUBBIN STYLING ● JAMELA DUNCAN

As young Anne Phelan climbed on board the train, she belted her cotton dress tight to conceal her shape. Her dad stood slumped on the platform waving goodbye, their fox terrier, Timmy, on a lead by his side. "Dad had tears cascading down," says Anne.

The much-loved Aussie actress was not yet a star, but a naïve teenager, seven months pregnant and travelling from her home in Melbourne to a convent in Adelaide to keep her secret safe. It was what you did in 1966, in the family way with nobody to marry.

"At the time, I was a clerk at the railways, and in the back row of the chorus of *Kismet*. I was possibly in denial of being pregnant, and I don't think I grasped what being pregnant was, quite honestly. Had I not been as naïve, I probably would have had an abortion," says Anne, now 68 and an Australian TV legend, revealing for the first time the secret she's been keeping for five decades.

"We are talking the 1960s," she says. "I was 16 and it was a one-night stand. He [the father] was 18 or 19 and probably as scared as I was. When he found out, he wanted nothing to »



FROM ABOVE: Anne in *Winners & Losers*; as Myra in *Prisoner*; a touching scene in *Bellbird* with Ian Smith, who is still a friend.





FROM FAR LEFT: Sandra with her mum Colleen and brother Andrew; with parents Colleen and Ronald, and former Governor-General Michael Jeffery (left) as she received her Order of Australia; and with then Chief of the Defence Force, Peter Cosgrove.

do with it. So I just wiped all memory of him."

Her parents were musical (Mum played the piano, Dad the spoons) and supportive.

"There was no, 'You've got to do this'. There were choices laid out for me, but I was in no state, mature-wise, to raise a child," says Anne.

So that's how she ended up working in the convent commercial laundry in Adelaide by day, sleeping in dorms by night, waiting for her time.

"When the baby was born, the doctor said, 'Oh, a little girl', and was about to hand her over, but a nurse whispered in his ear, and then she took the baby and turned and went away," says Anne.

That was the rule for unmarried teens, their feelings seen as irrelevant.

"But I chose to see her in her crib. Just the once. I think I stroked her. I didn't pick her up," Anne reveals.

"That was it really. It wasn't traumatic. I could see that she was a bonny person and that she was the image of my dad."

Then Anne was back on the train home to Melbourne.

"The most amazing thing I remember about sitting at the table on my first day back was the dog, Timmy, just staring at me because I'd been gone two months," she says. "He didn't take his eyes off me. That's a very strong memory."

Nobody much talked about their feelings in those days, so, as the decades passed, Anne and her mum and dad never discussed the convent

to spare her feelings. The baby girl was never mentioned. And Anne never saw her dad cry again. In Anne's words, you "just get on with it".

Australia soon fell in love with Anne for her starring roles in *Bellbird*, *Prisoner* (as top dog Myra), *The Harp In The South*, *Something In The Air* and *Winners & Losers*. She is now the nation's most recognisable "tough-but-loving gran", but in all those years remained unmarried and child-free.

"There were a couple of times when I was doing theatre in Adelaide," she says, "and I'd see a woman in the street, very tall, looking exactly like one of my cousins ..."

And so Anne's mind would wander, just for a moment, but her thoughts would soon return to the theatre, or her charity work with HIV/AIDS or refugees, or her wide circle of friends, or her army of nieces and nephews.

Meanwhile, over in Adelaide, the baby girl was taken home by a local family and named Sandra.

That little girl rode her bike until the street lights came on and caravanned at Easter. Money was tight, but her parents put Sandra through private Catholic college and loved her and her brother, Andrew, fiercely through Band-Aids on skinned knees and hot cooked dinners.

Then, when Sandra was 13, she was assigned a family-tree project at school. "Mum and Dad always told us that if

"I chose to see her in the crib. Just the once."

anything happened to them, all the insurance records and family papers were in a cupboard in the lounge room. And that's where I found my adoption certificate," says Sandra.

"I was quite shocked, but I never told Mum and Dad, or used it as a weapon to throw in their face. At 13, you are going through a lot, so I never, ever told them I'd found it."

So Sandra McInerney joined the Australian Army and at the pinnacle of her career was a driver for then Chief of the Defence Force Peter Cosgrove,

(now Governor-General) and she was awarded the Order of Australia.

Yet, even as the decades passed, Sandra never told her mum what she had found in the

lounge-room cupboard.

It was only in her 40s, when GPs started asking, "What's your family history?", that she became anxious about saying, "I don't know".

In 2013, then Prime Minister Julia Gillard made the national apology for forced adoptions. "Some of the stories that came out were horrific and I thought maybe my birth mother had been looking for me.

"I thought it wouldn't be fair unless I put myself out there so she could find me. So I decided to apply for my information," says Sandra. "You can never know if yours is a dreadful »



"When I walked in, the first thing I thought was, 'There are my eyes'," Sandra says of meeting Anne, pictured here at her home with pet dog Tilly.



story – if you are a product of incest or rape.”

Soon, a life-changing envelope arrived, revealing her birth mother was Anne Phelan, born 1948.

“I was told my case was strange – that my birth mother shared the same name as a famous Australian actress, but Wikipedia said the actress was born in 1944,” says Sandra. “So that Anne wasn’t my mother. I’d need to keep searching.”

She did her own research through the electoral roll and Google, and came to a stunning conclusion. Wikipedia had the wrong birth date.

“I remember thinking, ‘Oh, my God, my mother is an actress’,” she says.

Sandra decided to reach out to Anne. “I didn’t want her to think I was after her fame or fortune, so I wrote that if I didn’t hear anything back, I wouldn’t pursue it.”

Sandra mailed that letter. And heard nothing – for three long years.

Can you even imagine that wait? Eventually, desperate for closure, she visited a Relationships Australia counsellor, who suggested they write to Anne. And, almost immediately, Anne contacted the counsellor. She did want to meet her daughter.

So a phone call was organised between the pair. It was March 2016.

And at that moment, five decades of doubts and emotions and fears engulfed Anne. What if the baby had had an awful and unloved life? Would she hate her? Would her daughter resent her acting career and the spotlight Anne had since enjoyed?

Had her actions, all those years ago as a naïve teenager, damaged another human being forever?

She was soon to find out. The phone rang and rang ... and then a strong, confident voice answered.

For the first time ever, Anne was hearing the voice of her then 50-year-old daughter. “Anne told me she was

terrified to find out if I had resented her or had a dreadful life,” says Sandra. “I reassured her I was happy and life was good, and I didn’t resent her for anything.”

So, several days later, Sandra knocked on the door of the woman who gave birth to her.

“When I walked in, Annie offered me a cup of coffee and the first thing I thought was ... there are my eyes,” says Sandra.

And suddenly all that waiting and wondering was over.

So what of that first letter sent more than three years ago? Anne says she had been travelling at the time and her neighbours had – by accident – thrown it in the rubbish with the junk mail.

“I can’t imagine what it was like for her, thinking I hadn’t replied,” Anne says.

So why has the legendary actress decided to tell her story now? For starters, Anne says she had always

told her closest adulthood friends that she had given up a baby.

And she didn't want it to break as a tabloid scandal. After all, she had seen what her good friend Ian Smith (who stars in *Neighbours* as Harold Bishop) went through.

"Ian and I go back to the *Bellbird* days on TV – we were husband and wife," says Anne. "Ian found out very late in life that he was adopted and it was very tumultuous for him. A tabloid paper from England rang him and said, 'We've found out'.

"And Ian could tell from the tone that they were going to make it a not very nice story, so he told his story to *Australian Story*. So Sandra and I chose to tell our story to *The Weekly*. I knew it was always going to be *The Weekly*."

It was the day after Boxing Day 2016, just a few weeks before *The Weekly* went to press with this story, that Sandra took her 87-year-old mum, Colleen, to the movies to see *Allied*.

When they arrived home, Colleen made a throw-away comment that actors must have a funny, tough and strange public life.

If ever there was a sign that now was the time to talk, this was it.

Sandra says, "I showed Mum a photo of Anne on my phone and said, 'Do you know who this is?' And then a pause. 'It's my birth mother.'"

Colleen got up, hugged Sandra tight, and said, "I'm so, so sorry for not telling you. I knew I had to tell you before I died."

Sandra says she and her mum had the most open and honest conversation of their lives over the next two hours. Both felt overwhelming relief.

"Mum told me my father [Ronald] had said on his death bed, 'You must tell her'. But Mum just didn't know how," says Sandra.

Colleen then asked, simply, "What happens now?"

And Sandra's reply was to the point. "I'm still here for Christmas," she told Colleen. "You're still Mum. Nothing changes."

Back in Romsey, Victoria, Anne lives alone in her pretty weatherboard cottage. Newspaper posters about her career adorn the walls and a new Equity Lifetime Achievement award sits by the window. Sandra was there to see her accept it in October.

Anne is clearly happy to have found her daughter again, but it's there the sentimentality ends.

"I never wanted children," Anne says. "Sandy and I have talked about this because she doesn't either. Amateur psychologists will go, 'Oh, it's because ...' but, no, it's not.

"We can both talk very openly about stuff. I think people expected us to fall into each other's arms, à la Hollywood. It's not.

"We're total strangers, but we do get on and if we'd met under other circumstances, we'd be good mates – and we are good mates. We're going to be friends. There's no maternal daughter bond there at all. Even when I was little and used to play doctors and nurses, or husbands and wives, I never saw kids in the picture.

"Sandra's mum is still her mum. I'm just Anne."

And good mates they are, both with a huge burden lifted.

As Anne reveals, "The secret has been burst and now I am free. I no longer have to think twice when people ask me if I have any children."

And Sandra feels as though decades of unspoken tension in her family have been released. "Mum told me that there was a cooling-off period for six months after the

adoption, in case the birth mother changed her mind. Every time the doorbell rang, she was terrified someone would take me away."

As *The Weekly* photo shoot enters the afternoon, we finally coax Anne's nervous little dog, Tilly, into a photo. The two women clearly feel a little self-conscious at hugging and posing ... but there's a bond that can never be broken as two families are now finally at peace. **AWW**

The hardest search of all



From the 1950s to the 1970s, there were

an estimated 150,000 adoptions in Australia.

As Isabel Andrews, a counsellor for adoption advocacy group Jigsaw, explains, each adoption involves five people – birth parents, adoptive parents and child – so adoption touches many lives.

Isabel says it is vital to manage expectations before a reunion. "It's not like it is on TV," she says. "Some people just want information and medical history, and no contact. Others want an ongoing, life-long relationship."

She says 15 to 20 per cent of relinquishing mothers don't have more babies, so some people are sad they don't also find siblings.

"Some people are shocked and upset to find the birth father's name was never on the original birth certificate in that period, unless the mother was married," she says. "Even if the mother wanted the name there, it just wasn't done.

"However, 85 per cent of adopted children were happy they'd searched and had contact, even when the contact was not what they had hoped. They found living with knowing nothing was more painful."

TO FIND A BIRTH MOTHER

- 1 Apply to your state or territory government for your records, which can take three to 10 months to arrive.
- 2 With these records, you can obtain your original birth certificate from your state or territory's Registry of Births, Deaths and Marriages.
- 3 Then you need to search government records, electoral rolls, the internet or through an agency. Visit Adoption Jigsaw, jigsaw.org.au.

“The secret has been burst ... now I am free.”

[Country music]



HAIR AND MAKE-UP BY CHARLIE KIELT WKAKEY WEARS PEEBLY COLLECTION DRESS
AND PUSHIMATA AHA CUFFS AND RING SHOT ON LOCATION AT BAMBOO BLOOM



Kasey Chambers

“I’m finally free to be myself”

Now a single mum at 40, country music star Kasey Chambers tells **Samantha Trenoweth** that she feels strong and free, and no longer gives a damn if she’s pretty enough.

PHOTOGRAPHY ● LIZ HAM STYLING ● MATTIE CRONAN

It’s half-past nine on Christmas morning and Kasey Chambers is already belting out tunes. Standing in the shadow of a tinsel-decked tree, guitar and harmonica strapped over a sundress, she plays a mix of greatest hits and carols while guests arrive and volunteers dish up 240 Christmas lunches at a homeless shelter on the NSW Central Coast.

“Kasey rang, out of the blue, and asked if she could come in for an hour on Christmas morning. She stayed for three,” says Charles Boyton, program manager at Coast Shelter, grinning. “Kasey’s mum came, too. They were awesome. It was the best Christmas we’ve ever had here.”

This wasn’t for show. “I didn’t have my kids with me. Every second Christmas they wake up at their dad’s. So I figured this would be a nice way to spend the morning,” Kasey explains. “I’ve never been through homelessness. Sometimes, growing up, we lived in our car, but that was by choice. A lot of people don’t have that choice and I think music can make a difference – even if it just makes a difference for one day. I love that

about music. It can lift you out of a dark place, it can make you feel.”

Kasey Chambers’ honest, salt-of-the-earth, Aussie-girl image, and her empathy, are grounded in a nomadic childhood spent hunting foxes on the Nullabor Plain. Later, her family’s Dead Ringer Band (featuring her foxhunter, guitar-legend father Bill; mother Diane, brother Nash; as well as Kasey and occasional friends and ring-ins like Beccy Cole) slept in the back of a LandCruiser or in swags under the stars as they travelled through every one-horse town from the Bight to the Barrier Reef, playing country, blues and roots music.

Growing up, Kasey says she “thought all families sat around campfires at night, singing and playing guitar”. Her musical education was steeped in woodsmoke, and in Johnny Cash, Gram Parsons, Merle Haggard and Emmylou Harris classics.

In 1992, Slim Dusty recorded one of her dad’s songs, *Things Are Not The Same On The Land*, and it won the APRA Song of the Year. That changed everything. The Dead Ringers hit the road on a tour that covered 50,000 kilometres in a year. They played »

Kasey’s new album, *Dragonfly*, comes after the singer endured surgery to remove throat nodules. She feared she may never sing again.

Tamworth and the Gympie Music Muster. It was only a matter of time before a record company noticed Kasey. Her first solo album, *The Captain*, won her ARIA Awards for Best Country Album and Best Female Artist, and the title song was picked up for the soundtrack to *The Sopranos*. Her second album, *Barricades & Brickwalls*, with its single *Not Pretty Enough*, shot to the top of the charts. She was no longer the kid with the catchy voice in a family with serious country music swagger. Kasey Chambers was a star.

Ten studio recordings later, she is still a star – and a single working mother and the fire behind the Chambers family’s musical enterprise, which now stretches across three generations and a music production house. Last year, Kasey turned 40, which felt like a milestone.

“I’ve found this real strength and almost a comfort in myself this year,” she says, “which is a nice feeling. I still have days when I think, ‘Am I not pretty enough?’ But then I add, ‘Who gives a damn?’ That’s the difference. It’s not that I’m so much wiser or I’ve got everything sorted. It’s that I don’t care as much, at 40, whether I do or not.”

Also, at 40, Kasey has decided she’s entitled to acknowledge the bad days.

“I feel like I generally have my life in balance,” she explains, “but when it’s not, I know it’s not the end of the world. Where I used to fall apart a bit, now I just go: ‘You know what? That’s life.’ I think this applies to any working mum, or any mum who gets overwhelmed. Sometimes you’re going to have s**t days where you feel like rocking back and forth in the foetal position in the corner, and I let myself have those days now. In the past, I didn’t let myself have them. I thought I had to always be this strong,

independent woman and put on a brave face. Of course, I’d like to feel like a strong, independent woman every day, all the time, but I don’t and I’m honest about it now.”

These are lessons, Kasey says, that have gelled more solidly in her fortieth year, but they’ve been developing slowly over 10 years or more, learned through relationship break-ups, personal and professional crises, and a bout (now long past) with anorexia.

“I thought I had to always be this strong, independent woman and put on a brave face.”

“I’m one of those people who looks for the positives,” she admits, “and the positive I’ve taken from going through an eating disorder is that I now recognise, early on, when it feels like things are spiralling out of control. I realise now it wasn’t about body image – it was about control. Apparently this is common, but I didn’t know that at the time: the idea I can’t control my big picture, so I’m going to exert control in little ways.

“Now, I don’t believe things are ever entirely beyond my control. I believe

a little light-hearted truancy.

“A while ago, I picked up the kids from school early,” she says with a wink. “I didn’t tell them I was going to – I didn’t know I was going to. I took them to a lolly shop and said, ‘Pick what you want, we’re going to sit on the beach and eat lollies.’ Even my teenager thought this was cool. Then we went to Flip Out [Trampoline Arena] and jumped on trampolines for the rest of the day.

“I’m sure there’s people out there going, ‘But what about their education?’ There are a lot of days to get an education. I grew up in a family where life education was important and my kids are getting that, alongside school. Sometimes I take my kids on tour. They’ve seen Uluru and Darwin and they’ve been to Broome and toured around WA. They’ve learnt a whole lot from those experiences. I don’t take them out of school all the time. I’m also the pain-in-the-arse mum who makes them do their homework. But I think they need a bit of both.”

Kasey’s eldest, Talon Jordi Hopper (whose father is actor Cori Hopper), is 14. Arlo Ray Nicholson, nine, and »



LEFT: Three generations share the stage, Kasey with her guitar-legend father Bill and daughter Poet. **OPPOSITE:** The singer is loving the single life.



Poet Poppin Nicholson, five, were both products of Kasey's marriage to musician Shane Nicholson, from whom she split in 2013. All the kids have caught the Chambers' music bug.

"My kids love to jam," says Kasey. "Tal plays guitar. Arlo plays the harmonica and the cajon drum. He gets on stage and plays with me quite a bit and it's funny because he's the quietest of all my kids. He's not a performer; he's just a bit of a muso, like his dad. Poet will sometimes play the djembe drum or sometimes she'll dance around me on stage and hug my legs. They're pretty open to the music. Talon used to put his hands over his ears when I yodelled but I don't blame him. I don't really know if I like that sound much either."

All three kids like their mum's most recent album (there's no yodelling), and they're not alone – *Dragonfly* is widely considered Kasey's opus. There are 20 tracks, half produced by iconic Australian songwriter Paul Kelly; the other half by Kasey's brother, Nash.

There are moments of pithy humour and heart-on-her-sleeve confession. There are some clever, quirky co-writes and collaborations with folk-rock wunderkind – and Kasey's recent romantic partner – Harry Hookey (described as "sweet as a cookie" in her comic, candid, spoken-word *Talkin' Baby Blues*). And there are cameos and duets with Ed Sheeran and Keith Urban.

"The first time I had a conversation with Keith was in Tamworth, one of the first years we played there. He came up to me after a Dead Ringer Band gig and he said, 'You sing like you don't give a shit. I really like that.' And I was like, 'Oh my God, that was

Keith Urban!' He hasn't changed a bit. He's the nicest, friendliest guy."

Kasey called the album *Dragonfly* because she read the insect symbolised "the kind of change that has its source in mental and emotional maturity and the understanding of a deeper meaning of life". She has it written on a slip of paper and pulls it from her pocket to remind herself. "That was

"Three kids to two fathers and many failed relationships indicate just how open to life I am."

exactly how I felt about this record – that I was embracing a change that happened, personally and musically."

There had also been a physical change. In May 2015, Kasey had throat surgery to remove nodules that had been plaguing her for 20 years. Prior to the operation she was afraid she might not sing again. Afterwards, doctors' orders prevented her from singing for two months. But when she finally opened her mouth, she was astounded. Out came "the voice I'd heard in my head all along" – a voice

that had grown in depth, resonance and versatility – and there was a sense of physical and emotional lightness as well.

"That surgery is one of the biggest things that has happened in my life," Kasey says, smiling. "I didn't know it would do that. I knew it would change my voice, but I didn't realise how much more would change. The stress I had put on my voice, throat and neck – that energy that had gone there my whole life – was released. After the surgery, I remember saying to somebody, 'I feel like a giraffe'. I felt taller, I felt freer."

Unencumbered by a romantic partner right

now, Kasey is relaxing into that freedom. There have been rumours since she and Harry Hookey reverted to "just good friends" status but, says Kasey, they're unfounded.

"I'm single," she insists. "I've been single for a while, I love it. I've always been open to life and sometimes it's gotten me into trouble – three kids to two fathers and many failed

relationships indicate just how open to life I am. I love life experience for the same reasons I love music – it makes me feel things – and I'm open

now to feeling everything ... I try not to have rules and regulations about my personal life ... you have to be open to feeling things for people. I believe in connection, in energies connecting. That can come from really different places and can surprise you sometimes. It can be right in front of you or it can just appear by chance."

Kasey remains open to chance and eager for surprises. **AWW**

Kasey Chambers' new album, *Dragonfly*, is available from stores and iTunes now.





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TI model shown.
TI model only.
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*“Ron was
a genius.
I miss him
every day.”*

Valerie Taylor's love of the ocean began as a child, spearfishing near her waterfront Sydney home. Here, she's photographed at Fishermans Beach, Sydney, with a string of shells that belonged to her late husband, Ron.



Valerie Taylor

Swimming

with

sharks

Aussie icons Valerie and Ron Taylor are famous for their love of the ocean and those scenes in *Jaws*. Here, Valerie opens up to **Samantha Trenoweth** about her late husband, surviving three shark attacks and cheating death in a whirlpool.

There have been two great loves in Valerie Taylor's life. The first was her husband and fellow filmmaker, Ron. The second was the ocean. Perched on her balcony, looking out across mauve-topped jacarandas to Sydney Harbour, Valerie conjures vivid memories of both.

"He was beautiful," she says of Ron, her husband of 49 years, "and I wasn't blind. He was also a good bloke and, I think, a genius. I miss him every day."

Ron's death in 2012, from myeloid leukaemia, left Valerie with an immense gap in her life and her heart. "It's been very hard," she says. "I still get annoyed with him for leaving. Sometimes I'm angry with him and sometimes I'm desperately unhappy. He shouldn't have died – it's unfair – and the hurt doesn't go away."

Ron and Valerie Taylor met in their 20s at a spearfishing club in southern Sydney. They fell in love and instantly became all but inseparable, like one of those Hollywood couples whose names merge into one: RonandValerieTaylor. In Australia, their names also became synonymous with the sea.

Shocked by the carnage at an international spearfishing competition, the pair swapped their spears for cameras. Ron developed waterproof casings for their equipment and they began to film their underwater expeditions – the more dangerous, the better. »

PHOTOGRAPHY ● ALANA LANDSBERRY
STYLING ● JAMELA DUNCAN

"The *Movietone News* was particularly interested in film of me swimming with sharks," Valerie recalls. "They paid 24 pounds for an item and I think the basic wage was around nine or 10 pounds a week. So we spent every weekend in the water looking for sharks. That set us off on our career."

The Taylors' professional partnership produced thousands of hours of underwater footage, including all the live shark scenes from Steven Spielberg's *Jaws*, the underwater footage for Hollywood blockbusters including *The Blue Lagoon* and *Orca*, and their own documentaries. Valerie's still photography was published by the most important nature journals of the day, including *National Geographic* and books by Time Life. Valerie and Ron pioneered ocean cinematography, photography and marine conservation in the 1960s, '70s and '80s, revealing the rich biodiversity and breathtaking beauty of the sea. They also lobbied for legislation to protect particular wilderness areas and species, and were very often successful. Their influence was immense and Ron was honoured with the Order of Australia and Valerie with the Centenary Medal.

Most famously, in Australia at least, the Taylors were known for their fearless dives with sharks. They shot some of the earliest underwater footage of the great white shark and they were the first cinematographers to capture the great white without the protection of a diving cage. This, says Valerie, "was actually because our cage was torn from the boat and lost during a storm at sea."

Valerie says that she was "never afraid of sharks" and admits that there's not much that she is afraid of (except occasionally heights).

"Sharks are just fish and like all fish – like all animals – they're curious. Dogs are curious, cats are curious, we're curious. Why shouldn't sharks be curious? They want to know what things are and they don't have hands. They can't reach out and touch things with their hands, so they feel with their teeth. If they gently feel you and you pull away, you will pull



FROM ABOVE: Valerie graces the *The Weekly* cover in February 1974; Valerie with a great white shark in a photograph taken by husband Ron; she and Ron were the first people to film the great white shark without a cage.

your flesh over their teeth. That's why, when I've been bitten, I've tried not to move."

Valerie has sustained three shark bites, one of which required plastic surgery and some 300 stitches, but she has never baulked at getting back in the water. Nor do storms at sea bother her. "If it gets incredibly rough," she says, laughing, "I put on my wetsuit, make sure my flippers and face mask are handy and get back into bed."


Her most treacherous experience was being dragged to the ocean floor by a whirlpool, but even then, she says, there was no time to be afraid. "There were huge currents and we were trying to dive between them – during those periods when there was about an hour of calm," she recalls. "I was in a crack photographing the Nudibranch [a type of mollusc]. Ron and the other divers felt the current starting to change and got out, but I was pulled down. I was grabbing corals, I was grabbing Gorgonians [also known as Alcyonacea or sea fans] and they were just breaking off. We were all going down together.

I was going down in this ball of broken corals and fish and air bubbles, and I couldn't stop myself. When your air bubbles are going down as fast as or faster than you, you know you're in deep trouble. I thought, 'Oh, this is it.'

"We got to the bottom – 180 feet [55 metres] – and we stopped. Then, suddenly, I was being dragged up at an incredible rate. The pace started to slow when I was about three metres from the surface. I could feel the current turning and beginning to pull me back down. Then I looked up and I saw a hand break the surface of the water. I swam faster than I've ever swum and I grabbed the hand. It was Ron. I didn't have time to be scared. I was fighting every inch of the way. Give me a shark any time. Currents scare me more than sharks ever have."

In the early 1970s, an American author, Peter Benchley, saw a documentary, *Blue Water, White Death*, which featured the Taylors both in front of and behind »



A photograph of an older woman with short, light-colored hair, smiling and looking off to the side. She is wearing a light blue and white vertically striped button-down shirt. She holds a pair of black binoculars in her hands. A black strap is draped over her shoulders. She is standing on a sandy beach with waves in the background. In the upper right corner, there is a quote in a stylized font.

*“When
I’ve been
bitten, I’ve
tried not
to move.”*

the camera, and he was inspired to write the novel *Jaws*. A couple of Hollywood producers wrote to Ron, asking whether he thought the book would translate into a film, and he responded positively.

"They bought the rights and they love us to this day," Valerie says, laughing.

The world's sharks were perhaps not so grateful. The combination of the Taylors' real-life shark footage and life-like mechanical sharks made the 1975 film a box office sensation and struck fear in the hearts of beachgoers everywhere. Ultimately, the film's producers recruited Valerie and Ron to travel the US "doing talk shows and telling Americans not to be afraid of sharks".

It was in the years leading up to *Jaws*, while they were shooting back-to-back documentaries, that Valerie and Ron decided to forgo parenthood. Valerie has never regretted it.

"It was a conscious decision," she admits. "I could either stay at home and look after children or I could work with my husband. If I'd tried to do both ... well, I even found it hard to leave my cats when we went away. Imagine if I'd had to leave a child! And I'd been on enough film sets to know how the husbands behaved when they were away from their wives. So I stayed with my husband."

At 80, Valerie is still a striking woman – petite, blonde and bright-eyed, with a lively mind that darts like reef fish. She dives as often as she can. As a result of chronic arthritis and perhaps the lingering effects of childhood polio, she finds it more difficult nowadays to wriggle into a wetsuit, so she prefers to dive in the warmer waters off the north Australian and South-East Asian coasts. On the day she speaks with *The Weekly*, Valerie is freshly returned from a fortnight in Bali, where she attended the funeral of a good friend and also took some time out to swim and dive.

"Mostly, nowadays, I dive in Indonesia and Papua New Guinea, where it's very warm," she says. "I love it. Even on days when I can hardly walk with arthritis, I get in the water and I fly – I'm weightless."

Yet, as the years have passed, Valerie has noticed that the sea life has diminished around those northern reefs. With Ron gone, Valerie fears that her second love, the ocean, is now also threatened and, even at 80, she is putting up a fight for its life.

"When we started out, the cinematography was a way to make money, to pay off the house," she says. "Then I got to know the marine animals and ecosystems, and it became much more than that."

"In 1965, we did a six-month dive trip for the

Belgian Scientific Expedition to the Great Barrier Reef. The footage we shot is in the University of Liège. It's become part of history because the places we filmed no longer exist. They're changed. We went back to the reef in 1970 on another six-month job and already we could see an incredible change. Crystal-clear water had become murky. Fertiliser run-off from the cane fields had increased. Great algal blooms would come, settle on the coral and kill it.

"When we first went into the ocean, there were so many fish and they were so tame that we never thought we could get them all. It seemed impossible. But over the years, from pollution and overfishing, we have made a huge dent. Suddenly, they're not there anymore."

Diving in the Coral Sea, Valerie has seen illegal fishing first-hand. "One time, out on Marion Reef," she recalls, "we were rammed by a Japanese boat that was fishing illegally. There was no law out there. They were putting nets across the passes and catching everything. Not just fish – turtles, everything!"

Valerie has advocated strongly for marine parks in Australia and internationally. "They're not the only solution," she says, "but they can save a lot of rare marine creatures from extinction. We don't have enough of them and we don't protect them properly."

She simply doesn't feel confident that we're doing enough. "I am not really an optimist where the oceans are concerned," Valerie says. "I wish I was, but I fear they're going to die. The human race is destroying the planet." **AWW**



TOP: Valerie watching sharks, inside the safety of a cage. ABOVE: With Ron taking the temperature of a great white shark that had been entangled in a steel trace.

*“ I could either
stay at home with
children or I
could work with
my husband. ”*



A photograph of a man's back, seen from behind. He has short, dark hair. Two hands are placed on his shoulders, one on each side. The lighting is dramatic, with strong highlights on the hair and hands, and deep shadows on the man's back and the background. The overall mood is intimate and mysterious.

Love me, kill for me

Whatever Robyn Lindholm wanted, she got,
writes **Sue Smethurst**. Her power over her lover
was so strong that he even killed for her.

The murderer**The murdered or missing**

LEFT: Robyn Lindholm leaves court in December 2015 after pleading guilty to Wayne Amey's murder. **FROM ABOVE, LEFT:** missing standover man George Teazis; Lindholm's ex-lover Wayne Amey; and Shari Davison, who disappeared in 1995.

“She knew how to charm a man.”

It was clear from an early age that, one day, Robyn Lindholm would be famous.

At 14, she was a rising star of Australian ice skating and appeared on the front page of the Victorian newspaper *The Age*, photographed in a sparkling sequinned outfit, spinning around the ice ready to launch into an axel jump.

She went on to compete at the national ice-skating championships and was hand-chosen by the Olympic legends, Torvill and Dean, to perform alongside them in their sell-out *Face The Music* world tour.

Yet it wouldn't be the pretty blonde's prowess on the ice that made her a household name.

Instead, Robyn Lindholm's name is forever etched in the history books as a murderer. She is accused of being a femme fatale, a ruthless seductress who used sex to lure her

lover into killing the boyfriend she no longer craved.

In December 2015, the Victorian Supreme Court sentenced the 43-year-old to 25 years' jail for orchestrating the murder of her ex-boyfriend Wayne Amey, but police have now raised the possibility of her association with at least one other potential death.

Last year, she was charged with killing her former lover George Teazis and detectives are investigating the role she may have had in the mysterious disappearance of a love rival, Shari Davison, whose body has never been found.

Daddy's little princess

Robyn Lindholm was an attractive girl and it was clear from an early age she knew how to charm a man to get what she wanted.

When 11-year-old Robyn wanted a pony, her dad didn't hesitate.

When 14-year-old Robyn wanted expensive ice-skating lessons, Dad opened his wallet again.

From a wealthy Melbourne family, she excelled at Kilvington Grammar and the elite Malvern Girls Secondary College, before accepting an offer to study a Bachelor of Science degree at Monash University. She was hoping to pursue a career with animals. Robyn Lindholm was no fool.

She loved horses and became obsessed with endurance riding, but somewhere along the line the leggy blonde with a bright future fell into the wrong crowd.

When she took up a part-time job as a hostess in Crown Casino's high-roller rooms, she caught the eye of underworld czar Alphonse Gangitano, the handsome and wealthy crime boss known as "the Black Prince of Lygon Street".

They became lovers and Gangitano introduced her to an intoxicating »

To my darling Robyn Lindholm
How are you doing I hope
much that I can't sleep
I'm am wondering what
first letter I sent you.
God that your answer was
for-filled with love
me - You said



The murderers



John Ryan



Torsten Trabert



Police arrive at the farm in remote Victoria where Amey's body was hidden between boulders. FAR LEFT: One of Torsten Trabert's love letters to Robyn Lindholm. TOP: CCTV footage of Lindholm, Trabert and Ryan at an Inglewood pub after they dumped Wayne Amey's body.

lifestyle of power, money, sex and drugs. He indulged her every whim and treated her like a princess. Once Lindholm had tasted the high life and excitement of the underworld, there was no going back, even after Gangitano was executed at his home.

Lindholm began working as a stripper and was the centre of attention at the Simply Irresistible strip club, morphing into "Collette", a highly paid escort to the Melbourne underworld. It was here she met fellow stripper Shari Davison, who became a close

friend, but who vanished in 1995. It was also here she met her next boyfriend, underworld standover man George Teazis. She moved into his home and the pair was engaged before he, too, suddenly disappeared.

A tearful Lindholm fronted the press begging for any help to find her beloved George, but she failed to mention that before his disappearance, she had begun an affair with beefy Hawthorn gym owner, Wayne Amey.

She managed to put her grief aside long enough to strip George's home of all furniture and assets, returning a small box of toys for Teazis' devastated teenage son a week later.

All the while, her stripping career flourished. "Collette" was so popular she was able to buy her first property, a farm on the outskirts of Melbourne, where she could follow her other passion, breeding horses.

Sex and seduction gave Lindholm everything she could ever want, but soon enough, the evil web of murder and betrayal would begin to unravel.

Under her spell

In June 2016, Robyn Lindholm was formally charged with the murder of George Teazis, aka Templeton, who vanished in 2005 and his body has never been found.

Police will allege that she convinced her lover Wayne Amey to murder Teazis. If this is true, perhaps Wayne should have predicted his own fate.

Just months before being charged with the cold-case murder of Teazis, Robyn Lindholm was convicted of luring a later lover, Torsten Trabert, to viciously murder Wayne Amey.

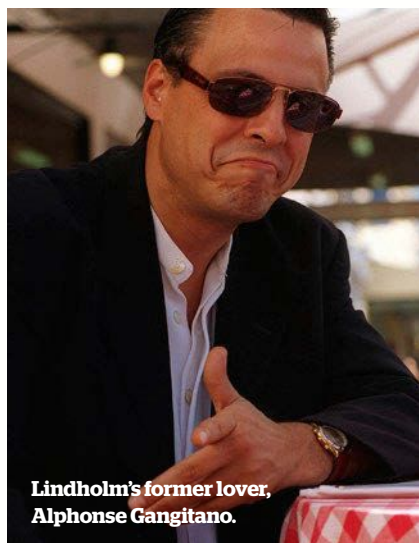
Described in court as a "femme fatale", "black widow" and "Lady Macbeth in lycra", the stripper is a master seductress who convinced her new lover to do her dirty work, disposing of the old boyfriend who had rejected her.

When Lindholm decided that Wayne Amey, the man she had once hoped to have children with, had to die, new love Torsten "Toots" Trabert didn't hesitate in acting out her gruesome plot.

"Mr Trabert was infatuated with her," said Chief Crown Prosecutor Gavin Silbert QC. "He'd left his wife and children to move in with her, and he was involved in an intense sexual relationship with her.

"He couldn't keep his hands off her and the return for her affection was that he kill Wayne Amey. It was only with the seduction of Trabert that she achieved her aims."

At Lindholm's instruction, Trabert and his accomplice, John Anthony



Lindholm's former lover, Alphonse Gangitano.



Lindholm during her trial for the murder of Wayne Amey in 2015.

Australia's worst female criminals



KATHLEEN FOLBIGG
She murdered four of her infant children over a 10-year period, claiming they had died from SIDS.



KATHERINE KNIGHT
Decapitated her boyfriend and cooked his body parts with vegetables and gravy.



VALMAE BECK
The mother of six took part in the rape, torture and murder of a 12-year-old schoolgirl to please her husband.

Ryan, ambushed Wayne Amey at his apartment in December 2013, bashed him with a baseball bat, then stabbed him and choked him before bundling him into the boot of a car and driving him to Mt Korong in central Victoria, where they disposed of his body.

Lindholm watched on as Trabert and Ryan wedged Amey's body between rocks at a remote farm, giving orders to cover him with sticks and rocks.

After Amey's body was hidden, Lindholm took Trabert into the bush to have sex before the pair met up with their partner in crime, Ryan, for drinks at a hotel at nearby Inglewood.

Ryan later told police, "[Lindholm] was laughing and carrying on like it was nothing. She's on top of the world. They just wanted to f***ing party and I felt sick."

During Lindholm's trial, Crown Prosecutor Gavin Silbert told the Victorian Supreme Court that she had approached several former boyfriends to carry out her deadly plan, but Trabert was the only one that took the temptress' bait.

In the lead-up to the murder, she set about seducing Trabert, reaching

such a sexual intensity that Trabert was obsessed with her and like putty in her hands.

In fact, Trabert was so besotted that, even while he was languishing in a remand cell after he was arrested for his part in Amey's murder, he penned gushing love notes to his "darling Robbin" (sic).

One read: "I'm missing you so much that I can't sleep because you are not with me ... we are

so good together, I can't think of my life without you. All my love, Toots."

It was signed with a love heart with the words "I love you forever" etched in the centre of the heart.

“Trabert was putty in her hands.”

In dubious company

Robyn Lindholm's conviction for the murder of Wayne Amey has earned her a dubious place in the annals of crime alongside some of Australia's worst female criminals.

In 2001, Hunter Valley grandmother Katherine Knight was convicted of murdering her partner John Price. Knight, who had worked in an abattoir, decapitated her boyfriend and skinned him before cooking his

body parts in a pot alongside the vegetables and gravy. Her file was marked "never to be released" and her story is now being made into a Hollywood movie.

She is joined by Valmae Beck, a mother of six, who died in jail in 2008 after taking part in the rape, torture and murder of Sian Kingi in 1987. To please her husband Barrie Watts, Valmae lured the 12-year-old into bushes on the side of a road in Noosa, saying she had lost her dog. Watts then raped and murdered the Queensland schoolgirl.

Then there's Kathleen Folbigg, regarded as Australia's worst female serial killer after murdering four of her children over a period of 10 years.

Appearing via video link from the notorious Dame Phyllis Frost Centre women's prison, Robyn Lindholm sat stony faced and silent in June last year as detectives read the charge that she was responsible for the murder of George Teazis. She refused to enter a plea.

Although there were signs of the elfin beauty who once lured men into her web, an ugliness now overshadowed the notorious black widow who will have many years behind bars to ponder her fate. **AWW**

Matthew McConaughey

“My life is a crazy ride”

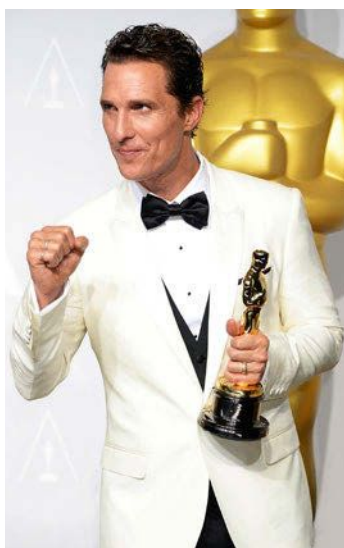
Going from Hollywood lightweight to serious actor hasn't just been about great roles. Meeting model wife Camila and starting a family are all part of Matthew McConaughey's wonderful new world, he tells **Melissa Field**.

For residents of the quiet, Central Coast NSW town of Warnervale, visiting a local bank in the late 1980s meant they could have been cashing their cheques with an Oscar-winning A-lister of the future. “I lived in Australia for a year when I was two weeks out of high school and worked 11 different odd jobs, including as an ANZ bank teller,” Matthew McConaughey – for it was he – tells *The Weekly*. Texas native Matthew, now 47, came to Australia in 1988 on a Rotary exchange program before going on to become one of Hollywood's most versatile and gifted actors. “My life has been a pretty crazy ride so far,” he concedes.

He's not wrong. In the three decades since he fronted that bank counter, Matthew has worked almost continuously in front of the camera after a producer spotted the then Austin College student in a bar and offered him his breakthrough role in a 1992 youth comedy, *Dazed and Confused*. An early hint at what Matthew was capable of came in 1999's critically well-received *EDtv* – but an unfortunate incident involving his arrest following some naked bongo drums playing combined with a slew of roles in forgettable rom-coms including *The Wedding Planner*, *How To Lose A Guy In 10 Days* and *Fool's Gold* almost saw Matthew consigned to the lightweight list.

Then, in more recent years, came the career “McConnaissance”, as it's been dubbed, in which he has shone in dramatic roles, including *The Lincoln Lawyer*, *The Wolf of Wall Street* and *Dallas Buyers Club*, which won him the 2013 Oscar for Best Actor in a Leading Role.

The 2013 Oscar proved Matthew McConaughey was a serious dramatic actor.



Matthew acknowledges but plays down the directional change his career undertook, saying: “I just shifted to another gear.”

But surely it can't be a coincidence his career resurgence came at the same time as he found happiness and contentment in his personal life? Matthew makes no secret of the fact that when he met his now wife, Brazilian model and TV presenter Camila Alves, in a bar in 2006, it was love at first sight. Earlier this year he recalled the moment. “Out of the corner of my eye, this aqua-green figure went floating across the frame in front of me. I didn't say ‘Who is that?’ but ‘What is that?’ Then, in my head [I thought], ‘This is not the kind of woman you call over across the room, McConaughey. Get your ass out of your chair and go get her.’ Which I did.”

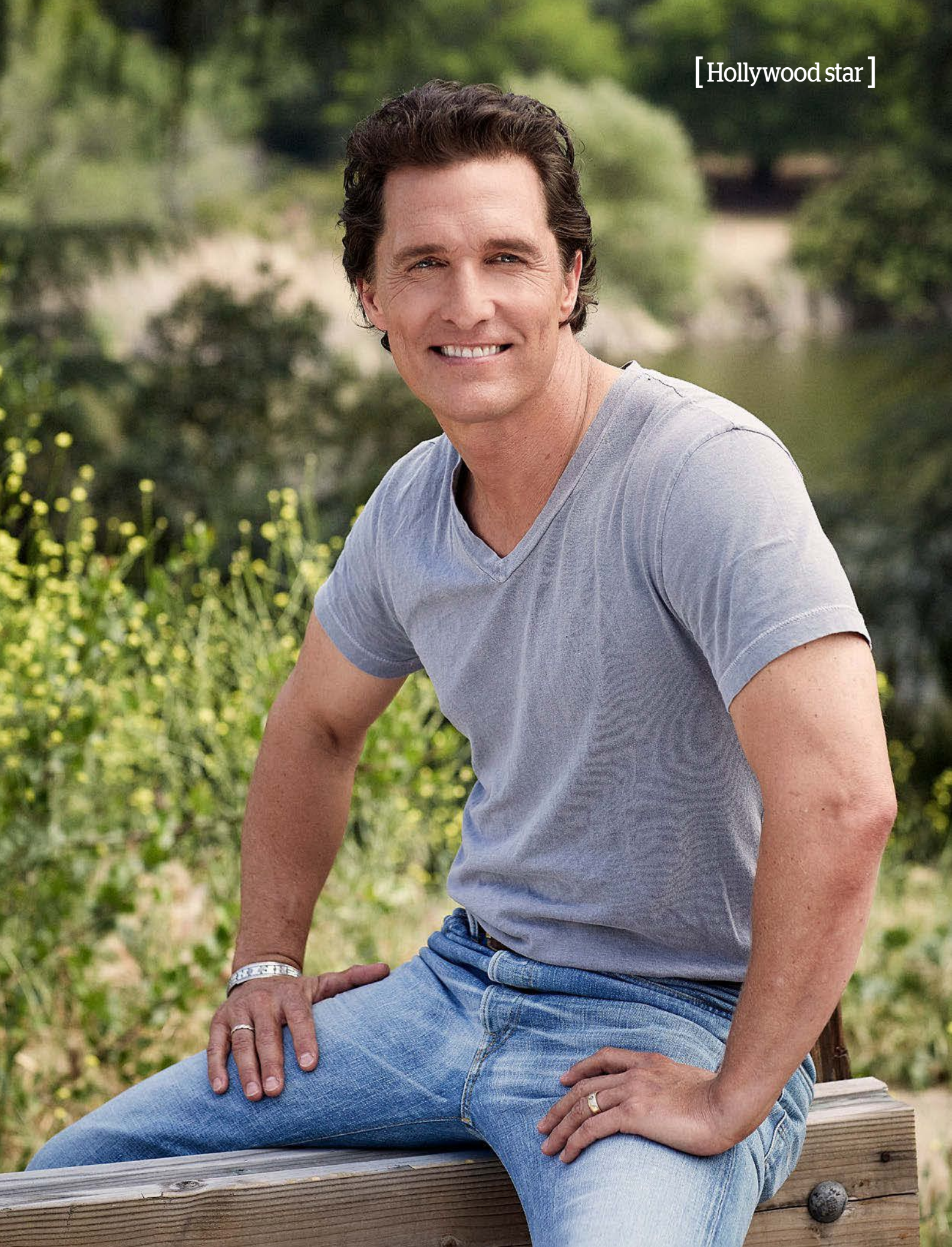
The pair wed on June 9, 2012, and have three children together: sons Levi, eight, and Livingston, four, and daughter Vida, seven. With his refreshing and trademark honesty, Matthew recently explained why Camila is the only woman for him. “I have been very faithful with my wife,” he revealed. “Very selfishly. I like being under her spell and I don't want to break that.”

In his Texan drawl, Matthew shares more with *The Weekly* about his personal life. “With three kids, it's chaos,” he says. “But Camila and I are a team and we run a pretty tight ship. We pick each other up, love one another and have a good time – we respect ourselves and each other.”

By Hollywood standards, the longevity of their relationship is impressive – and uncommon – but the couple works at it.

“Wherever I'm working, family always comes with,” says Matthew. “For me, travel is the »

[Hollywood star]



great educator and Camila and I want our kids to experience as much culture and different ways of life as possible. So wherever I go, they go. We get a house, we live like locals but the kids keep on track with their American schooling while we're away too. It works for us."

Despite the privileges afforded his family thanks to the \$15 to \$20 million he can command per film these days, Matthew is determined not to raise spoiled children. "I want my kids to have a work ethic," he says. "My oldest two, they've worked catering on set. I said to them, 'If you want to do half a day during the week you can and you'll get paid – but you've got to do a good job.' I want them to appreciate that to get to the top you have to work your way up and work hard."

It's an ethos instilled in him growing up in Uvalde, Texas, by late father James, who ran an oil pipe supply business, and former kindergarten teacher mother Kay, whom Matthew is devoted to. He mentioned her during his Oscar acceptance speech: "She taught me and my two brothers – demanded – we respect ourselves. Thank you for that, Mama," he said. Matthew's also close to brothers Michael and Pat.

"My folks brought me and my brothers up to be honest and work hard, and I want my kids to have that upbringing. I'm doing my best to hand that to them."

It was that same work hard (and play hard) notion that brought him to Australia as a teenager in 1988.

"As well as the bank I did a bunch of jobs while I was there including being a boat serviceman, a barrister's assistant during a trial and a carpenter. I lived with four great families. I went to the beach. It was one of the most fun and important years of my life," he says.

Matthew believes there's not much difference between his native Texans and Australians. "We are of a similar ilk, I find," he says. "They are two rugged places and you guys are pretty no-frills too. If somebody thinks they're hot shit, Texans and Australians will bring them back down to earth pretty darn quickly."

While he was here Matthew picked up the lingo too. "I love that contraction you guys do," he

“
I was
like,
I’m the
only
guy
who
can
play
this
role’.”

says. "Shortening 'afternoon' to 'arvo' makes perfect sense to me!"

Given the Australian talent in Hollywood, Matthew's never too far from our familiar accent and language idiosyncrasies. In fact, he's just worked with Rachael Taylor on his latest film, *Gold*. He's quite the fan of the Australian actress.

"She is so great. She played her part [a femme fatale banker] wonderfully, she really nailed it and she's really good fun to work with," he says.

Gold, which opens in Australia on February 2, is loosely based on the true story of the largest gold mine find in history – and the adventurers who hoped to make a fortune from the discovery. Matthew gained a considerable paunch and lost his hairline to play the scheming, down-on-his-luck prospector, Kenny Wells.

"I lost a bunch of weight for *Dallas Buyers Club* but I've never transformed myself in the way that I have to play Kenny," says Matthew. "For eight months I gave myself permission to eat all the cheeseburgers and drink all the beer. It was not a chore! I've never gone above 190lbs [86kg] – so to go up to 217lbs [98kg] for this role was a ride.

"Is Kenny an attractive character? No. But as soon as I read the script I was like, 'I'm the only guy who can play this role'."

Indeed, Matthew totally immerses himself in the role, and although he was left off the Golden

Globes nomination list for his portrayal of Kenny Wells, it's another incredibly watchable addition to the "McConnaissance" roster. He's also chosen to make some upcoming films his kids can actually see, too. "That's why I did [animated films] *Sing* and *Kubo and the Two Strings*. I like to mix it up."

With a jam-packed schedule that includes his Just Keep Livin youth health foundation – can

Warnervale expect a visit from their most famous former exchange student any time soon?

"I'd love to come back to Australia with my family," he says. "Hopefully I'll have another job down there soon. It would be so great to get there for a while, get a house and do it right. I'd love to show my kids where I spent my time Down Under – that absolutely would be alright by me." **AWW**



A transformed Matthew in *Gold* (left) and with Camila and their children at the *Sing* premiere in Los Angeles last December.



[Farewell]

DEBBIE
REYNOLDS
1932-2016

Debbie & Carrie Always together

CARRIE FISHER
1956-2016

Carrie Fisher and Debbie Reynolds, the Hollywood mother and daughter who died one day apart, shared a complicated relationship. Debbie, the old-school dancer, singer and comedienne who starred in *Singin' In The Rain*, and Carrie, the beautiful, talented ingénue and later writer who brought Princess Leia to life in *Stars Wars*, shared a partnership that was close, distant, loving, fractious and sometimes hilariously funny. Yet, in the end, they were a double act which not even death could keep apart.

"People used to call Carrie 'Debbie Reynolds' daughter," Debbie once said. "Now they call me 'Princess Leia's mother'."

Carrie, aged three, and Debbie in a playful moment at their home in Los Angeles in 1959.

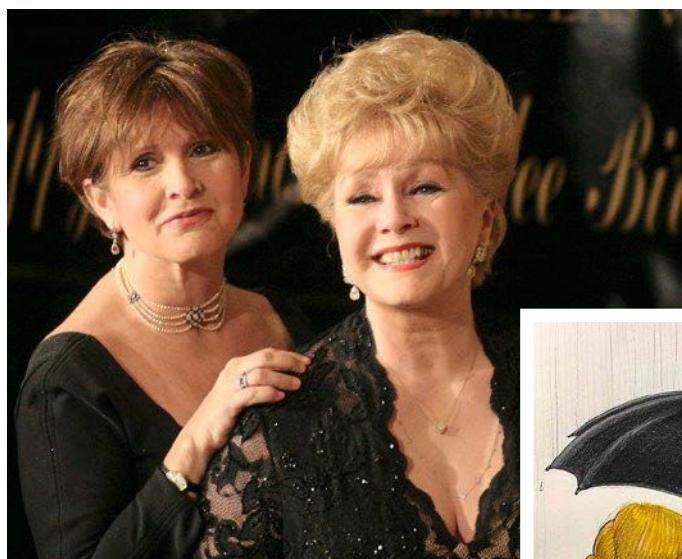


"My mother would get up in the morning as my mother and then she'd go into this big closet she had," Carrie said in 2011. "She'd go in on this end as my mom and she'd come out the other end as Debbie Reynolds. It was like a car wash for celebrities."

Debbie and then husband, singer Eddie Fisher, with baby Carrie in 1956.



"I believe my mother knows this now - that I take her advice, that I follow her example, that I respect who she is ... and if I'm like her in any way, then I'm happy that I am." **CARRIE FISHER**



At Elizabeth Taylor's 75th birthday bash in Las Vegas, 2007.

"I think we've always been open and honest - that's why we didn't get along," Debbie said in 2010. "As a parent, you must give your opinion. And if that causes a breach, then it causes a breach. Carrie and I have disagreements and stalemates, but we still walk away loving each other."



Debbie and Carrie in 1972, five years before the Star Wars phenomenon.

"It's heartbreaking to watch someone you love struggle so," Debbie once said of Carrie's battle with bipolar disorder. "As a mother, I find the hardest thing for me is to love my daughter and not to intervene in her life. I want to do everything humanly possible to keep my girl out of pain, to pick her up when she's down. If I could, I would suffer for her."



A heartfelt tribute to the two much-loved actresses by a US illustrator, Norio Fujikawa.

FROM LEFT: Rick and Heather Bolstler, Eve Grzybowski, Daniel Weinstein and Judy and Michael Hollingworth at their share house on the NSW mid North Coast.



[Ageing well]

Housemates *and hip replacements*

A share house at 70? Welcome to a grown-up version of what many of us experienced in our youth, but these enterprising seniors are doing it for entirely different reasons, writes **Samantha Trenoweth**.

PHOTOGRAPHY ● SCOTT HAWKINS STYLING ● BIANCA LANE



HAIR AND MAKE-UP BY MICHELLE COX. INDIAN WEARS A BACKLAP TOP AND PANTS. HEATHER WEARS A TOP AND VEST. EVELYN WEARS A TOP AND PANTS. JUDY WEARS A TOP AND PANTS. THESE IMAGES HAVE BEEN RETOUCHEE.

The most famous share house of all was probably the Manhattan apartment in the sit-com, *Friends*.

There, six twenty-somethings took on life's challenges (surrogate pregnancy, rainbow co-parenting, a smelly cat) and mostly won. They, however, had nothing on this group of real-life friends. Meet Judy and Michael Hollingworth, Rick and Heather Bolstler, Eve Grzybowski and Daniel Weinstein: three couples who rebelled against standard models of ageing and built a retirement-ready share house near Taree on the NSW mid North Coast.

"We didn't want to be lonely when we were old," Heather, 70, begins. "We didn't want to lose a partner and have no one. We didn't want to go into a retirement village."

The six friends (who hatched their plan decades ago during a shared summer holiday) always knew what they didn't like about growing old. It took some years, however, to create a vision of what they did want their lives to look like after 60 and then to turn that vision into reality.

The vision that evolved was of a shared house in the country, though there were questions about how far that house should be from the nearest

town, theatre, cafe or hospital, and how much the group could spend.

"The vision wasn't always unanimous," says 72-year-old Rick, a computer programmer, but any disagreements were ironed out over hours (and years) of talking. "We went into this knowing we needed consensus on every major decision."

It was Judy's idea that the group road-test the plan by renting a house in Sydney. Two years in a harbourside mansion (which none of them could have afforded individually) indicated that their dream just might work.

Judy and Michael's son was 18 and moved to the share-house with them. At the time, he refused to invite friends over to "this house of freaks", but now even he admits the experiment was a success.

"He's proud to be part of a family that comes up with interesting ways of doing things," Judy says.

In 2003, the group bought a couple of hectares among rolling hills, just a stone's throw from the Manning River and a five-minute drive from the sea.

"We came up to look at the property," says software and web designer Daniel, 68. "Then we went to

Manning Point and took a walk on the beach. The sun was setting and there was a pod of dolphins in the waves.

In the car on the way home, Judy called the real estate agent and made an offer that was massively below their asking price, but they accepted it."

"They understood that you don't say no to Judy," Michael, 73, a one-time journalist, translator and business coach grins.

If there was a "Monica" in this house of friends, it would be 67-year-old Judy. A former CEO of a not-for-

profit who now works in palliative and pastoral care, Judy is endowed with good sense and determination. "And you should see the plastic containers after she gets at them," says Rick, laughing. "She qualifies as the neat freak as well."

Eve, 72, was born in the United States, but arrived in Australia in 1976 and quickly became one of this country's most respected yoga teachers. Eve and Judy were the first of the group to meet – at a yoga class back in the late '70s.

Heather and Rick (who hail from Canada) were the first to move up to the property, where they lived for months in a shed, overseeing construction of the dream house.

It's a passive solar house, with solar panels for energy. It features an immense living/dining/kitchen area with wide picture windows looking out to bushland, fruit trees and garden beds. Each couple has a private apartment (bedroom, bathroom and study), a separate shelf in the library and a nook in the pantry. The rest of the space is shared. Stairs lead to the front door, but a ramp at the back allows wheelchair access.

They have already tested the ramp and the group dynamic in challenging physical circumstances. Both Judy and Eve have had hip operations, and Heather an ankle fusion, in recent years. In each instance, the share house triumphed.

"A big challenge with convalescence is boredom," says Heather, "and it's

“I get so homesick when I’m away from this place now.”





The purpose-built house includes separate private living areas for each couple, as well as communal spaces and gardens.

very difficult to get bored at our house. Someone will wander in for a chat, with an update, with a new book. It's good that the whole physical and psychological load doesn't fall on one partner's shoulders."

"So many people of our generation have terrible memories of share housing in their 20s," says Daniel, laughing, "but it's a little different when you're doing it in your 60s because most people are house-broken."

"Another thing that works well," says Michael, "is having dinner cooked for you five times out of six. We don't have a roster – we're pretty flexible and tolerant – but mostly we take it in turns. Keeping the house and grounds in order has worked out fairly equitably, too. Heather and Eve tend the flower gardens. Rick is a ferocious lawnmower. Judy loves growing vegetables. I'm more interested in bush regeneration and fruit trees."

"We're hoping that the trees fruit before we drop," quips Eve.

On the subject of which, designing a house and lifestyle to last from 60

until last drinks has forced everyone to confront the relentlessness of ageing. The legalities around the death or departure of a member are covered in an "exit agreement", which requires a departing member to offer their share of the property to the others first and, if that fails, to look for a mutually acceptable replacement.

"We've talked to our children," Michael explains. "We've asked the heirs to back off as long as there are two members still standing. We can't enforce that, but it's in our wills and our offspring have verbally agreed."

Should any of the group wish to die at home, Eve and Judy both say that they are "committed to looking after one another to the end".

"These are such deep relationships," Judy says, "deeper than I've had even with family. When the first of us has to go, either because they die or because it's just not workable to live here anymore, it's going to be devastating."

The group is often asked the death question. A less common one is, have any couples been tempted to stray?

So you want to share?

The group's top tips

- Find a common vision.
- Road test that vision. Rent a house together, even for a few months, before you sell up and commit. Know your housemates well.
- Communicate honestly (about everything from finances to food choices), listen sympathetically and don't let problems fester. If you hit a rough patch, an impartial mediator might help iron it out.
- Aim for consensus. Take time to discuss issues until everyone is in agreement. If one person dissents, give them the power of veto, but ensure everyone understands that there are times for compromise and times to stand your ground.
- Consult a lawyer and create an exit agreement. Plan for death, ill health and divorce, and discuss with family and friends who might be affected.

For more tips, read Heather's blog, *Shedders*, shedders.wordpress.com.

"Oh-o," says Judy, laughing. "The juicy question so many must have and don't ask. Do we swing? Or go to the wrong room? Or slip off inexplicably?"

The short answer is no. It's never been an issue and, after 40 or more years of friendship, they don't imagine it will be.

"I've not been at all inclined," Judy says, smiling, "and I've not sensed a wish from any of the others to go there – either gender."

Share housing is not for everyone. It requires a serious commitment to communication, but the rewards can be immense.

"The best move I ever made was getting these five people to come up here and live with me," Rick says. "I get so homesick when I'm away from this place now."

"I wake up and listen to the birdsong," says Judy. "There's an incredible sunrise I can see from my bedroom window. Sometimes I can't believe this is my life ... Living here with these five people has made me the person I always wanted to be." **AWW**

Child of the cult

Anouree Treena-Byrne was raised in a cult until she was 17. Now 46, she tells **Debi Marshall** about the horrors of the childhood of isolation and punishment she endured.

PHOTOGRAPHY ● SCOTT HAWKINS

Born in 1970, Anouree was quietly abducted from her mother at birth and spirited away to Eildon in country Victoria where she was raised, along with 17 other children, by Anne Hamilton-Byrne and an army of cruel “aunties”, all obsequious devotees of The Family. That she survived a horrific childhood of extreme physical abuse and emotional deprivation is in itself remarkable. That she survived with her sanity intact, even more so.

It's been 20 years since Anouree and I first met. Then 26, she'd been liberated from the cult only nine years earlier and her emotional wounds from that torturous life were still fresh and raw. Two decades on, she's barely aged; her pale skin, compliments of a childhood deficient in sunlight, is unlined and her dark, short hair frames a pixie face. At 46, Anouree is a beguiling hybrid of Audrey Hepburn-esque street urchin and grunge chic, with the gamine look of a waif. And she hasn't changed: still intense and engaging, her large green eyes are windows to a reflective soul and questions are met with thoughtful pauses before she answers. Re-dressed after the photo shoot into a

comfortable, striped, hand-knitted jumper, Indian cotton pants and well-worn Blundstones, she rolls her own cigarettes as we talk, her conversation disarmingly direct even as she discusses being on the autism spectrum. “I was diagnosed with Asperger's in the late '80s,” she says, candidly. “Undoubtedly, the environment we grew up in wouldn't have helped.” Anouree is speaking today about *The Family* documentary, presently in limited cinema release around Australia, in which she and other former cult children reminisce on their nightmare life with Hamilton-Byrne and the police investigation, which led, finally, to their release.

Anne Hamilton-Byrne was the mistress of duplicity and disguise. Yet the truth about her past – and her meteoric rise to becoming the self-proclaimed “one true master”

and “reincarnation of Jesus Christ” – was rather more pedestrian than she would have people believe.

Born plain Evelyn Edwards into a humble Gippsland family haunted by mental illness, Evelyn, an overweight child with the nickname “Puddy”, was the daughter of a railway cleaner whose self-obsession led to a re-imagining of her reality. She taught yoga in Melbourne before realising financial enlightenment lay in the recruitment of cult members – easily manipulated middle-class professionals, many with medical backgrounds – into the sect she co-founded with spiritual academic Dr Raynor Johnson. Taking the surname of her second husband, Bill Hamilton-Byrne, whom she married in the '70s, this charismatic blonde held sect members spellbound with her hotch-potch of New Age spiritualism and Eastern and Western teachings, while at the same time fleecing them of their money and assets. A guru – and an empire – was born.

A house of horrors

Anouree's story starts in that most surreal of places: former Melbourne asylum, Newhaven psychiatric clinic, run by Anne Hamilton-Byrne. It was

[Real life]

Anouree Treena-Byrne is one of several former children of The Family cult to successfully sue its founder, Anne Hamilton-Byrne, for the mental and physical abuse they suffered.

STYLING BY ELAINE MARSHALL. HAIR AND MAKE-UP BY ZOE KARLIS. THESE IMAGES HAVE BEEN RETOUCHEE.





here, where many medical staff – some established members of The Family – and vulnerable patients were targeted in a zealous recruitment drive. It's also where Anouree's parents, patients Treena and Michael, Anne Hamilton-Byrne's step-son, fell in love. "It was a house of horrors," Anouree says with a shudder. "Anne manipulated her way into ownership of the clinic and once she got it, it gave her power to do what she wished with defenceless patients."

Here, hidden from the outside world, sedatives and the hallucinogenic drug, LSD, were administered to patients without their knowledge and controversial treatments, including electroconvulsive therapy and lobotomies, were trialled.

Against her will, Treena, a desperately vulnerable woman who

suffered episodic bouts of mental illness, was given a range of potent drugs, including LSD, even when pregnant with Anouree at 22. "My father was also given LSD. It was a means of keeping them subjugated."

Shockingly, it also gave Hamilton-Byrne, who owned other cult properties,

the opportunity to exploit Treena and procure her baby.

"It was a nice little transaction for Anne," Anouree says. "There was no paperwork required. I was taken away to

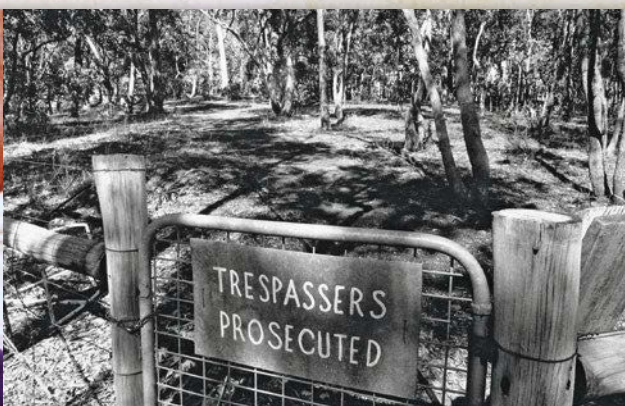
the sect soon after I was born, to live with the other children there who were 'acquired' through the scamming and manipulation of vulnerable parents using false birth certificates. We were then all given Anne's surname." There, at Kai Lama, an isolated rural property on Lake Eildon sandwiched

between national parks and a lake, up to 22 people were jammed into a heavily curtained, claustrophobic house that reeked of cats. Remote from the world, this would be Anouree's life for the next 17 years.

The loss of her daughter, whom Treena repeatedly and unsuccessfully tried to wrest from Hamilton-Byrne, sent the young mother over the edge into madness. Heartbroken and distressed, she made several suicide attempts until, in 1974, at the age of 26, she overdosed on medication at her family home, dying a lonely death.

Anouree has no memories of her mother and grew to adulthood believing Anne and her husband, Bill, were her parents, not her grandparents. While being Bill's granddaughter afforded her no special attention, Anouree somehow escaped Anne's decree of the children dressing in identical outfits and dyeing their hair peroxide blonde. Yet she bitterly

“We were half-starved and had to steal food.”



FROM FAR LEFT: Child members of The Family with their eerily identical blonde hair; the entrance to the Lake Eildon cult property; 14 of The Family children; Anne Hamilton-Byrne and (below) with her husband outside court in Melbourne in 1993.



recalls other ways that she and her “siblings” were controlled. “I shared a small bedroom with up to eight girls. We were home-schooled with a perfunctory education and out of bed every day at 5am with a punishing routine of yoga and meditation. We were half-starved all the time and had to steal food from neighbours to survive.”

Beaten for the slightest misdemeanour and forced to take large quantities of tranquilisers, which rendered them robotic, it was a restrictive and horrific regimen, which enabled Anne to control every facet of their lives. “There was no maternal love, no joy,” Anouree recalls. “It wasn’t a childhood at all, but because we were so isolated, we thought this was normal. I had no comprehension that other children lived differently.”

Imprisoned within the cult and quarantined from the outside world, Anouree withdrew emotionally, becoming virtually mute. “I was timid and shy. It was a way of hiding from the world while still being in it.”

Memories of the extreme violence they endured renders Anouree mute again briefly. “You can’t imagine the horror of being held down and [almost] suffocated in a bucket of water,

which happened to all of us about four times. The whole point was to terrify us into absolute submission, but it didn’t work. Regardless of what was thrown at us, Anne couldn’t stop our natural response for survival.”

Freedom Day

Anouree and the other children’s escape from this daily hell – what she describes as “Freedom Day” – came suddenly in 1987, when the cult’s property was raided at 7am by

Australian Federal Police and Community Services Victoria. Then 17, Anouree was in a yoga session, which was interrupted by unfamiliar voices and loud footsteps. “One of my older sisters had run away from the cult and had alerted authorities to what was going on at Eildon,” she says. “She flew into the room and announced to us all, ‘You’re free!’”

Herded onto a bus, six of the children were removed to a home where Anouree stayed for three years.

Yet, if life outside the cult was liberating, she also found it extremely challenging to adapt to the change. It would take her many years of counselling to unravel the complex, twisted childhood she and the other children had endured. “I didn’t know I had a mother or father until I came out of the sect,” she says. “Sadly, Mum was dead by then, but Dad and I got on really well when we met. He described Anne as a manipulative monster; a woman who moved people around like chess pieces on a board.” Her dad, Michael, died in 2013, a loss that Anouree still grieves. »



Following the liberation of the children, Hamilton-Byrne and her husband, Bill – whom Anouree describes as “another victim” – fled Australia for six years. In 1993, following an investigation into their activities, they were arrested in the Catskills, New York, and extradited to Australia. The couple pleaded guilty to charges of conspiracy to defraud and commit perjury by falsely registering children’s births and were fined \$5000 each, but received no prison time.

Anouree says that the punishment was ridiculously inadequate as she ponders the legacy of her life in the sect. “For me, it’s periodic depression and a degree of social anxiety,” she says. “But I’ve fared better than other cult children, some of whom have died premature, awful deaths. Mostly, I have a positive take on life.”

At 22, Anouree started a Bachelor of Arts degree at university before teaching English in Japan for three years. Prior to leaving for overseas, she confronted Anne Hamilton-Byrne about what had happened to her mother. In a brazen response, the cult leader told Anouree that Treena had “accidentally ingested rat poison” and died. Anouree remains contemptuous of her answer. “I told her that we both knew that was absolute nonsense, which, of course, she denied.” She has not seen Hamilton-Byrne since.

Facing the future

In 2004, Anouree met David, who would father her two children, a girl and boy aged six and 10. The children have exotic names the couple invented, but she won’t publicise them, to protect their privacy. She is determined her children will have a happier childhood than she experienced. “I erased everything I learned from Anne regarding child-raising,” she says. “I use my natural instincts to guide me.”



“Anne stole my past ... not my future.”

Bill died in 2001 and, today, Anne Hamilton-Byrne is a shadow of the once-dominant sect leader whose story made headlines around the world. Now in her 90s, she spends her days rocking back and forth at an aged care facility in suburban Melbourne. Lost and regressed, her once sharp and devious mind ravaged by the grey fog of advanced dementia, she is visited by

BELOW: Anne Hamilton-Byrne in 2009 in the nursing home room she rarely leaves.



an ever-diminishing band of elderly cult members who know conversation is futile. She has never shown remorse and Anouree has no interest in seeing her before she dies – no interest, no feelings for her and no compassion.

“Behind the scenes, there is a power struggle for her money and assets, reputed to be in the tens of millions,” she says. “It’s ironic, isn’t it, that the woman who created a virtual prison for mentally ill people and for children now lives in something of a prison herself, both physically and mentally.”

Anouree believes that any remaining cult assets should be sold after Hamilton-Byrne’s death and paid as compensation to her victims, some of whom, including Anouree, have won damages for

ongoing mental health issues relating to their abusive childhoods. And while the cult is still active, it is a ragged empire compared with its glory days.

Recently separated from David, Anouree is not frightened that she will become a “lonely only” – one of her invented expressions. “I know it isn’t conventional, but David and I have decided that it is best the children stay with him and I remain in constant contact with them,” she says. Now planning the next stage of her life, she is going to live in Scotland for a time to study human biology and is excited that her world is full of possibilities.

“Doing the documentary on The Family was liberating in itself,” she says, resolutely. “Anne stole my past, but I’m not going to let her steal my present and my future. I do not identify as a Family cult member any longer. I have a strong sense of survival and am my own person. That is both my revenge and my triumph.” **AWW**

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“A street cat saved my life”

When James Bowen rescued a cat named Bob, he also found his own saviour. **Chrissy Iley** meets the duo and discovers James' special Aussie connection.

Bob the cat is possibly the world's most famous feline – at least, he's the only street cat to have had his chin stroked by the Duchess of Cambridge. He's a Londoner who also has a special connection to Australia, since his best friend, James Bowen, was raised in Melbourne.

He is the subject of James' best-selling book, *A Street Cat Named Bob*, which has sold more than five million copies and been made into a film – in which Bob plays himself – and it is a gorgeous movie, not so much cutesy, but gutsy. It's the story of James Bowen, recovering heroin addict, homeless street busker and *The Big Issue* seller, whose life changed when the ginger cat turned up on his doorstep.

James spent his last £28 on antibiotics for a wound on Bob's leg and Bob repaid him a hundredfold. One day, he jumped on the bus to follow James to his busking spot at London's Covent Garden Piazza, where he would sing Nirvana songs to bored passers-by. Once Bob was in on the act, the punters were mesmerised by his endearing tricks. Then James and Bob were spotted by a literary agent who had worked on

Marley & Me and, with the sales of the first book, Bob bought James a house.

Today, we meet in London's Soho Hotel. James is shy and gentle, wearing combat trousers and lots of bracelets and beads. Bob is wearing a miniature Dr Who scarf, which someone knitted him and he wore in the film.

His ginger coat is lustrous, his fat cheeks adorable and his piercing green eyes mesmerising. He's fearless, prowling around his suite. You can't take your eyes off him – he really is a special cat.

Bob sits on his cushion. He's a well-practised interviewee, no stranger to publicity. The book literally changed their lives, “from day one with the book really,” says James. “The popularity of Bob when we were selling *The Big Issue* meant that we had to move out of central London because we were killing it for the other vendors.

“We moved to Angel [Tube] station and if we hadn't moved there, you wouldn't be talking to me now because that's where I met my agent.”

Since the film came out, Bob has been accused of starting a ginger cat kidnapping racket. Ginger cats are now so popular, you can't find them. “He's so intelligent, a little man in a ginger suit,”

ABOVE: Bob the street cat, “a little man in a ginger suit”, with his best friend, James Bowen.

says James. Bob nods and then gives me a piercing stare. “The Duchess of Cambridge was very excited to meet him and very lovely, very down-to-earth,” says James. “She was attending [the movie premiere] in support of one of her charities, Action on Addiction. Bob was a little bit tired that day, but he didn’t mind her giving him a little scratch behind the ears. He was sort of grumbling and purring at the same time, but he’s very gentlemanly and would never let on to a royal that he was tired.”

For James, the film shows the real side of addiction. “I said to the director, I don’t want this played in a satirical way like *Trainspotting* – no silly hallucinations. There are so many other aspects to it and I wanted to get over the facts that the pain is relentless.” Indeed, the film shows the gruelling side of James using methadone to kick his heroin addiction. The story is how man saved cat and cat saved man.

So how did Bob get to play himself in the movie? “He was never supposed to be involved in the film,” says James. “But they wanted to do one scene of the real Bob, so they shot him on one of Luke Treadaway’s [who plays James Bowen] shoulders. I kept Bob’s attention to the lens as they walked with the Steadicam and he was really good.”

“Then, later on, Luke was shooting busking scenes and the director asked if Bob could sit on his shoulders and be there for the busking. Bob already knew the busking regimen. A few coins were already in front of him. He sat on the jacket, listened to the guitar and, as more coins were being thrown down, Bob would look up as if to say, ‘Cheers, thanks’. And the look on the director’s face was priceless.”

The director, Roger Spottiswoode, couldn’t train actor cats to do this as they had no knowledge of busking or shoulder riding. “It’s a Hollywood first,” says James.

Was it weird for James being on set and watching Luke Treadaway play scenes from his own life? “We went round to Luke’s to spend an hour talking

“Bob rescued me. He took me from existing to having a life.”

about what it was like being me, but six hours later, we were still jamming and chatting. It was strange for him to be me, but somehow it felt quite natural for me. We have become really good mates.”

Bob does have a passport, but he won’t be going to the Australian film opening on February 9 because of the strict quarantine laws.

James was born in England, but his parents split when he was three and he moved to Australia with his mother, where he spent his childhood.

“My uncle directed *Home And Away* for 15 years,” James says, proudly, so he thinks the film business is in his blood.

He moved around a lot, from Perth to Melbourne and Bridgetown, Western Australia, but never felt he fitted in.

So, at 18, he returned to England, but it was harder than he expected and that’s how he ended up on the streets and addicted to drugs.

James’ life has completely changed now, but he doesn’t take anything for granted. He and Bob have been invited to Japan and South Korea. I tell him that I’m worried that, in Korea, they might want to eat Bob. “He would tear into them like nobody’s business,” he says. “He can be a very defensive little man. Once, I had someone trying to rob me when I was busking. He sensed him coming up behind me and, as soon as this guy reached into my rucksack, Bob turned around and went wham – slapped him across his face, big stripes across this guy’s face. I don’t have to worry about that anymore. Bob rescued me. I didn’t know it at the time, but he took me from existing to actually having a life.”

What lessons does James think that he and Bob have learnt from each other? “He gave me a reason to live,” he says. “I was 27 when I met him and sick of life. He gave me that second chance. I’ve never had kids, so he is my baby, really, and I taught Bob to trust in me. He has

also learnt that Daddy takes care of him because he takes care of me. He’s certainly got us where we are today.” **AWW**

FROM BELOW
LEFT: Bob in his Dr Who scarf; making friends with the Duchess of Cambridge at the London premiere of the movie in November; James and Bob at Islington Green, London, where they used to sell *The Big Issue*.



Yalda Hakim

Breaking all the rules

Yalda Hakim was a baby when her family fled Kabul on horseback. Now one of our most courageous journalists, it's her Aussie-ness that is the secret to her success, she tells **Celina Edmonds**.

PHOTOGRAPHY ● **ALANA LANDSBERRY** STYLING ● **JACKIE SHAW**

When journalist Yalda Hakim lands in a country, she heads straight to a hair salon for a blow-dry. She might be in Libya, Iraq or Afghanistan and she could be there to tell the story of some of the world's most vulnerable people, or even interview a president. Yalda's not concerned with her hair though. Instead, the salon is an opportunity to get close to local women.

"I get my hair done, they're getting their hair done, they take off their head scarves and I suddenly see what's going on under the scarves

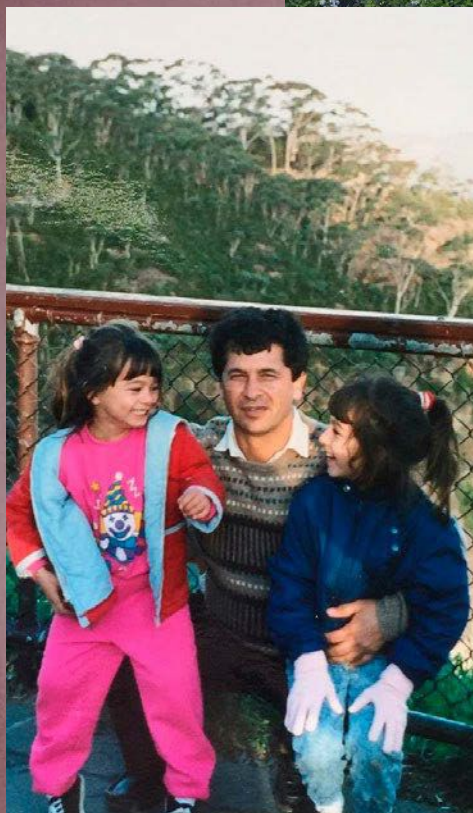
TV journalist
Yalda Hakim was a six-month-old baby strapped to her mother's back when her family fled Afghanistan on their long journey to life in Australia. She would return to her homeland at the age of 25 for an emotional reunion with her grandparents.

– peroxided blonde hair and incredible dazzling outfits," she says. "Then they talk about everything from how they're dealing with motherhood to marriage, but also politics and their place in society and what's going on, and the struggles and challenges they face. That helps me tap into something that my male colleagues just could never, ever do."

It's savvy strategies like this – and the ability to speak six languages – which have set the 33-year-old Australian journalist apart and, together with a relentless drive and energy, have earned her global television success and many fans. In just the past 12 months, Yalda has travelled to South Sudan, Afghanistan, Mexico, Ghana, Sweden and Indonesia. Working for BBC World News since 2013, Yalda lives in London, where she hosts *Impact*, a daily rolling news program. When she's not in the studio, Yalda is travelling the world, reporting and producing six documentaries a year, as part of the *Our World* series.

"Working for the BBC, I think it's one of the few places now where there is a platform for me to be able to pick off a map a place that we want to go, a story that's not told," Yalda says. »





With her deliberate strategy to “find a point of difference” and access women wherever she goes, Yalda believes she is often underestimated and uses that to her advantage to tell her stories.

“I feel like I can do my job better because I am a woman. I am the ‘third gender’ in some places that I go to,” she says. “They don’t recognise me – I’m not one of their women, I’m not a man, I’m a third gender – and sometimes they won’t even look at me in the room.”

“Initially, I remember being offended and thinking I’m invisible in this room; they just want to talk to the men,” she says. “But actually it gave me access to the women. It opened doors. They had their guard down, sort of thinking – well, she’s petite and how much harm can she do? But actually that helped me tap into something.”

Yalda’s own story is remarkable. Born in Afghanistan in 1983, the third of four children to Zabrina and Wali Hakim. The family fled Kabul on horseback after the Soviet Union invaded and her father faced conscription. After two years in a refugee camp in Pakistan, her family felt “incredibly blessed” when it was sponsored to Australia, arriving here when Yalda was three years old.

“I look very fondly on the journey of my parents, as do they, in Australia,” says Yalda. “I feel I am a product of this country and the opportunities I’ve received. It’s my Australian training and who I am as an Australian, and my work ethic, that’s been able to be embraced by the BBC.”

“I feel like I can do my job better because I am a woman.”

Life in detention

When the Hakims came to Australia in 1986, they stayed at the Villawood Migrant Hostel in Sydney and were provided with services such as English lessons to help them assimilate.

“For me to now look at that place and it’s a detention centre, you sort of think in 30 years so much has changed,” says Yalda. “Attitudes have hardened. Sometimes when I look at the situation, I just think it’s not the Australia I know, it’s not the country I was raised in.”

When you meet Yalda Hakim, you’re struck by her size – she’s diminutive. You also immediately notice her eyes, a hypnotic mix of hazel and amber. It’s hard not to stare. At *The Weekly’s* photo shoot, Yalda admits she is operating on just two-and-a-half hours’ sleep.

Her trip back to Australia is a combination of work and family time. The night before our shoot, she realised she hadn’t completed the judging for a film competition. It’s an oversight that’s kept her up until 4am. Now it’s 8.30am and Yalda is in the chair for hair and make-up – bright and cheery with a fresh face, chatting to everyone about everything from the difficulties of finding good coffee in London to the struggle of child slavery in fishing villages in Ghana. After every wardrobe change, Yalda peeks at the stunning photos, trying to choose a favourite for her family. “I’d really like a picture for my mum,” she says.

Yalda first came to the attention of Australian viewers while at SBS, where she co-hosted and



reported for *Dateline*. Growing up in Sydney, she began writing for her local paper at just 15, work experience followed at local radio stations and TV networks Nine and Ten. She even worked at SBS for a year for free while finishing her degree.

"I just wanted to be in the space where I was learning as much as I could," Yalda explains. "I was willing to do anything."

A cadetship with SBS News followed and Yalda taught herself to use a camera and edit. To convince her bosses that she had what it takes to be a foreign correspondent, at just 24, she used her holidays to travel to India and Afghanistan to shoot her own stories. They were to be the first of many overseas stories and the beginning of a reporting career that continues to take her all over the globe.

Clear vision

Her success is no surprise to her younger sister, Mariam "Maz" Hakim. Growing up, she always knew Yalda had the "X factor" and was destined for journalism. "She knew from a very young age exactly what she wanted to do," says Maz. "She used to draw pictures when she was eight or nine years old, look at the TV and tell me, 'I'm going to be one of those journalists'."

Success in the media runs in the Hakim family. Maz works for Virgin Radio in Dubai and hosts her own national program. The 30-year-old says that her parents' story of leaving Afghanistan resonated with all of them, but especially Yalda.

"She's kind of gone full circle in that she now gets to tell the story and experiences of what

FROM OPPOSITE, LEFT: Yalda, her sister Mariam and their dad Wali in the early days in Australia; Wali and Yalda's mother, Zabrina, braved a perilous journey to Pakistan to take their family to safety; Yalda with her husband of eight years, Abed Rashid, who lives in Oxford while she works in London; on assignment in Bagram Prison, Afghanistan; filming in a Yemen migrant camp for the BBC's *Our World* program.

other people go through in today's society when they are refugees or migrants," says Maz.

"My dad used to tell us all the time to dream big and there is nothing that can limit you – aim for the sky. I think it's incredibly important for migrant families, for the parents to push their daughters to progress and move into an industry they want to, rather than just an industry their parents think is suitable for them."

The sisters may live in different countries, but they're obviously close. Yalda will tell Maz where she is going on her reporting trips – but she keeps it from her parents, so as not to worry them. "My mother is a big worrywart just like most mums are," says Maz. "My dad's very supportive, but still also worries."

The other person Yalda always tells where she is going is husband of eight years, Abed Rashid. Theirs isn't a traditional relationship; he remained in Australia for a year when Yalda first moved to London. "I needed him to come [to London] when he felt it was right, rather than just move over for me," she explains. Now, Abed lives in Oxford, where he is an avionics engineer, and Yalda is in London. The 35-year-old former RAAF sergeant usually sees his wife about every four days. If Yalda is on assignment, the couple can spend up to two months apart due to her remote and sometimes dangerous story locations.

"When we got together, my career hadn't kicked off," says Yalda. "I was working in the industry, but finding my place. He was very much within the Air Force and travelling a lot. A day after we got together, he disappeared for three months. »

"I had to very much get used to that and be supportive of what he did. So when the roles reversed, he was incredibly supportive. I would describe him in many ways as a feminist. He enjoys seeing what I do.

"A lot of people ask him how he deals with me going to dangerous places and disappearing for weeks on end, sometimes without making any communication or contact with him, and he sort of says, 'Well I did the same thing. Why should it be any different if she is doing it?'"

Looking at her own parents' marriage, Yalda sees many parallels with her own. Her father left Afghanistan for seven years, living in what was then Czechoslovakia, to continue his architecture studies. Her mother worked as a midwife in both Afghanistan and Pakistan, travelling into remote villages to assist women who could not access hospitals to give birth. "Because they had always had a long-distance relationship with four kids, I don't think they find our choices bizarre," Yalda says. "I think it's kind of the challenge of modern-day relationships – there are no rules. People just do what works for them in that relationship and I think that's important and healthy.

"Last year, I left London for eight weeks and I was travelling across Asia, and I came to Australia, then travelled to South Sudan to film another story. Perhaps if we had children the dynamics would change – that I couldn't disappear for eight weeks because there would be someone else who's dependent on me," she says.

It's with some frustration that Yalda deals with the question of children, admitting it "plays in the back" of her mind. She says no one at the BBC has asked her whether she plans to have children, but describes it as "shameful" that, in 2017, young women are made to feel worried and stressed about the decision.

"Eventually, I'd like to think about having children and I hope that for the generation 10 years younger than me or younger, it's not something that worries them," she says.

"Women who have built a career and enjoy their work, you do think the whole notion of having it all is actually false. It's a false pressure that's put on women that we need to somehow make everything work. It's about actually figuring out what works for you and your life."

When she gets back to Australia, Yalda likes to stay home. "I sit on Mum's couch," she says. "All she wants to do is look after me."

Which is hardly surprising, given that Yalda spends so much time in some of the world's most dangerous countries. Trips to Afghanistan – the country of her birth – have been particularly eye-opening for the reporter. She realised her fate could have been very different when she reported for *Dateline* on drug-addicted women and babies being treated in a rehabilitation centre there. "I was confronted by the things I saw and the difference in their life to mine, the freedoms that I had," she says. "It absolutely made me think and sort of look at some of those women, and feel like I was looking at a reflection of myself, but worlds apart."

Yalda freely admits that she can get too close to her stories and she struggles with work/life

balance. Yet she can't imagine doing anything else.

"The dominant factor in my life, above and beyond anything, remains my career and perhaps that is something that I need to work on," she admits. "I still can't find the balance.


"You need a very supportive network of people around you to understand that you're not going to make that dinner. That you will unfortunately choose the job and

the trip, and what you have to do, over what's been planned for weeks," Yalda says.

"The day that I become desensitised and the day that I stop caring about the stories that I do, I need to stop, I need to move on and do something else. I can see a lot of bad things, but that doesn't mean that it doesn't impact me in some way. It just drives me. It drives me to go back each time." **AWW**



Yalda's sense of adventure hasn't been dimmed by the pace of her job, though she does like to get home to Australia.

A woman with long dark hair, wearing a white long-sleeved top and a bright red skirt, is sitting on a large pile of newspapers. She is looking towards the camera with a slight smile. The background is a textured, mottled purple and pink wall. The newspapers are stacked in several places, some open and some closed, creating a sense of clutter and depth. The lighting is soft, highlighting the woman's features and the vibrant red of her skirt.

“I was
looking
at a
reflection
of myself,
but worlds
apart.”

The *Daddy* letters

In an intimate and heart-rending series of letters to his infant children, Lachlan Searle has ensured the memory of their much-loved mother lives on, as he tells **Melissa Field**.

PHOTOGRAPHY ● KRISTINA SOLJO



Dear Tom and Lottie,

These letters are for you.
And these letters are also for people like you ... and me.
I want you to learn, to remember and to ultimately make up your own mind about life, about death ... and about love.
And I hope that these letters help in some small way.
These letters are a collection of my thoughts and sometimes your own words, during the most difficult time of my life, and probably yours.
They are also a collection of my feelings and my memories of your Mumma - Rebecca McGloughlin (09-08-1977 to 05-12-2014) - my wife, my soulmate, and my best friend for nearly 20 years.
They are a collection of stories about how I grieve and have managed to parent at the same time - sometimes only just.
They are personal letters to you both, but they are also for other people too ... as like I keep telling you, it's important to share and hopefully by sharing we can help others who are going through a similar journey to us.
And finally, these letters are for when you can really read.
Which won't be long if you both continue to thrive as you've done.
For when you can take things in and comprehend, you need to know that we may never truly understand why this has happened, but I know that we will all be stronger for it, because of the strength that you show each day.
And because of the strength that Mummy gave us.

Love Daddy

When Lachlan Searle and his wife, Rebecca McGloughlin, were enduring endless,

gruelling rounds of IVF treatment between 2009 and 2011, the hopeful dad-to-be started writing letters to his fictional kids, "Earl and Pearl".

"I jotted down some stuff for the babies I feared we might never have," says communications manager Lach, 40. "I probably wrote about eight letters. It was my way of coping with the emotional ride that is IVF."

Lachlan and Bec, as he affectionately refers to his wife of 12 years, finally became pregnant on their seventh IVF cycle with adorable, animal-loving Thomas, born in December 2011. Just four months after his birth, a miracle. Bec became pregnant naturally with sweet, curly-haired Charlotte - or Lottie as the little girl now prefers to be called - born in January 2013. "Potts [Lach's nickname for his daughter] was a massive surprise," he says. Given he and Bec, a commercial lawyer, had two kids under two years, the earliest version of his *Daddy Letters* ground to a halt. "We were totally in the baby bubble. It was a pretty intense time, going from no kids to two kids in the space of a few months," recalls Lach.

Two years ago, though, Lach began writing again. This time, *The Daddy Letters* were directly addressed to his finally here, real-life kids.

Tragically, his letter-writing had been revived because of the cruellest of circumstances.

On December 5, 2014, Bec died suddenly from toxic shock caused by streptococcal infection, after becoming unwell just a few days earlier. Streptococcus is a bacteria - in its

mildest form, it can lead to a sore throat. At its most severe, when released into the blood stream, it can cause life-threatening blood or organ infections - which can lead to toxic shock or sepsis. While the cause of Bec's streptococcus isn't known, she succumbed, as Lach describes it, to "an infection we just couldn't outrun," - despite the efforts of the Canberra Hospital ICU and the specialists flown in from Melbourne's The Alfred Hospital in an attempt to save her. Each year, up to 3000 Australians die from similar infections.

When she passed away, Bec was 37 years old and had recently selflessly offered to act as a surrogate for her sister. Tom had just turned three - his

birthday party had already been scheduled for the Saturday two days after Bec's death. Little Lottie was only 23 months old.

"It was as if Bec had died in a car crash. It was so sudden and shocking," recalls Lach.

The Canberra born and bred pair had met in their teens while in Paris on a Contiki tour of Europe. "We were together for 20 years and grew up together," says Lach, a tinge of disbelief still audible in his voice.

Despite his own intense and almost overwhelming grief, Lach simply

couldn't fall apart - because of Tom and Lottie.

"At first, when Bec died, they were super-clingy," recalls Lach, who at the time of Bec's death was the University of Canberra Capitals basketball team general manager. "It was suffocating, but understandable. They were grieving too and needed me. I almost had to put my own grief aside."

In the haze of shock and sadness in the immediate aftermath of Bec's death, Lach gave up work to focus on his children and help them »



OPPOSITE: Two years on from the tragic death of his wife, Lachlan Searle and his children, Lottie and Tom, are adjusting to life without Bec. ABOVE: The joyous couple on their wedding day in 2003.

adjust to their strange new world. He also began writing *The Daddy Letters* again.

The blog and Facebook page chronicle Lach's surreal new life as a widower and Tom and Lottie's memories and mentions of the mum who adored them. To date, he has amassed more than 10,000 words that he plans on sharing with the kids when they're old enough.

"My main intent is to document thoughts, memories and funny stories to help the kids remember their mum," explains Lach of the weekly notes. "I also think that if Tommy or Lottie were to break down when they're older and say, 'I don't know anything about my mum', then I'd have failed them."

There's little chance of that. *The Daddy Letters* are a heartfelt, emotional, uplifting and even wryly funny read – and it seems Lach's letters are touching those beyond his immediate family and friends.

"As I've put up more letters, I've had more people email me or call me and often they're in the same situation – either further down the track or just beginning their journey in grief," he says. "It actually helps me to meet people who are walking, or have walked, in my shoes."

Lach encourages his kids to talk about their mum whenever they like. "Tommy had his school orientation morning recently," he says. "And the teacher was reading the kids a book called *My Mum Is Amazing*. She asked him, 'Is your mummy amazing?' And he said, matter of factly, 'She used to be. But she died. But my daddy's amazing'. I was so proud of him, not just because of what he said about me – which was great, of course – but also how confidently and comfortably he spoke about his mum in what could've been an awkward situation."

When Bec was alive, the family spent lots of time at the National Zoo & Aquarium in Canberra because one of Lach and Bec's favourite pre-kids trips together was on a South African safari and because Tommy, who is articulate and confident, absolutely

loves giraffes, hippos and rhinos. Lach has also used the zoo animals to explain that family units come in all different shapes and sizes. "I'll say, 'Look at those giraffes. There's the daddy and his two kids. That's their family, just like us,'" he explains.

Two years on from losing Bec, Lach continues to write. He has also launched and oversees *For My Babies*, a Canberra-based counselling service for couples going through IVF, surrogacy and adoption, and run in conjunction with Relationships Australia. "It was set up in the week



"We grew as adults together, we discovered love together and we had you two together," Lach writes about Bec to his children in one of *The Daddy Letters*.

after Bec died, when I was running on adrenalin and shock," he says. "I wanted to find some good out of what happened to Bec and I felt because she'd been so supportive to others going through IVF, I reckon once our kids were a bit older she would've been quite active in supporting others, too. It's still ticking along today."

Lach now also juggles the day-to-day logistics of work – he's doing four days a week in a new job at Mental Health Australia. His close and supportive family, including Bec's

parents, Eda and Tony, and his mum and dad, Helen and Bob, as well as his two sisters, live close by and help out with the kids frequently, too. He's also busy preparing Tom for big school and Lottie's introduction to pre-school. "Life is busy," says Lach. "I gave a speech to the Menslink charity in October and I said, 'Our life as a team of three now has been a perfect mess and it may continue to be. But we're adjusting to that.'"

That adjustment process includes navigating bittersweet anniversaries each year. "December and January are tough," admits Lach. "There's my birthday, Tommy's birthday, Bec's anniversary, Christmas, New Year, our wedding anniversary and Lottie's birthday. I've learned that forward planning makes them manageable. I also decided to embrace them, rather than just get through them."

Last year, Lach and the kids put up Christmas decorations on the anniversary of Bec's death to lessen the sting of December 5. "Bec loved Christmas and bought a decoration from anywhere we travelled to," says Lach. "It was a good opportunity to show them to the kids and reclaim that day, too."

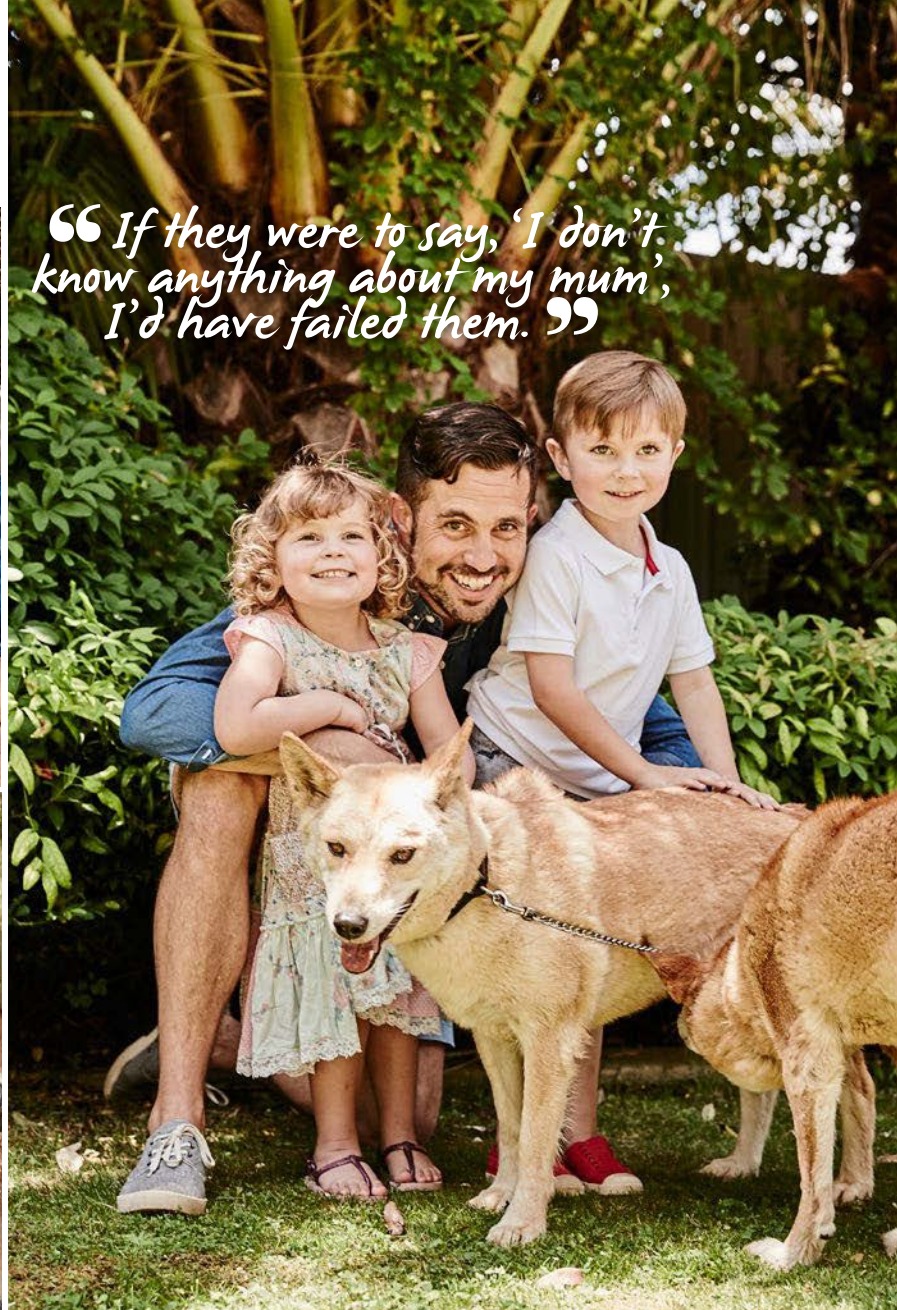
Lach, Tom and Lottie often mark the other special days by releasing balloons. "Whenever the kids see balloons floating into the sky, they call out, 'Catch it, Mummy'," he says, with a smile.

Having things to look forward to helps Lach to manage his grief – a camping trip with other dads and a tribe of kids, as documented in *The Daddy Letters*, a mid-year break to escape Canberra's winter chill and, one day, taking Tom and Lottie to the Sabi Sabi game reserve in South Africa. "Bec and I loved to travel and we wanted to foster that in the kids," says Lach. "I can't wait to take the kids on safari when they're old enough."

As for the day-to-day, Lach says he's simply trying to be the very best dad – and mum – he can be. "I'll also carry on writing letters whenever I can," he says, "so Tom and Potts know just how special their Mumma was." **AWW**



“If they were to say, ‘I don’t know anything about my mum’, I’d have failed them.”





Kirk Douglas 100 and still in love

An enduring partnership, Anne and Kirk's marriage has survived a son's tragic death, a debilitating stroke and Kirk's many affairs.

In a revealing interview, Hollywood legend Kirk Douglas and his beloved wife Anne talk to **Chrissy Iley** about how they met, coped with infidelity and the secrets to 62 years of married bliss.

When I first arrived at the house, I thought this house is too small, too nondescript, too unshowy. It can't be the house where "The Spartacuses" live. Then I spot the mezuzah on the door – Kirk Douglas is a dedicated Jew – and then a nurse with gently slipped feet lets me in. I knew I was in the right place. The Douglasses are old and need full-time care.

The house feels alive when you get in. Cosy but with exquisite art, like the Picasso vase at the entrance bought by Anne Douglas when she worked for the Cannes Film Festival so many years ago.

Anne is fully made up, fully coiffed, in a blue long-sleeved T-shirt and navy slacks. Her feet in orthopaedic velcroed shoes. Kirk comes in on his walker. He looks fragile, of course, who wouldn't? He's 100. But as he stares out at me,

his glinty eyes still look to charm. There is something fierce about him still. He has white hair, but he has hair. He speaks with a mighty slur – a remnant of a stroke in 1996. He was pretty depressed about being rendered speechless. Not much an actor can do without speech unless

silent movies are making a comeback, he would joke. Except it wasn't a joke. He contemplated suicide but knew it was too selfish an act and Kirk Douglas, born Issur Danielovitch, is a survivor. He knows how to pick himself up. He is the last living legend, the last screen hero of the golden years. The action hero that started it all. He was a viking and he was Spartacus. He did his own stunts and had a personal trainer until well into his 90s and all this is in him still.

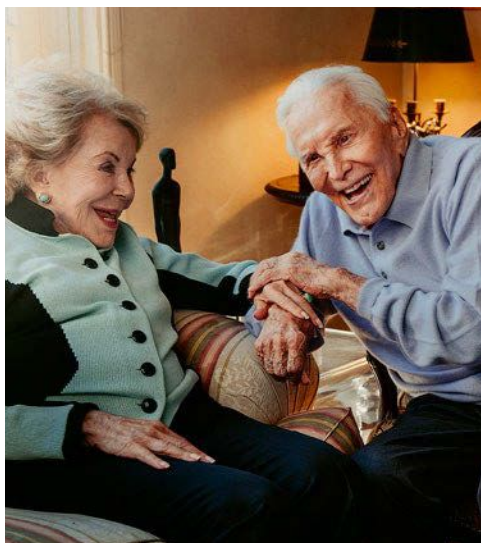
"I found out when you reach 100 they forget about you. I think 100 is a very lonely age because all my friends

are gone, all the ones from the movies. If you're Marilyn, you will always be remembered as 36 but if you're old ... I don't know."

He was born in 1916, the only boy, with six sisters. His mother told him he was born in a golden box delivered by angels and for many years he believed that – he must have always felt he was special? He shrugs. "Yes. I had six sisters and only one of them now lives. I was brought up more by my mother because my father was busy drinking in the saloons." His father, Herschel, was a ragman, which means he had a cart that pulled rags door to door, bought and sold in the poor neighbourhood of Amsterdam, New York. His parents had emigrated from Russia. They were illiterate and they were Jews. There weren't great opportunities for them in this time of great prejudice. He was distant and discouraging, and even

though the young Issur/Kirk wanted to please him, he rarely did. He admired him because he was his father, yet he was absent both physically and emotionally.

"Of course I think about my father a lot and I realise that my best friends were always women, maybe because my mother was



wonderful. We were poor. We were living in a terrible house. We had nearly nothing and if my mother saw a hobo – they would come to the house, knock on the door – and while we didn't have much food, my mother always saved something for them, so yes, I was closer to my mother. I called my company 'Bryna' after my mother." And because of her he found it easier to become closer to women? "Yes," he beams.

Kirk had four sons of his own: Oscar-winning Michael, Joel, Peter and Eric. For years Kirk blamed himself for youngest son Eric's death from a »

drug overdose at 46. Eric was always the wild one. Even as a child he had anger issues. He was a talented actor and in later years a stand-up comedian. I saw his act at the Edinburgh Festival. It was based on jokes about his father and his more famous brother, Michael. Kirk for years agonised over it and wondered if it was because he wasn't there enough or because he was too big an act to follow. Eric had been an addict and his parents had paid for many rehabs but he was too far gone. In 2004 he was found in his New York apartment, dead from an overdose. He had gone into rehab a month before with renewed efforts at sobriety.

Kirk and Anne used to visit his grave twice a week. They did that for as long as they could easily walk. Anne, who is strong and clever and self-controlled, was inconsolable. She says she was born in Germany around 1930. She doesn't give her exact age. As a little girl she was extremely close to her father. "My parents were not too great together. My mother was a governess. My mother was away a lot. She got the best dresses, the best cars.

"We had a big silk manufacturing place and my father had a saleslady there he wanted me to become friends with, so we formed a close friendship. My parents divorced. I had an extremely close relationship with my father. We told each other everything. One day he said, 'I'm going on a short business trip.' I trusted him and relied on him. When he came back I ran to meet him and he was with my friend the sales agent and he said 'This is your new mother.' I cried my eyes out. He betrayed me. I started work very young and went to Berlin where my mother was."

Anne ended up in Paris under Nazi occupation. "I was putting German subtitles on French movies because I spoke three languages. It was

tedious. It looked like I was writing code and my maid gave my translation sheet to the Nazis so they arrested me. It was difficult to explain what I was doing but eventually they let me go." She must have been terrified. "That was an understatement. I was brought up during the regime of a dictator and a persecutor and now I feel that in America. People should have lived in Germany where they thought Hitler

was okay. They thought Hitler was a buffoon, and people should realise Donald Trump is a dictator! It scares me." She speaks with certainty and passion.

After the war, Anne started working in public relations for a film company. "And that's where I come into the story." Kirk grins and his eyes flash. It's almost as if they're flirting with each other. Anne was assigned to a Kirk Douglas movie. "I went to the studio and a friend of mine who was working on set said, 'I will take you into the lion's den.' And that was it."

I look at Kirk. So ... he was the lion? He smiles rather sweetly, not even nostalgically, because he still thinks he is a lion.

"He asked me if I could do secretarial work for him and I said no, but I'll find somebody for you."

Kirk adds, "This beautiful girl was in the lion's den."

“This beautiful girl was in the lion’s den.”



Kirk and Anne in London for the *Spartacus* premiere in 1960.

I tried to get her to work for me and I was amazed when she said no. I escorted her to her car and asked her to have dinner with me at Tour d'Argent – the fanciest restaurant in Paris – and she said she was going home to make scrambled eggs." Kirk was obsessed with what he couldn't have – but Kirk was also engaged to Pier Angeli. "Well, yes," Kirk admits. "She was 18 when we met and 21 when we were engaged."

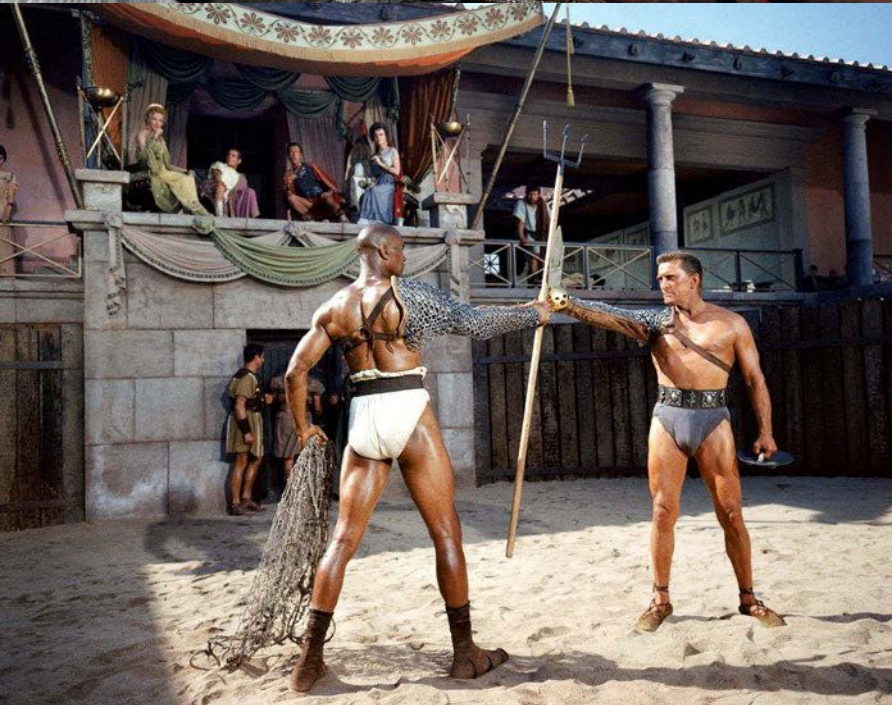
But Angeli was touring the world and Anne was in Paris, as was Kirk. Eventually Anne and Kirk went on a date to the circus. "I was surprised when she said yes," says Kirk. "I made her laugh and then we became good friends that night." How good friends? "Well ..." he gestures. "We kissed that night," explains Anne. "And that was a little more than a friendly kiss and that's how it started and every so often when we got in the most passionate way he reminded me he was engaged to Pier. It was a secret engagement. It hadn't been announced."

Anne was hired to work on Kirk's next film, *Ulysses*, which was shot in Italy and they saw each other every night, but somehow Pier found out.

"She was a little devil. She was devious," says Anne, clearly still irritated after all these years. "The last straw was I was driving him to the airport and a stewardess comes to the car and says to Kirk, 'Miss Pier Angeli is waiting for you on the plane.' That did it. I broke up with him and I told him I'd never see him again."

But Kirk couldn't stop thinking about Anne and after breaking off with Angeli pestered Anne's maid to tell him where she was. "I got my passport and went to her."

Anne continues, "Somehow he got me to go skiing with him in Switzerland. I went to Paris and he went back to America and asked if I would come and visit for two weeks. I told everybody in Paris, either he's going to marry me or I come back for good. We had a wonderful time and then he said to me, 'My ex-wife and children are coming in 10 days.' I said, 'Don't worry, I will have left'. Then one »



CLOCKWISE FROM ABOVE: Kirk the star of *Spartacus*; with Lauren Bacall in *Young Man With A Horn*; the young heartthrob; playing with sons Michael (right) and Joel; with Janet Leigh in *Vikings* and (left pic) with Sophia Loren; Kirk and Anne in 1964; a scene from *20,000 Leagues Under the Sea*; signing for a fan in 1953; meeting the Queen in 1952.





The once glamorous Hollywood couple remain devoted.

Kirk and Anne refer to Kirk's first wife, Diana, the woman he married on leave from the Navy, and Michael and Joel's mother, as "our ex-wife". Anne says, "We became instant friends and we never called her by her name – always 'our ex-wife'." Anne was never jealous. "Not of her. I said to him if it happens,

day he came home a little bit late, went down on his knees and asked me to marry him and tried to give me Pier Angeli's ring." She raises her eyebrows.

"That's nothing compared to what she did to me when we were in Paris and she made a birthday party ..." adds Kirk. Anne finishes the story because she's proud of it. "Every girl, including the one from the night before when he said he was seeing rushes – he never sees rushes – was invited to that party. Every woman he'd had an affair with in Paris that I knew of, and that line was very long already – and I'm sure I missed a few – was there to greet him. I was at the end and he turned to me and said, 'You bitch'." We all laugh.

It's obvious Anne's humour, fighting spirit and ability to brush things off, just like she brushed off a Nazi interrogation, made her probably the only woman strong enough for Kirk. They went to Vegas to get married.

Anne recalls, "Because I didn't know the word 'lawful' I said I'd take him to be my 'awful' wedded husband. As soon as we were married, Frank Sinatra was in one room performing, Mickey Rooney was in another. We were in a suite in the Sahara Hotel but we went from one place to another. I said to Kirk, 'Come on, now to bed.' He said, 'We've been sleeping together for a year, tonight we're gambling'."

you tell me. If I hear it from other people it hurts me deeply. If you tell me what you're up to I can get by with it. Maybe I missed a few hundred."

I ask Kirk how many affairs he's had. "Oh I don't know," he says, suddenly put on the spot. "I'm not very good at keeping secrets." Anne reminds me, "We were fantastic lovers and better friends. That is what gives us serenity and a great attachment. And now we are, I suppose it's corny to say, but now we are one."

They look at each other, their eyes both lock, it's a sly exchange rather than an adoring one.

She catches me observing that. "It has been that way for a long time."

They have written a book together, *Kirk and Anne, Letters of Love, Laughter and a Lifetime in Hollywood*. Letters from when they first met, when Anne was at home looking after the children, and Kirk was on location.

While they were separated on different continents they wrote to one another. It's interesting to see their exchanges. In one letter Kirk was excited when he got financing for *The Vikings* but Tony Curtis wanted to be in it and take the role Kirk had earmarked for himself, so he and Anne

worked out the decision through letters. Anne encouraging, "Give it to Curtis. It will be good for box office." And in another letter Laurence Olivier said that he wanted to play Spartacus, which obviously didn't happen.

Kirk held out for Dalton Trumbo to write the script of *Spartacus* even though at the time he was blacklisted. Douglas was the catalyst that ended the cruel blacklisting in the McCarthy era. It was the era of the Cold War and anyone in the film industry who was suspected, rightly or wrongly, of being a communist was blacklisted.

I wonder if all this swooping up of memories is him preparing to die. He doesn't want to talk about it and changes the subject to Michael.

"Michael is a good son. I never paid attention to him when he was growing up. I said, 'Michael, I want you to be a doctor or a lawyer' and suddenly he got this part in a play. I told him, 'Michael, you were terrible'."

Michael Douglas has referred to this often. It must have hurt him. "No," says Kirk, "because two months later I went to see him in another play and he was wonderful. I said, 'Michael, you were really good,' and he's been really good in everything he's done." It's been written that one close-up of Kirk Douglas's face in *Spartacus* is more powerful than the whole of Laurence Olivier's acting career. That's

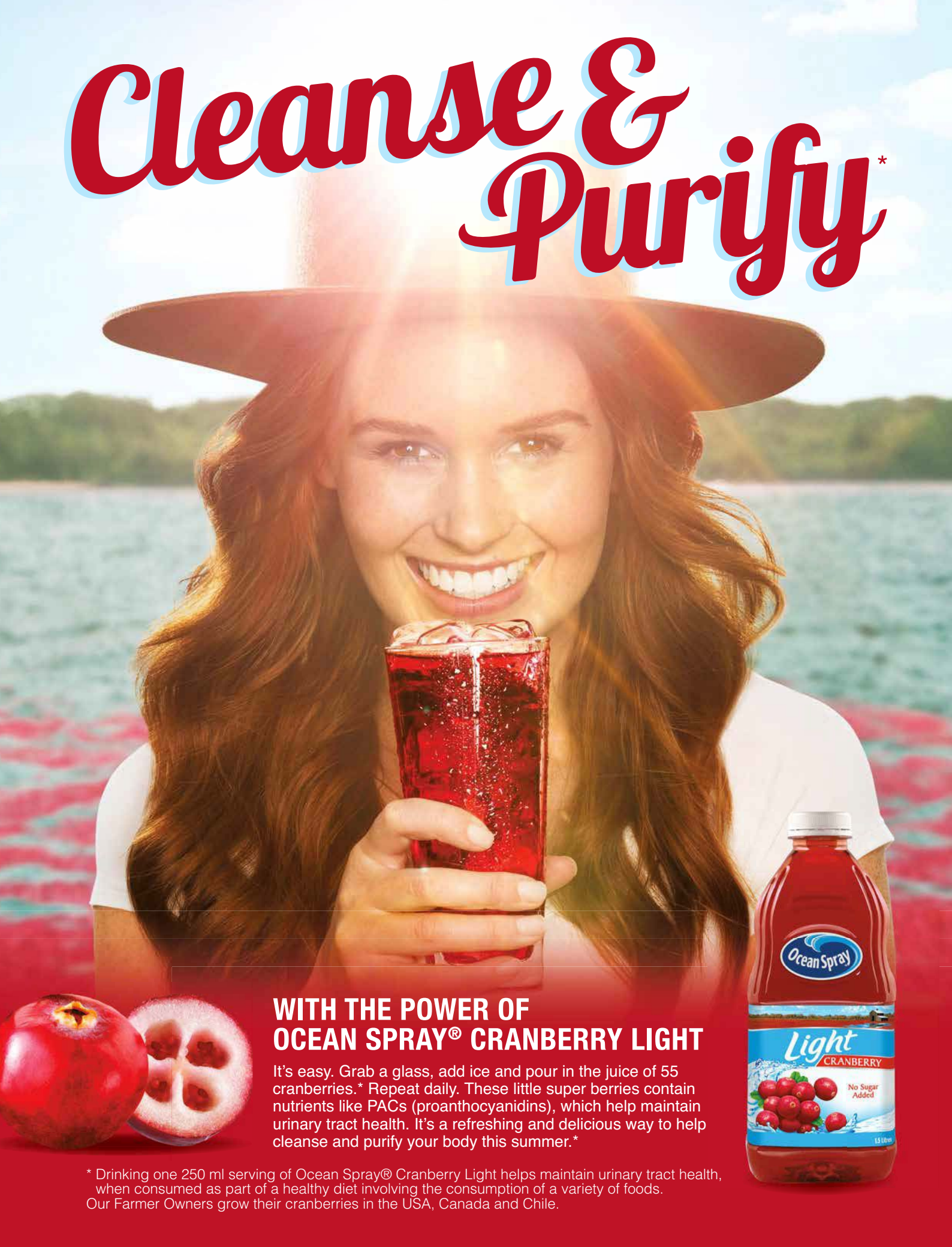
“It's corny to say, but now we are one.”

a very tough act to follow. But Kirk talks about Michael with pride and with love, something which his own father was never able to do about him. If his father had loved him maybe he

wouldn't have needed the world to love him so much.

Kirk Douglas is the last remaining star of the golden age and seeing him, this 100-year-old man who has struggles with his knees, with hearing, seeing, talking, you see a spirit that wants to not only survive, not only conquer, but charm. In a couple of hours he has totally charmed me, a man who can barely speak has utterly seduced me. **AWW**

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Million dollar body

How does a 25-year-old fitness instructor from Adelaide amass a fortune of \$46 million? **Ingrid Pyne** charts the rise and rise of Kayla Itsines.

PHOTOGRAPHY ● NICK SCOTT
STYLING ● JAMELA DUNCAN

Jumping at the chance:
Kayla's bootcamps attract a
huge following and have a
rock concert atmosphere.



To most shoppers at the Warringah Mall food court, Kayla Itsines looks like any other 25-year-old – albeit an improbably toned and tanned one. Yet to the women and girls lining up to see her washboard abs in the flesh, the fitness guru is a demi-goddess.

“I love her so much, she’s changed my life,” gushes Katie Lolas.

“She’s so inspirational, she’s amazing,” agrees Lisa Dawson.

As Kayla – sporting her signature ponytail and gym gear – poses gamely for photos, a middle-aged woman, spying my notebook, sidles up. “Who is that?” she asks and, when I tell her, mutters, “Never heard of her.”

Unless you happen to be aged 16 to 28, are a health fanatic, or have become addicted to your social media feed, chances are you have never heard of Kayla either. Yet, at this particular point in time, the petite brunette could legitimately lay claim to being one of Australia’s biggest celebrities. The personal trainer from Adelaide has attracted millions of fans on Instagram and Facebook at a level never before seen in the fitness world. At last count, she boasted a staggering

6 million Instagram followers – four times that of Kylie Minogue, 30 times more than Elle Macpherson and 495 times more than Julia Gillard.

She has punched her way onto the *BRW* Young Rich List with an estimated \$46 million fortune, graced the cover of 10 women’s health magazines, been named among *Time* magazine’s 30 most influential people on the internet (alongside Donald Trump and Kanye West) and won *Cosmopolitan*’s Woman of the Year.

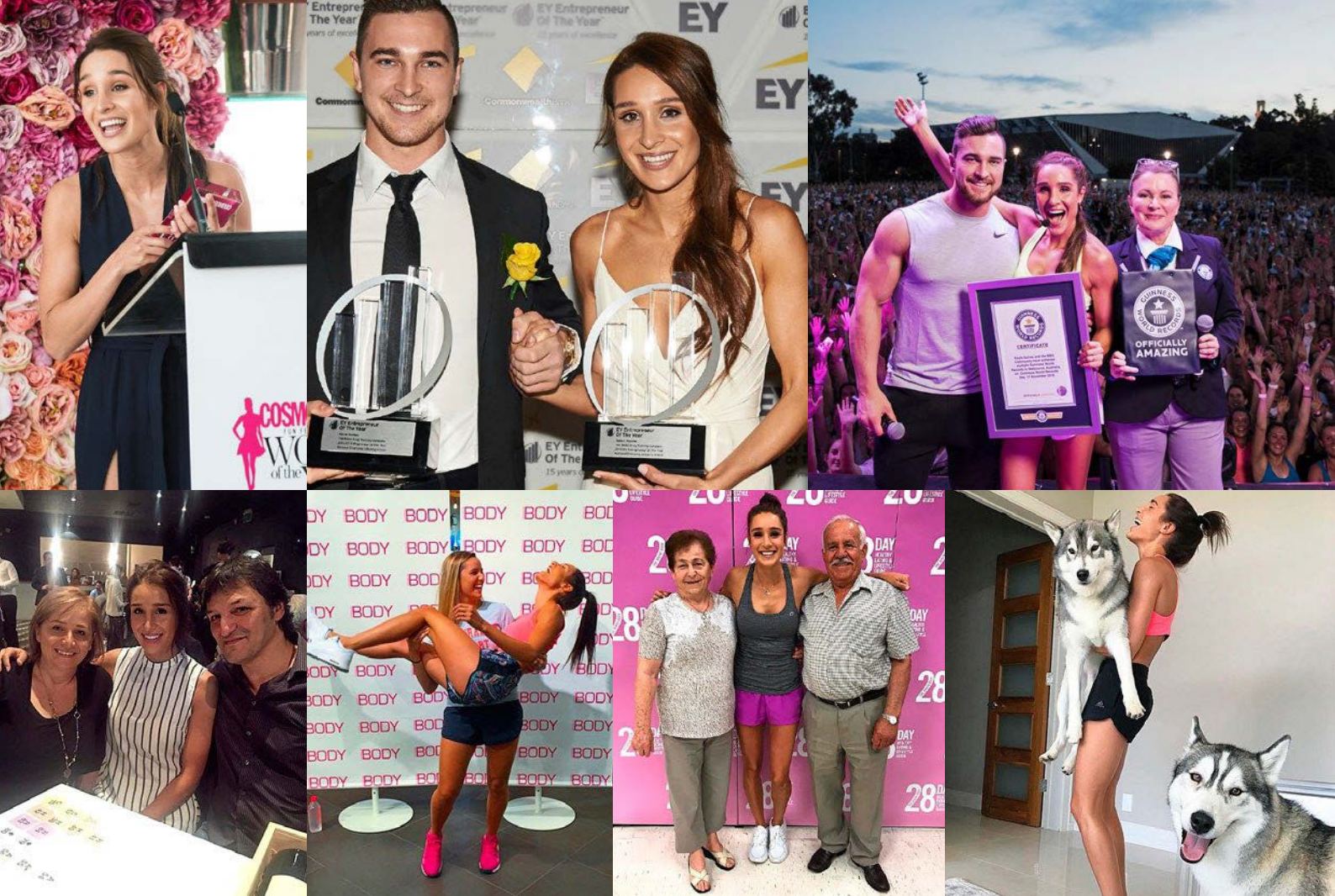
When Kayla takes her gruelling bootcamps on tour, thousands of devotees, from Los Angeles to London, flock to her workout sessions

squealing as if at a boy-band concert and earning Kayla such monickers as the “Taylor Swift of push-ups” and the “One Direction of the fitness world”.

So how has someone become so famous among girls of a certain age without the rest of us having a clue who she is?

To understand, we need to backtrack seven years. Kayla, then 18 and freshly graduated from a personal training course at the Australian Institute of Fitness, was leading classes at a women’s gym in Adelaide. One day, when her boss was away, she decided to ditch »

“I felt
bad I
wasn’t
able to
help.”



FROM TOP LEFT: Kayla is honoured by *Cosmopolitan*; Tobi and Kayla with their EY award for entrepreneurship; and the couple receive their Guinness World Records certificate for the most number of people doing various exercises at once in Melbourne in November. **FROM ABOVE LEFT:** Kayla with parents Anna and Jim; with sister Leah; with her grandparents; and her pet Siberian huskies Ace and TJ.

the prescribed program and take the mostly older clientele through a circuit of high-intensity exercises – burpees, leg lifts, push-ups, jumps, squats and sit-ups. They loved it.

Before long, Kayla had her own studio and was training a posse of clients her way. She asked them to exercise hard, eat lean and take before-and-after photos to track their progress. And then, being a child of the 1990s, Kayla uploaded these transformation pictures to her Instagram account.

“I had a few girls start asking me [via Instagram], ‘Can you train me?’,” Kayla tells *The Weekly*. “But they weren’t from South Australia, they were from other areas of Australia, so I kept saying, ‘No, no, no’. And I got really upset because I felt really bad that I wasn’t able to help them.”

Enter Tobias “Tobi” Pearce, Kayla’s 24-year-old boyfriend and fellow gym junkie, whom she met through Facebook. “Tobi said, ‘Why don’t you

create an e-book for these girls?’,” Kayla continues. “So we created e-books together and didn’t really think anything would come of it.”

The first e-books, PDF versions of Kayla’s 28-minute high-intensity workout and healthy eating plans, which were branded the *Bikini Body Guide* (BBG), were released in January 2014. And, to Kayla’s surprise, something did come of them: her social media profile exploded. She has since added a best-selling fitness app, *Sweat with Kayla*, a forum and merchandise such as water bottles and sweat towels to her arsenal.

It is, however, difficult to get a handle on how lucrative Kayla’s BBG empire is. *The Weekly* was instructed that “absolutely no business-specific questions” were to be put to Kayla, including seemingly innocuous ones, such as how many employees she has, who her competitors are, or from where she derives most of her revenue.

The research team at the BRW Rich List estimated Kayla and Tobi’s worth at \$46 million, based on sales of their \$69.97 *Bikini Body Guide* and *Sweat with Kayla* apps, which cost \$54.99 for three months’ access or \$19.99 a month – but we were banned from even trying to confirm that figure.

That said, the Bikini Body Training Company was impressive enough to pass muster with the judges of the prestigious Ernst & Young (EY) Entrepreneur of the Year awards in 2015, when Kayla and Tobi were lauded for seizing the opportunity presented through the internet’s borderless market, and achieving in a very short time-frame what many businesses have been unable to achieve in their entire life cycle.

“The EY Entrepreneur Of the Year program is unique in that it enables us to unearth and put the spotlight on businesses that may be well known to some people, but completely

unknown to others,” EY Chief Executive Tony Johnson tells *The Weekly*. “The Bikini Body Training Company was a case in point. I have to confess I hadn’t heard of this great business when I met Kayla and Tobias during the program, and yet my daughter was a devotee and devastated when I told her I had met Kayla and didn’t get an autograph.”

And therein lies the Kayla celebrity conundrum. Until now, she has existed online in an alternative celebrity universe, away from the world of books and television that have become increasingly peripheral to the lives of Generation Y and Z.

Yet one senses that Kayla is limbering up for a full-scale assault on traditional media – and, with it, an older generation. On the morning we meet, she has already appeared on the Seven Network’s *Sunrise* to offer up summer health tips and has just published a book, at the request of her mum’s friends, who wanted something tangible that they could actually “touch and hold”. The result is Kayla’s glossy, pink *The Bikini Body 28-Day*

Healthy Eating & Lifestyle Guide, full of nutritious recipes and instructions on lateral lunges, incline push-ups and dumbbell squats.

Which brings us back to the food court in Warringah Mall on Sydney’s northern beaches. Kayla is here, on this sunny December afternoon, to sign copies of the book for her fans,

who are fewer in number than I’d been led to expect (about 20 in total), but no less fanatical.

Christmas shoppers pausing for a milkshake or a box of hot chips throw confused looks at the large, cordoned off stage, where Kayla is posing for photos in

front of crates filled with fresh fruit and vegetables, attended by two hulking bodyguards.

The food court, with its ubiquitous fast food outlets, seems an incongruous setting for Kayla, who urges her followers to be 100 per cent committed to a healthy lifestyle. Yet Kayla seems right at home, as she kisses and hugs her fans, and chats effortlessly to them about their health and fitness journeys.

“She is not focused on ‘Look at me’.”


“Kayla is such a great person, she’s just so authentic,” Tobi tells me. “She’s very different to other people who have such a huge following. She’s not focused on ‘Look at me’. She’s more focused on her followers and what they are doing.”

Indeed, Kayla seems utterly genuine, sweet and humble in a gee-shucks-how-did-this-all-happen-to-me-kind-of-way. Yet it soon becomes apparent that her everygirl image is strictly controlled. She has two publicists on hand to closely monitor any question put to her and, when I try to interview Tobi (with his approval), I am quickly shut down by one of the publicists, who informs me in pretty clear terms that I don’t have her approval.

Which begs the question: what do they have to hide? Well, not much, it seems. Kayla was born on May 21, 1991, the elder of two daughters

to Anna, a teacher’s aide who helped out at Kayla’s primary school, and Jim, a teacher of English as a second language. »





Her 21-year-old sister Leah, also a personal trainer, is her best friend. Their childhood sounds blissful.

“My mum is the most loving and helpful person you can ever find and my dad is just incredible. They never fought,” Kayla says. “They would do anything for you. If I was late for my homework, my dad would stay up till 11pm to help me. I grew up in the best family – not with a lot of money, but with a tonne of love ... so I always felt rich. I never had a mishap. I don’t have a sob story. Tobi says I lived in a bubble.”

Her partnership with Tobi, from both a romantic and commercial perspective, seems no less idyllic. “Tobi is the most amazing person with the most amazing ideas,” Kayla gushes.

“If it wasn’t for him, I wouldn’t be in the position I am today. He has an incredible mind. We work really strongly together as a team and play to our strengths and never step on each other’s toes.”

Parlaying a trouble-free, love-filled childhood into a trouble-free, love-and-cash-filled adulthood does not make for the most riveting of profiles. Yet it soon becomes apparent that Kayla is actively pushing her blandness. Prior views such as “Alcohol is poison” have been watered down to “I do not promote or condone it, but if you were having a wine right now, I wouldn’t tell you to put it down. It’s up to the individual.”

The “bikini body” her guides espouse is not actually about having a bikini body, she tells me now, but about health, strength

and “being bikini body confident, it’s about how you feel about your body”.

When I attempt to ask her about her endometriosis, which she has spoken openly about in previous interviews, her publicist blocks the question. It is clear Kayla is not keen to become the poster girl for any particular cause.

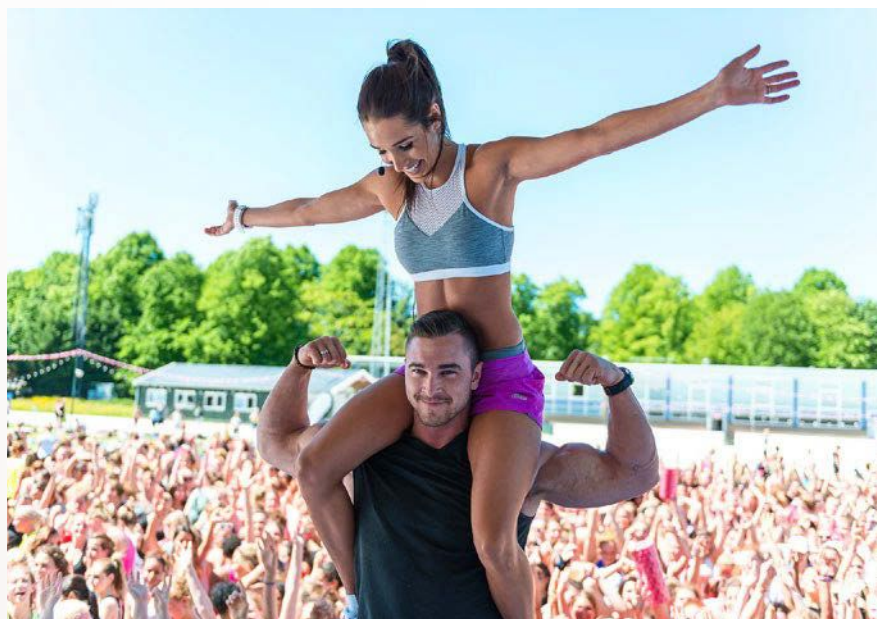
And therein lies the genius in Kayla’s marketing. Rather than putting herself front and centre, she uses her followers’ dramatic before-and-after pictures to evangelise her brand and engage new fans. For, if you can’t relate to Kayla – with her supermodel slight frame, flawless tan and shaped brows – then perhaps you can relate to @kathgetsfits, @misslozzybird or any of the other 2 million Instagram users who have uploaded their transformation photos after following Kayla’s high-intensity workouts and diet advice.

And so, unusually in the world of social media where oversharing is common (if not compulsory), Kayla’s Instagram contains scant details of her life. Images of Kayla herself are scattered through many before-and-after shots of her fans, motivational sayings and pictures of her Siberian huskies, Ace and TJ. She often cuts off her face in these pictures and has never posted her own “before” photo.

“It’s really about not making the page specifically about me and my body – what I eat and what I do,” Kayla explains. “It’s about their stories and them having a relatable story for someone else. So you can see Ellie from America and her story about how her husband passed away, and someone in the world will relate to it.”

The momentum just keeps on building. “As girls see my page, they feel comfortable sharing their stories because they are seeing, say, a girl who has come back from postnatal depression, and another mother thinks, ‘Oh, I’m not the only one, I must send Kayla my story’. It has started this big community of women who felt safe to discuss their problems.”

Bill Moore is Chief Executive of Fitness Australia, the peak fitness industry association. He has witnessed first-hand the meteoric rise of another



Two's company: Kayla and Tobi at one of the mass exercise sessions for "Kayla's Army" of devotees. **RIGHT:** Before and after photos from some of Kayla's followers on Instagram.



Australian celebrity trainer: his former wife Michelle Bridges.

"If you can build a community, like Kayla has, you get a lot of people involved in a like-minded space and you also build a support network," he tells *The Weekly*. "In that community, women are much kinder to each other. There's quite an emotional journey that goes with body image issues and weight management. It's one shared by women and they understand it."

If her community – dubbed "Kayla's Army" – is key to her success, then so too is the way in which the young health warrior has navigated the "perfect storm" of trends in the fitness world, says Bill.

"What she has done is very cleverly manage the triumvirate of current situations: the power of social media, the fact that women want a female role model, and being prescriptive in terms of exercise and nutrition. A lot of women just want to know what to eat and how to train. They don't want to know all the biochemistry and the physiology."

"From my understanding, Kayla's program is about regular exercise, whole foods and watching what you eat. People have moved past supplements and fad diets that are short-term fixes

and aren't sustainable. She's done a terrific job. She's touched millions."

With the Itsines juggernaut showing no sign of slowing, one has to wonder what the future holds. Kayla, who is adamant she never plotted her avenue to fame, is characteristically modest in her desires. All she wants, she tells *The Weekly*, is to keep on innovating and growing her business – and babies.

Contrary to reports, she and Tobi are not engaged, although Kayla does wear a diamond "promise" ring on

her ring finger, sparking the confusion. She claims she would like babies "yesterday". "I'm just waiting on Tobi. He's only 24," she says.

So what do her parents, who originally were apprehensive about Kayla trying to carve out a career in sport, make

of her astonishing rise?

"They just can't believe it – Dad and Mum are gobsmacked," she says. "Dad has got to the point where he just laughs now when we tell him things. 'We broke five Guinness [World] Records, Dad,' I'll say [for the most number of people doing five different exercises in one place, in Melbourne in November] and he just laughs."

Tobi and Kayla are laughing, too – all the way to the bank. **AWW**

“Mum and Dad just can't believe it.”

THE WINNING FORMULA

Kayla's formula for bikini body confidence is two-pronged: diet and exercise.

Her weekly exercise regimen consists of three 28-minute resistance workouts (focused on legs, arms and abs, and full body); two or three low-intensity cardio sessions (such as walking, swimming or cycling) for 30-45 minutes; and one rehabilitation session involving a 5-10 minute walk followed by stretching exercises.

Her suggested meal plans are flexible and use food from all six food groups (grain; healthy fats; fruit; vegetables and legumes; dairy products; as well as lean meat, seafood, eggs and meat alternatives). While the portion sizes seem small, Kayla recommends eating three meals and two snacks a day. Below is a sample meal plan from her book:

Breakfast: Chia Berry Yoghurt and Muesli

Snack AM: Peachy Keen Smoothie (contains peach, banana, rolled oats)

Lunch: Vegetarian Salad Wrap with Hummus

Snack PM: Rice Crackers with Minted Yoghurt

Dinner: Niçoise Salad with Fresh Salmon and Feta Cheese



The Bikini Body 28-Day Healthy Eating & Lifestyle Guide, published by Pan Macmillan Australia, is available now.

Fit and fabulous forever

Deadlifts, marathons, ocean swims and boxing – **Samantha Trenoweth** meets four women who prove you are never too old to be fit.

Ann Gyngell

AGE 81

Interior designer, grandmother, weightlifter

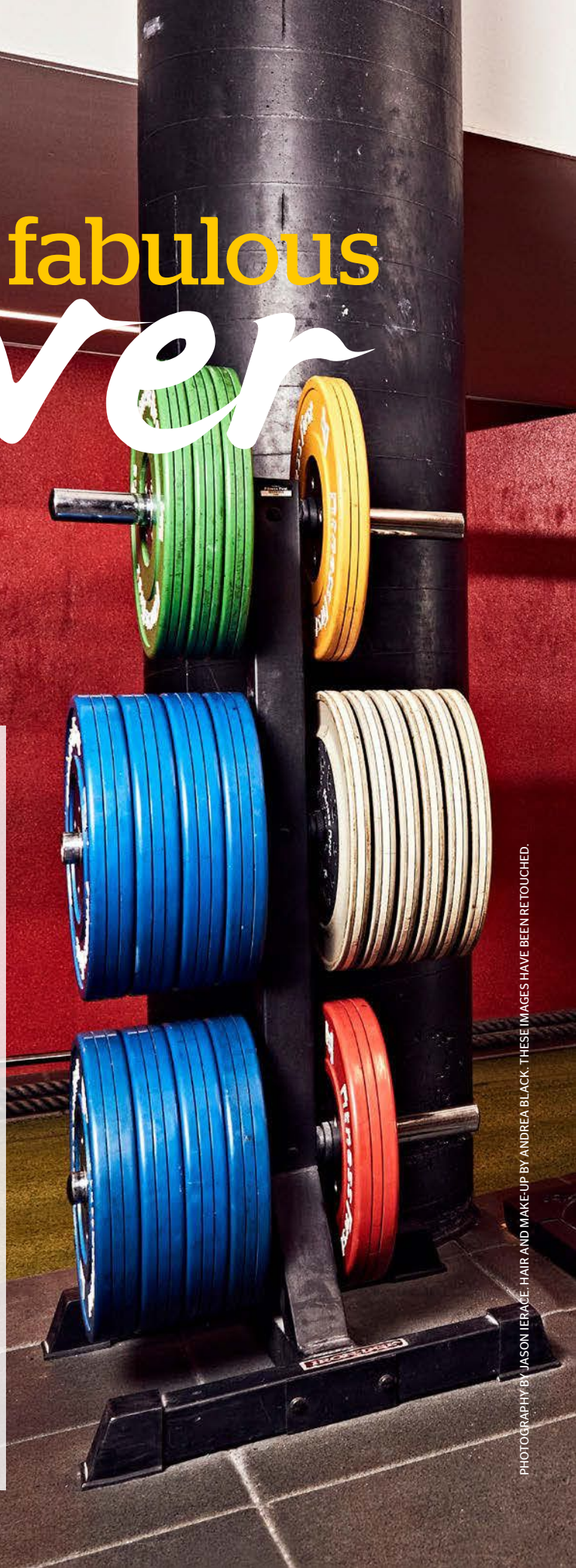
"In May 2014, my blood pressure dropped suddenly. I fell to the floor and fractured the number five vertebra in my spine. After months of physio and water therapy, my doctor suggested I take up weight training. I like a challenge, so I said yes.

"I started with one session per week. After four months, I worked up to two and now I do three sessions a week, and I'm totally addicted. Coming to a gym at my age, I have enjoyed being surrounded by young people who acknowledge me, talk to me and give me an enormous amount of encouragement.

"From the word go, I totally trusted Dragon, my personal trainer. He was incredibly careful and I knew he had my back. There was never any moment when I was frightened. I couldn't do this without Dragon.

"I feel lighter as a result of weight training. I know that I can bend, twist, jump out of the way of people coming towards me in the street with their mobile phones. I sleep better, I have more energy and my posture has improved – my body feels as if there's more space inside it. It definitely helped my recovery from the injury – I have no residual pain at all – and my heart rate and blood pressure are fantastic. Weight training is good for osteoporosis, it gets the blood to the heart and up into the brain, and it comes highly recommended by me."

Ann's personal trainer, Dragon, who works at a gym in Sydney's eastern suburbs, adds, "It's remarkable to see a lady, who had a fractured vertebra and who had done no real weight-bearing exercise before, reach a level where she's executing 60kg deadlifts. It's never too late to train and get results, and Ann proves that." >>





[The body special]



Ann Gyngell, with her personal trainer Dragon, is the first wife of the late TV executive Bruce Gyngell, the first person to appear on Australian TV in 1956.



Cherie Pavitt

AGE 71

Grandmother, boxer

"I began boxing training four years ago because I'd had an intruder. I thought boxing might be a self-defence tool to make me feel less vulnerable.

"There were other reasons, too. I had begun looking after my grandchildren and some of my friends' grandchildren, so I was lifting children in and out of the car a lot, and I needed to get stronger. I also wanted to improve my overall fitness, flexibility and balance, and reduce those risks that are associated with getting older: cardiovascular incidents, falls, hip and knee replacements.

"I enjoy this training. You have to concentrate to learn new drills and focus on the sequences, so it's good for both body and brain. It's also quite a nice stress reliever because you're punching pads or a bag and getting rid of all that aggression. Boxing makes you move around, so it's cardiovascular and it's been nice to learn how to jab and hook. I'm pretty tough, by the way.

"My aim now is to slow down the ageing process and remain as independent as I can, and I'm achieving those things. I think I'm quite strong, pretty toned and agile, and my flexibility is good. Compared with many people my age, I'm doing well and I'm happy."

A note from Cherie's trainer, Mischa Merz, in Footscray, Victoria: "Cherie trains twice a week for an hour each session. When she first started training, skipping was her warm-up. Now, it's the exercise bike. Then she works out with the punching pads. Boxing training is great for strength, agility, balance, conditioning, core strength, and coordination, and it's a mental workout. Cherie has a great work ethic and trains consistently, which is important. She's more fit than many people half her age - she's an inspiration."



"You need to be fit, strong and a bit fearless."

Annabelle Chapman

AGE 59

Architect, mother, Ironwoman

"I swim in a squad at Bondi Icebergs [NSW] three times a week at 6am. I like swimming with a group because I know that, even in the dark in the middle of winter, there will be a whole lot of mad people like me at the pool when I get there. Afterwards, we all have coffee - we stand by the pool at sunrise and say, 'How good is this?'"

"Once a week, I meet a group of women to ride longboards at Bondi and each Sunday at 8am I do surf-ski training at Palm Beach in Sydney's north. Afterwards, there are races: board, swim, ski, run, flags.

"And once a month, on a Friday, I drive up to Palm Beach to be there at 6.30am for an hour and a half of ins and outs: paddling, swimming, running up and down sandhills.

"I also train and compete in carnivals with a group of women. We've been together for 10 years and, in the past six, we've come back from almost every carnival with gold medals. I'm the current Australian Masters Ironwoman and double ski champion in my age group.

"We've competed in massive, sometimes dangerous surfs. You need

to be fit, strong and a bit fearless. I always had some courage, but over the years, I've developed a lot more skill. I feel pretty confident now that I have the skill to deal with most things.

"I love being in the water and I love being part of the surf club at Palm Beach. There are people from 18 to 80 swimming together - it's a great community. I swim and compete with people who are much older than me.

"My feeling is that, if you keep doing this every day, your body gets used to it. It's invigorating and keeps me young." »



PHOTOGRAPH BY JACQUELINE STYLING BY LISA MOSS HAIR AND MAKEUP BY CASEY GORE LA VIVA WE ARE RUNNING BE IR TOP AND LEGGINGS FROM REBEL SPORTS



“Running gives me a sense of freedom and a lot of energy.”

Laima Wayne

AGE 65

Night nurse, grandmother, marathon runner

“I started running at 48 and ran my first marathon that same year. When I started, I thought my lungs would burst, but I persevered.

“I found a local running group. They ran through the bush, which I loved, and it became very addictive. We would run for a couple of hours and then sit down in the bush with a Thermos of coffee and chat.

“In my 50s, I started doing 100km runs. My friends said I was fanatical. My favourite was the Oxfam Trailwalker, which raised money for charity. I did several of those with a women’s running group. Then we did a 45km mountain race. I got stronger and stronger, and there was this sense of adventure, which I loved. Running with the girls, there was also social interaction and all these lovely challenges.

“As I approached my 60s, friends started asking why I was still doing this and I said, ‘Why not?’ I feel that a strong body gives me a strong mind. Running gives me a sense of freedom and a lot of energy. I sleep well, my body functions well, my blood tests are all normal, my blood pressure is normal and it gives me a very positive attitude.

“I’m mindful of the risk of injury as I get older. I do change my shoes often and I don’t run long distances on pavement. My longer runs are always in the bush. I also mix up my exercise a bit. I do yoga stretches and boxing, ride my bike, swim in the ocean and have regular massages to iron out the tight muscles that even the stretches don’t get to. I also watch what I eat and drink – an active body needs a nourishing diet.” **AWW**

[Tribute]

*"I've learned
all those
clichés about
grief are very
true, the
sadness hits
you when
you least
expect it."*

At her mother's funeral, Ann Peacock described Lady Susan Renouf (opposite with Ann in 2013) as "a beautiful mother, grandmother and friend who we loved so very, very much".

Ovarian cancer campaign

My brave mum never stopped fighting

It's seven months since Lady Susan Renouf died and her daughter Ann Peacock misses her every day. Here she talks to **Sue Smethurst** about her mother's amazing spirit and why we have to demystify ovarian cancer.

It's the cruel unpredictability of grief that Ann Peacock struggles with. It might be a song, a moment or a scent that can instantly trigger a memory of her late mother and unleash a wave of emotion.

"I was sitting in the car recently and a song came on the radio that made me think of some wonderful times we had on the Isle of Man, when Mummy was married to Robert Sangster," she says, recalling how her mother would pile Ann and her sisters into her sports car and zoom off around the island for a "girls' day out".

"We'd be singing as loud as we could, belting down the road, but when we came to the famous Fairy Bridge, we all had to stop and she'd make us say, 'Hello, fairies', because folklore says it's bad luck if you don't greet the mythical fairies.

"Here I was, stuck in traffic, sobbing my heart out, thinking about those times," Ann smiles. "I've learned all those clichés you hear about grief are very true, the sadness hits you when you least expect it."



Lady Susan Renouf passed away on July 15 last year, after a brave three-and-a-half year battle with ovarian cancer, and not a day goes by that Ann doesn't feel the pain of loss.

Yet, inspired by her mother's determination to raise money and awareness of the disease which claims one Australian woman every 10 hours, Ann is channelling her grief into action by becoming an ambassador of Ovarian Cancer Australia.

"The statistics for ovarian cancer are so shocking; 1480 Australian women

are diagnosed every year, with the lowest survival rate of any women's cancer. When Mum was diagnosed, I didn't want to look at the stats because they are so bad."

Stomach pains

Lady Susan Renouf was undoubtedly the grande dame of Melbourne society. Much travelled, much married and much loved, she was a vivacious force of nature who charmed everyone she met. On a flight back to the UK after her horse Beldale Ball won the 1980 Melbourne Cup, she filled the famous

gold cup with champagne and walked it up the aisle for passengers to drink.

"We ran out of champagne at Bombay!" she delighted.

She was always the life of the party, so it was clear something was wrong when the woman known for dancing on the tables at London's Dorchester hotel struggled to summon up her trademark *joie de vivre* to celebrate her 70th birthday in 2012. She was uncharacteristically listless and had "funny little jabbing pains" in her tummy. It went on for months, but »



ABOVE, LEFT: Susan with her daughters (from left) Jane, Ann and Caroline in the early '70s. TOP: At the races in Melbourne in 2006 with Ann and Alan Jones. ABOVE: Lady Renouf with Ann and grandsons Andrew (left) and Woody in 2013, the year of her cancer diagnosis.

in an interview after her diagnosis, she joked that after watching an episode of *Doc Martin*, she had convinced herself she had solved the problem.

"Diverticulitis, that's what I've got!" she said.

Sadly, tests showed Susan had advanced ovarian cancer and the prognosis of six months "if she was lucky" was grim, so she decided to put whatever time she had left to good use. She focussed on not only battling her illness, but doing as much as she could to raise awareness of the disease. In between chemotherapy and gruelling surgery to remove the cancer, she gave interviews, filmed a documentary and spoke out about the insidious disease.

"She had the symptoms for about a year," says Ann, "and although she did go to the doctor, she wasn't fully checked. Symptoms like abdominal pain or bloating can be everyday issues for many women, but as in Mum's case and many others, they can be part of something bigger, so we need to be aware."

My beautiful mum

Susan Rossiter became a household name after she married the handsome rising political star Andrew Peacock in 1963. She was strikingly beautiful with an effortless charm and they quickly became red carpet royalty, often labelled Australia's own Kennedys.

During the 1970s, *The Australian Women's Weekly* described Susan as "the most vital woman on the Australian political scene".

Prime ministers, celebrities, the rich and powerful were regular guests at the glamorous couple's Canterbury home in Melbourne and Susan's dinner parties became the stuff of legend.

Ann remembers those nights well. "Mum had a special silver canister where she kept her after dinner mints. We'd sneak into the kitchen, slide the chocolates out of the packet and leave the wrapper looking pristinely untouched, still inside the box. Mum would get pretty cross sometimes. One night, we took a cigar and smoked it under the bed while the dinner party was all very merry. Suffice to say, she wasn't very merry when she found out!"

In the days after Susan's death, Ann and her sisters, Caroline Cordeaux and Jane Chapple-Hyam, spent hours reflecting on the past and shared solace during the emotional hurdles of their first Christmas without her and the burial of her ashes last month.

Jane, who lives in England, insisted on flying home to Australia to spend Christmas with Ann, while Caroline has been regularly flying in from her Adelaide home to visit her son,

Christopher, and tend to the garden at her mother's Toorak home, which Ann admittedly struggles to visit, "all of her furniture is there, everything is still as it was, except she's not there".

"Mum took enormous joy in Christmas," she says. "We always had lunch at her place and if she found out any friends were on their own, they were always invited, too. The menu was the same every year, a prawn cocktail entrée, then a roast lunch and the plum pudding, which was a recipe of her grandmother's. She'd light the brandy and carry it to the table with grandeur, always wearing a funny hat or something, then we had to find the money in the plum pudding. Christmas was very traditional with all of the trimmings.

"I wanted to be on my own [last] year. I didn't want people around because I knew it was going to be hard. I wanted to close the door, hop in the bath with a glass of wine and cry, but Jane insisted on being here, which was lovely."

Act immediately

Each day in Australia, four women are diagnosed with ovarian cancer. This month, Ovarian Cancer Australia is launching its #KnowAskAct campaign

to coincide with their major fundraiser, Teal Ribbon Day on Wednesday, February 22. The campaign will encourage women to become familiar with the symptoms of ovarian cancer (see box, below) and to know their family history because genetics are responsible for up to 20 per cent of all ovarian cancer diagnoses.

Ann says her mother was initially embarrassed because she was from an era when you didn't talk about "women's business". She believes this is one of the reasons that Susan didn't act as swiftly.

"We need to demystify it, be aware of the symptoms and act immediately," says Ann. "The message which is so important is not to be shy about it, go to the doctor, ask and be checked. Mum's fight was incredible. She didn't give up for a moment. There was the odd day where she had a little cry, but that would last for an hour, then she'd dust herself off and soldier on. That was the way she lived her life."

Shortly after her diagnosis, Susan recalled with good spirits how she'd told her lawyer, if "things got bad, she'd rather take a pill and go now". She didn't and endured a painful death, so dying with dignity is an issue Ann has been forced to confront.

SUPPORT THE FIGHT AGAINST OVARIAN CANCER

Show your support by purchasing and wearing a teal ribbon on Teal Ribbon Day, Wednesday, February 22. Teal ribbons are \$2 from Chemmart Terry White Pharmacies nationally, Black Pepper stores and Ovarian Cancer Australia at ovariancancer.net.au/shop. According to Ovarian Cancer Australia, the four key symptoms of ovarian cancer are:

- Abdominal or pelvic pain
- Increased abdominal size or persistent abdominal bloating
- The need to urinate often or urgently
- Feeling full after eating a small amount.

The Victorian Parliament will controversially introduce an assisted dying bill to support dying for the terminally ill in the second half of this year, the first state in Australia to do so.

"Mum had a wonderful sense of humour, but dying is no laughing matter," Ann says. "I've thought about it a lot in the past 12 months. I'm very pro-choice when it comes to euthanasia, even though my father instilled in me that no one had the right to take a life except God. But the pain some people go through in dying is horrible and it's a long journey for some people.

"Mum's fight was incredible. She didn't give up for a moment. That was the way she lived her life."

I understand why they would want that choice and take that option.

"Mum's was a horrible death. She fought it the whole way, but that was her. All cancer is insidious; death is insidious. It's so hard for those left behind, for those who go through pain – there are no winners."

Unbreakable bonds

For much of our interview, Ann wipes away tears of sorrow and joy as she reflects on her mother's life. Physically, the similarities between them are striking, especially when Susan was the newlywed Mrs Andrew Peacock.

Ann loves looking back at images of her parents' younger years. "She was a hero mother, beautiful, fun, loving – a trailblazer," says Ann. "She was beautiful on the inside and out, and that was the way she was to everyone, whether someone she'd just met at the supermarket or a high-profile person.

"I believe we've all inherited both hers and Dad's sense of community and consideration of others. Mum had a wicked sense of humour and people say to me that we are similar in personality. We are certainly both very strong-willed and I did mention in my speech at her funeral that we often had a difference of opinion!" Ann laughs.

One of those "differences of opinion" was over Ann's decision to sell the Toorak home she shared with

sons Andrew, 17, and Woody, 16, after her divorce from Victorian Liberal Party President Michael Kroger. The home was decorated by Susan, known for her style. In her mother's last days, Ann told Susan she was selling to start a fresh new life. "Mum said to me, 'Don't be silly, Ann!'," and her words were haunting me as I was unpacking boxes a few months after she passed away. I thought a change would be a good way of moving on because Mum's touches were everywhere. I thought I'd take myself away from living with her around me, but it's

actually been the opposite and very stressful.

"So that cliché that says, 'Don't make major life decisions when you're grieving' ... well, boom!

Did that!" Ann jokes. "I'm ticking them all off."

Yet the self-deprecating laugh can't mask the weight of sadness. "There's no period of time that will heal our broken hearts, but we can talk about it and her, in the hope someone else may not suffer as she did." **AWW**

For news of a breakthrough in ovarian cancer treatment, turn to page 139.



IT'S TEAL TIME

Black Pepper is a proud supporter of Ovarian Cancer Australia.

So far we've raised over \$70,000 for the charity.

Each day, four Australian women are diagnosed with ovarian cancer.

These donations help to create awareness, give support and hope.

Black Pepper lends support throughout the year by holding in-store tea events and selling teal ribbons. Each February for Ovarian Cancer Awareness Month, Black Pepper launches special products to boost fundraising.

This year we aim to double our funds. Find these on sale in Black Pepper stores from February:

- **Afternoon Teal Cookbook**

A beautiful spiral bound recipe book containing secrets to the best afternoon tea as told by our Black Pepper customers.

With proceeds donated.

- **The Ombre Teal Scarf**

A stunning soft scarf in graduating hues of teal.

With \$10 donated from each scarf in February.

Available to purchase in-store and online.

Ask in-store to find out more about Afternoon Teal events near you.





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READER event



virginia australia
MELBOURNE FASHION FESTIVAL 01
19
MARCH 2017

Fashion Weekend HIGH TEA

Presented by the City of Stonnington and
supported by *The Australian Women's Weekly*

Back by popular demand, the annual High Tea is the most decadent way to spend the day with friends. Located in the elegance of the Malvern Town Hall, enjoy a delicious High Tea menu designed by Peter Rowland Catering, as you revel in contemporary collections on the runway from DIIDA, Lisa Barron, Megan Park, Feathers, OnceWas, Leona Edmiston, Luxe Deluxe and Alannah Hill.

WHEN: Saturday, March 4, 2017, at 11am and 2.30pm

WHERE: Malvern Town Hall, Melbourne

TICKETS: \$95

BOOK NOW: ticketek.com.au/VAMFF

MORE: For more information on Fashion Weekend,
head to VAMFF.COM.AU



City of
STONNINGTON



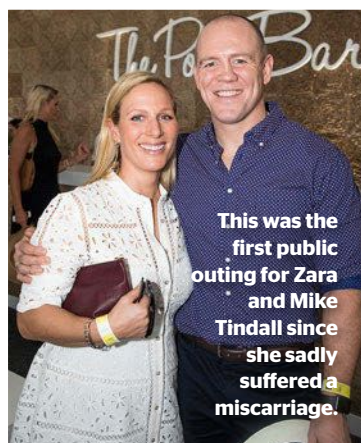
[On the scene]



Seven Network news reporter and anchor Amanda Abate with Michelle Payne.



The inaugural polo match was the brainchild of Magic Millions co-owners Katie Page-Harvey and her husband Gerry Harvey (above) to launch the yearling sales, which culminate with a \$10 million race day.



This was the first public outing for Zara and Mike Tindall since she sadly suffered a miscarriage.

The Magic Millions Polo, played on Sunday, January 8, featured mixed teams of Australian and international celebrity players.

Magic Millions

Australian racing royalty mixed with genuine royalty at the Magic Millions Polo on the Gold Coast, as the Queen's granddaughter Zara Tindall and Melbourne Cup winner Michelle Payne take to the field.

BELOW: Seven Network horse racing commentator and Magic Millions ambassador Francesca Cumani. **RIGHT:** Actresses Emma Leonard (left) and Laura Gordon.



ABOVE: Argentinian polo-playing brothers Ignacio (left) and Alejandro Novillo Astrada. **LEFT:** Actress and TV presenter Nikki Osborne.



Team mates Zara Tindall (on horse) and Michelle Payne post-game.



FROM LEFT: Katie Page-Harvey, Francesca Cumani, Zara Tindall and Jesinta Franklin at the Magic Millions launch party.



Horse racing royalty, trainer Gai Waterhouse with husband Robbie.

LAUREN TROMPP; KEN BUTTL; MAP.

Well, I'll be blowed

Amanda Blair unleashes her inner suburban vigilante and feels the power, thanks to a garden tool that literally blows her mind.

It started at 7.30 one Saturday morning, the distinctive hum of a leaf blower. It continued every weekend and I tried to ignore it by placing a pillow over my head and attempting to go back to sleep so I could return to dreams. Dreams of places where selfish neighbours didn't blow their mess over for somebody else to deal with.

It didn't work, I couldn't be placated and I found myself up and angry about this domestic disturbance. I'd make a coffee and wonder who was responsible? I was fixated on finding out who the enemy was within my enclave and why they'd pumped up the power tool? Whose dad had received one for Christmas and was now sacrificing my slumber so that he could knock an early morning blowing job off his to-do list?

Hmmm. I had to know who he was, oh yes, the opposite sex was responsible. These phallic shaped power tools are almost exclusively used by men who enjoy comparing their PSIs and horse power with their neighbourly brethren. This perpetrator needed to know his community (me) had spoken, were angry and not going to take it anymore.

Off I strode, a suburban vigilante in search of the villain. Following the noise up the street, I found myself outside my neighbour Emma's house. Her husband was away so surely this was a mistake? The only power tool Emma knew how to use was a hair straightener, it made no sense. I entered the property and became more confused because the noise was coming from inside. I knocked and everything went silent. Moments later, she answered, flush-faced and breathless. In her hands, she cradled the weapon of mass leaf destruction. Confused, I asked her if she needed a cup of tea and a lie-down. Had domestic life finally pushed her to a breakdown? What was she doing with a leaf blower inside her house? She asked me to come in and sit down and nervously I obeyed her instructions, still wary of her potentially fragile mental



“
In her hands, she cradled the weapon of mass leaf destruction.
”



state. I was cautious not to make any sudden moves. Then, like Lara Croft, she picked up the Ryobi, pointed the nozzle at the target and pulled the trigger. Immediately, I understood why she'd been at it since 7.30am.

She wasn't blowing leaves; she was blowing dust from cornices and cornflakes from drawers, dirt from sliding door tracks, crumbs from under the oven and inside the toaster, and lint from behind the dryer. She blew dead flies from her kitchen track lighting and build up from behind her telly. It all fell onto her floor and then she blew some more and created a pile in the corner which her vacuum sucked up in one go. She told me that using her outside tool inside had left her deeply satisfied and that she'd never been this way before, not even on her wedding night.

I begged to borrow it along with her rechargeable battery and set to work, but like Frank Sinatra I did it my way, firstly opening all my doors then sticking my nozzle under the furniture. Pulling the trigger, I released the full force of power, which threw spare change, business cards and a long missing remote control onto the lawn. Lego pieces, old birthday candles, lost socks, tennis balls and hair ribbons ... all outside. I blew the tops of cupboards, behind paintings, window sills and light fittings, which created a tornado of fluff, dirt, soil, dust, hair, pencils, Uno cards, a shoe, Easter egg wrappers and the odd dead moth. Outside it all went and all that was left in my house (apart from the furniture, fixtures and fittings) was the realisation my mind had been blown.

So if you're passing my way one weekend morning and you hear the hum of the leaf blower, think happy thoughts. Don't bother complaining because, trust me, I'll just blow you off ... at 150km per hour. **AWW**

ABOUT THE WRITER

Amanda Blair lives in Adelaide with her four children and a husband she quite likes when she sees him.

work wonders

This season's inspirational
workwear range has you
covered from everyday
basics, to business suits
and accessories.

Bella Sleeve
Blouse 8-18

\$49⁹⁵

Dot Print Pant 8-18

\$59⁹⁵

Tie Front Stripe
Blouse 8-18

\$49⁹⁵

Straight Leg Pant 8-18

\$49⁹⁵

See our workwear story at
harriscarfe.com.au/workwonders

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Sportscraft Ottoman top, XXS-XXL, \$159.99,
sportscraft.com.au
Jets by Jessika Allen one-piece (worn underneath), 8-16, \$159,
jets.com.au.
Ruby Sees All skirt, 6-14, \$139.95,
rubyseesall.com.
Wittner Milas shoes, 36-42, \$179.95,
wittner.com.au.
ASOS sunglasses, \$49, and bangle (bottom), \$43,
asos.com.
Peter Lang Eloise cuff, \$79,
peterlang.com.au
Gallivant State bag in Sand Grain, \$59.95,
gallivantstate.com.au.

Relax into summer

Mix flattering whites with tan and caramel hues for an easy laid-back summer look.

PHOTOGRAPHY ● KRISTINA SOLJO STYLING ● JACKIE SHAW

[Fashion]

Jaclin Chouchana Brooke
dress, 8-12, \$240,
jaclinchouchana.com.
Atmos&Here T-shirt,
6-16, \$34.95,
theiconic.com.au.
Sportscraft belt, XS-XL,
\$59.99, and **Tabitha**
sandals, 36-41, \$159.99,
sportscraft.com.au.
Peter Lang Holly
earrings, \$89,
peterlang.com.au.





LEFT: Zara top, XS-L, \$69.95, (02) 9376 7600.
ASOS hat, \$30, asos.com.au.
Peter Lang Nimbus earrings, \$115, peterlang.com.au.

BELOW: Zara swimsuit, S-L, \$49.95, (02) 9376 7600.
Irving & Powell Franklin shirt, XS-XL, \$140, irvingandpowell.com.
H&M skirt, 6-16, \$39.99, hm.com.
Hush Puppies Espa sandals, US5-US11, \$129.95, hushpuppies.com.au.
Elk bangles, \$49.50 each, elkaccessories.com.au.
Boohoo Eleanor sunglasses, \$22, boohoo.com.



H&M shirt, 6-16, \$39.99,
hm.com.
Jaclin Chouchana Daphne
pants, 8-12, \$160,
jaclinchouchana.com.
Peter Lang Eclipse collar
necklace, \$169,
peterlang.com.au.
Samantha Wills ring, \$59,
samanthawills.com.
Condura hat, \$69.95,
condura.com.au.



**Nice Martin top, 6-12, \$129.95, and skirt, 6-12, \$129.95, nicemartin.com.
**Sportscraft Maddie hat, \$39, sportscraft.com.au.
**Samantha Wills necklace, \$279, samanthawills.com.
Zara Wedges, 36-41, \$119, (02) 9376 7600.******

The subtle tones convey elegance, poise and a sense of inner calm.



**Zara Top, XS-L, \$119, (02) 9376 7600
**Lee Mathews slip, 0-4, \$199, leemathews.com.au.
**Lilya shorts, XS-L, \$149, ilovelilya.com.
**Peter Lang Lucky cuff (top), \$75, and Splendour cuff (bottom), \$119. peterlang.com.au.
Samantha Wills ring, \$179, samanthawills.com.********



Trenery top, XXS-XL, \$119,
trenery.com.au.
Seed skirt, 6-16, \$129.95,
seedheritage.com.
Paddo to Palmy belt, \$78,
paddotopalmy.com.au.
Samantha Wills bangle,
\$149, and ring, \$59,
samanthawills.com.
Peter Lang Selita earrings,
\$75, peterlang.com.au.

[The body special]



Secret shape



Bodysuit

Invest in an all-in-one bodysuit to streamline your shape from shoulder to thigh, as well as saving you the trouble of finding separates that work.

Shapewear: City Chic bodysuit, 14-22, \$89.95, citychic.com.au.

Outfit: Witchery jumpsuit, 4-16, \$249.95, witchery.com.au.

Mollini shoes, 36-42, \$149.95, from [Style Tread](http://styletread.com.au), styletread.com.au.

Elk bangles, \$38 each, elkaccessories.com.au.



Seamless bra and shaping shorts

A seamless bra will create smooth lines under a silk top. The shorts will support and lift your bottom, while slimming your thighs to create a flattering look.

Shapewear: Lovable bra, 10DD-16E, \$59.95, lovableonline.com.

Simone Pérèle shorts, 1-5, \$124.95, simone-perere.com.au.

Outfit: Zara pants, XS-L, \$119, (02) 9376 7600. Saba top, XXS-L, \$129, saba.com.au. Elk necklace, \$47, elkaccessories.com.au.

Verali shoes, 5-10, \$79.95, from [Style Tread](http://styletread.com.au), styletread.com.au.

PHOTOGRAPHY BY KRISTINA SOLJO. STYLING BY IRENE TSOLAKAS. HAIR BY BRAD WYN JONES. MAKE-UP BY NAOMI MCFADDEN. THESE IMAGES HAVE BEEN RETOUCHEE. ALL PRICES ARE APPROXIMATE. ITEMS AVAILABLE ONLINE WHERE WEBSITES ARE QUOTED.

makers

Want to look slimmer, smoother and more stylish with minimal effort? Let's go undercover.



Contouring slip

A nude slip is a shapewear wardrobe staple and a great choice for form-fitting dresses and skirts. It will smooth your torso to eliminate back bulge and love handles.

Shapewear: City Chic bra, 14DD-24DD, \$59.95, citychic.com.au. Simone Pérèle slip, 1-6, \$149.95, simone-perele.com.au.

Outfit: Zara dress, S-L, \$69.95, (02) 9376 7600. Top End shoes, 36-42, \$179.95, from [Style Tread](http://styletread.com.au), styletread.com.au.



Strapless slip dress

A cling-resistant slip allows your skirt to hang beautifully while giving you a sleek silhouette. Look for styles with silicone edges on the lining, to ensure it stays in place.

Shapewear: Spanx dress, XS-XL, \$98, spanx.com.

Outfit: Witchery top, XXS-XL, \$139.95, witchery.com.au. Saba skirt, 6-14, \$199, saba.com.au. Senso shoes, 35-42, \$265, senso.com.au.

Your
ultimate body
smoothing
guide

Style tips

Make sure you buy your correct size - wearing a smaller size won't make you appear smaller.



Everyday separates

A fuller, mid-rise brief with control panelling will shape and smooth all the way up your torso, and help to define your waist. White or nude styles are ideal for everyday wear.

Shapewear: Heidi Klum Intimates bra, 8D-16G, \$74.95, heidiklumintimates.com.au. Nancy Ganz briefs, S-XL, \$69.95, nancyganz.com.au.

Outfit: Witchery top, 4-16, \$179.95, and pants, 4-16, \$139.95, witchery.com.au. Senso shoes, 35-42, \$265.95, senso.com.au.



Strapless bra and control briefs

High-waisted briefs smooth all the way up your torso. A strapless bra with a fuller cup and wide back shows off your shoulders without compromising on support.

Shapewear: City Chic bra, 14DD-24DD, \$59.95, citychic.com.au. Target briefs, 8-20, \$20, target.com.au.

Outfit: Witchery top, 4-16, \$159.95, witchery.com.au. Zara skirt, XS-L, \$89.95, (02) 9376 7600. Elk bangles, \$38 each, elkaccessories.com.au. Verali shoes, 5-10, \$79.95, from Style Tread, styletread.com.au.

ALL PRICES ARE APPROXIMATE. ITEMS AVAILABLE ONLINE WHERE WEBSITES ARE QUOTED.

To prevent wear and tear, and extend the life of your delicate underwear, be sure to wash it in a lingerie bag.



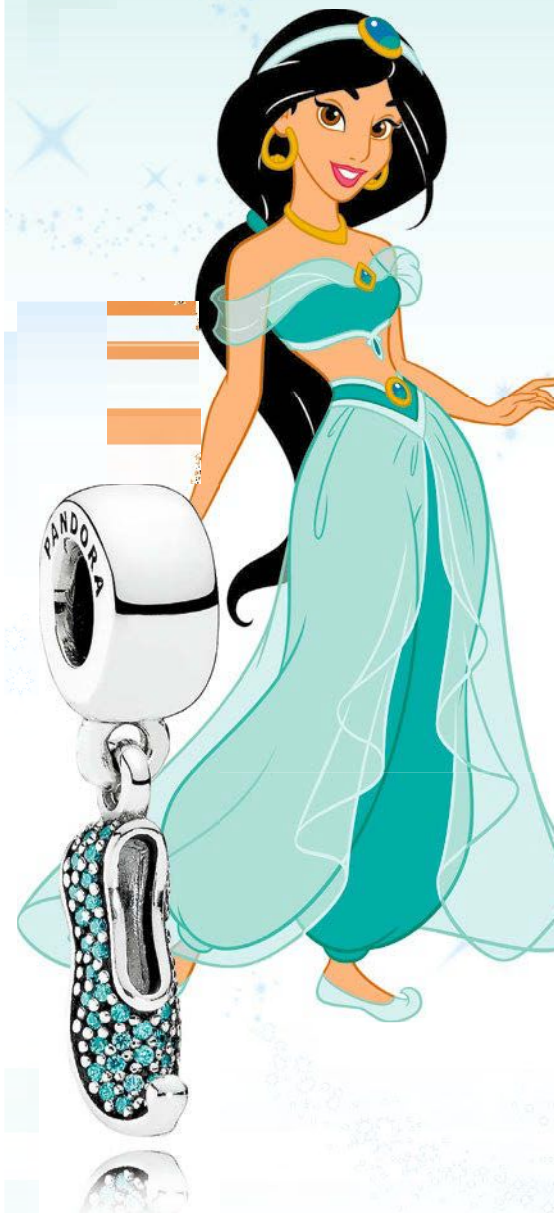
Open bust slip

A great alternative to an all-in-one, this style of slip is designed to be worn with your choice of bra to enhance your curves for total body definition.

Shapewear: City Chic bra, 14DD-24DD, \$59.95, citychic.com.au.
Nancy Ganz dress, S-XL, \$149.95, nancyganz.com.au.

Outfit: Trenery dress, 4-18, \$179, and shoes, 36-42, \$129, trenery.com.au.

You can find
more shapewear
ideas online at
aww.com.au



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Lunch break beauty fixes

Teeth whitening, Botox and eyebrow tattooing are among the speedy beauty treatments you can fit in during your lunch break. **Sheree Mutton** investigates.

Cosmetic beauty treatments were once time-consuming procedures that required lengthy downtimes. Today, busy women are popping into the local clinic or salon in search of a quick beauty fix that will leave them looking fabulous in less than an hour. “There is a growing range of treatments available and no one treatment is right for everyone,” says Sydney dermatologist Dr John Sullivan. “It is good to do your own research, however a proper considered professional consultation is important.”

Minor procedures during your lunch break can be effective, but Dr Sullivan warns against being misled or coerced into accepting a dodgy treatment if you’re time-poor or under financial pressure. “Signing up for a limited-time special offer, package of treatments, or basing your decision on an advertisement’s before-and-after pictures can risk you choosing a treatment that does not best address your own specific needs,” he says. “You don’t want to be rushing to make your appointment on time with your heart rate and anxiety levels up.”

Anti-wrinkle injections

If you wish to refresh your look or remove a few lines from the forehead, around the eyes or lips, anti-wrinkle injections such as botulinum toxin (Botox) or Dysport work

“
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want to be
rushing
... with
your heart
rate and
anxiety
levels up.
”



by temporarily relaxing muscles. Super-fine needles are used to soften facial lines and a few injections can be done in as little as 20 minutes. “Anti-wrinkle injections remain one of the more popular lunchtime or break-from-work treatments,” says Dr Sullivan. “One or two facial regions, such as frown lines and crow’s feet, are ideal for a lunchtime treatment. These injections are also appropriate to do at this time, as long as you don’t plan to then head off to the gym or for work drinks.”

Although bruising is rare and most injection marks settle quickly, allowing you to continue with your day as normal, alcohol can thin the blood and exercise may cause the blood vessels to dilate – both can result in bruising.

Anti-wrinkle injections are relatively pain-free and quick and easy to administer by a professional. Visible results usually take a few days and can last up to four months. Risks include drooping of the eyelids, mild bruising, headache, redness and swelling at injection site. Skin tightness or numbness may be felt within the first day after the procedure. **Price:** Prices range from \$150 to \$2000, depending to the area being treated, the type of muscle freezer and the clinician.

Dermal fillers

Dermal fillers are used to fill and improve the appearance of wrinkles, restore lost facial volume and soften facial folds. “It »

is important that these look natural, are not rushed and consideration is given to your whole face and that injectable fillers are done in a balanced, proportional way,” says Dr Sullivan.

“Don’t be seduced by claims of a painless, minimal downtime dermal filler treatment. Focusing on treating one area or problem over lunch can be appropriate, but only when performed after an initial clinical evaluation and consultation.” Discomfort, bruising and swelling can occur, particularly if multiple areas of the face are treated.

“They [dermal fillers] have evolved over the past few years to induce less swelling and last longer, and to offer a greater range of products to suit individual areas and needs,” says dermatologist Dr Natasha Cook. “A good dermal filler will last approximately 12 to 18 months. If injected well, they are not that painful. More mild discomfort.”

Your dermatologist, surgeon or clinician will determine which product, such as Juvéderm and Restylane, is best for your concerns and desired result.

Price: From \$300, depending on the area and product being used, but can exceed \$1500.

Teeth whitening

In-chair teeth whitening treatments are becoming more common because the results



are visible immediately. Unlike at-home whitening gels and strips that can take weeks or months to see results, patients who have undergone a teeth-whitening procedure may notice their teeth are up to eight shades whiter than their existing tooth colour after a one-hour session. “The in-chair treatment is quick, safe, and is suitable for almost everyone,” says dentist Dr Luke Cronin. “Most

importantly, it delivers a superior whitening result and provides patients with a predictable cosmetic outcome when compared to over-the-counter whitening products.” The Philips Zoom treatment is an accelerated whitening procedure using 25 per cent hydrogen peroxide whitening gel. “The light activates the peroxide in the gel to safely and predictably accelerate the whitening process, and reduces sensitivity that is sometimes associated with teeth whitening,” explains Dr Cronin. Results depend on the individual and their lifestyle choices; smoking, coffee, wine and tea can all cause discolouration. People with high sensitivity, tetracycline stains and composite or porcelain veneers are not good candidates. See a dental professional.

Price: Up to \$1100. Philips Zoom Whitening starts at about \$400.

Treatment checklist

1 Do your own research first and don’t feel pressured to take advantage of a special or limited time offer. Be wary of claims or guarantees of satisfaction, absence of risk and no downtime.

2 Word of mouth and recommendations by family and friends can be very useful, but remember you may have a different problem or concerns to address.

3 Don’t rush into skincare treatments like dermal fillers or injections, fat removal, teeth whitening or brow tattooing without an initial consultation. Take your time to read and

consider what was discussed to ensure the treatment is right for you.

4 Remember that, even in the best expert hands, complications can occasionally occur and follow-up and support should be available. Make sure you feel comfortable and confident in the professional you have consulted and their nursing and support staff.

5 Don’t schedule a treatment just before a long flight. “The main risks, especially in patients that have had more invasive surgical procedures that affect mobility, are blood clots and deep vein thrombosis,” says Dr Cook.

Fat removal

New treatments claiming to reduce stubborn body fat are popular in clinics around Australia. These include CoolSculpting – a non-surgical fat-freezing removal technique that is proven to destroy fat cells – and SculpSure – a laser treatment which was approved for non-invasive lipolysis of the flanks and abdomen in Australia in 2015. “For the right patient, cryolipolysis or fat freezing, treatments can be very effective,” says Dr Cook, “especially in those that have focal fat deposits in areas that are difficult to lose.” Although there can be slight discomfort during the procedure and mild tenderness post-procedure, there is no downtime. That said, it is not a weight-loss treatment and results can take up to 12 weeks as the



body takes time to eliminate the disrupted fat cells. These treatments are not recommended for patients who are obese. The most common side-effects of fat removal procedures are redness, bruising and numbness, but these are usually resolved within a week.

Price: About \$500 per application.

Brow tattoo

If you are tired of drawing on brows with a pencil or using brow powder to fill in the gaps, brow tattooing can transform those sparse arches above your eyes into fuller-looking brows in just an hour. Feather-touch brow tattoos are waterproof and can last from nine to 24 months, depending on the patient's skin type (oily skin generally doesn't hold the pigment well and will fade quicker).

“
Brows are
important
for both
symmetry
and
definition
in the face.
”

This means you can have well-kept brows without relying on make-up. “Brows are important for both symmetry and definition in the face,” says brow expert Amy Jean.

Following a consultation about brow shape and colour, a topical numbing gel is applied to the skin. “Fine strokes are etched along the skin with natural pigments being micro pigmented into the outer layers. It’s a very topical and natural result,” says Amy Jean. “The brows will appear rich in colour for two to three days, then heal and peel away into a much softer colour.” As with all tattoos, there is a small risk of infection and allergic reaction. Speak to a professional to ensure you are a candidate for the treatment.

Price: Feather-touch brow tattoo ranges from \$895 to \$1650. **AWW**

[What's new]

Beauty news

Be good to your skin with sunscreens that also hydrate and mists for instant, soothing calm, with **Sheree Mutton**.

Misting up

To hydrate and soothe parched, stressed skin and give it a glow, reach for the mist.

1. **Elizabeth Arden** Miracle Hydrating Mist, 100ml, \$38. An invigorating and multi-purpose facial spray that hydrates, soothes and refreshes skin.

2. **Cinch** Face Cheat, 100ml, \$39.95. Containing Superox-C, which is extracted from Australia's Kakadu plum, this spray hydrates the skin and provides luminosity.

3. **A'kin** Hydrating Mist Toner, 150ml, \$19.95. A pH-balanced toner infused with organic coconut water, green tea and chamomile to instantly cool and calm tired, stressed skin.



Sun shields for your skin

Ultracuticals Ultra UV Protective Moisturiser SPF 50+ Mattifying, 100ml, \$74. This broad spectrum, lightweight daily moisturiser is paraben free and offers protection for normal, dry or oily skin, is fast absorbing and hydrating.

NIVEA Sun Protect & Moisture Moisturising Sunscreen Lotion SPF 50+, 200ml, \$15.99. The UVA and UVB filters in this sunscreen shield the skin from sun damage, while the panthenol and vitamin E help keep your skin moisturised for up to 24 hours.

Napoleon Perdis Multi-Defence Broad Spectrum SPF 50+ Sunscreen, 30ml, \$29. Containing vitamin E and sodium PCA to hydrate skin, this sunscreen also contains maritime acid to boost the skin's elasticity and water retention.

EDITOR'S PICK

Give your locks a healthy, vibrant look and protect them from damage caused by styling tools and swimming.

Pantene Pro-V Daily Moisture Renewal Shampoo and Conditioner, 350ml, \$7.99 each.



Minutes with Lauren Phillips

NINE NETWORK'S POSTCARDS PRESENTER AND MYER AMBASSADOR

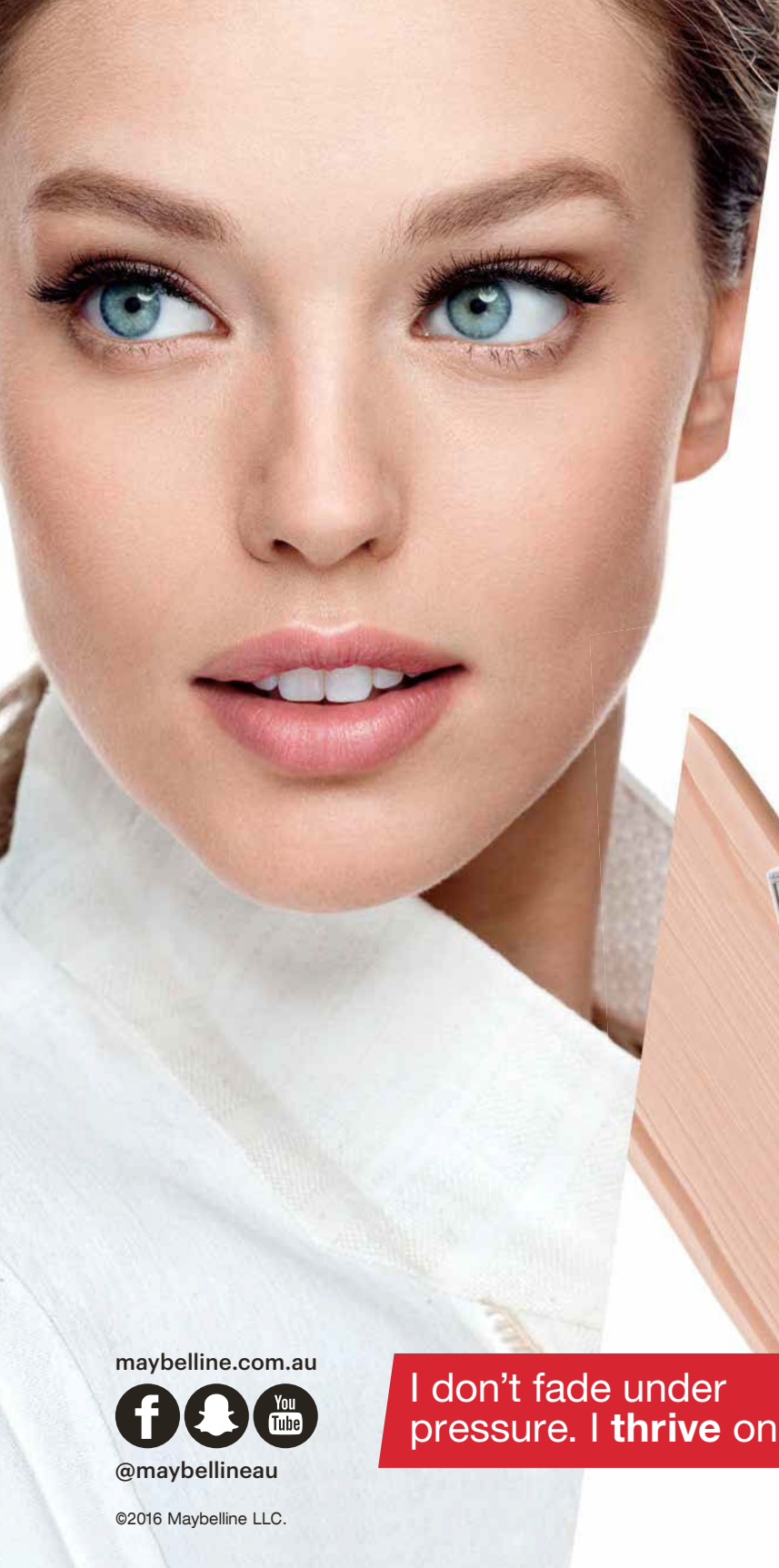
My top hair tip is ... Using dry shampoo to create texture and body on clean hair and also to refresh my roots if my scalp is feeling oily or weighed down. I love Pureology's Fresh Approach Dry Shampoo as it has a satin finish and also extends the life of my colour.

My daily skin routine involves ... In the morning, cleansing, applying vitamin B serum and moisturising. Then before bed

at night, I cleanse and apply a vitamin A serum, eye cream and moisturiser.

When I travel, I always take ... A quality moisturiser for my face and body. Aeroplane air can really dry out my skin, so it's important to keep it hydrated.

Nothing makes a woman more beautiful than ... A smile. Feeling happy and confident will ensure that your beauty radiates from the inside out.



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[What's new]



Marc Jacobs Daisy Dream Kiss Edition, 50ml, \$89. Pink grapefruit is blended with fresh florals, cedarwood and blackcurrant to create this beautiful scent.



L'Occitane Whipped Shower Foam in Rose, 150ml, \$29. Enriched with shea butter, this creamy shower foam will leave your skin feeling silky.



Sally Hansen Complete Salon Manicure in Mauvin' On Up, \$14.95. This divine nude hue contains a new keratin complex to help reinforce nail strength.



Maybelline New York Color Jolt Intense Lip Paint in Fight Me Fuchsia, \$14.95. Glides on lips for intense colour and shine.

The pretty list

Sheree Mutton reveals her top picks from the beauty counter.



MOR Rose and Patchouli Fragrant Candle, 380g, \$49.95. A pretty combination of violet, iris, rose, vanilla and jasmine fills the room from this candle.



Sisley Paris Phyto-Blush Twist in Fushia, \$80. A vibrant pink blush stick that is easily applied to the apples of your cheeks to give a rosy glow.



L'Oréal Paris Infallible Sexy Balm in Sheer 110 Can't Sit With Us (above, left) and Bold 202 Adventure, \$14.95 each. These lip balms have a weightless velvety texture and vibrant pigments for lasting colour and 12 hours of moisture.



Bourjois Eyeshadow La Palette Les Nudes, \$28. Featuring eight gorgeous nude eyeshadow shades, this palette is perfect for touch-ups, with its panoramic mirror.

PANTENE promotion

“Having good hair is so important. It makes me feel great and ready to take on my day.”

HEAD STRONG

An actress, singer, presenter, author and designer she may be, but Natalie Bassingthwaight happily admits motherhood is her most important role to date.

Natalie Bassingthwaight gets goosebumps when she talks about her children, although she's not afraid to tell it like it is. "Being a mum is amazing, and incredibly exhausting. You definitely become more patient — it's a rocky, rewarding and enriching ride all at the same time." For the savvy businesswoman, a dramatic haircut — switching from long, loose waves to a gorgeously textured and well conditioned mid-length bob then back to luscious long locks — has been key to allowing herself to feel empowered, regardless of what her schedule throws at her. "In a way, my hair is my armour. On days that I feel good about it, I feel more in control. When I look as though I'm in charge, then it naturally follows that I'll feel stronger within, and ready to take on whatever the day brings."



MY (hair) STORY

Q&A with Natalie

Q What advice can you give to mums who want healthy looking hair?

A I've learned that no matter how crazy your days are, it's so important to treat yourself. During the early years, you don't get much time to yourself, but if you keep up healthy habits like drinking lots of water, eating the right foods and going for walks, your hair and skin will look great and you'll feel better all over.

Q What's your number-one hair challenge?

A I've always had problems with frizz. Going from the longer locks to a liberating mid-length bob has definitely improved that; it's made my hair look and feel so much healthier. **Pantene Sheer Volume Conditioner** helps tame my hair and gives it some added shine and body. It's my secret weapon!

Q What does strong, healthy hair mean to you?

A It comes down to this: whenever my hair is in top condition, I truly feel like a million dollars! So it makes sense that I'll do whatever it takes to nourish every strand and maintain its health. Pantene works for my hair, and for that simple reason it's always a part of my routine, whether I'm at home or travelling.

PUMP UP THE VOLUME

Celebrity Hairstylist Remington Schulz says:

Go big or go home, with the **Sheer Volume range from Pantene**. Help fine hair achieve instant volume with virtually no weight. The **Pantene Sheer Volume Shampoo and Conditioner** helps repair damage and leaves hair looking fuller & stronger.

WATCH NATALIE'S STORY AWW.COM.AU



Pap smears have saved thousands of women from cervical cancer, but as **Professor Kerry Phelps** explains, they are about to be replaced by a new, more comprehensive type of screening test.

From May 1, 2017, the National Cervical Cancer Screening Program will be undergoing a very significant fundamental change.

The Pap smear will be replaced with the Cervical Screening Test to detect HPV (human papillomavirus), a group of several viruses which cause cervical cancer, and the time between tests will change from two years to five years.

The other major change will be the age at which screening starts. This will increase from 18 years to 25 years. For decades, women have been advised to go to their general practitioner every two years, or more frequently, to have their regular Pap smear test.

The Pap smear was named after Dr Georgios Papanicolaou, who first published his findings about the changes in cervical smears in 1928. The test was later developed for clinical practice in the 1940s. It

involves the microscopic detection of precancerous and cancerous changes in a sample of cells taken directly from the cervix and the lower part of the uterus. The aim is to detect these changes at a treatable stage.

Cervical cancer screening has been one of the great public health success stories. Since it was introduced, the Pap smear test has saved the lives of countless women.

In the early 1900s, cervical cancer was the leading cause of cancer death in women. It took Australia until 1991 to introduce a national screening program and, since that time, cervical cancer rates have halved. Eighty per cent of cervical cancer occurs in women who have never been screened or don't screen regularly. In the 1970s, the role of HPV in the development of cervical cancer was first suggested. From this discovery came the Australian development of the HPV vaccine. **AWW**

Your questions answered

Does the new test mean I can do away with that speculum vaginal examination?

Sadly, no. The new test will sample the cervix using the same collecting procedure as the Pap smear, but instead of looking for changes in the cells it will be looking for the presence of cancer-causing types of HPV.

What is HPV?

HPV is human papillomavirus. Several types of this virus have been shown to be the cause of almost all cases of cervical cancer. HPV can also cause HPV-related throat cancer and anal cancer. It can be transmitted by vaginal, anal or oral sex with someone who carries the virus.

I had the HPV vaccination when I was at school. Do I still need to have screening?

If you had the HPV vaccine, you are still advised to have cervical screening because the HPV vaccine covers some but not all of the virus types which cause cervical cancer.

What if HPV is found in my sample?

If any of the cancer-causing HPV subtypes are found, further testing will be done on the same sample to look for abnormal precancerous cells.

What if I have symptoms?

A cervical screening test is designed to identify problems in your cervix when you do not have symptoms. There are some symptoms which should trigger an urgent visit to your doctor:

- Abnormal bleeding
- Vaginal discharge
- Pain in the vulval, vaginal or pelvic regions

When can I stop screening?

Women aged 70 to 74 years who have been having regular screening will be invited to have a so-called "exit test", a final test which will determine whether there is any HPV present and, if not, you can choose to stop screening.

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[The body special]

Let's tackle childhood OBESITY



Most parents believe their child will lose their “puppy fat”, but, as **Professor Kerry Phelps** reveals, childhood obesity is on the rise.



Bariatric surgery, or surgery to achieve weight loss by reducing the size of the stomach, is now being performed on obese children and adolescents. Surely this is an admission that the battle against childhood obesity is being lost?

One in four Australian children is overweight or obese, so this is an epidemic. Children are suffering the consequences of obesity previously only seen in older adults, such as sleep apnoea, orthopaedic problems, high cholesterol, hypertension and diabetes.

There are also the less obvious impacts of obesity, such as poor self-esteem, less involvement in physical activities and experiencing bullying and discrimination. More subtle, but no less important, are micro-nutrient deficiencies like iron, zinc and vitamins in children who do not eat a balanced diet containing plenty of fruit, vegetables and other whole foods.

Children who take obesity into adulthood have an increased risk of chronic disease and early death.

How did it come to this?

The real explanation is probably a perfect storm of circumstances. Computer games and mobile devices have replaced playtimes building cubby houses in the bush, climbing trees, or playing touch footie on the beach. Backyards have become smaller and the car has become the quick alternative to walking to school. And advertising of junk foods has become part of children's TV programming.

What you need to do

If your child is overweight or obese, or rapidly gaining weight, your doctor will need to investigate for a treatable medical cause. You cannot prevent or treat obesity in children without involving the whole family. If your child's being overweight is related to their nutrition and activity levels, much of the remedy lies with parents.

If you do the food shopping, decide what to keep in the fridge or the kitchen cupboards. If you have high-fat, high-sugar, low-nutrient value food in the house, a hungry

or bored child will sniff it out like a heat-seeking missile. If none is at hand, they might opt for nothing, or if offered a healthy snack, they'll eventually take that option.

As a parent, you can also limit screen time and encourage team sports and active play.

The solution to the obesity epidemic starts in the home. **AWW**

Kerry's tips for managing your child's weight

- 1 Be a role model for your children by maintaining a healthy weight.
- 2 Do not use food, especially food high in fat or sugar, as a reward.
- 3 Urge your children to drink water, not juice or soft drinks.
- 4 Stick to three meals and two snacks a day, and avoid grazing.
- 5 Eat at the table with the television and other devices switched off.
- 6 Ban snacking in front of the TV or while doing homework.
- 7 Do not buy high-fat or high-sugar foods such as biscuits and lollies.
- 8 Limit fast food to no more than one meal a week.

MEASURE UP

In children and adolescents, a waist circumference more than half their height suggests a need for weight assessment.

Can a 17-year-old see the future?

At 17, it's natural for children to start looking ahead to life after school. By this stage, the brain is prepared for making complex decisions, considering outcomes and planning for the future. Help your child develop with all the tools they need from Officeworks, the home of everything for growing minds.



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Ask the doctor

Professor Kerry Phelps answers your questions on urinary tract infections, glandular fever, ingrown toenails and bruising, and looks at a scurvy resurgence.

Q *My husband has been complaining that his left big toenail is ingrown. What causes it and are there any home remedies that we can try?* **J.K., NSW.**

Ingrowing toenails are very common and the condition usually affects the big toe. It can be caused by injury, incorrect nail trimming, or tight shoes. They are quite painful and he may need expert treatment by a podiatrist, to remove the ingrowing nail section under local anaesthetic. To prevent them, advise him to trim his nails straight across rather than rounding off the edges, so that the edge of the nail does not press into his skin, and he should wear comfortable, properly fitting shoes.

Q *I am 82 years old and I keep getting urinary tract infections. My doctor recommended cranberry tablets to prevent them. Do they work? What else can I do to stop this?* **K.O., Qld.**

It is best to try to avoid long-term antibiotics. Oestrogen cream applied regularly to your vulval area may help. An oral probiotic, vitamin C and cranberry tablets can also be useful. Drink plenty of water during the day and avoid alcohol and caffeine.

Q *My 16-year-old daughter was diagnosed with glandular fever several months ago. She is always tired and struggling to concentrate at school. She is sleeping at least eight hours a night and is taking a multivitamin, but nothing seems to be working. What else should we be doing?* **L.P., S.A.**

Recovery from glandular fever can take time and there is no specific medical treatment to hasten the process. Fatigue is the most common persistent symptom. Have her medically reviewed in case she has a correctable cause for fatigue such as iron deficiency. Focus on healthy plant-based food, high-quality sources of protein and drinking plenty of water. Encourage her to gradually increase activity.

Q *I was planning on having a natural birth, but I have been told I have marginal placenta previa and will*



most likely need a caesarean. Is this common in pregnant women? Is a caesarean the best option for me? **VB., NT.**

You must allow yourself to be guided by your obstetrician. Placenta previa means the placenta is lying over the cervix and could cause bleeding, which may be catastrophic for you and your baby if you were allowed to go into labour. This is why a planned caesarean delivery is a far safer option.

Q *My mother bruises very easily and has them all over her legs and arms. She is 72 years old, but I'm worried the bruises might be a sign of something else as she doesn't appear to be falling or bumping herself. Is bruising like this common in older people?* **TY., NSW.**

Skin does become more prone to bruising and injury with age. Her GP needs to look into possible causes such as a medication side-effect (aspirin for example) or a blood disorder.

Q *My daughter is considering having my granddaughter's ears pinned back. What is involved in the procedure and is it painful?* **DD., Vic**

Surgery to pin back ears which stick out too much involves a general anaesthetic and an expert plastic surgeon to remove excess cartilage and then stitch the skin over the remodelled ears. She will be uncomfortable for a week or two, but children tend to recover quickly. Like any surgery, your daughter will need to consider any potential risks and complications.

HAVE A QUESTION?

If you have a question for Professor Kerry Phelps, write to: Ask The Doctor, GPO Box 4178, Sydney, NSW 2001 or email openline@bauer-media.com.au. Letters cannot be answered personally. See the Contents page in this issue for the location of Bauer Media Limited's Privacy Notice.

Scurvy is back

A spate of cases of scurvy has been reported in Australia. The disease is a result of chronic vitamin C deficiency and poor dietary habits, particularly in people who eat few fresh fruit (especially citrus) and vegetables, or who overcook vegetables – overcooking destroys vitamin C. Scurvy can lead to poor wound healing, joint pain, bruising, scaly brown skin and swollen, bleeding gums.

Health news

Sheree Mutton reveals the latest medical breakthroughs and research to keep you healthy.



NEW HOPE FOR OVARIAN CANCER TREATMENT

A molecule called AXL, which triggers the spread of an aggressive form of ovarian cancer, the Mes subtype, has been identified by researchers in Singapore. The study indicates that blocking AXL could be an effective way to combat this cancer subtype. The researchers are now working with pharmaceutical companies to develop anti-AXL drugs.

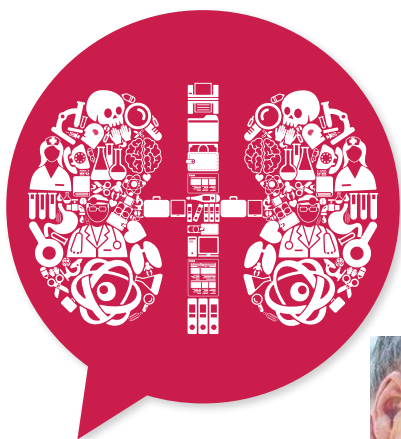
February is Ovarian Cancer Awareness Month and if you would like to support research into the disease, visit Ovarian Cancer Australia, ovariancancer.net.au.



LOVE, SET AND MATCH FOR YOUR HEART

Grab a racquet and take to the court for a game of tennis, squash or badminton – racquet sports lower the risk of dying from cardiovascular disease by 56 per cent, according to new research from the University of Sydney published in the *British Journal of Sports Medicine*. The study examined 80,000 adults over 30 years of age who participated in six types of exercise, including cycling, swimming, racquet sports, aerobics, football and running. After racquet sports, swimming and aerobics were the next best forms of physical activity.

Did you know? An estimated one in 20 young Australians has chlamydia, the most common sexually transmitted infection. It's cured easily, but many have no symptoms, so testing is vital.

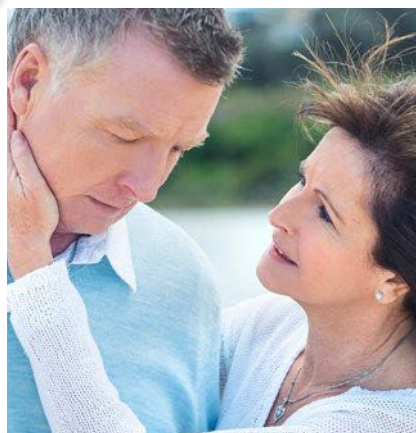


KIDNEY WARNING

Of the estimated 1.7 million Australians who have chronic kidney disease (CKD), 90 per cent are unaware of it. The two most common causes are diabetes and high blood pressure, but existing heart problems and obesity are also risk factors. See your GP to get checked. Visit kidney.org.au.

Go nuts for health

Eat a handful of nuts a day to keep illnesses at bay. Researchers found eating 20g daily of any type of nut, such as hazelnuts, walnuts, pecans, almonds (right) and peanuts, lowered rates of heart disease and the risk of cancer, respiratory disease and diabetes.



PARKINSON'S DISEASE BREAKTHROUGH

Inflammation within the brain is related to the development of Parkinson's disease, the second most prevalent neurological condition after dementia, a University of NSW study has revealed. It also identified a potential mechanism to prevent the inflammation, which "offers hope and introduces a new target for therapeutic research, which we're now working on," says UNSW's Dr Nic Dzamko.

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Julie Goodwin **Advance Australia fare**

Head outdoors and enjoy
our glorious sunburnt country
with Julie's easy, breezy
Australia Day picnic.



PHOTOGRAPHY ● JOHN PAUL URIZAR
STYLING ● MICHAELA LE COMPTE



Julie's Australia Day coconut cake
For recipe, see overleaf.

"This cake was one of the staples in my husband Mick's grandma's repertoire. It's beautifully moist."

Julie's Reuben sandwich



Julie's Reuben sandwich

SERVES 4 PREP TIME 20 MINUTES

2 medium baguettes
butter, at room temperature
300g shaved corned beef
250g sauerkraut (see Julie's tip)
¾ cup (225g) whole egg mayonnaise
¼ cup (70g) tomato sauce
1 tablespoon hot English mustard
2 tablespoons gherkin relish
½ small (75g) brown onion, very finely minced
4 slices Jarlsberg cheese

1 Thinly spread the bread with the butter. Divide the corned beef between the two baguettes. Top with the sauerkraut.

2 In a small bowl, combine the mayonnaise, tomato sauce, mustard, gherkin relish and onion. Divide the dressing between the baguettes, then top with the cheese. Season with salt and pepper. Secure baguettes with string and cut into pieces to serve.

Not suitable to freeze or microwave.

Julie's tip

● Sauerkraut is fermented cabbage and an essential ingredient in a Reuben sandwich. It's available in jars from the supermarket.

Apple and fennel slaw

SERVES 6 AS AN ACCOMPANIMENT PREP TIME 15 MINUTES

½ cup (150g) mayonnaise
2 tablespoons white vinegar
1 teaspoon caster sugar
¼ small (300g) green cabbage, shredded finely
½ medium (150g) fennel bulb, sliced very thinly, fronds reserved
1 small (130g) green apple, sliced using the julienne attachment of a mandolin
1 small (100g) red onion, very finely sliced
¼ cup flat leaf parsley leaves

1 Place the mayonnaise, vinegar and sugar into a large mixing bowl; stir together. Add the cabbage, fennel, apple and onion; mix to combine.
2 Top with reserved fronds and parsley.
Not suitable to freeze or microwave.



Potato and egg salad

For recipe, see overleaf.

Apple and fennel slaw

Julie's Australia Day coconut cake

SERVES 16 PREP AND COOK TIME 1 HOUR 30 MINUTES

250g unsalted butter, at room temperature
2 cups (440g) caster sugar
4 eggs
2 tablespoons finely grated lemon rind
1 cup (80g) desiccated coconut
3 cups (450g) self-raising flour
2 cups (500ml) milk
½ cup (80ml) lemon juice
½ cup (25g) moist coconut flakes
COCONUT ICING
3 cups (480g) icing sugar mixture, sifted
2 cups (160g) desiccated coconut
2 teaspoons finely grated lemon rind
½ cup (125ml) lemon juice, approximately

1 Preheat oven to 170°C (150°C fan-forced). Grease and line the base and side of an Australia-shaped cake pan (28cm x 26cm/3.5-litre capacity) and a 10cm round cake pan.

2 Using an electric mixer, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition.

3 On low speed, fold through lemon rind and coconut, then add half the flour and half the milk; stir through gently. Add the lemon juice, then remaining flour and milk.

4 Pour batter into prepared cake pans. Bake the small pan for about 25 minutes and large pan for about 45 minutes or until golden and cooked when tested with a skewer. Cool cakes in pans for 10 minutes, then turn onto a wire rack to cool.

5 COCONUT ICING In a large bowl, combine the icing sugar mixture, coconut and lemon rind with half of the lemon juice. Add remaining lemon juice, a little at a time, until a spreadable consistency.

6 When the cake is completely cold, cut small cake into the shape of Tasmania. Position cakes on a large board or cake plate. Top cakes with Coconut Icing and sprinkle with coconut flakes.

Uniced cake suitable to freeze. Not suitable to microwave.



Potato and egg salad

Corn and bacon slice

SERVES 6 PREP AND COOK TIME 45 MINUTES

2 x 400g cans corn kernels
6 green onions (green shallots), white and pale green parts only, sliced finely
3 rashers (240g) bacon, rind removed, chopped finely
1 cup (150g) self-raising flour (see Julie's tip)
1 cup (120g) grated tasty cheese
½ cup (125ml) olive oil
5 eggs, beaten lightly

1 Preheat the oven to 170°C (150°C fan-forced). Grease and line a 20cm (base measurement) ovenproof frying pan

(or a 20cm x 30cm lamington slice pan).

2 Combine the corn, green onions, bacon, flour and cheese in a large bowl. Add the oil and eggs, and mix. Season with a little salt and pepper. Pour into the frying pan.

3 Bake the slice for 35-40 minutes or until golden and set. Allow to cool slightly before cutting.

Suitable to freeze. Not suitable to microwave.

Julie's tip

● This recipe also works very well with gluten-free self-raising flour.

Potato and egg salad

SERVES 6 AS A SIDE DISH PREP AND COOK TIME 30 MINUTES (+ COOLING TIME)

600g baby new potatoes
6 eggs
4 rashers (320g) bacon, rind removed, cut into 5mm strips
½ cup (150g) whole egg mayonnaise
½ cup (120g) sour cream
1 tablespoon Dijon mustard
6 green onions (green shallots), white and pale green parts only, sliced finely
2 tablespoons finely chopped chives

1 In a large pot of salted water, cook the potatoes until just tender (time will depend on the size); remove from the water with a slotted spoon. Cut into quarters and allow to cool completely.

2 Lower the eggs into the boiling water and boil for 5 minutes. Remove from the water and leave to cool in their shells; then peel and cut in half.

3 In a large, non-stick frying pan over medium heat, cook the bacon until golden and crisp. Remove from the pan and drain on paper towel.

4 Combine the mayonnaise, sour cream, Dijon mustard and green onions. Fold through the bacon and potatoes. Top with the eggs and chives. Refrigerate if not being consumed immediately, but allow the salad to come to room temperature before serving.

Not suitable to freeze or microwave.

For more great recipes
search **picnic** on

 **FOODTOLOVE.COM.AU**

Corn and bacon slice



Oprah's recipes for a better life

These healthy recipes are dishes created and prepared alongside my favourite chefs and have allowed eating to finally be joyful for me, says **Oprah Winfrey** in her new book.



Indian-spiced apricot chicken

RECIPE INSPIRED BY RICK STEIN

There is something very festive about this dish - it tastes like a holiday just waiting to be celebrated. If you or your guests haven't experienced much Indian food, this is a perfect introduction to the cuisine. People won't necessarily be able to identify all the different spices - they'll only know they want more than one helping!

PREP TIME - 20 MINUTES COOK TIME -

30-40 MINUTES SERVES - 4 SMARTPOINTS -

9 PER SERVING CALORIES - 373 PER SERVING

1½ teaspoons ground Kashmiri chilli powder

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon garam masala

½ teaspoon ground turmeric

½ teaspoon ground cinnamon

½ teaspoon ground cayenne

¼ teaspoon ground cardamom

¼ teaspoon ground cloves

¼ teaspoon cracked black pepper

1 teaspoon salt, plus more if needed

1 chicken, cut into 8 pieces, skin removed

2 tablespoons extra virgin olive oil

1 medium onion, finely chopped

2.5cm piece ginger, peeled and grated

3 cloves garlic, peeled and chopped

4 medium plum tomatoes, seeds removed, finely chopped

2 tablespoons white wine vinegar

1 teaspoon brown sugar

¾ cup dried apricots, quartered

Leaves and tender stems of ½ bunch coriander

Preheat the oven to 175°C. In a small bowl, combine the ground Kashmiri chilli, cumin, coriander, garam masala, turmeric, cinnamon, cayenne, cardamom, cloves, and black pepper. Season the chicken all over with half of the spice mixture and ½ teaspoon of the salt. In a large

ovenproof sauté pan, heat the oil over medium-high heat. Add the onion and cook, stirring often, until lightly browned, about 5 minutes. Add the ginger and garlic, and cook until fragrant, about 2 minutes. Add the chicken to the pan and cook for 3 to 4 minutes on each side, until lightly browned all over. Add the remaining half of the spice mixture, the tomatoes, vinegar, brown sugar, apricots, and the remaining ½ teaspoon salt. Add water to cover the chicken three-quarters of the way. Bring the mixture to a boil, cover, and turn off the heat. Place the pan in the oven and bake for 30 to 40 minutes, until an instant read thermometer inserted into a breast reads 165°F. Remove the pan from the oven. Using tongs, remove the chicken pieces from the pan to a serving bowl. Return the pan to the stovetop, place over high heat and cook, uncovered, until the sauce is thickened, about 10 minutes. Stir in the coriander and serve.



[The body special]

Weight Watchers SmartPoints

I treat Weight Watchers SmartPoints almost like a game. Every food is assigned a SmartPoints value - one easy-to-use number based on four components: calories; saturated fat; sugar; and protein. If you decide you want to give it a try, you'll get a personalised SmartPoints Budget based on your height, weight, gender and age, and you can spend those points on any food you like. With SmartPoints, everything is still on the menu! For more information about Weight Watchers SmartPoints, weightwatchers.com.au.

**Indian-spiced
apricot chicken**



Thai red curry with prawn and pineapple

Thai red curry with prawn and pineapple

I love the incredible layers of flavour in this recipe. It's bright, spicy, slightly sweet and full of freshness.

PREP TIME - 30 MINUTES COOK TIME - 30 MINUTES
SERVES - 6 SMARTPOINTS - 6 PER SERVING
CALORIES - 253 PER SERVING

1 tablespoon coconut oil
2.5cm piece ginger, grated on a Microplane
2 shallots, minced
3 green onions, white parts only, chopped
2 cloves garlic, minced
1 small red chilli, seeds removed and thinly sliced
2 tablespoons plus 1 teaspoon prepared Thai red curry paste
400g can unsweetened lite coconut milk
2 teaspoons Thai fish sauce
2 teaspoons agave nectar
700g large uncooked prawns, peeled and deveined
1 cup thinly sliced (on the diagonal) sugar snap peas
1 red capsicum, cored, seeded, and julienned
1 yellow capsicum, cored, seeded and julienned
1 medium zucchini, cut into ¼-inch cubes
Up to ½ cup vegetable stock
1 cup fresh or thawed frozen peas
1 cup cubed (1cm cubes) fresh pineapple

Zest and juice of 1 lime, or to taste
Sea salt

Steamed rice for serving (optional)

GARNISHES

Finely chopped fresh chives
Finely chopped fresh Thai basil
Whole fresh coriander leaves

In a large sauté pan, heat the oil over medium heat. Add the ginger, shallots, green onion, garlic and chilli, and cook for about 5 minutes, stirring often, until the shallots are softened. Add the red curry paste and cook, stirring often, for an additional 4 minutes, adding a tiny bit of water if the paste starts to stick to the bottom of the pan. Pour in the coconut milk, fish sauce and agave, and bring to a simmer. Add the prawns, sugar snap peas, capsicums and zucchini, and return to a simmer. Reduce the heat to medium-low and cook for 8 minutes, or until the prawns are cooked through and the vegetables are crisp-tender, adding some vegetable stock if needed to keep all the ingredients moist. Add the peas, pineapple and lime zest and juice and season with salt. Remove from heat and stir in the herb garnishes. Serve over rice if you like.

Tea-smoked wild salmon

If you've never tea-smoked your salmon, the time has come! The flavour all depends on your choice of tea leaves.

I've tried everything from gunpowder tea to Lapsang Souchong, and I find tea with a smoky flavour works best. I prefer to keep my salmon in one piece for this recipe, but you can easily use fillets.

PREP TIME - 4 HOURS 30 MINUTES (INCLUDING 2 HOURS FOR MARINADE) COOK TIME - 30 MINUTES SERVES - 4 SMARTPOINTS - 9 PER SERVING CALORIES - 346 PER SERVING

MARINADE

½ cup soy sauce
1 tablespoon agave nectar
Zest and juice of ½ orange
1 clove garlic, grated on a Microplane
1 teaspoon minced or grated (on a Microplane) ginger
Zest of 1 lime
Juice of 2 limes
½ teaspoon red pepper flakes
700g king salmon, skin removed

FOR SMOKING THE SALMON


(Note: these ingredients are not eaten)

¼ cup uncooked jasmine rice
¼ cup jasmine or black tea leaves
2 tablespoons plus 1 teaspoon brown sugar
6 whole star anise
1 thumb-size piece fresh ginger, sliced
6 black peppercorns
1 cinnamon stick, crushed
Extra virgin olive oil cooking spray

GARNISHES

1 teaspoon toasted sesame oil
½ cup thinly sliced green onions, white and green parts
½ cup chopped fresh coriander leaves
1 tablespoon black sesame seeds

To make the marinade: In a small bowl, whisk together all the marinade ingredients. Place the salmon in a large zip-top bag and pour the marinade over the fish. Secure the bag, place it in a bowl and place in the refrigerator to marinate for 1 to 2 hours, turning the bag occasionally to make sure all parts of the salmon soak in the marinade. Remove the salmon from the marinade and discard the marinade and bag. Place the salmon on a plate and pat dry with paper towels. Put it back in the refrigerator for at least 1 hour or up to overnight. When you take it out, it should feel dry but slightly sticky - this will allow the fish to soak up as much of the smoke flavour as possible. Now get ready to smoke!



To smoke the salmon: Line a wok or stovetop smoker with 2 squares of heavy-duty foil. In a small bowl, combine the rice, tea leaves, brown sugar, star anise, ginger, peppercorns and cinnamon, and spread the mixture on top of the foil. Fold the edges of the foil over the mixture to make a packet. Heat over medium-high heat until it starts to smoke. Put a wire rack or metal vegetable steamer over the smoking spices and place the salmon on top. Lightly coat with cooking spray and cover the wok with a lid. Reduce the heat to low and smoke for 20 minutes, or until the salmon is a beautiful mahogany colour and just cooked through. Cooking time will vary depending on the thickness of the fish. Serve drizzled with the sesame oil and scattered with the green onions, coriander and black sesame seeds.

**Tea-smoked
wild salmon**

Smart lunchboxes

Nourish the young and young at heart in your family with tasty snack food that ticks all the healthy food boxes.

PHOTOGRAPHY ● JOHN PAUL URIZAR
STYLING ● OLIVIA BLACKMORE



Mushroom and mince pasta bake
For recipe, see page 156.

Zucchini and quinoa slice with semi-dried tomatoes

SERVES 8 PREP AND COOK TIME 40 MINUTES

5 eggs

½ cup (75g) self-raising flour

1 cup (250ml) milk

3 medium (350g) zucchini, grated coarsely

1 cup (120g) grated cheddar cheese

½ cup (70g) white quinoa, rinsed

¼ cup (35g) finely chopped semi-dried tomatoes

¼ cup coarsely chopped flat-leaf parsley leaves

1 Preheat oven to 200°C (180°C fan-forced). Grease and line a 17cm x 23cm shallow baking dish with baking paper.

2 In a large bowl, whisk together the eggs and flour, then gradually add the milk. Stir in the zucchini, cheddar, quinoa, tomatoes and parsley. Season with sea salt and freshly ground black pepper.

3 Pour the mixture into the prepared dish. Bake for 25 minutes or until golden brown and slightly risen. Allow to cool in the pan.

4 Cut into slices. Store in the refrigerator ready to pop into lunchboxes or for after-school snacks.

Not suitable to freeze or microwave.



Ricotta and greens slice



Ricotta and greens slice

SERVES 8 PREP AND COOK TIME 1 HOUR

1 bunch (450g) kale
2 tablespoons extra virgin olive oil
1 bunch (350g) watercress, leaves picked
6 green onions (green shallots), thinly sliced
2 tablespoons finely chopped dill
¼ cup finely chopped curly parsley
1½ cups (360g) fresh ricotta cheese
4 eggs, lightly whisked
150g fetta cheese, crumbled
10 sheets fillo pastry
100g butter, melted
1 tablespoon poppy seeds

1 Remove the kale from the stems; discard stems. Heat the oil in a large frying pan over medium heat. Add the kale and watercress; cover and cook for 3 minutes or until wilted. Transfer to a colander to drain and cool completely. Press the mixture firmly against the colander to ensure all the liquid has been removed.

2 Combine onion, dill, parsley, ricotta and egg in a large bowl. Add the wilted greens and fetta; season with sea salt and freshly ground black pepper.

3 Preheat the oven to 180°C (160°C fan-forced). Grease an 18cm x 26cm slice pan.

4 Brush one sheet of fillo lightly with the

melted butter; place another sheet on top. Repeat brushing and layering another 3 sheets of fillo. Lift the fillo into the pan.

5 Spoon the kale mixture over the fillo, smooth the top.

6 Repeat buttering and layering the remaining 5 pieces of fillo and place on top of the pan; tuck edges of fillo down the sides to enclose. Brush the top with any remaining butter; sprinkle with the poppy seeds. Bake for 1 hour or until browned.

Not suitable to freeze. Kale mixture suitable to microwave.



Raw chocolate and goji berry bliss balls



Orchard muesli slice

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Raw chocolate and goji berry bliss balls

MAKES 25 PREP AND COOK TIME 20 MINUTES

2¼ cups (270g) pecans
22 (400g) fresh dates, seeded
½ cup (35g) raw cacao powder
1½ teaspoons coconut oil
2 teaspoons finely grated orange rind
¼ cup (30g) goji berries
2 cups (150g) shredded coconut, lightly toasted

1 Add pecans to a food processor; process until finely chopped. Add the dates, cacao powder, coconut oil, orange rind and 3 teaspoons water; process until combined. Transfer to a bowl; stir in the goji berries.
2 Clean the food processor and then pulse the shredded coconut until it is chopped coarsely.

3 Roll tablespoons of the mixture into balls and roll in the toasted coconut. Transfer balls to a clean container and refrigerate for an hour or until firm. *Suitable to freeze. Not suitable to microwave.*

Orchard muesli slice

MAKES 15 PREP AND COOK TIME 40 MINUTES

2 cups (180g) rolled oats
1 cup (80g) desiccated coconut
½ cup (80g) wholemeal flour
¼ cup (40g) chia seeds
½ cup (30g) natural flaked almonds
¼ cup (40g) finely chopped dried apricots
¼ cup (40g) finely chopped dried pear or peach
¼ cup (40g) dried cranberries
1 teaspoon bicarbonate of soda
¼ teaspoon sea salt flakes
½ cup (80g) virgin coconut oil
¾ cup (260g) rice malt syrup
½ teaspoon vanilla extract
2 tablespoons desiccated coconut, extra

1 Preheat oven to 170°C (150°C fan-forced). Grease a 20cm x 30cm slice pan; line base with baking paper, extending the paper 5cm over long sides of the pan.
2 Combine dry ingredients in a large bowl.
3 Place coconut oil and syrup in a small saucepan; cook, stirring, over medium-high heat, until coconut oil has melted. Remove from heat and stir in extract.
4 Add the coconut oil mixture to the dry mixture; stir thoroughly to combine (the mixture will be quite stiff, you may need to use clean hands to combine well). Spoon mixture into pan, pressing down firmly with a spatula or damp hands to level. Sprinkle with extra coconut.
5 Bake for 25 minutes or until golden. Turn off oven; leave slice in oven for a further 5 minutes to dry out slightly. Remove from oven; leave slice in pan for 15 minutes.
6 Use the baking paper to help lift the slice onto a wire rack. Cool completely. Remove paper and cut into 15 pieces. *Suitable to freeze. Not suitable to microwave.*



Mushroom and mince pasta bake

Mushroom and mince pasta bake

MAKES 8 SMALL SERVES PREP AND COOK TIME
1 HOUR

250g penne pasta
2 tablespoons extra virgin olive oil
1 medium (150g) onion, chopped finely
2 cloves garlic, chopped finely
500g minced beef
1 medium (120g) carrot, grated
1 medium (120g) zucchini, grated
1 stick (100g) celery, chopped
200g button mushrooms, sliced thinly
2 tablespoons tomato paste
400g canned cherry tomatoes
2 cups (240g) grated mozzarella cheese

1 Bring a large pot of salted water to the

boil and cook pasta until al dente. Drain.

2 Meanwhile, heat the oil in a large frying pan over medium heat; cook the onion, stirring, until softened. Increase the heat to high and add the garlic and beef mince. Cook, stirring, until the mince is well browned.

3 Add the carrot, zucchini, celery, mushrooms, tomato paste and cherry tomatoes. Cook for a further 15 minutes, stirring occasionally, or until the mixture has thickened. Stir through the cooked pasta.

4 Preheat the oven to 200°C (180°C fan-forced). Grease a 20cm x 30cm ovenproof dish. Transfer the mixture to the dish and sprinkle over the mozzarella. Bake for 20 minutes or until golden brown.

Not suitable to freeze or microwave.

Falafel

MAKES 16 PREP AND COOK TIME **40 MINUTES**
(+ SOAKING TIME)

1 cup (200g) dried chickpeas
4 spring onions, chopped
2 tablespoons finely chopped parsley
¼ cup finely chopped coriander
2 cloves garlic
1 teaspoon sea salt
½ teaspoon ground chillies
1 teaspoon ground cumin
1 teaspoon baking powder
¼ cup (35g) plain flour
2 tablespoons sesame seeds, approximately
olive oil, to fry
pita bread, lettuce and tomato, to serve

TAHINI YOGURT

1 cup (280g) Greek-style yogurt
2 tablespoons tahini
½ clove garlic, crushed
2 tablespoons lemon juice

1 Add chickpeas to a medium bowl and cover with cold water; soak chickpeas overnight.

2 Drain the chickpeas well and place in a food processor with the onion, herbs, garlic, salt and spices. Process to a coarse paste, then transfer to a bowl. Add the baking powder and flour; stir to combine. Cover with plastic wrap and refrigerate for 1 hour.

3 Place the sesame seeds into a shallow bowl. Roll tablespoons of the mixture into ovals and lightly roll in the sesame seeds.

4 Heat 8cm of oil in a deep saucepan or wok. When the surface is beginning to shimmer, add one of the falafel. Fry a few falafel at a time for about 3 minutes or until golden brown. Remove falafel with a slotted spoon and drain on paper towel.


5 TAHINI YOGURT Combine all the ingredients in a small bowl.

6 Fill the pita bread with lettuce, Tahini Yogurt and chopped tomatoes. Top with a few of the falafel.

Cooked falafels suitable to freeze. Not suitable to microwave.



Falafel

A photograph of a roast veal dinner. A large piece of roast veal is sliced and topped with a colorful capsicum relish. It is served with fresh asparagus and a green salad. A small bowl of the relish and some bread slices are also visible.

**Roast veal with
capsicum relish**
For recipe, see page 163.

*Low carb,
less fat dinners*



These delicious weeknight dinners are all carbohydrate- and fat-restricted – so they're healthy, nutritious and a great way to control your weight.

PHOTOGRAPHY ● JAMES MOFFATT
AND LOUSIE LISTER STYLING ● OLIVIA
BLACKMORE AND ANNETTE FORREST

A severe restriction on carb intake is not advocated by most health professionals, but the reduction of energy-dense, nutrition-poor carbs is. These recipes reduce carbohydrate intake with a focus on using the best-quality foods, rather than cutting out carbs altogether – and this means staying away from highly processed grains, such as rice and pasta, and foods high in saturated fats and added sugars – which adds up to a healthier way of eating.

What are carbs?

Carbs, or carbohydrates, are macronutrients the body needs to function properly; the main macronutrients the body needs are carbohydrates, protein and fats. Important sources of carbohydrates are grains, vegetables and fruits (plant foods). As well as providing energy in the form of glucose (needed to fuel the body's organs, tissues, brain and muscles), carbohydrates also assist in the absorption of calcium, necessary for good bone health, and help to deliver good intestinal bacteria. Some carbohydrates break down quickly into glucose (simple sugars such as sweets, fizzy drinks, processed foods and some fruit), while others take longer (complex carbs, such as grains and most vegies).

Why go low carb?

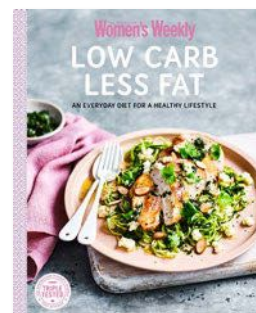
By lowering the amount of carbohydrates available to your body, it is forced to burn more fat.



Easy roast chicken
For recipe, see page 163.

Carbohydrates break down into glucose, which fuels your body. If no glucose is available, your body starts to burn your fat stores. One major benefit of a low-carb diet is that it cuts out highly processed foods – those carbs with little or no nutritional value. Switching to more nutritious, wholesome foods helps keep blood glucose levels under control and reduces the amount of insulin your body needs to produce. »

These recipes are from *The Australian Women's Weekly Low Carb Less Fat* cookbook, RRP \$14.95, available at selected newsagents, supermarkets and awwcookbooks.com.au.





**Pork steaks with
sautéed lentils**

Pork steaks with sautéed lentils

SERVES 4 PREP AND COOK TIME **35 MINUTES**

PER SERVING: FAT **15.8G (3.8G SAT)**, ENERGY **1987KJ (475 CAL)**, CARB **15G**, PROTEIN **64G**, FIBRE **6.5G**

2 tablespoons extra virgin olive oil
1 medium (170g) red onion, chopped finely
2 cloves garlic, crushed
6 slices (90g) pancetta, chopped finely
1 tablespoon chopped fresh rosemary
4 sprigs fresh thyme
800g canned brown lentils, rinsed, drained
½ cup (125ml) water
1 tablespoon lemon juice
4 x 150g uncrumbed pork schnitzels
1 medium (140g) lemon, halved crossways
1 bunch (170g) asparagus, trimmed, sliced thinly lengthways

1 Heat half the oil in a large frying pan over high heat; cook onion, garlic and pancetta, stirring, until onion softens. Add rosemary and 3 sprigs of the thyme; cook, stirring, for 1 minute or until fragrant. Add lentils and the water; reduce heat, simmer, uncovered, for 2 minutes or until water evaporates. Stir in juice.

2 Meanwhile, cut pork in half crossways. Heat the remaining oil in a large frying pan over medium heat; cook the pork, in batches, for 2 minutes on each side or until browned and cooked. Remove from the pan; rest, covered, for 2 minutes.

3 Cook the lemon halves, cut-side down, in pan for 3 minutes or until charred.

4 Boil, steam or microwave the asparagus until just tender; drain. Season to taste.

5 Serve pork with lentils, asparagus and lemon; sprinkle with remaining thyme leaves. Season with pepper.

Not suitable to freeze or microwave.

● Lemons aren't accompaniments just for the fun of it - their acidic juice actually enhances the taste of food and they can also reduce a food's GI value.

Hoisin beef stir-fry

SERVES 4 PREP AND COOK TIME **35 MINUTES**

(+ REFRIGERATION TIME)

PER SERVING: FAT **11.3G (2.7G SAT)**, ENERGY **1623KJ (388 CAL)**, CARB **9.4G**, PROTEIN **54G**, FIBRE **6.3G**

1 teaspoon sesame oil
1 fresh small red Thai chilli, chopped finely
2 cloves garlic, crushed
1 teaspoon finely grated fresh ginger
⅓ cup (80ml) Chinese cooking wine
⅓ cup (80ml) soy sauce
800g beef strips
1 tablespoon peanut oil
100g fresh shiitake mushrooms, trimmed, sliced thinly
500g choy sum, halved
4 green onions (green shallots), halved lengthways
¼ cup (60ml) water
¼ cup (60ml) hoisin sauce
1 fresh long red chilli, sliced thinly on the diagonal, extra

1 Combine the sesame oil, chilli, garlic, ginger, half the cooking wine and half the soy sauce in a large bowl. Add the beef; stir to coat in marinade. Cover; refrigerate for 3 hours or overnight.

2 Heat half the peanut oil in a wok over high heat; stir-fry undrained beef mixture, in batches, until beef is browned and just cooked through. Remove from wok.

3 Heat the remaining peanut oil in the wok; stir-fry the mushrooms, choy sum stalks, onion and the water. Cover; cook for 5 minutes or until the vegetables are tender.

4 Return beef to wok with hoisin, choy sum leaves, remaining cooking wine and remaining soy sauce; stir-fry until choy sum leaves just wilt. Serve stir-fry topped with extra chilli.

Not suitable to freeze or microwave.

● If you marinate the meat overnight, this dish can be on the dinner table even faster. All you need to do is slice the vegies before cooking - simple!



Hoisin beef stir-fry

Test Kitchen tips

● Harissa is a North African chilli paste. If you have a low heat-level tolerance, you may find this recipe very spice, so reduce the amount of paste used.

● Okra, also known as bamia or lady fingers, is a green, ridged, oblong pod with a furry skin. It is often found in the well-known dish, gumbo.

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Vegetable tagine

Vegetable tagine

SERVES 4 PREP AND COOK TIME 1 HOUR

PER SERVING: FAT 13G (3.3G SAT), ENERGY 1491KJ (356 CAL), CARB 39G, PROTEIN 13.7G, FIBRE 15.2G

2 teaspoons extra virgin olive oil
1 large (300g) red onion, chopped coarsely
2 cloves garlic, crushed
4 baby (240g) eggplant, halved lengthways
500g jap pumpkin, cut into thin wedges
2 teaspoons each ground cumin, ginger and coriander
½ teaspoon ground cinnamon
400g canned crushed tomatoes
2 cups (500ml) vegetable stock
2 cups (500ml) water
300g okra, trimmed (see Test Kitchen tips, opposite)
1 tablespoon harissa paste (see Test Kitchen tips)
¾ cup (200g) Greek-style yogurt
½ cup loosely packed fresh flat-leaf parsley leaves
½ cup loosely packed fresh mint leaves

HARISSA CHICKPEAS

400g canned chickpeas, drained, rinsed
1 tablespoon harissa paste
1 tablespoon extra virgin olive oil

1 HARISSA CHICKPEAS Preheat oven to 200°C (180°C fan-forced). Oil a large oven tray; line with baking paper. Pat chickpeas dry with paper towel. Place chickpeas in a medium bowl with paste and oil; stir to combine. Season. Spread chickpeas in a single layer on tray. Roast for 20 minutes, stirring three times during cooking, or until well browned and slightly crunchy.

2 Heat oil in a large saucepan over medium heat; cook onion and garlic, stirring, for 5 minutes or until soft. Add eggplant and pumpkin; cook for 1 minute each side or until vegetables are browned lightly. Add spices; cook for 1 minute or until fragrant. Add tomatoes, stock and the water; bring to the boil. Reduce heat; simmer, covered, for 15 minutes or until vegetables are just tender.

3 Meanwhile, boil, steam or microwave okra until tender; drain. Stir into tagine.

4 Fold harissa through yogurt in a small bowl; season to taste.

5 Serve tagine topped with yogurt mixture, Harissa Chickpeas and herbs. Season with pepper.

Not suitable to freeze or microwave.

Roast veal with capsicum relish

SERVES 4 PREP AND COOK TIME 1 HOUR

15 MINUTES

PER SERVING: FAT 19.2G (3.8G SAT), ENERGY 2400KJ (574 CAL), CARB 28.7G, PROTEIN 68.2G, FIBRE 5.5G

2 tablespoons extra virgin olive oil
2 cloves garlic, crushed
1 tablespoon finely chopped fresh rosemary
600g piece veal rump
2 small (300g) yellow capsicums
1 small (150g) red capsicum
1 small (100g) red onion, sliced thinly
½ cup (80ml) red wine vinegar
2 tablespoons white sugar
200g asparagus, trimmed
200g watercress, trimmed, washed
1 (130g) Lebanese cucumber, sliced thinly lengthways
1 tablespoon extra virgin olive oil, extra
2 teaspoons lemon juice
4 x 25g slices ciabatta bread

1 Preheat oven to 180°C (160°C fan-forced).

2 Combine half the oil with the garlic and rosemary in a small bowl.

3 Heat 2 teaspoons of remaining oil in a medium frying pan over high heat; cook veal for 3 minutes or until browned all over. Remove from heat.

4 Season veal with pepper. Place on a wire rack in a small roasting pan; roast for 50 minutes, basting every 15 minutes with the garlic oil mixture. Remove from oven. Transfer to a heatproof plate; rest, covered, for 5 minutes.

5 Meanwhile, preheat grill to high. Quarter capsicums; discard seeds and membranes. Grill capsicum, skin-side up, for 5 minutes or until skin blisters and blackens. Cover capsicum with plastic wrap or paper for 5 minutes; peel away skin, then chop flesh coarsely.

6 To make relish, heat remaining oil in a medium saucepan over medium heat. Add onion and capsicum; cook, covered, stirring occasionally, for 5 minutes or until onion is soft. Add vinegar and sugar; cook, stirring occasionally, until relish thickens.

7 Meanwhile, blanch asparagus in a saucepan of boiling water for 1 minute; remove with tongs, immediately plunge into a bowl of iced water. Stand for a couple of minutes; drain well.

8 Combine asparagus, watercress and cucumber in a medium bowl. In a separate bowl, whisk extra olive oil and juice to combine; toss salad with dressing.

9 Slice the veal and serve with the salad, relish and bread.

Not suitable to freeze or microwave.

● This relish can be served alongside lightly grilled lean meat, chicken and fish.

Easy roast chicken

SERVES 4 PREP AND COOK TIME 50 MINUTES

PER SERVING: FAT 12.4G (2.6G SAT), ENERGY 1978KJ (473 CAL), CARB 27G, PROTEIN 58.2G, FIBRE 9G

3 slices (120g) soy and linseed bread
20g lean ham slices, chopped finely
½ cup (55g) finely chopped dried apricots
2 green onions (green shallots), chopped finely
2 teaspoons fresh thyme leaves
1 egg, beaten lightly
4 x 200g chicken breast fillets
1 tablespoon Dijon mustard
250g Swiss brown mushrooms
250g truss cherry tomatoes
1 bunch (170g) asparagus, trimmed
1 (250g) trimmed, cleaned corn cob, cut into 8 equal slices
1 tablespoon extra virgin olive oil
2 teaspoons balsamic vinegar

1 Preheat oven to 180°C (160°C fan-forced). Line an oven tray with baking paper.

2 Blend or process bread into coarse crumbs. Transfer to a bowl with ham, apricots, onion and thyme. Mix in egg to loosely bind together.

3 Place chicken, in a single layer, on oven tray. Brush top and sides with mustard. Press crumb mixture all over the top and sides of chicken. Bake for 10 minutes.

4 Toss mushrooms, tomatoes, asparagus, corn and oil in a medium bowl; season with pepper. Bake the vegetables with the chicken for a further 15 minutes or until chicken is just cooked through and crust is golden brown.

5 Drizzle vegetables with balsamic vinegar. Serve chicken with vegetables.

Not suitable to freeze or microwave.

● This all-in-one-tray dinner is an easy way to get a roast on the table mid-week. Try pork fillet in place of the chicken.



National treasures

What delicious fun our food team had cooking our selection of favourite retro Aussie desserts.

PHOTOGRAPHY ● JOHN PAUL URIZAR STYLING ● MICHELE CRANSTON

Lazy cook's pavlova
For recipe, see page 168.

Passionfruit vanilla slice
For recipe, see page 168.





Lamington sponge

Lamington sponge

SERVES 8-10 PREP AND COOK TIME 40 MINUTES

½ cup (50g) cornflour
½ cup (50g) plain flour
½ cup (50g) self-raising flour
15g butter, melted
1 tablespoon boiling water
6 eggs
1 cup (220g) caster sugar
1 cup (250ml) thickened cream
½ cup (160g) raspberry jam
1 cup (80g) desiccated coconut
CHOCOLATE ICING
40g dark chocolate, chopped finely
½ cup (125ml) water
1 cup (160g) pure icing sugar, sifted
½ cup (50g) cocoa, sifted
2 tablespoons milk

1 Preheat oven to 180°C (160°C fan-forced). Grease and line two x 22cm round cake pans; line bases with baking paper.

2 Sift cornflour, plain and self-raising flour together three times. Combine the melted butter and boiling water in a small cup.

3 Beat the eggs and sugar in a large bowl with an electric mixer on high speed for 8 minutes or until thick and creamy. Using a large balloon whisk, gradually fold half the sifted flours, then the butter mixture into the egg mixture, then the remaining flour mixture.

4 Divide sponge mixture evenly between prepared pans. Bake for about 20 minutes or until golden brown and sponge starts to pull away from the sides of the pan.

5 Turn the sponges immediately onto baking paper-covered wire racks to cool.

6 Beat the cream in a small bowl with an electric mixer until firm peaks form.

7 Spread one sponge with jam, then cream to within 1cm of edge of sponge. Top with remaining sponge; place on a wire rack.

8 CHOCOLATE ICING Whisk the chocolate and the water in a medium bowl over a saucepan of simmering water until melted and smooth. Remove from heat; gradually whisk in icing sugar and cocoa until smooth. Whisk in milk.

9 Spread Chocolate Icing all over the side and top of the sponge. Sprinkle the top and side with coconut; refrigerate until set before cutting.

Uniced sponge suitable to freeze. Not suitable to microwave.



Peach Melba
cheesecake

Peach Melba cheesecake

SERVES 12 PREP AND COOK TIME 45 MINUTES
(+ REFRIGERATION TIME)

250g butternut snap biscuits
75g butter, melted
2 teaspoons powdered gelatine
2 tablespoons water
500g cream cheese, at room temperature
¾ cup (160ml) lemon juice
½ cup (75g) caster sugar
2 x 395g cans sweetened condensed milk
2 teaspoons vanilla extract
600ml thickened cream
2 tablespoons flaked almonds, toasted
POACHED PEACHES
4 (800g) large peaches
2 cups (440g) caster sugar
1 litre (4 cups) water
RASPBERRY SAUCE
300g frozen raspberries
½ cup (75g) caster sugar
2 tablespoons water

1 Invert the base of a 24cm springform cake pan to allow for easy removal of the cheesecake; grease base and side of the pan.

2 Process biscuits until fine. Add butter; process until just combined. Press biscuit mixture firmly over base of the pan using the bottom of a glass. Refrigerate.

3 Add gelatine to the water in a small heatproof jug. Stand the jug in a small saucepan of simmering water; stir until gelatine is dissolved. Cool.

4 Beat cream cheese in a large bowl of an electric mixer until smooth. Beat in juice, sugar, condensed milk and extract. Beat in gelatine mixture.

5 Beat cream in a large bowl with an electric mixer until soft peaks form; fold into cream cheese mixture. Pour mixture over the prepared biscuit base. Cover; refrigerate overnight.

6 POACHED PEACHES Score a cross in top of each peach. Combine sugar and water in a medium saucepan; stir over high heat, without boiling, until sugar dissolves. Cut a circle of baking paper slightly larger than saucepan. Add whole peaches to pan; cover surface with the baking paper. Simmer gently for 10 minutes, depending on ripeness of peaches, or until just tender. Cool. Peel and halve peaches.

7 RASPBERRY SAUCE Combine the raspberries, sugar and the water in a medium saucepan; stir over low heat until sugar dissolves. Simmer, uncovered, for about 2 minutes or until raspberries are soft. Push sauce through fine sieve into a medium jug; discard seeds.

8 Transfer the cheesecake to a cake stand. Top with peaches, some of the sauce and almonds.

Not suitable to freeze or microwave.

Taking inspiration from the classic Iced Vovo biscuits, this slice has a sweet, chewy base with a delicious jam and marshmallow topping.

Lazy cook's pavlova

SERVES 8 PREP AND COOK TIME 2 HOURS

2 teaspoons butter, melted
2 teaspoons cornflour
6 egg whites
1¼ cups (275g) caster sugar
½ teaspoon cream of tartar
1 teaspoon vanilla extract
1 tablespoon cornflour, extra
1 teaspoon white vinegar
1½ cups (375ml) thickened cream, whipped
blackberries and banana, to decorate

1 Preheat oven to 150°C (130° fan-forced). Draw a 22cm circle on a piece of baking paper, turn over and place on an oven tray. Brush inside the circle with butter and sift cornflour over the greased area.

2 Place the egg whites, caster sugar and cream of tartar in a large bowl of an electric stand mixer. Beat for about 7 minutes on high speed or until meringue is thick and glossy and the sugar has dissolved. Fold in the vanilla, extra cornflour and vinegar.

3 Pile the meringue on to the prepared tray. Shape the meringue into the marked circle, making a shallow well in the centre and smoothing sides upwards with a palette knife.

4 Place the pavlova into the oven and immediately reduce the oven temperature to 100°C (80°C fan-forced). Bake for 1 hour 30 minutes or until dry and crisp. Turn off the oven; cool the pavlova in the oven with the door ajar. Serve pavlova topped with whipped cream, blackberries and banana.

Not suitable to freeze or microwave.

Passionfruit vanilla slice

MAKES 16 PREP AND COOK TIME 1 HOUR
(+ REFRIGERATION TIME)

2 sheets butter puff pastry
½ cup (110g) caster sugar
½ cup (75g) cornflour
¼ cup (30g) custard powder
2½ cups (625ml) milk
30g butter
1 egg yolk
1 teaspoon vanilla extract
½ cup (125ml) thickened cream
PASSIONFRUIT ICING
1½ cups (240g) icing sugar
1 teaspoon soft butter
¼ cup (60ml) fresh passionfruit pulp

1 Preheat the oven to 240°C (220°C fan-forced).

2 Place each pastry sheet on separate greased oven trays. Prick all over with a fork and place another baking tray directly on top of each pastry sheet (see Test Kitchen tips). Bake for 15 minutes. Remove top oven tray and bake a further 5 minutes or until browned. Cool.

3 Meanwhile, combine the sugar, cornflour and custard powder in a medium saucepan; gradually add milk, stirring until smooth. Add butter; stir over heat until mixture boils and thickens, then simmer, stirring, for about 2 minutes or until custard is thick and smooth. Remove from heat; stir in egg yolk and vanilla. Transfer to a medium bowl. Cover surface of custard with plastic wrap; cool to room temperature.

4 **PASSIONFRUIT ICING** Place sifted icing sugar, butter and pulp in a small heatproof bowl over a small saucepan of simmering water; stir until icing is spreadable.

5 Whip cream until firm peaks form. Beat custard to soften slightly, then fold cream into custard. Spread custard mixture over one pastry square; top with the second pastry square. Spread with Passionfruit Icing. Refrigerate for 1-2 hours or until firm.
Not suitable to freeze or microwave.

Iced vovo slice

SERVES 16 PREP AND COOK TIME 1 HOUR

¾ cup (165g) brown sugar
¾ cup (120g) coarse semolina
¾ cup (110g) self-raising flour
¼ teaspoon baking powder
150g butter, melted
¼ cup (80g) raspberry jam
¼ cup (20g) moist coconut flakes
PINK MARSHMALLOW
1 cup (220g) caster sugar
1 cup (250ml) water
1½ tablespoons powdered gelatine
½ teaspoon vanilla extract
few drops rose pink food colouring

1 Preheat the oven to 170°C (150°C fan-forced). Grease a 20cm x 30cm slice pan. Line the base and long side with baking paper, allowing the paper to come 3cm above the top of the pan.

2 Combine sugar, semolina, flour and baking powder in a large bowl. Stir in melted butter; mix until well combined. Press mixture over base of prepared pan. Bake for 25 minutes or until browned. Cool.

3 **PINK MARSHMALLOW** Combine the sugar and water in a medium saucepan; sprinkle over gelatine. Stir over low heat until sugar is dissolved. Bring mixture to the boil; boil, uncovered, over medium-high heat for 7 minutes. Remove the saucepan from the heat and transfer mixture to the bowl of an electric mixer. Cool to room temperature.

4 Meanwhile, lift the base from the pan and place onto a board; spread with jam.

5 Add vanilla and food colouring to gelatine mixture; beat on high speed until thick and fluffy. Spread marshmallow over jam, then sprinkle with coconut. Stand slice for 1 hour or until set before cutting.

Not suitable to freeze or microwave.

Test Kitchen tips

- Weighing pastry down with a baking tray is a great technique to achieve crisp golden brown pastry.
- It's best to store any leftover slice in large pieces, so if you think it won't all be eaten or you want to save some slice for later, keep a portion without cutting it into squares or bars.

For more great recipes
search **Australian desserts** on

 **FOODTOLOVE.COM.AU**

Iced volvo slice



Quick bites

Xanthe Roberts gives us the inside track on all things foodie and scours the country for great new tastes.



IN SEASON

Plums

Sweet and juicy plums are at their best right now and come in a wide range of colours, shapes and sizes (we love diversity!). Store them at room temperature until they are ripe, then keep them in the refrigerator.



The jam hour

Scones will never be the same with the delicious new range of cocktail-inspired jams from Beerenberg. Flavours include Strawberry & Champagne, Blood Orange & Cognac and Apricot & Amaretto. Cheers! \$7.20 each.

Home cooking 35 per cent of parents let their kids bring a device like an iPad to the dinner table, according to a Westinghouse Kids in the Kitchen survey. So how to get disengaged kids loving food? The Weekly's Julie Goodwin advises parents to involve their children, from shopping to growing vegies. If they help cook it, they'll enjoy eating it!



TUTTI FRUTTI TAP

This quirky gadget turns a watermelon into a drink dispenser - cut the top off, hollow out the fruit, insert the faucet, then fill with your favourite punch or juice. Great for backyard barbies. Winex Watermelon Keg Tapping Kit, RRP \$34.95. Visit kitchenwarehouse.com.au.



Which cut? Meat Cuts is a brilliant smartphone app which details all the cuts of meat available from beef and lamb, including some curious cuts that you may not have even heard of. Detailed descriptions are given of the meat, the best ways to cook it and a recipe for each cut. It's a fantastic tool to help you cook cheaper and lesser-known cuts. Meat Cuts app is available to download for free from the Apple App Store and Google Play.

Join the revolution

The Tuckshop Revolution is a not-for-profit movement aiming to improve the nutritional standards of school tuckshops. Schools that get involved receive support, resources and advice from a certified nutritionist - and it's free to join. For details, visit tuckshoprevolution.com.au.



Skimp on celebrity
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but never skimp
on dessert.



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No real celebrities were harmed, or used, in the making of this advertisement.

All about vanilla

Our food experts **Fran Abdallaoui** and **Pamela Clark** demystify vanilla and its many forms.



Treasured for centuries as a nerve stimulant, an aphrodisiac and a scent, vanilla is one of the world's universally loved and versatile flavours. Vanilla beans are the long pod-like fruit of the vanilla planifolia (fragrans) orchid, the only orchid producing an edible product. On the vine, vanilla beans look like healthy green beans; when picked, they are flavourless, requiring a lengthy curing process to metamorphose into the slightly shrivelled, intoxicatingly pungent black pod with the volatile seeds bursting with that floral-sweet taste we know as vanilla. It is one of the world's most popular dessert flavourings, but chefs are now also using it to give individuality to savoury sauces and dressings.

Vanilla beans Look for moist and supple pods which are dark brown to black in colour. They should be stored in an airtight container in a cool, dark place. To extract the seeds from the vanilla bean, split the pod lengthways, then scrape out the seeds using the point of a knife. Vanilla pods are perfect in poached fruit, creamy desserts, ice-creams and some savoury sauces. And never discard the de-seeded pod, as you can create vanilla



1. Vanilla extract with seeds. 2. Vanilla bean pods. 3. Vanilla essence. 4. Vanilla bean powder. 5. Vanilla extract. 6. Vanilla bean paste.

sugar by storing the scraped pods in a canister of caster sugar.

Vanilla essence Vanilla processing involves extracting the flavour by soaking finely chopped, cured vanilla beans in alcohol and water. Vanilla essence is an economical and traditional mild vanilla flavour suitable for drinks and everyday baking, such as pancakes, scones or biscuits.

Vanilla extracts Several types are available - some single origin, some containing seeds, or thickened to a syrupy consistency with the addition of glucose or glycerine. Extracts are around two to three times the strength of essence. These are more suited to baking, as they contain little alcohol and can withstand high temperatures. Extracts are more pungent than essence and are perfect for whipped cream, cheesecakes or icings.

Vanilla bean paste Prized for its intensity, the paste provides true vanilla flavour to desserts and baking with the convenience of spooning it from the jar.



One teaspoon of paste is the equivalent of one scraped vanilla bean. Use in any recipe where a vanilla pod is called for, especially in panna cotta, crème brûlée or custard desserts.

Vanilla bean powder Made from ground vanilla beans, the powder is free from sugar and alcohol. Use in drinks, chocolate making or meringues. Two grams is the equivalent flavour to one vanilla bean. **AWW**

RAFFERTY'S GARDEN promotion

Starting the FOOD JOURNEY

When you start the food journey with your little one, we know you want to do it right, with food made using carefully selected quality ingredients that are, of course, delicious. We also know many Australian children don't eat enough veggies, so by making them a major part of first tastes, it's more likely your bub will grow up to be a happy veggie eater.

Made with premium vegetables, Rafferty's Garden's Just Veggies range was developed specifically to help parents fill that first foods veggie gap.



"First tastes are important and can help lay the foundations for future healthy eating" says Rafferty's Garden nutritionist Karen Kingham. "Including a variety of veggie purees, together with iron-rich foods,

dairy, fruit and grains, will ensure a good balance in baby's first food repertoire and get them started right."

The Just Veggies range can also be used to increase servings of veggies in home-cooked meals – mix through scrambled eggs or stir through pasta as you start to advance the texture in your little one's menu.

Real food ingredients make Just Veggies the next best thing to homemade, perfect to support your little foodie as they progress on their food journey. Visit www.raffertysgarden.com.au.



PARSNIP, CARROT AND BUTTERNUT SQUASH PASTA BAKE

THIS RECIPE IS SUITABLE FOR
BABIES FROM 12 MONTHS
AND UPWARDS.

- 1 cup cooked gluten-free pasta, prepared according to packet instructions
- 1 pouch Rafferty's Garden Just Veggies Parsnip, Carrot & Butternut Squash Puree
- ¼ cup freshly grated good-quality cheddar cheese, plus extra to top
- small handfuls (seven or eight large) spinach leaves, roughly chopped

METHOD

- 1 Preheat the oven to 180°C.
- 2 In a small bowl, combine all of the ingredients and mix well. Transfer them to a small baking dish and top with the extra grated cheese.
- 3 Place the pasta bake in the oven and cook for 15 to 20 minutes, or until bubbling and golden.

REMEMBER,
AN ADULT SHOULD
ALWAYS CHECK
THE TEMPERATURE
OF FOOD AND
LIQUID BEFORE
SERVING IT
TO BUB.

Rafferty's Garden

Smooth range for babies
4+ months old



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www.raffertysgarden.com.au



Buy a bib AND HELP SAVE LIVES

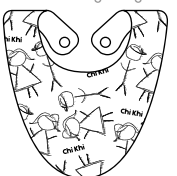
Mother & Baby magazine, alongside proud sponsors Rafferty's Garden, has teamed up to launch Bibs4Bubs, a charity initiative whereby \$5 from the sale of each celebrity-designed bib will be donated to Red Nose, a charity dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and supporting bereaved families.

The Wiggles

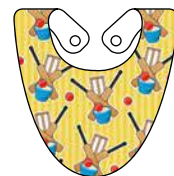


Chi Khi

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THIS GREAT CAUSE.

Mother & Baby



red nose
saving little lives



Caroline with her two eldest sons, Jack (left) and Harry. The design gives the boys enough garden space to roam in.

West End,
Brisbane

Our clever Queenslander

A love of greenery begins at the entrance and extends throughout the interior of the home.



Caroline Novinc cleverly transformed a tiny Queenslander into a practical home for her family of six plus a dog. **Hande Renshaw** discovers how she did it.

PHOTOGRAPHY ● SCOTT HAWKINS STYLING ● HANDE RENSHAW



The breezy and sub-tropical climate of Brisbane cast a spell on Caroline Novinc and her husband Mark Roderick almost two decades ago. As soon as they came across the area, they were keen to create a home within this slower-paced and idyllic landscape. In 2007 they stumbled on an old and neglected Queenslander in the inner city, begging for a restoration. “We fell in love with the house at first sight,” recalls Caroline. The couple bought it with a view of transforming it into a family home for their boys Jack, 12, Harry, eight, Charlie, seven, and Oscar, five. And pet labrador, Nellie. With the help of local architects, Caroline focused on functionality – a sanctuary that would withstand »





her frantic schedule as a busy mum. “Our mutual love of simple, well thought out design inspired us to breathe new life into our tired old 1920s Queenslander. We worked together with the architects to create a minimal and functional home for our family of six,” says Caroline.

The three-bedroom, two-bathroom, single-level home has a very modest footprint on an already small lot, which is less than 200 square metres. “Although small in size by today’s bloated standards, the design works well for us. We’ve retained the rooms that make up our living areas instead of adopting open-plan living,” says Caroline. “Every element in the design of our home has been carefully considered – clever storage, a well-equipped kitchen, and a home which is easy to clean and low maintenance were all high on the agenda.”

In almost every room there is multifunctional joinery and built-in furniture such as bookshelves, desk systems, wardrobes and seating – all designed to maintain a clutter-free home. In the living space there are



FROM ABOVE: All elements of the design reflect Caroline’s vision of clean lines and light-bouncing minimalism. This concept flows into compartmentalised storage and living spaces, so that everything has a place – an essential way to manage a family of six in a small house.

bookshelves to display Caroline’s favourite books and treasured items, as well as seating which doubles up with storage underneath to hide those things she doesn’t want on display.

Colour in the Hamptons-style spaces is an important element. Caroline chose an elegant and refined palette – a mix of charcoal and ivory against the warmth of timeless timber flooring. The use of white on every internal wall was a tool to make the spaces look breezy and much larger than they are, with pops of charcoal in the fans, pendants and light switches. “The palette of materials in the design allows us to change the feel of our home between the seasons – it’s the perfect canvas to add to,” explains Caroline.

A favourite part of the home is the kitchen. “Having four hungry boys, I spend a lot of time in the kitchen. Its central location in the house allows me to see out into the street and also keep an eye on the kids in the backyard – it functions so well,” she says.

The kitchen is split into two sections, with the appliances tucked away »





LEFT: Most seating areas in the living spaces cleverly disguise storage spaces. **ABOVE:** Dividing the bathroom into separate areas reduces queues. **TOP:** The placement of plants and the use of natural fibres in fixtures and fittings reflect Brisbane's sub-tropical climate.

in the internal section and hidden from the dining and living spaces. Both spaces are equipped with a sink, which allows a few people to use the kitchen at once and not get in each other's way.

Similarly, instead of one large bathroom, there are three small spaces to suit the children's needs – housing a toilet in one room, a sink and then a shower, to avoid congestion. "Although small, our home works so well for all of us – we never feel cramped up," says Caroline. **AWW**

Caroline's design secrets

- 1** Plan carefully – a house doesn't need to be big to feel spacious.
- 2** Use natural materials wherever possible for a clean, organic look.
- 3** Well-designed storage is key to our home. A messy house can be cleaned up in minutes with loads of hidden or built-in storage systems.

[Get the look]



Smart & simple

Practical white and natural finishes to make a breezy family home.



1. Kysing braided rug, 74cm, \$19.99, from IKEA, ikea.com.au (store locations only).
2. WhyWood coffee table, 70cm, \$359, from Life Interiors, lifeinteriors.com.au.
3. Vineyard dining chair, \$179, from Freedom, freedom.com.au.
4. Aloha pineapple drink dispenser, 10.3 litres, \$69.95, from Maxwell & Williams, maxwellandwilliams.com.au.
5. Stitch cotton round basket, \$44.90, from Città Design, cittadesign.com.
6. Indigo Kantha Euro cushion cover in Ticking, \$89, from Bowerhouse, bowerhouse.com.au.
7. Ivy Muse nest plant stand in Brass and Eggshell, \$170, from Ivy Muse, ivymuse.com.au.
8. Sheesham platter, \$39.90, from Città Design, as before.

Home hints

Georgina Bitcon gives tips on brushing a dog's teeth, reducing mess with kids' craft projects, removing gel-pen ink and more, plus there's a reader's prize hint.

ASK THE WEEKLY

Q How do I remove a saffron stain from a white cotton shirt?

R. Graham, Forestville, NSW. Spray or wipe the stain with pure lavender oil (I use a spray oil available in supermarkets because it really penetrates), then launder as usual and hang in bright sunlight to dry.

Get a handle on trash

If you re-use plastic grocery bags for bin liners, add a couple of self-adhesive hooks to the outside of the bin to secure the handles.

Stick with a sponge

To save on mess when the kids are using glue, put a damp kitchen sponge in a plastic container and smear a generous amount of child-safe glue over the surface of the sponge. Wipe paper cut-outs across the sticky surface and glue in place. Replace lid when play is over.

Frosting magic

Make purchased frosting go further (and reduce the calories per serve) by whipping it for a few minutes with an electric mixer until fluffy and doubled in size.

Glass for jam

Instead of putting glass jars and lids in the recycling bin, check if they're needed by your local school or church - or list them on Freecycle.org (where you can give away unwanted items, keeping them out of landfill). Jam makers love glass jars!



Unable to display all the kids' artwork? Take a photo of each masterpiece, reduce them all in size on the computer, so you can fit multiples on one page, then have them printed as a poster at a print shop.

Sewing sense

Use silicone cupcake holders inside a vintage cake tin to organise your sewing bits and pieces, such as pins, buttons, tape measure, threads and needles.

At-home pedi

If you have no toe separators when painting your toenails, cut a kitchen sponge into small strips - they work perfectly.

Rethink that ink

Hand sanitiser will remove gel-pen ink from clothing - just give the ink a good squirt before putting it in the wash.

Password shortcut

Need to change passwords on your smartphone or iPad, but hate having to remember lots of different ones? Simply replace a letter or two in an existing password with an accent: hold down the letter on your device and the accent options pop up.

Fangs very much

If your dog refuses to have its teeth brushed, smear a little canine toothpaste on a chew toy or rope. (Never use human toothpaste.)

SHARE YOUR DOMESTIC SECRETS

Send your handy hints or questions to: Home Hints, *The Australian Women's Weekly*, GPO Box 4178, Sydney, NSW 2001, or email openline@bauer-media.com.au. We pay \$75 for the reader's prize hint each month. While every effort is made to ensure the efficacy of each hint, we cannot take responsibility for individual results.



Reader's prize hint

When hanging out a sheet, fold it in half lengthwise and peg by this fold. This makes it much easier to collect from the line and, already having one fold done when collected, the fold also marks the middle of the bed when you're making it. **M. Vaughn, Lake Bathurst, NSW.**

Green curtains

Jackie French on the joy of growing leafy curtains, a beautiful new rose and the garden jobs for the month.

Imagine forest light in your own living room, with green leaves filtering harsh mid-summer sun. That's what "green curtains" – climbing plants that clamber up windows or hang down them – give you. Unlike ordinary curtains, green leaves don't block all the light. Instead, they give coolness, beauty, privacy ... and cost only a few dollars, too.

INDOOR WINDOW BOX The easiest "green curtains" are grown from a window box installed inside. Indoor gardens need less water than those outside and they are safe from harsh, hot winds, as well as frosts.

CLIMBERS Plant climbing bean, pea or sweet pea seeds in a planter box filled with soil and add slow-release fertiliser. Now thread cotton up from the planter box to the top of the window, one thread for each seed. As the plants grow, they'll twine around the string. In February's heat, you'll have both curtains and beans in about six weeks – magic for children.

HANGING PLANTS work brilliantly as "green curtains", too. Install the window box at the top of the window – make sure you can reach to water it. Climbing beans or peas will hang



It's time to ...

- Plant broccoli, cabbages, carrots, silver beet and other vegies. ● Indulge in at least 12 strawberry plants for luscious autumn fruit. Use a strawberry planter if you don't have a garden.
- Cut long stems each time you pick a rose, to prune the bushes back and encourage a glorious autumn display. ● After you clean and change the water in your dog's bowl add a few mint leaves and ice blocks to make sure mozzies don't breed there.

down without any aid from you. So will perennials such as warrigal greens, a tough native spinach that can grow a metre a day if well fed and watered, and in a sunny spot. Choko vines, cucumbers and even strawberries also make glorious hanging curtains.

PASSIONFRUIT VINE One of my favourite "green curtains" is a passionfruit vine grown in a large pot in the owner's bedroom. They've trained it up the window frame so leaves and fruit hang down. Each summer, the vine covers the window and in winter it's trimmed to allow in light.

SUCCULENTS The most elegant "green curtains" are made by installing bars across the window, then hanging small pots of succulents, such as echeveria, or any hardy cactus. You have the "green light" effect, giving privacy without feeling shut off. The "almost symmetry" of the pots is stunning, too.

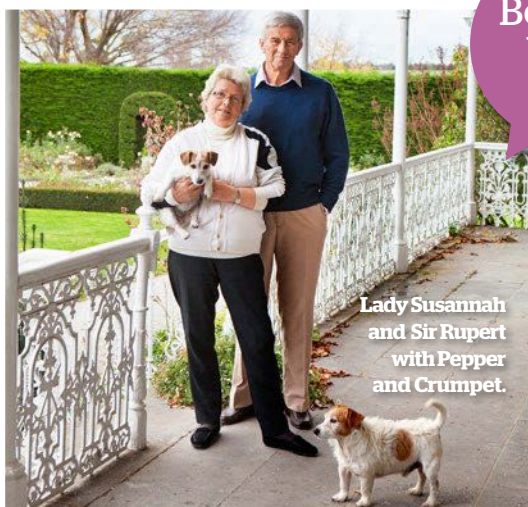
ROSES My own "green curtains" are the simplest of all. Climbing Iceberg roses wander across the pergola outside my study, lush in summer, losing leaves in winter to let in the sun. As I write this, I'm gazing at bright green leaves and 100 white flowers. The light is soft and provides the perfect inspiration for gardener or writer. **AWW**

A rose of rare brilliance

In spring, my husband picks the first Papa Meilland rose of the season, deep red with the scent of paradise, and puts it in a vase on my desk. That rose means more to me than any other gift. The Meillands have been giving the world stunning roses for six generations, such as the new Brilliance rose (right), a bright white hybrid tea rose bred to celebrate the 30th anniversary of and raise funds for the Murdoch Childrens Research Institute. It's available as root stock to pre-order for winter 2017 delivery from Treloar Roses at treloarroses.com.au.



Bolinda
Vale,
Vic



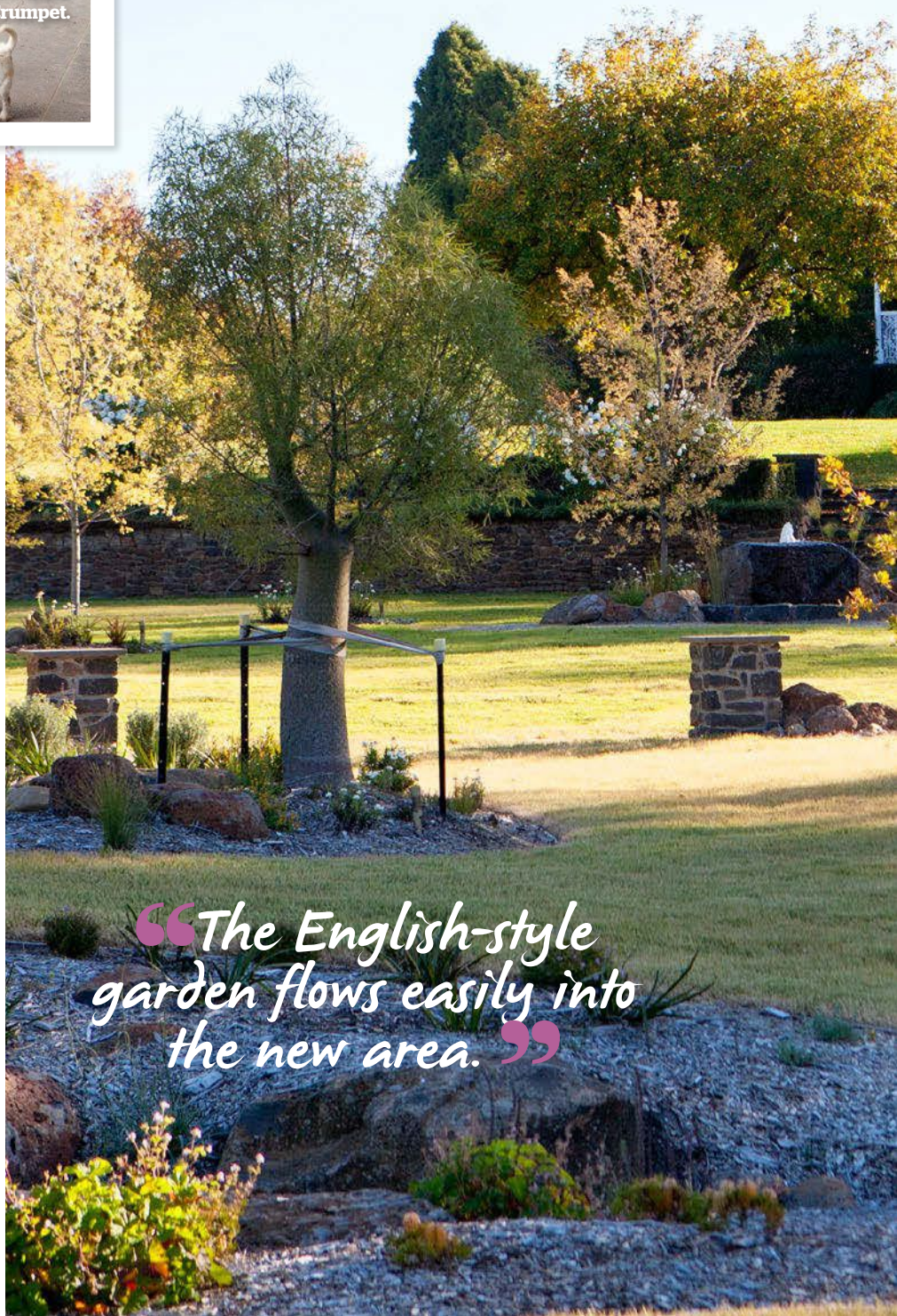
Lady Susannah
and Sir Rupert
with Pepper
and Crumpet.

Ned Kelly's armour, explorers Burke and Wills, and cricket's Ashes. All have a connection to the beautiful property of Bolinda Vale in Victoria's Macedon Ranges. Indeed, Bolinda Vale is itself an Australian icon. Originally part of the vast 40,500-hectare Rupertswood estate, it has been the Clarke family home for generations.

The working sheep and cattle farm has also hosted royal families. In its garden stand magnolias planted by Prince Albert of Monaco, Crown Prince Hirohito, former Emperor of Japan, and Prince Reza Pahlavi, son of the Shah of Iran.

Once home to a set of Kelly's armour, given to the Clarkes by policeman Francis Hare soon after the siege at Glenrowan, Bolinda Vale was also where the Ashes trophy came into being. In 1882 Sir William Clarke, president of Melbourne Cricket Club, invited the English side to spend Christmas with him. After they defeated a local team, Sir William's wife, Janet, presented some ashes in an urn to the English captain. It's also where, in 1860, Burke and Wills stayed on their doomed expedition.

Today, it consists of 2025 hectares of farmland and, since owners Sir Rupert and Lady Susannah Clarke took over the property in 2005, what was an exclusively English-style garden has been totally reimagined. »



“The English-style garden flows easily into the new area.”

A country marriage

On this inviting Victorian property, Chelsea Flower Show winner Phillip Johnson has skilfully blended Australian landscape and English garden styles, as **Bronwyn Phillips** discovers.



Lady Susannah was drawn to Phillip Johnson's use of rocks and native plants in his inspiring designs.



The once barren paddock now boasts a fully sustainable wetland, complete with creek beds and billabongs.

Bolinda Vale now also boasts an Australian-style landscape, complete with creek beds, waterfalls, sustainable wetlands and even its own billabongs.

The driving force behind Bolinda Vale has been Lady Susannah, who does most of the maintenance herself. To help bring her vision to life, she enlisted award-winning landscape designer Phillip Johnson. (During the makeover, Johnson won Best in Show at the 2013 Chelsea Flower Show.)

"Phillip's concept of using rocks combined with native plantings interested me," says Lady Susannah. "We had this bare, flat paddock and tonnes of rocks on the property; he seemed a logical choice."

It was essential that many original elements of the garden be retained, including hedges, the rose garden and the stone walls. Incorporating those much-loved features, Johnson has introduced sustainable elements that complement and work with the traditional. "The rocks from the property blended well with existing

rock walls," says Lady Susannah, "and so the traditional English garden flows easily into the new area." Oaks, along with eucalypts, and exotics and indigenous plants thrive together.

At the heart of Bolinda Vale is water. Lady Susannah's vision for a water feature in an empty paddock was brought to life by Johnson, who was awarded Best Residential Landscape over \$200,000 by Landscaping Victoria for this work.

"The paddock has gone and in its place are billabongs, and a wetlands area with two waterfalls," says Lady Susannah. The paddock also incorporates the original bluestone pillars, as well as basalt rocks, returned by Johnson to their original location. The wetlands provide water for irrigation, fire safety and wildlife.

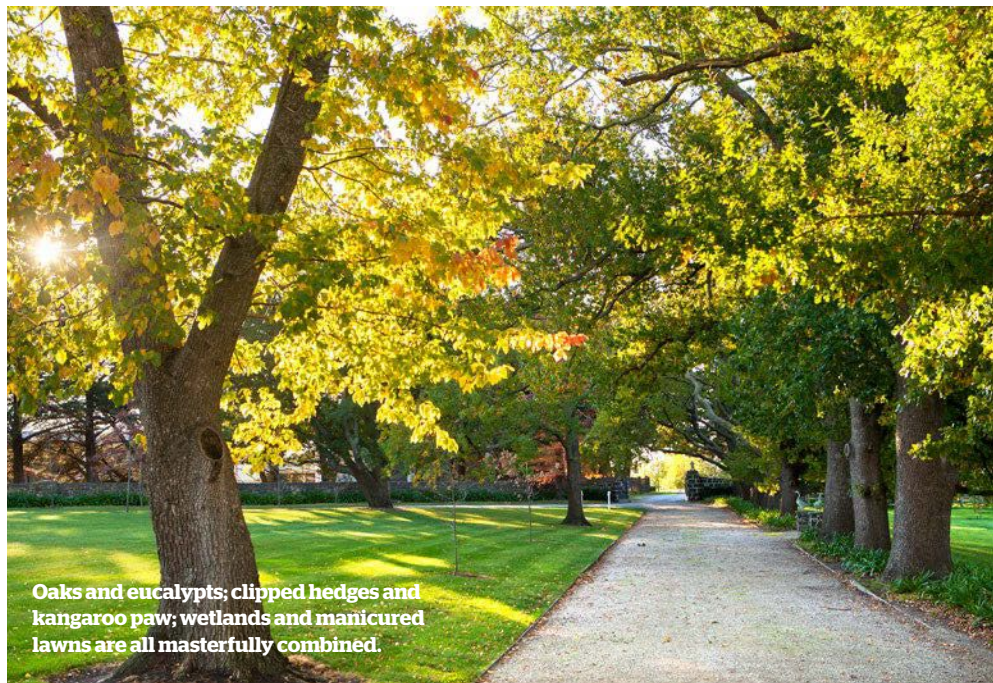
Bolinda Vale is an inspiring example of how a drought-ravaged environment can become a sustainable, lush ecosystem – yet it also retains elements of the English-style garden the Clarkes love so much. **AWW**

Hardy plants

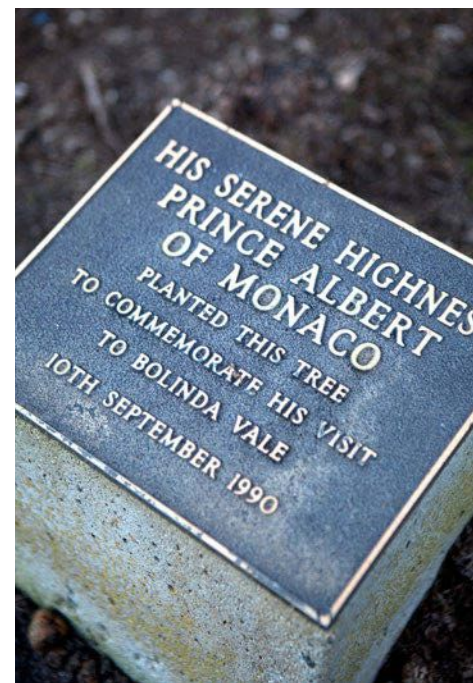
"We have had many very dry years, so planting is important," says Lady Susannah. "I am lazy and forget to water, or we do not physically have it to spare on the garden, so drought-tolerant, hardy plants become the priority. If a plant is suffering and unable to cope with the conditions, I replace it with something that copes. I am very partial to not only Australian native plants, but also to drought-tolerant ones, particularly from the Mediterranean climates – they seem to do well in Australia." Lady Susannah also advocates placing different plants together. "I encourage different leaf textures to make a large area more interesting," she says. "In my red section, along with kangaroo paw, red gazanias, sedum 'Autumn Joy' and red salvias, I have also planted rhubarb!"



The 1870s stone homestead sits easily in a garden which embraces English and Australian landscape styles.



Oaks and eucalypts; clipped hedges and kangaroo paw; wetlands and manicured lawns are all masterfully combined.



Reading room

This brilliantly woven psychological thriller is one of the most talked about new books of the year and this month's Great Read, writes **Juliet Rieden**.



Look out for
The Australian
Women's Weekly
Great Read
sticker in your
local bookstore.

Behind Her Eyes

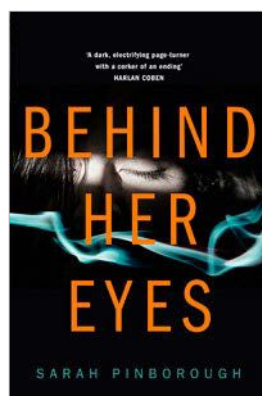
by Sarah Pinborough, HarperCollins.

Edgy relationship thrillers are more than having a moment, they are now a thing with a name to boot – “domestic noir”. It all started with *Gone Girl* and *The Girl On A Train* and now the list is so long, publishers are going to have to subdivide the genre. The reason for the torrent is, no matter how dark, evil and twisted, these tales of love gone extremely wrong are flying off the bookshelves. *Behind Her Eyes* actually does create a new tributary, albeit based on some solid old-school thrill techniques, and you won't be able to put it down, seriously, so buckle up!

David Martin is a poor farm boy turned psychiatrist at an expensive London private clinic. His wife, Adele, is a stunning heiress, her parents having died in a house fire. It was David who rescued 17-year-old Adele from the blaze and to onlookers they are the perfect couple. But at the opening of the book they are sleeping in separate bedrooms, despite an attempted “fresh start” and we are quickly aware that David has a temper and drinks a lot.

Enter Louise Barnsley, the third character in what we come to realise is a complex ménage. Single mum Louise is a rather lost good time girl who loves to drink and smoke, and is the secretary at the clinic, working there three days a week. At the start she reveals to her actress friend, Sophie, that the bloke she drunkenly kissed in a bar turned out to be her new boss David, who is married. Fortunately, both agree it was a one-time thing, but the situation gets messy when his wife Adele strikes up her own friendship with Louise.

Each chapter is written in the mind of either Adele or Louise and chillingly early on in the piece Adele reveals, “Now I have



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Louise. A new secret.” Adele is using Louise for her own bizarre ends. But what on earth are they? The surprises come thick and fast and with a sense of impending doom so acute you may forget to breathe. Honestly!

But the biggest shock of all is saved until last and it's nothing you could ever have conceived. I found the end a little confusing and annoying at first, but it soon starts to play on your mind as you rethink the story chapter by chapter with this new key piece of information.

The thing is, you really do care for the characters and think you know them, their flaws, their insecurities, their passions, which is what makes the ending all the more spine-tingling. Sarah Pinborough says she loves a Hitchcock film, that “claustrophobic atmosphere”. And this is pure Hitchcock – with a dash of gothic fantasy thrown in. Have I said too much?



ABOUT THE AUTHOR Sarah Pinborough

British-born Sarah Pinborough was raised in India, Syria, Sudan, Moscow and South Africa and currently lives in Stony Stratford in England with her dog, Ted. She describes

her childhood as “10 years of boarding school interspersed with wonderful travel, but tinged with rebelliousness and missing my family”. Her writing includes award-winning young adult horror novels, but *Behind Her Eyes* is an adult story. “I don't treat writing for YA any differently than writing for adults in terms of complexity of story, but teenagers haven't developed their grey areas, so they view everything more passionately,” she says. She is working on her next adult novel, “an equally twisted” thriller called *Cross Her Heart*.

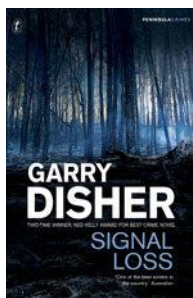
DEC
WINNER

Congratulations to Sue Anderton from Newport, Victoria, winner of the Christmas issue AWW Book Club competition, who loved reading *The Crossroads* by Pamela Cook. “I have just completed the fourth book by outstanding Australian author Pamela Cook,” writes Sue. “Her new novel is a brilliant read about an outback town suffering through the drought but with a twist. Loved it! Her books are only getting better. A+ Highly recommend.”



Leila McKinnon **REVIEWS**

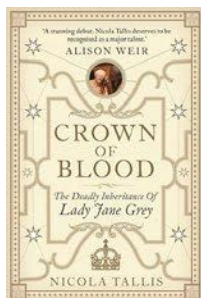
Leila McKinnon is a journalist with the Nine Network.



SIGNAL LOSS, by Garry Disher, Text Publishing.

It's the kind of Australian gangland killing that's so grubby and pseudo comical that it could almost be real. Two hitmen sent on a job from Double Bay to Victoria's Mornington

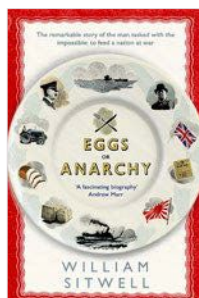
Peninsula botch things up so effectively that they never make it back to Sydney. And so on a "hot, wind-storming day" Inspector Hal Challis, looking "as if he'd summoned the wind and would ride it to the finish", starts an investigation that will take on the community ice-crime epidemic, a spate of farm machinery thefts and the search for a missing child. His girlfriend, meanwhile, who is the head of the sex crimes unit, is hunting a serial rapist and keeping a wary eye on her sister's new and slightly suspect boyfriend. It's small town Australia in all its narrow, tinder-dry, community-minded gloriousness.



CROWN OF BLOOD, by Nicola Tallis, Michael O'Mara Books.

Lady Jane Grey was a 17-year-old girl. She was brilliant. She was fluent in eight languages, and translated a piece on marriage from Latin to Greek as a gift to

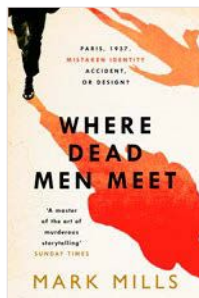
her father. Unfortunately, his ambition and his plotting would cause the death of his remarkable daughter, and rather less regrettably lose him his own head. Jane was the granddaughter of Henry VIII's beautiful and charming youngest sister, Mary, and Charles Brandon, the man she married for love after being widowed by the elderly French king. Jane's own marriage was just part of a plot to put her on the throne. Her reign was reluctant, and counted in days. Nicola Tallis tells her tragic story with understated compassion and reveals the stupid decisions, not of her making, that led her to the block.



EGGS OR ANARCHY, by William Sitwell, Simon & Schuster.

Winston Churchill wasn't the only one with a rather demanding wartime job. Fred Marquis, later Lord Woolton, had to feed 41 million people

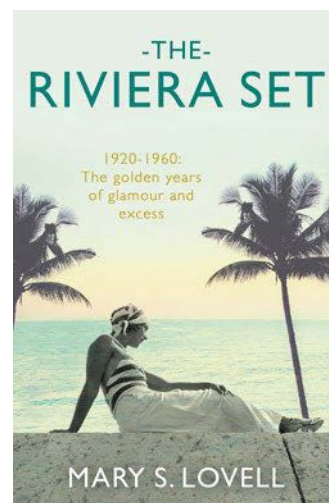
against overwhelming odds. At the outbreak of World War II, less than a third of the food on British tables was produced at home. With English ships under siege around the world, black marketeers waiting to pounce on any vulnerabilities, and a rigid government bureaucracy to deal with, Woolton was fighting his own war. There's a delicious story about Woolton dealing with a recalcitrant Egyptian sugar supplier by threatening to transport Queensland sugar to Egypt and take him on. And the periodic appearances of Churchill, grumpily bemoaning rationing, are a treat.



WHERE DEAD MEN MEET, by Mark Mills, Headline Review.

Luke Hamilton is not the sort of young man who normally attracts assassins. He's a fairly ordinary Englishman, living and working in Paris in 1937. But his

would-be killer, Borodin, is not the sort of hired gun to shy away from a job. So what on earth's going on? I suspect I have already said too much. But plenty of throat-in-mouth action unfolds from this very intriguing beginning. The body count is high, the gunfights are old-school and gripping, and Luke teams up with just the right person. In fact, *Where Dead Men Meet* is not only worth a read, it could be just the start of a new series. Luke is like a newborn Jason Bourne: he's unsure of his identity, always on the run, but he remains such an innocent that it's a miracle he even makes it past the first few chapters.



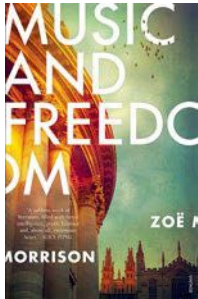
The Riviera Set by Mary S. Lovell, Hachette.

Distinguished biographer Mary Lovell says this book is more a "story of a house and those who peopled it between 1930 and 1960" than a biography of a person. In truth, she dishes up two books – a dazzling biography of Maxine Elliott, American actress and society hostess, who built the Château de l'Horizon in its south-of-France heyday; and to which royalty and elegant society flocked (the first half of the book), as well as a lavish 20-year postwar account of the "white palace", after Elliott had died in 1940, when fame and glamour personified the guest list. Young Elliott's acting prowess had taken London by storm and caught the eye of King Edward VII, of whom she became a constant companion. A brilliant financier, she began investing when acting bored her and bought a bargain piece of real estate on the Côte d'Azur, where she built L'Horizon, complete with a water chute to the sea below and a large electric moon. Playboy prince Aly Khan, son of Aga Khan III, bought the house after WWII, where he staged Hollywood extravaganzas and wooed his future wife, star Rita Hayworth.



Jennifer Byrne **REVIEWS**

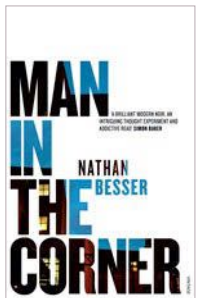
Jennifer Byrne is the host of *The Book Club* on ABC TV.



MUSIC AND FREEDOM, by Zoe Morrison, Vintage.

Alice grows up in country NSW, in a ramshackle farm surrounded by orange trees. A happy child of unhappy parents, she has a rare and

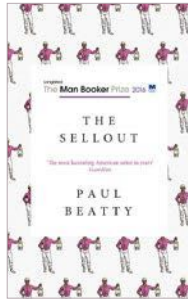
marvellous gift for music, and at seven, wins a full scholarship to England's Royal College of Music. It should be the first step to achieving her dream of becoming a concert pianist – and when she captures the interest of the handsome Edward, a brilliant Oxford economics professor, she seems on the brink of achieving all she could hope for. Yet things go terribly wrong for Alice; it's painful to read the story of her unravelling as Edward's vicious character emerges. Zoë Morrison is a musician and an authority on gender violence, melding her themes so skillfully it's hard to believe this is a first novel.



MAN IN THE CORNER, by Nathan Besser, Vintage.

This intriguing Australian fiction debut is hard to define, but probably speculative psychological thriller comes closest. It's about a regular, everyday

husband and father, David, who blacks out one day with a rare brain disorder. He recovers slowly, but remembers nothing of what happened during his collapse – except his personality seems to have changed. And, when a smooth-talking businessman, Ben, approaches him to take part in a scam involving identity-theft, David agrees. Yet who is David now? Is it possible he lost grip on his own identity during the blackout and now carries more than one person inside him? What grounds the book is the crime itself, which leads David into ever greater danger – and the truth about the manipulative Ben as it starts to emerge.



THE SELLOUT, by Paul Beatty, Oneworld.

The opening line of this Booker Prize-winning novel reads, "This may be hard to believe, coming from a black man, but I've never stolen anything." Edgy then.

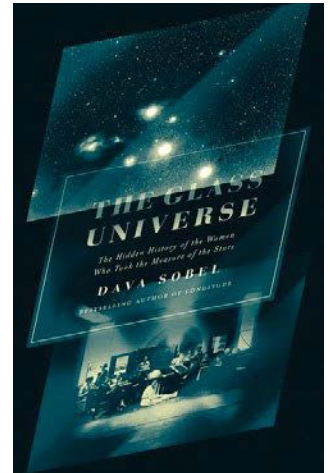
Yet mild compared to what's coming: a scabrous, comic assault on US race relations, designed to leave you gasping. For air because it's wickedly funny and in admiration because Beatty says the unsayable things about how it feels to be a young black man in America. His chief character, Me, is locked in a court battle to save his neighbourhood, written off the LA maps, by reinstating slavery and segregating the high school. Yet the satirical plot matters less than Me's rap-style commentary, taking aim at every assumption shared by black, white and brown Americans. A challenge, a circus and a brilliant shake-down of a book.



THE GIRL FROM VENICE, Martin Cruz Smith, Simon & Schuster.

Cenzo is a charming, middle-aged fisherman working the Venice lagoon in 1945. The war is over, but in La Serenissima, the Nazis are still – just – in charge.

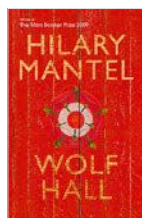
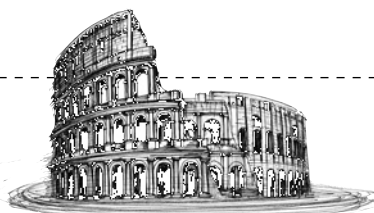
Sweeping his nets one night, Cenzo snares not fish but the still alive body of a beautiful young woman, the daughter of a wealthy Jewish family fleeing the Wehrmacht. The two are so opposite and argumentative, they're clearly made for each other, but not before a string of adventures gets them entangled with rival groups making their last grasp at power – the Germans and those who thrived under them, and the equally dangerous partisans. What lifts this novel above the love-in-war pack is the knowing examination of what people are prepared to do when things fall apart – except for the fisher community, which carries on with business.



The Glass Universe by Dava Sobel, HarperCollins.

Juggling motherhood and moonlighting at more than one job, this stellar book shines a light on the little known subject of the magnificent young women "human computers" at Harvard College Observatory in the late 1800s. Sobel writes with a lightness of touch and graceful understanding of the vagaries of the time – pioneering female star-gazers, before women even had the right to vote. When New York astronomer Henry Draper died, his widow donated research to Harvard Observatory. Here she discovered a forward-thinking Director, Edward Charles Pickering, who hired women to perform calculations on men's night-time observations. When the skills of Mrs Mina Fleming, hired as a maid, are recognised, she is reassigned to Pickering's "harem" and detects a new variable star at a time when fewer than 200 were known – then flushing out a further 100. Heiress Catherine Wolfe Bruce, gave more than US\$175,000 to the research. "The more she read, the more questions she had ... What occupied the space between the stars?" Guts, guile and girls working in a glass universe, who hit a glass ceiling when it came to equal pay.

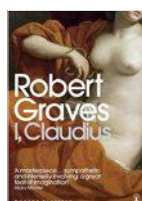
5 must-read HISTORICAL NOVELS



1. *Wolf Hall* by Hilary Mantel, 2009.

WHAT: Mantel rewrites English history from 1527 to 1535 with Thomas Cromwell – as great a statesman as England has ever seen – as the hero. He escapes his drunken blacksmith father, but regarded as a low-born outsider – now with a direct line to King Henry VIII – is seen as unfit by the rest of court, other than his mentor, Cardinal Wolsey.

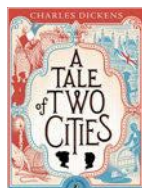
WHY: This Booker-Prize-winning novel brings new passion to the Tudors.



2. *I Claudius* by Robert Graves, 1934.

WHAT: Fictionalised biography of the Roman emperor, told as though it were an autobiography, from the long reign of Augustus to Tiberius, Caligula and Claudius himself. A stuttering Claudius tells us his own fascinating story, with an insider's look at the multifarious plots and traitors.

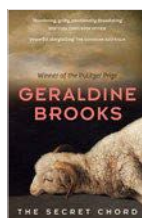
WHY: This superb tract paved the way for an epic BBC TV series in 1976, starring Derek Jacobi with his unforgettable “pudding bowl” haircut.



3. *A Tale of Two Cities* by Charles Dickens, 1859.

WHAT: “It was the best of times, it was the worst of times,” Dickens writes in the opening lines of this tale of the French Revolution. The year is 1775, and Jarvis Lorry travels from London to Paris on a secret mission for his bank employer, accompanied by 17-year-old Lucie Manette.

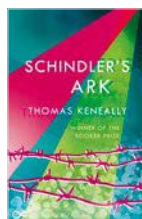
WHY: The struggle to hang onto sanity under systemic abuse is as relevant today. “Sow the same seed of ... oppression again, and it will surely yield the same fruit.”



4. *The Secret Chord* by Geraldine Brooks, 2015.

WHAT: The minute details of this ancient world make *The Secret Chord* chime ... this and the complexly drawn character of King David himself. He is both hero and tyrant, visionary and despot, a genius at warfare who plucks exquisite chords from his harp. The contradictions are tantalising.

WHY: Brooks researched it for three years. “I travelled to the land and walked the places David is said to have walked,” she says. Her research shows.



5. *Schindler's Ark* by Thomas Keneally, 1982.

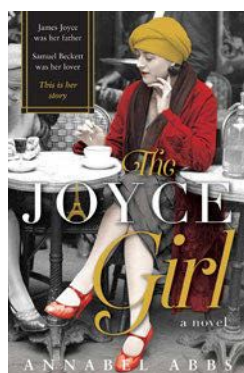
WHAT: Oskar Schindler was a capitalist, a black marketeer, a womaniser and a boozier who made his fortune at his factory during the war, as well as a long-serving member of the Nazi party. Yet he risked his life and his livelihood to protect Jews, by giving them jobs at his factories, the “ark” of the book's title.

WHY: *Schindler's List* became an Oscar-winning film. “If this factory ever produces a shell that can actually be fired, I'll be very unhappy,” said Schindler.



The Golden Child by Wendy James, HarperCollins.

It takes 48 hours to pulse through Wendy James' rollercoaster 21st-century story about parenting, which begins with navigating the trick or treating dilemma – to accompany or not? – but climaxes with, what age is my child legally responsible for criminal actions? Australians Dan and blogger wife Beth are relocating home from New Jersey with their daughters, sweet Lucy and controlling Charlotte (Charlie), who's implicated as ring-leader in a poisonous initiation rite of passage at her US school. She remorselessly blurts to Beth, “It's just a game. We've all had to do it.” After a new start at Hunter Ladies College, NSW, Charlie, in order to win favour with the it-girls at school, tricks shy friend Sophie into posing naked in selfies, which end up on the web. When Sophie's mother finds her overdosed daughter, we are faced with a child monster, serial bully and even killer, if Sophie does not survive. “Yeah, right: Like, nobody else was involved. Whatever,” we can hear composed Charlie say. A chilling novel of our time, with a truly shocking twist.



The Joyce Girl by Annabel Abbs, Hachette.

“He's only ever had friends for some reason,” says Lucia of her father Ulysses author James Joyce. “He doesn't have friends, only Flatterers. That's what he calls the people who fawn over him.” She is talking to lover Samuel Beckett (who will write *Waiting For Godot*), a reader/typist for half-blind “Babbo” and is as besotted by her father as the waiters who fete him at tables. In 1928 Paris, Joyce's “bella bambina” is tongue-lashed by mother Nora, who regards her modern dancing as prostitution. Abbs dances on a tightrope in this funny, clever, tragic, poignant “imagined” novel. Interspersing the cold of Dr Carl Jung's Zurich clinic, where Lucia is broken and in therapy six years later, she observes: “We were all spokes in his wheel ... all part of his story. Trapped in his imaginary world.”

The 14th century Charles Bridge is adorned with 30 Baroque figures.



Juliet Rieden

Writing on the wall

On a nostalgic trip to her father's hometown of Prague in the Czech Republic, **Juliet Rieden** comes face to face with a powerful tribute to her ancestors.

I lived with the wonder of Prague my whole childhood.

This faraway city of twinkling Baroque spires, classical music and refined coffee houses was the key to a corner of my father I rarely managed to reach. Dad was born in Prague in 1930. He left in uncertain times at the age of eight, sent to England by his parents "to escape Hitler", or so he was told.

Later, I discovered my grandparents paid British Baptist missionaries to smuggle Dad out of Czechoslovakia (as it was then). He was their only child and the threat of Nazi occupation was all they talked about with friends over sachertorte and coffee on Saturdays after synagogue.

Dad rarely went to church. Though Jewish, his family was not very religious and my grandfather thought

his son should be out in the fresh Prague air rather than cooped up in synagogue on the Sabbath.

With rumours swirling about Hitler's brutality as he advanced across Europe, Grandpa and Grandma wrestled with the issue of how to protect their son.

The Baptist mission promised safe passage, a place in their boarding school and a caring community. In return, they would convert the Jewish children to Christianity. It sounds divisive and

brutal today, but my grandparents believed they were talking about sending Dad away for a matter of months and his safety was more important than their waning faith.

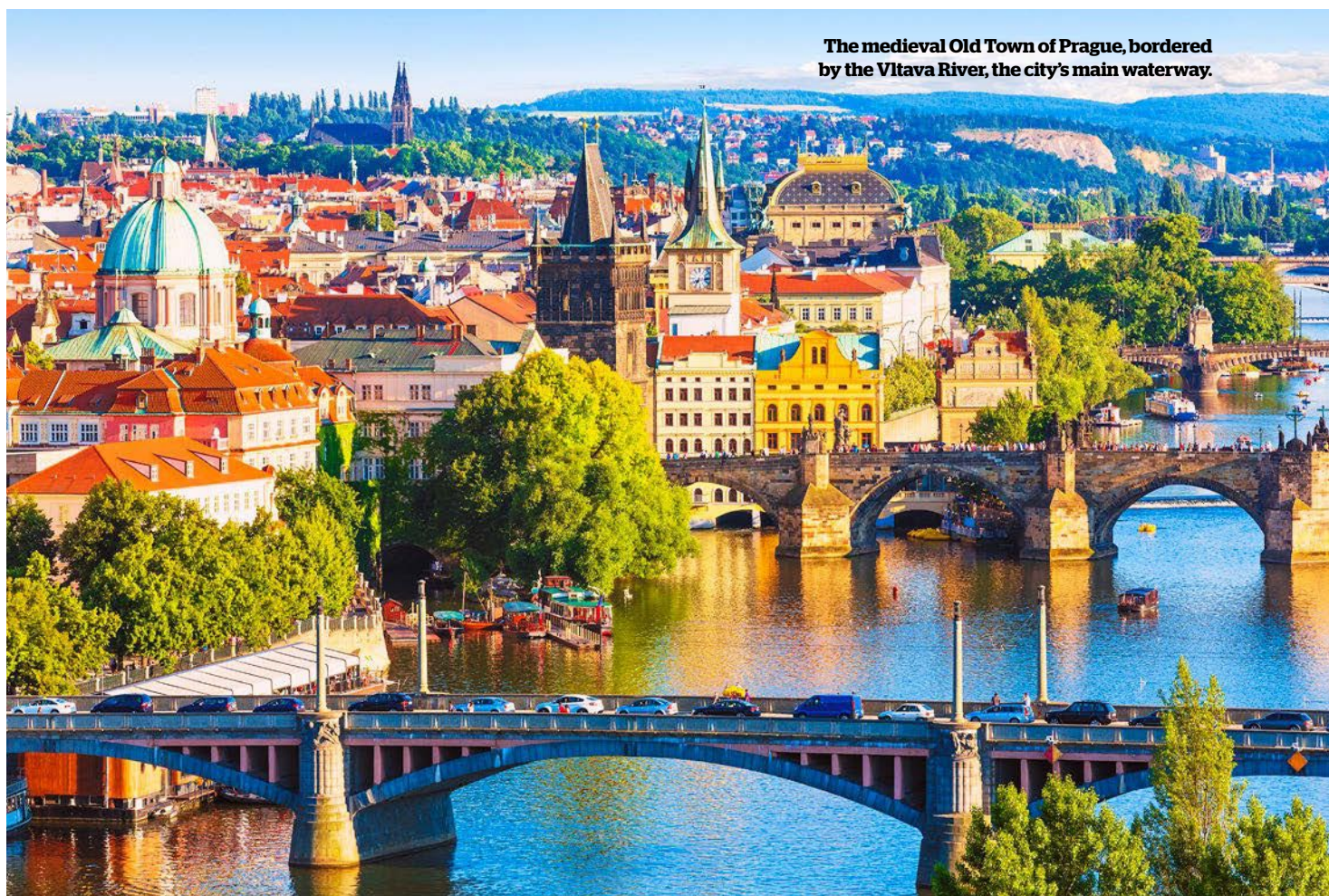
“A new sense of calm and joy settled on my father.”

I have a photograph of the day my dad left Prague and his parents. He is climbing onto a plane, a cloth knapsack on his back, packed by his mother. Dad never returned to his family and they spent the war in

concentration camps. He talked very little of this time, but my brothers and I did gather that while our grandparents miraculously survived, despite many brushes

with the death camps, the rest of his extended family perished.

Since Dad escaped illegally, he never felt it was safe for him to return, especially when his homeland was



The medieval Old Town of Prague, bordered by the Vltava River, the city's main waterway.

later under Soviet occupation. When he did finally go back, it was with me and my mother in 1990, just months after the Velvet Revolution had overthrown Communism and writer Václav Havel was installed in Prague Castle as the nation's new President.

This was an extraordinary trip. Tourism was very new, eating out was difficult and the few hotels boasted decor stuck firmly in the 1970s. And yet Prague was utterly beguiling. Even grey Communism couldn't dull the splendour of the city's cobbled squares, its romantic painted houses with their leadlight windows that looked as if Rapunzel was sure to toss her tresses out at any moment, and the elegant cauldron of Gothic, Baroque, Renaissance, Art Nouveau and Cubist styles.

My father's Czech came flooding back and he seemed to know the city like the back of his hand, even

recalling specific tram routes as we dashed about the city. A lot of the visits we made – to the Jewish quarter, to his childhood home and to many of the places he used to go with

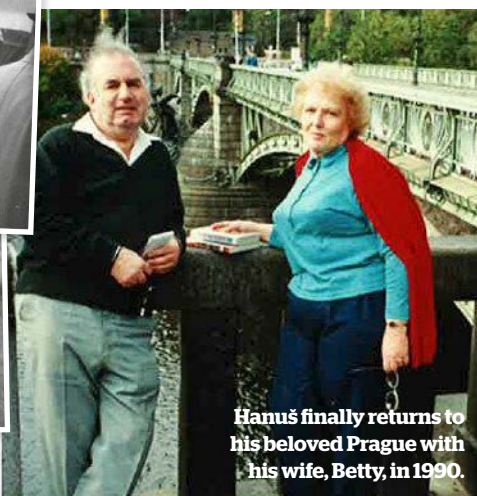
Juliet's dad, Hanuš, saying goodbye to his parents Helena and Rudolph.



Hanuš boards the plane to leave Prague and escape Hitler in 1938.

his parents – were deeply moving, but I noticed a new sense of joy and calm settle on my father. It was about belonging, I think, about reconnecting with his culture.

He and my mother returned again in his later years, but to my knowledge they didn't uncover the connection »



Hanuš finally returns to his beloved Prague with his wife, Betty, in 1990.



Prague's magnificent Old Town Square with the Astronomical Clock on the left and the imposing Tyn Church in the background.

to his ancestors that I stumbled across on a visit to Prague a few months ago.

Modern Prague

Prague is now a tourist mecca, its streets groaning with a heady mix of visitors of all ages and creeds. There are those on bucks', hen and buddy weekends, hopping over – usually from the UK – on one of the budget airlines that have flourished in the past decade. This crowd are here to take advantage of the cheap – and very strong – beer and vibrant nightlife. Yet, like everyone who comes to this city, they soon end up captivated by the visual feast of Prague and pound the streets starting at the Astronomical Clock, then Pied Piper-style, are wooed through the streets on strains of Vivaldi, Mozart and Chopin, which waft out of the churches and concert halls, ending up at the extraordinary Prague Castle.

Then there are the Jewish tourists from America, Poland, Canada,



TOP: The poignant Old Jewish Cemetery. ABOVE: Juliet's ancestors' names are listed on the sixth row from the bottom at the Pinkus Synagogue memorial.

Germany and more. Many seem to be on a mini pilgrimage to reclaim this city for a murdered generation.

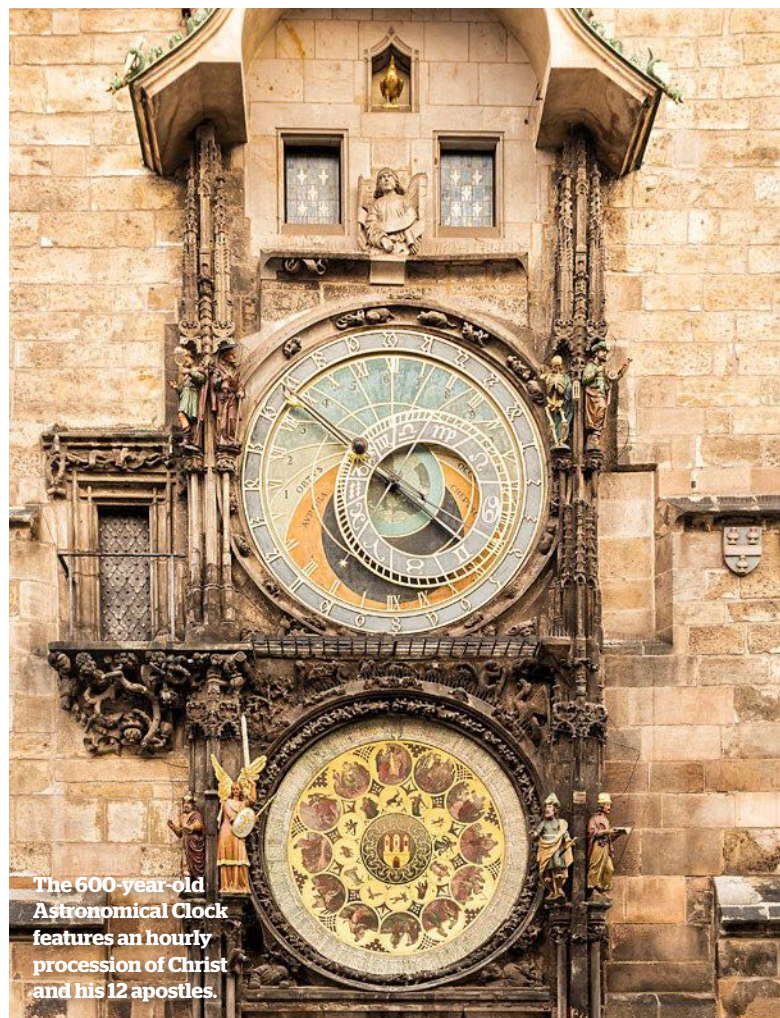
When I came here in 1990 with my father, the Jewish Quarter wasn't fully formed as a tourist destination. There was the famous Old Jewish Cemetery, a tiny corner of the city given to the Jews in the 15th century as a burial site, but little more.

This part of what was once a ghetto has a powerful aura of centuries of oppression. With space so limited, the graves soon started to be built one on top of another. The result is that grave stones jut out of the earth at all angles and under each you realise there are many more buried beneath.

Dad found this quite hard to take, especially as the small museum attached featured a permanent exhibition of drawings by the children incarcerated in Theresienstadt, the concentration camp where his parents had spent much of the war. These



The stunning Baroque stucco decorations, friezes and sculptures inside the 18th-century St Nicholas' Church.



The 600-year-old Astronomical Clock features an hourly procession of Christ and his 12 apostles.

pictures not only reveal the grim realities of life in the camp, but also that the children had some inkling of their fate. Had Dad not been accepted as a refugee in the UK, he would have been one of these children and I wouldn't be here because these children were deported to Auschwitz and the gas chambers.

That exhibition profoundly affected me also and I felt the need to seek it out again. It has now been moved to be part of a 10-site Jewish Quarter tour and it was on this tour that I encountered a shocking connection with my ancestry.

One of the five impressive historic synagogues on the tour is Pinkas, which wasn't open when Dad visited. The interior of this ancient synagogue, the second oldest in Prague, has been turned into a memorial to the nearly 80,000 Jewish victims of the Holocaust from Bohemia and Moravia. The walls are inscribed by hand with the victims' names, birth and death dates,

in line upon line of black and ochre paint. Here, following the thousands and thousands of beautifully crafted alphabetical surnames, I reached the rows for "R". I was astounded to see my Dad's grandfather, Emil Rieden, and his aunt and uncles, Bertha, Felix and Ota (actually Otto) Rieden, respectively. It was such a shock. I went weak at the knees and tears started to roll uncontrollably down

my face. When I looked around, I wasn't the only one overcome in this place.

Despite many visits to war memorials, here and around the world, it's the first time I've truly understood the sense of honour and comfort they can bring.

I spent the rest of the day in a daze, not of sadness but joy. This wasn't just Dad's city now, it felt mine, too. **AWW**

OTHER ESSENTIAL PRAGUE SITES TO VISIT

- 1. CHARLES BRIDGE** The Gothic cobbled footbridge over the majestic Vltava that connects the Old Town to the Lesser Town (Malá Strana) and features 30 Baroque statues of religious figures - and banks of painters and touristy souvenir sellers.
- 2. PRAGUE CASTLE**, the largest castle complex in the world, has been built and renovated over 12 centuries. Don't miss the Art Nouveau stained-glass windows of St Vitus Cathedral.
- 3. ST NICHOLAS CHURCH** is High Baroque with bells on. It features gold on gold, a 19th century chandelier and lush frescoes.
- 4. THE OLD TOWN SQUARE** is home to the medieval Astronomical Clock, which features the 12 apostles and other statues, including a skeleton symbolising death.

The cruise passes beautiful Bora Bora on day two.

Paradise found

Cruising to Tahiti is not just for newlyweds. Everyone falls for the laid-back culture and stunning scenery of the idyllic Society Islands, says **Sally Macmillan**.

I think I've died and gone to heaven." I hear that phrase what seems like dozens of times during a recent cruise around Tahiti's glorious Society Islands. The four-masted motor cruiser Wind Spirit is a suitably romantic vessel for a leisurely voyage in one of the world's most alluring destinations and, not surprisingly, there are several honeymooners onboard.

We embark in Papeete and as it's a small ship with an exceptionally friendly atmosphere it doesn't take long to meet fellow passengers, mostly couples ranging from their 20s to 70s. Raul, our cabin steward, introduces himself by saying he's already met my husband on deck and that he is "chatting up another woman – but don't worry, I'll look after you".

He is joking, but he certainly looks after us during the voyage and Raul's sense of fun and humour is typical of the ship's entire crew.

It doesn't take long to wind down to island time. After collecting the snorkelling kits from the marina and indulging in a lavish dinner at onboard restaurant Amphora, we are blissfully asleep by the time Wind Spirit slips away at midnight, bound for Moorea.

Picture perfect

Moorea is tiny compared to the main island of Tahiti, but its forested volcanic peaks and turquoise-blue lagoon are just as you'd picture an idyllic Pacific island. A range of watersports and hiking tours is on offer on the island as well as kayaking, swimming and lounging around on floating mats



The Wind Spirit sets sail.

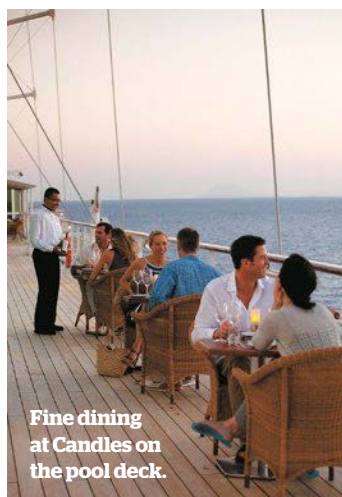
from the ship's marina platform. There's no pressure to do anything and if you prefer to explore independently, the voyage director Ana is happy to help with suggestions.

At five o'clock, all 131 passengers are gathered for sailaway. As the sails are unfurled, music from the 1992: *Conquest Of Paradise* movie soundtrack booms through the rigging, cocktails are raised and off we sail into the sunset. Literally. We spot whales off to starboard and later the November supermoon rises majestically into the night sky. Could it have been orchestrated any more perfectly?

The next morning, the ship is anchored off the "vanilla island" (referring to its fragrant crops), Taha'a, where we spend the day swimming, paddleboarding, kayaking



Take a kayak for a spin near the ship.



Fine dining at Candles on the pool deck.



Tropical fish abound in the coral reefs.

and enjoying a splendid barbecue lunch on a private island (motu). Early-risers do yoga on the beach and the spa staff set up an open-air massage area under the palm trees. Local storyteller Heimau comes onboard in the evening to share his stories of traditional village life; the entertaining 79-year-old has 19 children by five different women and still lives without electricity.

"Cocktails are raised and off we sail into the sunset. Literally."

Marine life

We also enjoy a visit from the Mamas and Papas of Raiatea, who sing, play ukuleles and drums, demonstrate how to tie pareos (wraparound skirts) and teach us how to make leis. It's this sort of touch that adds to the light-hearted holiday atmosphere on the ship – even when the weather turns stormy, it doesn't affect the upbeat mood.

A day trip with Viator at Bora Bora includes a snorkelling tour on a small boat and lunch at the famous Bloody Mary's restaurant. The weather puts the kibosh on jetskiing, but snorkelling among coral swarming with tropical fish, stopping to view manta rays gliding just below the surface and swimming with blacktip reef sharks and stingrays more than make up for

that. Having those friendly creatures nudging your legs as you stand in waist-high water is a slightly unnerving but extraordinary experience.

More feasting follows on our second day at Bora Bora. The storm clouds clear and we are ferried in local boats to a private motu for another magnificent dinner. As the sun goes down, local singers and dancers put on an incredibly energetic show – the

older performers proving age is no barrier to muscular sensuality. A truly spectacular finale of fire dances has everyone in the audience up on

their feet, clapping and cheering.

At Huahine island, we join a ship's tour on a small boat led by the fabulous Maruia. The crew sing traditional songs as we cruise around the lagoon and our day includes snorkelling, learning how to weave palm baskets, split coconuts and dance. Maruia makes *poisson cru*,

a marinated raw fish dish similar to ceviche, for lunch – hand-squeezing the coconut pulp to make milk – and we eat at tables planted in the water.

Final soirée

The cruise ends at Papeete. It's not often crew members hug you goodbye and we leave with a warm and fuzzy feeling, not to mention email addresses for new friends from around the world.

In town, there's a market that sells handicrafts, pareos and monoï (body oil) as well as fruit, vegetables and flowers. If you're looking for Tahitian pearls, there are several jewellery shops – just make sure you receive a certificate of authenticity.

Sadly, the Paul Gauguin Museum is currently closed for renovation. This is disappointing, but it has given me a new mission – to visit the artist's source of inspiration, the Marquesan island of Hiva Oa. Like many travellers, artists and writers before me, I am completely captivated by the dreamy charm of French Polynesia. **AWW**

SHIP FACTS Wind Spirit accommodates a maximum of 148 passengers in 73 oceanview staterooms and one owner's suite, plus 101 crew members. It offers two main dining rooms, dinners at the pool-deck restaurant Candles (bookings essential), spa, a lounge, a small casino, a library with books and DVDs, a hot tub and plunge pool, and a watersports marina.

BOOKINGS Windstar's Wind Spirit offers seven-day round-trip cruises from Papeete to the Society Islands starting from \$3335 per person, twin share, plus 10-day round-trip cruises from Papeete that take in the Tuamotu Islands from \$5515 per person, twin share, year-round. Phone Windstar's Australian representative Travel the World on 1300 918 411 or visit traveltheworld.com.au. For Viator excursions, visit viator.com.

Great escapes

From tropical luxury to Outback authenticity, **Sue Wallace** has all your wanderlust bases covered.



APP OF THE MONTH
Maps.Me has maps of the entire world without an internet connection after initial download.

Barefoot luxury

Fiji has long been a favourite for Aussies and now there's another enticing reason to visit. The new Kokomo Island resort, opening March 31 and located near the Kadavu island group, is a hot pick for 2017. Providing "barefoot luxury", Kokomo Island has 21 beachfront villas, each with their own pool and private garden. There's a wealth of water and land adventures for all ages on offer. Visit kokomoislandfiji.com.



NSW safari

Discover Broken Hill and beyond with Out Of The Ordinary Outback, which is offering a 20 per cent discount on a three-day Outback Exposure tour with TriState Safaris, visiting Menindee Lakes and White Cliffs Underground Motel. From \$1104 per person, twin share. Visit outoftheordinaryoutback.com.au.

BIG GIRLS' ADVENTURES

Want to trek to Everest Base Camp, climb Mt Kilimanjaro, Africa's highest peak, or hike the ruins of Machu Picchu? World Expeditions offers an exciting range of active travel adventures for women only, with 21 small-group tours to choose from. Visit worldexpeditions.com.au.



Fido on tour

DOGS' HOLIDAY

Can't bear to leave your pooch behind? Best Friend Holiday Retreat is a boutique holiday park specially designed for people holidaying with their dogs. The Gippsland park has cabins and camping or caravan sites, all individually fenced, plus spacious off-leash areas and dog-friendly play equipment. Visit bestfriend.net.au.



Free by Segway

WHEELY FUN

A new Segway tour is a fun way to discover the charm of Fremantle, known as Perth's port city. Keen guides will retell stories of Fremantle's shipwrecks, famous pioneers and early settlers, while pointing out historic 19th century landmarks. Tour prices start from \$89 per adult. Visit segwaytours.com.au.



Lovers' escape

SUMMER ROMANCE

After a romantic getaway? Balgownie Estate Vineyard Resort & Spa in Victoria's Yarra Valley has a Summer Indulgence Package from \$340 twin share, including one night's stay in a luxury spa suite, a bottle of Balgownie Estate Cuvee and a two-course dinner for two. Available Sunday to Thursday only, until February 28, 2017. Visit balgownieestate.com.au.

Don't miss

Eat like a queen on board the Australian summer-based Princess superliners, Emerald Princess and Sun Princess, featuring Melbourne-born chef Curtis Stone's new SHARE restaurants. King crab leg baked with lemon grass and decadent toffee cheesecake are menu highlights. The Emerald Princess and Sun Princess are cruising Australian waters until April. Visit princess.com.

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*Fares are based on per person, twin share accommodation in lead interior stateroom on Southeast Asia itinerary departing Singapore on 2 December, 2017.
Other Terms & Conditions Apply. See princess.com/printoffer for more information.

What's On

The must-see shows, movies, events and exhibitions.

A WHITE NIGHT ON THE TOWN

Melbourne has pioneered Australia's contribution to the *Nuit Blanche* (White Night) world phenomenon, in which cities turn into all-night galleries, and this year Ballarat is lighting up, too. Melbourne's dusk-to-dawn celebration of all things cultural takes place on Saturday, February 18 and Ballarat's on March 4. Visit whitenightmelbourne.com.au and whitenightballarat.com.au.

Objects of historic desire

Lovers of classic and elegant contemporary design will enjoy *The Language of Ornament* at the National Gallery of Victoria in Melbourne. The exhibits range from an 1897 vase from Florence to a Rose of Africa decorative glass bowl donated by Queen Margrethe II of Denmark (both pictured). Opens February 24. Visit ngv.vic.gov.au.



DOWN TO THE GARDEN

At this time of the year, Adelaide locals venture into The Garden of Unearthly Delights to gorge on good food and entertainment. The 2017 edition features more than 100 cabaret, comedy, music and variety shows across 13 venues, from February 16 to March 19. Among the performers are Betty Grumble (right) and Leo Sayer. Visit gardenofunearthlydelights.com.au.



GOING AWAY

One of the classics of modern Australian theatre, Michael Gow's *Away*, is getting spruced up for 2017 in a co-production between the Sydney Theatre Company, on February 18 to March 25, and Melbourne's Malthouse Theatre, May 3-28. Heather Mitchell (left), Natasha Herbert and Julia Davis play the three mothers trying to put on a brave face as they grapple with family tragedies and dilemmas while on their summer holidays. Visit sydneytheatre.com.au and malthousetheatre.com.au.



Don't miss

JUKEBOX JIVE Their *Jukebox II* album shot to No. 1 in the Australian charts, now Human Nature are doing the Ultimate Jukebox Tour of Australia. It starts at the Geelong Arena on February 2, then goes to Melbourne, Hobart, Adelaide, Canberra, Sydney, Brisbane, Newcastle, the Gold Coast and Perth. Visit humannaturelive.com.

AT THE MOVIES



LOVING

It has all the tension and drama of a Cold War spy movie, but the only subterfuge Richard Loving (Joel Edgerton) and Mildred (Ruth Negga, both above) have committed is defying Virginia's state ban on interracial marriage. Their battle for justice becomes a landmark in US civil-rights history. Superbly acted and utterly riveting. *Opens March 9.*



xXx: THE RETURN OF XANDER CAGE

Toni Collette (above) adds punch to the latest in the xXx series, playing a Secret Service agent tasked with luring Xander Cage (Vin Diesel) out of his cage to retrieve Pandora's Box, a ghastly weapon that's in the wrong hands. Fellow Australian Ruby Rose has a key role fighting the forces of evil alongside them. *In cinemas now.*



HIDDEN FIGURES

A tribute "to women who wear glasses", this is the uplifting and untold story of the brilliant black women who were the brains behind NASA's bid in 1962 to send astronaut John Glenn into orbit. Taraji P. Henson (above left) stars as Katherine Johnson, Oscar winner Octavia Spencer (above right) is Dorothy Vaughan. *Opens February 16.*

AMONG THE ELEMENTS

The most streamed classical artist of the digital era, Italian pianist and composer Ludovico Einaudi (below), is on a sell-out world tour promoting his latest album, *Elements*. Catch "the master of atmospherica" in Adelaide February 8, Brisbane on the 10th, Perth the 13th, Melbourne the 14th and Sydney on the 15th and 19th. Visit ludovicoeinaudi.com.



MAY THE FARCE BE WITH YOU

It's been a smash hit in London's West End and now *The Play That Goes Wrong* – in which hopeless would-be thespians try to stage a 1920s murder mystery – will go delightfully awry around Australia. Logie Award winner

Brooke Satchwell (left) leads the Australian cast on its four-month tour, starting at Melbourne's Comedy Theatre, February 22 to March 12, then Adelaide from March 28, Sydney from April 5, Canberra from April 25, Brisbane from May 4 and Perth from May 31. Visit theplaythatgoeswrong.com.au.



DVD
release
of the
month

Fans of *Upper Middle Bogan*, the 2016 AACTA award winner for best TV comedy, can rejoice – the Complete Series 1-3 are now available in a box set. The six-disc package contains 24 episodes plus bloopers and deleted scenes.

Art in motion

The Perth International Arts Festival is celebrating its 65th year and with more than 700 local and international artists descending on the city, there is something for everyone – writers and film festivals, theatre, dance and music of all sorts. Among the top acts performing are Nouveau Cirque du Vietnam (pictured). From February 10 to March 5. Visit perthfestival.com.au.





On TV
from
February
26

The housewives of *Sydney*

[Reality TV]

Bling it on -
Sydney's Real
Housewives, from
left, Melissa Tkautz,
Nicole O'Neil,
AthenaX Levandi,
Krissy Marsh, Lisa
Oldfield, Matty
Samael and
Victoria Rees.



HAIR AND MAKEUP BY CHRIS COONROD, ISABELLA SCHMID, NICOLEA JOHNSON
AND KELLY TAPPE. THESE IMAGES HAVE BEEN RETOUCHEE.

They're bossy, brassy and Botoxed - and soon to take over our lounge rooms.
Melissa Field shoots the breeze with the first Real Housewives of Sydney.

PHOTOGRAPHY ● NICK SCOTT STYLING ● JACKIE SHAW & BIANCA LANE



THE BEAUTICIAN

Matty Samaei, 43

Iranian-born beautician known as “the queen of Double Bay”. Engaged to partner Michael, mum to daughters Sahara, nine and Paris, seven.

“If you’ve had Botox in Sydney, you’ve probably been treated by me at least once.”

They’ve come to blows, some swear like navvies and one housewife has even accused another of throwing a sex toy “during a girls’ lunch”. Welcome to the wild, uncensored and – at times, unedifying – world of the *Real Housewives of Sydney*, which looks set to become (for some) the latest in guilty-pleasure, must-see, watercooler TV.

“Did I call some of the other girls malevolent molls on Instagram? Absolutely. That was sparked by some of the most appalling actions I’ve ever seen at a social event,” says the controversial, no-filter housewife, Lisa Oldfield. “I’ll call out bad behaviour wherever and whenever I see it, no matter who you are. If some of the other housewives – and, by the way, I do think there’s one too many,

no names – but if the others are too precious to handle criticism, they shouldn’t be here.” A genteel, CWA meet of a show, this is not.

So who are the *Real Housewives*? Joining Lisa among the cast is jewellery maven AthenaX Levendi. Then there’s beautician-to-the-A-List Matty Samaei. Many readers will know blonde bombshell Melissa Tkautz from her *E Street* and pop star career days. Pragmatic divorcee Victoria Rees, softly spoken former Miss Australia Nicole O’Neil and the sunny-natured model-turned-real-estate mogul Krissy Marsh make up the rest of the Botoxed and Birkin-bag toting crew.

(“Have I had a little work before filming? Of course, darling!” says Matty with a laughter-line-free smile.)

With old-name families, lucrative businesses and, most importantly,

reputations to uphold, why have the well-connected Sydney housewives opted to lay their undeniably glamorous lives bare?

Melissa’s taken a practical approach. “I’ve been in the industry for a very long time, but I’ve never done reality TV,” she says. “The way things are now, if you want to work and be current, you have to do reality TV.”

The “spiritual and eccentric” AthenaX admits she’s keen on the limelight. “I’ve always loved the arts and creativity and, as a personal challenge, this intrigued me. I’ve always wanted to be something in entertainment.”

Victoria, though, took some convincing. “Krissy is an old friend and she asked me to do it,” she says. “At first, I said, ‘No, you’re out of your mind.’ But then she said, ‘Why not? You’ve just got divorced and you’re sitting at home doing nothing!’ I wasn’t quite doing nothing, I had just launched my beauty business Wrinkles Schminkles, but then I thought, ‘Why not?’”

The socialites have been cast/pitted against one another in the *Real Housewives of Sydney*. It’s the latest branch of the hugely successful reality TV franchise. Nine versions air in the US, alone, as well as nine (including Sydney) international instalments.

The 10 one-hour episodes of the first season will begin on February 26 as a companion to the *Real Housewives of Melbourne*, which has completed three successful seasons. But, if you think the Melbourne ladies – who include the impossibly glamorous barrister Gina Liano among their number – are out-there, the Harbour City girls plan on giving their southern sisters a run for their money.

“Please. Sydney is the Emerald City;

THIS PAGE: MATTY WEARS AE/L’KEMI DRESS, ALAN PINKUS SHOES AND SUNNYLIFE INFLATABLE POOL RING. OPPOSITE: LISA WEARS WHEELS & DOLLBABY DRESS, ALAN PINKUS HEELS AND CHRISTIE NICOLAIDES EARRINGS. ATHENA WEARS OWN CLOTHES.



THE PROVOCATEUR (on the left)

Lisa Oldfield, 41

Wife of former One Nation politician, David Oldfield; businesswoman, mum of two sons, Harry, six, and Burt, four.

"I'm bringing the comic relief - but I don't sugar-coat anything."

THE ARTIST

AthenaX Levendi, 41

Australian-born, Athens-raised jewellery designer and artist, married to husband Panos and mother of three, sons Alexander, 16, Pavlos, 12, and daughter Myrella, nine.

"I'm no cookie-cutter housewife. I'm eccentric and I've got a temper."

it's international, so it makes sense to base a version of *Real Housewives* here," says Lisa. "I've made some jokey gibes about Melbourne being an also-ran, but their housewives don't like it. Gamble (Breaux) took offence and said she had mops with a better head than mine and that she'd never heard of me.

I replied (via social media) that I don't do my own mopping, so I wouldn't know what one looked like - and that she wouldn't have heard

of me, because I made my name in the boardroom and she made hers in the bedroom. Clearly, those girls are rattled! Don't bring a knife to a gunfight!"

Not all the housewives are quite as confrontational. The statuesque Krissy, whom Matty describes as

being the "mother hen" of the group, says she's been horrified by some of the behaviour on set. "I've had a sex toy thrown at me," she says. "Athena threw a drink - meant for Victoria - over me. Thank God I was wearing my beautiful black Stella McCartney outfit, so no stains. Frankly, I've been

backbiting. "Hopefully, you'll get to see that we all work, we all have families we love dearly, and despite how lucky we are in how we live, we share common problems with other women too - like worries about our kids, our health and juggling work and family life. That's what makes the

Housewives franchises so watchable and relatable," she says.

Melissa Tkautz says that, while the on-set drama might not be pretty, it serves a purpose. "If you put

seven strong women around a table together, they're going to have opinions," she says. "If we sat around nodding in agreement, there'd be no show. It's escapism and entertainment."

Despite the drama, all the *Housewives* are active on the charity social scene. »

"I've been horrified by some of the behaviour on the set."

gobsmacked." Her old family friend Nicole O'Neil agrees. "My daughters are at a very impressionable age (they're 12 and nine), so I don't think I'll let them watch every episode," she says. However, she adds, the show isn't entirely made up of bitching and



THE ACTRESS (above)

Melissa Tkautz, 42

Actress, model, singer and mum to daughter Ayla, six, and Cuba, three. Married to a husband she prefers not to name.

"I'm actually quiet and introverted, so becoming a Housewife is daunting. I cried when I signed the contract. I was so scared."

The night before *The Weekly* met the ladies on a scorching Sydney summer's day, they'd all attended a Cure Brain Cancer Foundation event.

"Krissy and Nicole pulled it together in just five weeks and Melissa sang and was just divine," says Victoria. "We're all very different and some of us haven't known each other for long, but

we'll unite for the important things." Nicole adds, "It's very important to give back when you've been as fortunate in life as we have."

The Housewives also support one another personally, too. "I had spinal surgery three months ago," says Lisa. "I've had that many skiing and horseriding accidents, which have caused degradation of my vertebrae. It was a big operation, but when I came around, Athena and Matty were there. We'd only just started filming and I didn't know them that well at the time, but it was lovely they came to see me."

On a slightly less relatable – but entertaining – note, Athena has also used her meditative powers to help Lisa locate some lost jewellery.

"It was a brand new, \$70,000 black and white diamond bracelet and I'd

torn the place apart looking for it," says Lisa. "David [her husband] was going mad at me, yelling 'why don't you ever put your jewellery in the safe!' I was at my wits' end, so I asked Athena to meditate on where it could be. A few hours later, she calls me and says, 'It's in your house in a white container'. Sure enough, when I looked again in my white laundry hamper, there it was, caught up in a pair of stockings. It was insane! Athena is eclectic, esoteric and just amazing. We've become very good friends."

The Real Housewives of Sydney like to laugh, too. Matty's catchphrase "fully booked", in her lilting Persian accent, has already caught on among the ladies and is used tongue-in-cheek, to describe their crazy, busy lives. Krissy regales *The Weekly* with a story



THE ENTREPRENEUR (on the left)

Victoria Rees, 52

Divorcee mum of one to son Austin, 12, this former interior designer has just launched an anti-ageing beauty product.

"I'll be friends with some of the girls for life after this."

THE PARTY PLANNER

Nicole O'Neil, 38

A former Miss Australia (2002), this softly spoken events guru is married to husband Adam and has two daughters Nawal, 12, and Neve, nine.

"I'm very confident in who I am as a person and I live to be the example I want my girls to follow."

about her, as she describes them, less-than-attractive pet poodles, who are fluent in Cantonese. "They're redheads with overbites and I stupidly called them Bondi and Bronte when we were living in Shanghai," she says. "It was cute in China, not so much when I'm yelling out to them on Bondi Beach. I have to yell at them to hurry up in Cantonese, though, because that's what they understand. Chinese tourists think I'm yelling at them!"

Should you be interested, it's possible to follow Krissy's dogs on Instagram, where they have their own account, @bondiandbronte. Their bio reads: "We're two dogs from China now living it up in Double Bay around fast cars, awesome people and our great owners." Such is the world of a Real Housewife. "I love Instagram," gushes Krissy. "I



THE MODEL MUM (above)

Krissy Marsh, 46

The Brisbane born ex-model speaks fluent Cantonese and recently sold her real estate business. Married to husband Billy, she has three children; sons Billy, 13, and Nicco, 11, and a daughter, "my princess", Milana, eight.

"I've already had a drink thrown over me during filming."

love that I can share my life as it's happening with family and friends around the world. It's all a bit of fun and that's also why I'm doing this show. I thought, I'm 46, at best my life's half

over, so what have I got to lose? If the show – and anything I can bring to it – makes people smile, then I'm happy."

The Real Housewives – from anywhere – TV show might not be for everyone. As Lisa describes it, "It's entertainment; we're not saving lives," but, as fun, frothy and sometimes fiercely provocative escapism goes, it's hard to beat. The Sydney ladies all say they'd be keen to sign on for season two – and beyond – in a heartbeat.

"I'm losing money by taking the time away from work to do this," says Lisa, with her typical forthrightness. "But I'd hate to miss out, too. It's been a wild ride, but I'd definitely come back for more." **AWW**

Bank of Mum and Dad

It's tough for young people to enter the housing market. *Money* magazine founding editor **Pam Walkley** looks at the best ways parents can help.

Young adults are finding it increasingly difficult to embrace the great Australian dream of home ownership. House price rises in our major cities are well and truly outpacing wages growth. Forty years ago, the proportion of median family income needed to meet average loan repayments was between 10 and 15 per cent. Now, according to the Real Estate Institute of Australia, that figure is more than 30 per cent – that's with interest rates at record lows and it will grow as rates rise.

Investment property pitfalls

With most parents wanting to see their kids get ahead, it's hardly surprising that a 2015 survey by REST Industry Super found that one in three retirees in Sydney, Melbourne and Perth and one in five in Brisbane and Adelaide were looking to give their adult kids money to help them get onto the property ladder.

Even Prime Minister Malcolm Turnbull, responding to criticism that this year's federal budget had no measures to help struggling first home buyers, said wealthy parents should "shell out" for their children's houses.

In October, John Fraser, Secretary to the Treasury, also warned that young people are increasingly having to rely on the "bank of Mum and Dad" to buy property. Yet not many parents can afford to buy houses for their children.

Some let their kids rent investment properties at below market rent. The disadvantages are you'll have to pay land tax and since you aren't charging market rent, the tax deductibility of your expenses is limited.



“
By going guarantor, you increase your child's borrowing capacity.”



Alternative solutions

There are other, less costly ways to help your kids get on the real estate ladder.

One of the most popular ways, as shown in the REST Industry Super survey, is to give your children money towards a deposit or to cover the entire deposit. A disadvantage is that it's not easy to get the money back if you need it later. And if your child splits with their partner, some of your gift will end up in the ex's pocket. If you structure this as a loan, it gives you more protection (see below).

Another way is to act as a guarantor over part of the loan amount, using the equity in your own home or investment properties. This also means you don't have to outlay any cash. By going guarantor, you increase your child's borrowing capacity, remove the need for a lengthy period of saving for a deposit or having costly lenders' mortgage insurance (usually required if your child is borrowing more than 80 per cent of the property's value). Banks will generally do guarantor loans up to 20 per cent of the mortgage value and some also cover buying costs, such as stamp duty.

The risk is that if your child defaults, the banks can pursue you for up to 20 per cent of the loan amount. And if you can't cover it, the bank can sell your home to recover their costs.

You could also help the kids by buying a property with one or more of them. This could be a way to invest spare funds and although you won't get the full benefits of being a landlord, you'll get your share of the growth in the property's value.

If you do help your kids get onto the property ladder, make sure the deal is fully documented. **AWW**

A loan, not a gift

- Lending your child money can be a better option than gifting it. You can do this through an unregistered loan secured by the property and specify the amount lent, interest and repayment date, which can be rolled over.
- You can also specify that if your child and their partner break-up, the property is sold, your loan is repaid and each partner gets back their share of the deposit before the remainder of the proceeds is split between them. This protects you and your child.
- If you wish, your will can include a clause forgiving the loan in the event of your death.

Your future **YOUR WAY**

*Are you worried about your super and how it will affect your life to come?
REST Industry Super has some great advice to help you plan the future.*

Is it time to be thinking about my retirement?

There's never a bad time to plan for your future, but if you're looking at your super balance and feeling nervous, there are steps you can take.

TOP TIPS ON HOW TO MAKE YOUR SUPER LAST

1 Consider a transition-to-retirement strategy If you're still working, a TTR strategy can help you ease into retirement by using some of your super as an income stream, which can also have tax benefits.

2 Rethink investment choices Whether you're planning for or already in retirement, make sure your investments match your financial goals, personal time-frames and appetite for risk.



3 Maximise Centrelink entitlements The benefits you're entitled to will affect how much super you need to draw on to supplement your income, so do the research.

4 Prepare your budget Having a plan is the best way to ensure you're getting the most from your situation and remaining in control of your financial future.

5 Keep an eye on changes The federal government recently passed significant changes to superannuation. Find out how they affect you.

Did you know?

*More than
62 per cent of REST
members are women.*

Karen Brennan, 52, currently lives in Newcastle, NSW, with her husband. She has two children, aged 25 and 21, and has spent many years planning for her future.

TELL US ABOUT YOUR SUPERANNUATION JOURNEY. When I was younger, super wasn't compulsory, but I was quite lucky because my employer made voluntary contributions. In the early '90s, after 15 years of work, I withdrew my super to buy a small business with my husband. For the next 10 years, we made contributions to keep our retirement fund

on track. When we sold our business, much of the proceeds went into our respective super funds as non-concessional contributions. I went back to study and now work full-time. **HOW DO YOU FEEL ABOUT YOUR FINANCIAL FUTURE?** My husband and I feel quite at ease about our retirement. We are a few years off paying our mortgage,

our super balance is healthy and we'll be even more comfortable once we sell our house. Any proceeds left over from downsizing will be invested in the property market to help our children. Our eldest daughter has moved out and our son recently graduated and started working full-time, so ideally, we'd like to help both of them.

For more information on superannuation and retirement planning, visit **rest.com.au** or call **1300 300 778**.



THE AUSTRALIAN Women's Weekly

Beautiful NEW BOOKS FOR YOUR COLLECTION



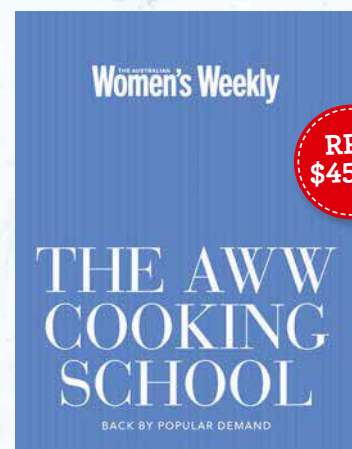
RRP
\$29.99

There's nothing better in the summer time than entertaining outdoors, so heat up the barbie and start your cooking.



RRP
\$49.99

This book is your Golden Ticket to create fantastical desserts like Willy Wonka, with recipes for all things sweet.



RRP
\$45.00

Learn to cook with step-by-step instructions and fail-safe recipes from the Australian Woman's Weekly.



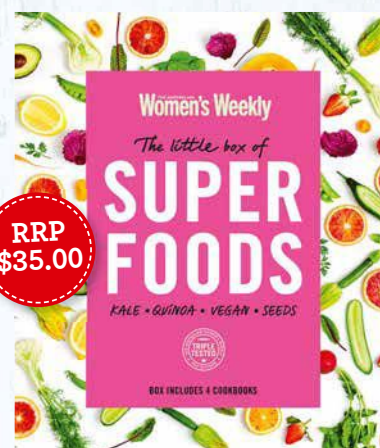
RRP
\$45.00

A collection of our super food recipes, this book is full of hints for good health and eating right, proving that food can be both delicious and good for you.



RRP
\$34.99

With our colourful recipes we'll show you how to incorporate a rainbow of healthy ingredients into your diet, for their wide variety of nutritional benefits.



RRP
\$35.00

A fabulous boxset of 4 mini cookbooks, each with their own healthy spin, including a book of recipes for kale, quinoa, seeds and vegan foods.



AVAILABLE WHERE ALL GOOD BOOKS ARE SOLD
AND AT WWW.MAGSHOP.COM.AU/AWW-COOKBOOKS
OR CONTACT 136 116 TO ORDER

THE AUSTRALIAN Women's Weekly Puzzles

compiled by Elizabeth Kelly

Find A Word

E	Y	E	S	R	E	G	I	T	O	D	I	R	E	P
I	L	U	Z	A	L	S	I	P	A	L	E	T	Y	A
A	T	E	N	R	A	G	N	O	E	D	T	R	V	C
E	Q	U	N	G	H	A	P	T	A	E	I	E	R	H
N	R	U	A	I	I	A	I	J	T	T	N	F	H	A
O	D	T	A	D	L	N	E	I	E	T	A	L	O	L
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A	E	T	I	H	C	A	L	A	M	L	Y	R	E	B
A	M	E	T	H	Y	S	T	A	Z	U	R	I	T	E

We've hidden a collection of gemstone names in the grid above. They can be spelt across, down, diagonally, backwards or forwards, but are always in a straight line. When you have found all the words listed below, you should have nine letters left over, and these spell the winning word. When you have the winning word, see the instructions at the bottom of the page for your chance to win \$100.

Solution in next month's issue.

AGATE
ALEXANDRITE
AMBER
AMETHYST
AQUAMARINE
AVENTURINE
AZURITE
BERYL
CARNELIAN
CHALCEDONY
CORAL

DIAMOND
FELDSPAR
FLUORITE
GARNET
HAEMATITE
JADE
LAPIS LAZULI
MALACHITE
MOONSTONE
MORGANITE
OBSIDIAN

OPAL
PERIDOT
PYRITE
RHODONITE
RUBY
TIGER'S EYE
TITANITE
TOPAZ
TOURMALINE

WIN 5 x \$100 When you have the winning answer, **SMS** your answer, name and address to **199 55 399**. SMS cost 0.55c (incl GST). Or **PHONE** and leave your answer, name, address and daytime phone number by calling **1902 555 399**. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. The first five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 22, 2017. Draw date and time: 12:00pm AEST on February 23, 2017. See page 213 for details of Conditions of Entry.

Easy Crossword

1	2		3	4		5		6	7		8	
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27									28			
						29						
30										31		

ACROSS

- Camping shelters
- Tally
- Musical concert, piano -
- Ancient ruler, Alexander the -
- Clear, a - mind
- Gun
- Made into a statute
- Adult males
- Not working, lying -
- Longing, - for
- Locations
- Song, *Pennies from -*
- Prima donna
- Bitumen

- Least possible, the - amount
- Worth, on its own -
- Senior member, tribal -
- Bread-rising agent
- Riding seats
- Customary
- Robbed, - from

DOWN

- Message, run an -
- Catalepsy
- Become firm
- Very bright, - colour
- Sets out briskly
- Aid to detection

- Attacker
- Plant secretion
- Number in an octet
- Sacrificial table
- Musical note
- Himalayan country
- Withdrawal from bank
- More than a few
- Raptors
- Absorb food
- Feudatory tenant
- Looks after
- Table-shaped hill
- Agree, say -

Solution in next month's issue.

WIN 5 x \$100 When you complete the crossword, the letters on the shaded squares, reading left to right, top to bottom, will spell the winning word. When you have it, **SMS** your answer, name and address to **199 55 601**. SMS cost 0.55c (incl GST). Or **PHONE** and leave your answer, name, address and daytime phone number by calling **1902 555 601**. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. The first five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 22, 2017. Draw date and time: 12:00pm AEST on February 23, 2017. See page 213 for details of Conditions of Entry.

The Colossus

COMPILED BY CHRISTINE LOVATT

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255										256	257				258						259						
										260						261											
262											263							264									

ACROSS

1. Castle moat crossing
 6. Masculine and feminine
 10. TV transmissions
 16. Lamb's father
 17. Choose, - for
 19. Become threadbare (4,3)
 20. Shantytown
 21. Hindu teacher
 22. Wander leisurely
 23. Cons
 26. Giant of legend
 28. Balanced
 30. CDs, compact -
 31. Flagon, wine -
 33. Tour leader
 35. Partake of alcohol
 37. Soup tin, eg
 38. Flipped around, vice -
 39. AV, - visual
 41. Smudge
 43. California's - Diego
 44. Operates, - machinery
 45. Helicopter blade
 46. Japanese robes
 48. Roman VII
 50. Grew old
 51. Consumed, was -
 52. Pronunciation defect
 53. Possessed
 55. Resist authority
 57. Brine (3,5)
 60. Conscripts (5,2)
 62. Sprinted
 64. Better quality
 67. Coloured part of eye
 68. German river
 69. Curly-horned goat
 71. Docile
 72. Attached outbuilding (4-2)
 74. Is scared of
 75. Bathtub grime
 77. Equivalent
 79. Laden
 82. Yuck!
 83. Preserves, retains
 85. Catch in the act
 87. Stitch roughly
 89. Non-com (1,1,1)
 90. Unopened blooms
 91. Slays
 92. Circle portion
 94. Sketched
 96. Garden shack
 98. Cowl
 99. Carol, *Silver* -
 100. Norwegian inlet
 102. Swedish car brand
 104. Shrek is one
 106. Captivates
 107. Epidemics
 109. Tethered
 111. Injection device
 112. Details, - and outs
 113. 365 days
 114. Skeleton image (1-3)
 116. Installed, - a carpet
 118. Pilfered
 119. Guzzle drink
 121. Sow's mate
 123. Philosopher, - Marx
 125. Astronaut, - Armstrong
 127. Whichever, - of them
 128. Pounced, - on
 130. Platter
 132. Picnic blanket
 134. Cambodia's neighbour
 136. Careless
 137. Idle chatter
 139. Click, - fingers
 140. Whisky nip
 141. Accelerates, - speed
 143. Bid at auction
 145. Hairpin
 147. Liqueur, - Maria
 148. Right away (1,1,1,1)
 149. Attic
 150. Holy statue
 152. Renowned
 154. Shout
 156. Streetcar
 158. Attila's followers
 159. Historical periods
 161. Babble
 163. Declared
 165. Bar accounts
 167. Wisecracks
 169. Does not indulge in alcohol, is -
 171. Curry bread
 173. Listening intently (3,4)
 175. Enliven
 177. More recent, later
 179. Crowd brawl
 181. Creepy, uncanny
 182. Illegally help
 183. Book, *A - Like Alice*
 185. Smooth and glossy
 187. Carpentry tools
 189. Fleck
 190. Temperate
 191. Facts and figures
 192. Yes vote
 194. Scrapes, - knee
 196. That bloke
 197. Entomb, inter
 198. Belonging to us
 199. Record player needle
 202. Scissor-cuts
 204. Mosquito barriers
 205. Ships' diaries
 206. Eyesight
 208. By mouth, - history
 210. Casserole-like dishes
 212. Baby's aprons
 213. Chivalrous man, a real - (abbrev)
 214. Mesmerising
 216. Vending-machine aperture
 217. Coaches, - team
 219. Repair room
 221. Cavalry weapon
 223. Amount borrowed
 225. Rodent
 226. Footpath edges
 227. Fiji's capital
 230. Poor
 232. Gratifies
 235. Groups of thugs
 236. Black-white mix
 238. From the menu, - - carte (1,2)
 240. Type of beer
 242. Seoul is there, South -
 243. Multitude, crowd
 244. Fish eggs
 245. Provoke, - violence
 246. Copper or iron
 247. Crooner, - King Cole
 248. Cautious
 249. Fast water scooter (3,3)
 251. Finish in front
 253. Connect to the internet (3,2)
 255. Nimble
 256. Prison
 258. Pilot's code for Z
 259. Escapologist, Harry -
 260. Psychic ability (1,1,1)
 261. Foot digit
 262. Stability
 263. Pagan
 264. UK temperature scale
 46. Pottery ovens
 47. Indian dress
 49. Himalayan country
 51. This planet
 52. Dens
 54. Sponges lightly
 56. Citrus fruit
 58. Supplement, - out
 59. Plane parts
 60. Fellows
 61. Pummel
 63. Tidy
 65. Arrive at
 66. Type of poem
 68. Staggers
 70. Christmas (abbrev)
 72. Tossed
 73. Brazenness
 74. Chops down, - trees
 76. Spoils
 78. Reflected sound
 80. Dead as a -
 81. Avoided
 83. Highland garments
 84. Nickname for alcoholic beverages
 86. Rhythm
 88. Barrels
 91. Doghouses
 92. Not quite closed
 93. Vital point
 95. Long mournful cry
 97. Parched
 99. Defendant's bond money
 100. Tent opening, eg
 101. Kentucky horse race
 103. Duck's bill
 105. Poetic name for Ireland
 107. Bombard
 108. Brazil's - Paulo
 110. Radio knob
 113. Nickname for affluent young professionals
 115. Enclosures
 117. Mythical flying reptiles
 118. Extinguish, - out
 119. Merrily
 120. Characteristic
 122. In the countryside, a - area
 124. Lolls
 126. Nigeria's principal port
 129. Computer key
 130. Explosive (1,1,1)
 131. Separate, pull -
 133. Chasm
 135. Occupy chair
 137. Precious stone
 138. US Portland state
 142. Lancelot's title
 144. Dwindle (4,4)
 146. Scheme
 148. Saunter
 149. Hauls with effort
 151. Squid
 153. Calendar entries
 155. Fibber
 157. Top credit rating (1,1,1)
 158. Mad as a March -
 159. Departure
 160. Prestige
 162. Bellows
 164. Speaker's platform
 166. Toboggan
 167. Manner of walking
 168. Stay
 170. Onion relatives
 172. Biblical ark builder
 174. Greek Cupid
 175. Skilfully
 176. Bushranger, - Kelly
 178. Bridle straps
 180. Identical, - brother
 182. Voices publicly
 184. Stockings fibre
 186. Works with wool and needles
 188. Refine ore by heat
 190. Jumbo cups
 191. Brushes, - off
 193. European coins
 195. Witch's hex
 197. Nods, - head
 198. Hog's grunts
 200. Old form of "your"
 201. Lucifer
 203. Dive down, - on
 205. Fluff
 206. Doing words
 207. Negotiable (1,1,1)
 209. Written defamation
 211. Plant stem
 212. Favouritism
 213. Ravine
 214. Infirmarys
 215. Top of the milk
 218. Zone
 219. Peter Pan's friend
 222. Atomic scientist, eg
 222. Sideways
 224. Illuminating gas
 226. Tolstoy novel, *Anna* -
 228. Serum
 229. Boxing legend, Muhammad -
 231. Abominable
 231. Snowman
 233. Fine horse breed
 234. Complete collection
 235. 60s pop dance (2-2)
 236. Procured
 237. Breathe
 239. Be present at
 241. Scope
 243. Dutch city, The -
 244. Come back
 248. Punctuation mark
 250. Church song
 252. Pontiff
 253. Ancient guitar
 254. Sear, singe
 257. Fire residue


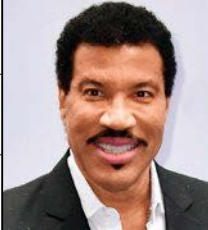
Solution in next month's issue.

Insider

WIN 5 x \$100

The clues for this puzzle are all within the grid itself. Write your answers in the direction shown by each arrow. When you have finished, the letters on the shaded squares will spell the winning word. When you have this, **SMS** your answer, name and address to **199 55 804**. SMS cost 0.55c (incl GST). Or **PHONE** and leave your answer, name, address and daytime phone number by calling **1902 555 804**. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. The first five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 22, 2017. Draw date and time: 12:00 AEST on February 23, 2017. See the Conditions of Entry on opposite page.

Solution in next month's issue.

		Paired Our star: - Streisand	On a boat, eg Part in play, eg	Over- taking	Bliss, ecstasy	Urge, get an -	Acorn tree	Damp Australian State leader
		Also, in addition		Bashful	Bottom edge of dress	Sulk, be gloomy		
Settee	Come first in race	Proviso in contract				Noble title		Other- wise, or -
Argue, bicker		Them, him & - Molten rock		Force Very tiny amount		Pastry snack		
							Us, you and - Pair, duo	
Dossier Maple- leaf country			Caco- phony Concern- ing		Ingrain in mind Prop- ortion			
				Cruel fairy tale giant			Sheep mothers Went by horse	
Spud	Petrol carrier, - tanker	Earl Grey drink	Gamble Foot digit		Exercise, tail -	Tavern, pub	Mineral source No score	
				Movie director's call				
That is (1,1) -Venus or Mars		Hidden, - of sight			A language of India			
				Our star, -Richie				
								

REX/SHUTTERSTOCK AUSPAC MEDIA: GEORGE WEBSTER.

Clueless

22	5	14	11	15	9	18	8	4	4	13		1	15	17
3		15		6		15				5		17		14
18	3	9	24	2		15	10	15	9	25	15	14	7	13
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3		24	4	15	11	25	15		24	2	3	7	12	24
25		4			8		4		12			5		3
24	2	13	4	15	24		18	5	24	24	3	4		4
17				17	2	15		1		19		4		13
22	3	11	15	9		7	17	1	2	8	9	15	11	
		9		14		26		9		15		7		13
2	26	15	9	15	18	5	9	15		15	6	2	9	17
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1	2	3	4	5	6	7	8	9	10	11	12	13
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N												

19	8	17	9	2	21
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Solution in next month's issue.

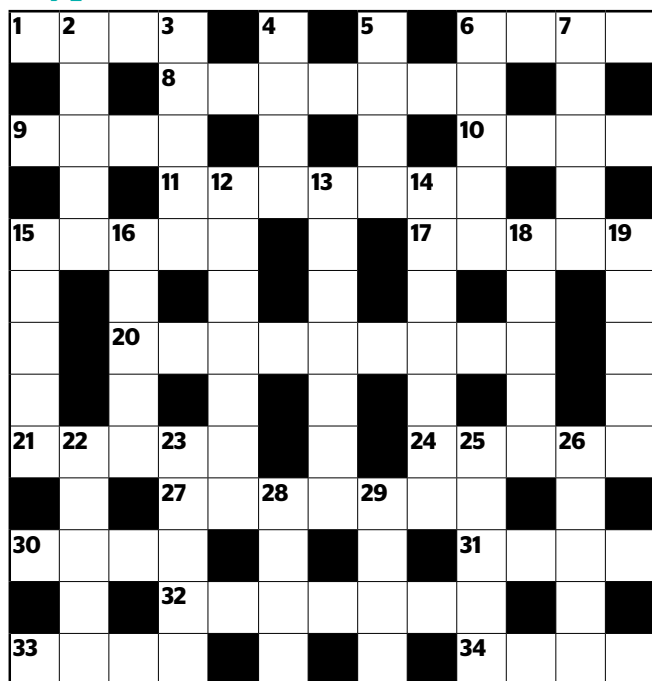
WIN 5 x \$100

In this puzzle, each letter of the alphabet is represented by a number from one to 26. We've put in three numbers and their corresponding letters in the top panel. Fill this in as you go, then use your letters to fill in the squares below the panel to get your winning word. When you have this, **SMS** your answer, name and address to **199 66 444**. SMS cost 0.55c (incl GST). Or **PHONE** and leave your answer, name, address and daytime phone number by calling **1902 552 401**. Call cost 0.55c incl. GST. Calls from mobiles cost extra. Salmat Digital Pty Ltd. Helpline: 1300 131 276. Under 18s must seek bill payer's permission. The first five correct entries drawn will each win \$100 cash. Entries close 23:59 AEST on February 22, 2017. Draw date and time: 12:00pm AEST on February 23, 2017. See the Conditions of Entry on opposite page.



Looking for more great puzzles? Then make sure you get hold of the new AWW Puzzle Book 36. On sale from February 6, at \$9.95, it's packed with crosswords, clueless, find a words, cryptics, quizzes and more, plus hundreds of great prizes!

Cryptic Crossword



ACROSS

1. Lou's innermost being (4)
6. I get a lad to tell me the time (4)

8. Agate - it somehow can really cause a stir when spotted within (7)

9. Some attention is given to the camper (4)
10. Dreamed of being in such a lot of paper (4)
11. In the meantime put him down (7)
15. Principal state of the Union? (5)
17. Point to the ears and the nostrils (5)
20. Meant to be at one with such a suppression (9)
21. Make amends or get no tea (5)
24. Besides, it's mainly for the teams (5)
27. Dad stays here and has stuck with it (7)
30. Left dry after 29. Down (4)
31. Mostly spill with that speech problem (4)
32. Aiming to go to the East somehow? Fancy that! (7)
33. Do you get right to the stern? (4)
34. Some paroled put on an act (4)

DOWN

2. Love playing a game with this Greek (5)
3. Italian has this older language in it (5)

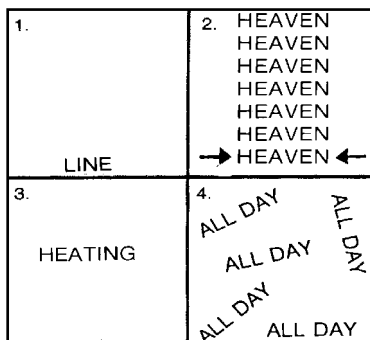
4. A bit foggy so you failed to catch it? (4)
5. An impartial look at showground entertainment (4)
6. Dream about your skin? (5)
7. Astound them when looking for a way out (5)
12. The editor met the agent and nullified it (7)
13. Sounds like an outlay using former small change (7)
14. Uptight when camping out? (7)
15. I meet a man with a craze (5)
16. I'm past being called an old insect (5)
18. Tread carefully when graded (5)
19. Wrongdoing to us means a hole in the head (5)
22. So rot has taken place in your trunk? (5)
23. The lowest point of a drain (5)
25. So lazy and lied about it, right? (5)
26. Support given to an artist (5)
28. Make good some of the allowance (4)
29. Afraid a lot will attack (4)

Solution in next month's issue.

Bogglewords

Can you work out the words or phrases depicted here?

Solution overleaf.

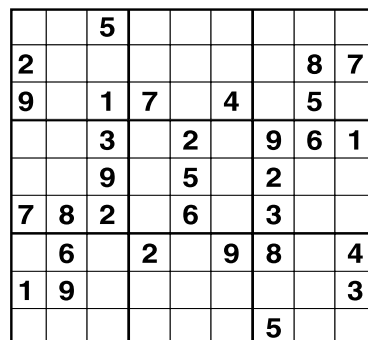


Sudoku

Each number from 1 to 9 must appear in each of the nine rows, nine columns and 3 x 3 blocks. Tip: No number can occur more than once in any row, column or 3 x 3 block.

Solution overleaf.

Lovatts Super Sudoku magazine is available at your newsagent now.



Spot The Difference

Test your powers of observation. The two pictures at right may look the same, but we've made 10 changes to the one on the right. Can you spot them all?

Solution overleaf.



"Kenny, do you promise to love, cherish and give your P.I.N. number?"

CONDITIONS OF ENTRY Salmat Digital Pty Ltd maximum call costs 0.55 cents, including GST. Calls from mobiles and payphones may vary. The winners will be the first five correct entries drawn and each will win \$100. See overleaf for the location of Bauer Media Limited's Privacy Notice. For full Terms and Conditions of Entry, visit www.aww.com.au and search for Puzzles. The Find A Word, Clueless, Insider and Easy Crossword are authorised under the permit numbers: NSW Permit No. LTPM/16/00945.

Word Maker

How many words of four letters or more can you make using the letters given here? Each one must include the central letter and you should have at least one nine-letter word in your total. Avoid plurals, proper nouns, hyphenated words, those with apostrophes and verb forms ending with "s", eg, "bakes".

Solution below.

22 SMART 25 TERRIFIC 28+ BRILLIANT!

K	I	P
A	G	L
N	S	R

Answers

February

SPOT THE DIFFERENCE:

1. Window panes are a different shade.
2. Block on wall loses colour.
3. Bride's train is shorter.
4. Extra block appears on wall at top.
5. Groom's pants turn blue.
6. Woman's top changes colour.
7. Book changes colour.
8. Cleric's hair is a different shade.
9. Microphone disappears from stand.
10. Inset on stand vanishes.

BOGGLEWORDS:

1. Bottom line.
2. Seventh heaven.
3. Central heating.
4. All day rover.

SUDOKU

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

WORD MAKER: Allign, Asking, Gain, Gasp, Girl, Grail, Grain, Gran, Grasp, Grin, Grip, King, Lapsing, Larking, Ling, Palling, Pang, Paring, Parsing, Parsing, Ping, Prang, Pring, Raking, Rang, Rasping, Ring, Sang, Sapling, Sign, Signal, Sing, Slang, Slaking, Sling, Snag, Sprig, Spring, Sparing, Sparking, Sparkling, Sprang, Sprig, Spring.

January

INSIDER: Winning word: Cooler.

		C	A	B	A	S	G
		R	O	D	G	E	R
		N	E	E	O	T	
P		T	E	N	E	T	S
R	O	T	A	D	D	H	A
K	I	W	I	A	P	E	A
R	E	C	E	N	T	I	R
A		O	N	E		D	O
B	E	A	K	E	R	S	A
A	L	A	C	T	H	E	A
B	R	E	A	T	H	M	A

COLOSSUS:

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

EASY CROSSWORD:

Winning word: Trailer.

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

CRYPTIC CROSSWORD:

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

FIND A WORD:

Winning answer: Groundsheet.

CLUELESS: 1=O, 2=C, 3=Y, 4=H, 5=U, 6=J, 7=K, 8=D, 9=W, 10=B, 11=L, 12=X, 13=A, 14=S, 15=Q, 16=T, 17=F, 18=G, 19=Z, 20=R, 21=M, 22=P, 23=I, 24=V 25=N, 26=E. Winning word: Lantern.

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FEBRUARY bestbuys

Go window-shopping, without leaving your home, with this great selection of products.

1. Fresh scents in the laundry

Developed with world-famous fragrance houses, Fluffy Temptations Fabric Conditioners are the ultimate everyday indulgence. Every touch releases fresh scent so your laundry stays fragrant for up to 14 days. Surrender to blissful aromas with fine fragrances for your clothes. RRP \$3.99, 500ml; RRP \$6.99, 1 litre.

2. Flavoured coffee sensation

For the ultimate indulgence for lovers of coffee with a sweeter taste comes Gloria Jean's Coffees Caramel Indulgence, a full-bodied coffee infused with a delicious caramel flavour. Available in Roast, Ground and Caffitaly System Capsules. RRP \$8.80, 200g ground coffee. Available from Woolworths.

3. Heal bruises fast

Hirudoid Cream is clinically proven to speed up the healing process of bruises. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. RRP \$14.95, 20g; RRP \$24.95, 40g. Visit hirudoid.com.au. ASMI 26950-1016.

4. Home care services

With Living Care, you can choose from a range of aged care services provided in the comfort of your own home, so you can live independently with confidence. Please call us on 1800 005 484 for a free phone consultation.

5. The ultimate skin tag fix

Say goodbye to skin tags with Medi Freeze Skin Tag Remover, which provides safe and painless removal of skin tags on the neck, in the armpits and under the breasts. Medi Freeze Skin Tag Remover comes with skin-saver shields for targeted application and protection of surrounding skin. RRP \$29.95, 38ml.

6. Cranberry goodness without the sugar or calories

Ocean Spray Cranberry Light Fruit Drink offers the refreshing, delicious taste of 55 cranberries per 250ml serving, with only 20 calories and 5 grams of sugar. You can enjoy its full-flavoured goodness for breakfast, lunch and dinner. Visit oceanspray.com.au.

7. Decorative workspace organiser

Keep your workspace tidy and organised with the Otto Desk Accessory Set, which contains a magazine file, document tray, desk organiser and pen cup, in a choice of six fun and colourful designs to brighten up your day. RRP \$9.93. Available from Officeworks. Visit officeworks.com.au.

8. Indulge yourself

Feel like a special sweet treat? Taste the new Sara Lee Incredibly Crunchy Chocolate & Orange Cheesecake and discover for yourself why it is incredibly easy to justify. Visit saralee.com.au.

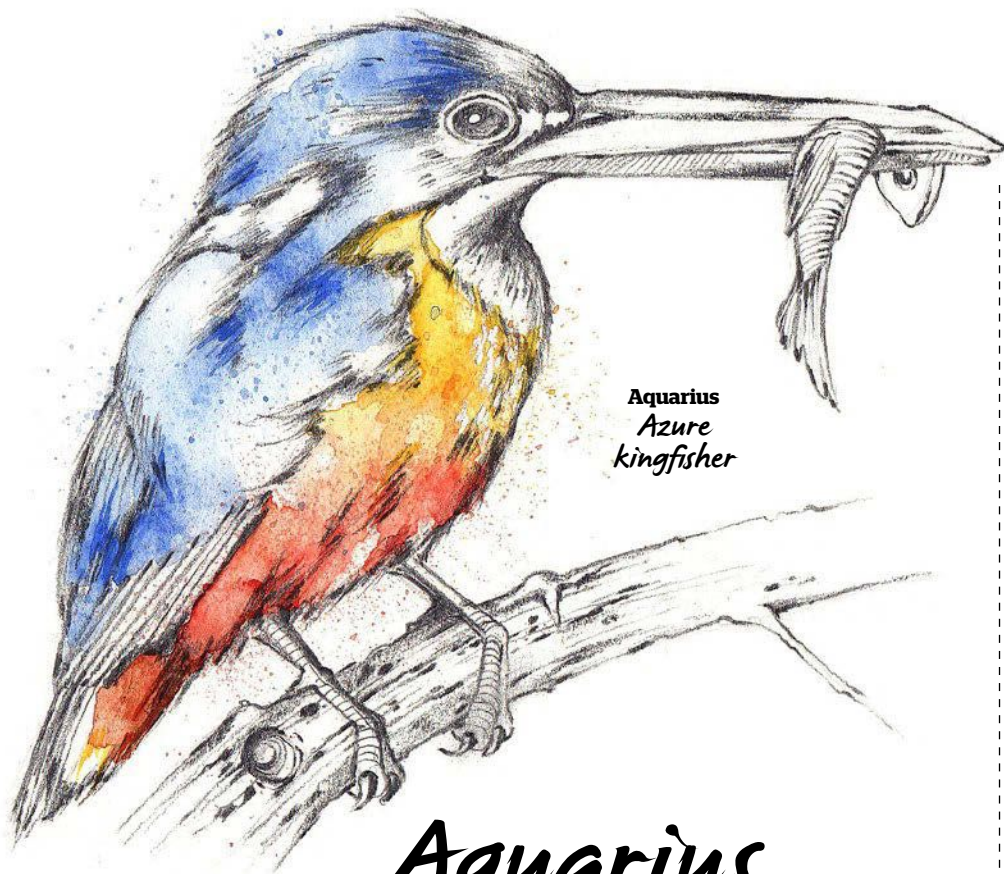
9. Stay hydrated

Good hydration is essential during the hot summer months. With the 1.5 litre Thermos Hydration Insulated Sports Bottle, you can always stay refreshed and hydrated. This stainless steel, vacuum-insulated bottle, which comes with a pouch and strap so you can carry it with you everywhere, will keep your beverages cool for up to 24 hours even on the hottest days. RRP \$79.99. For more information on Thermos products, visit thermos.com.au.

10. Be wound aware

Keep up with changes in wound care, whether you are looking after your own needs or caring for a loved one, and be sure to visit your health professional if you see signs of a non-healing wound. Find out more at woundaware.com.au.





Aquarius
Azure
kingfisher

Aquarius

Jan 21-Feb 19

When in doubt about your money, property, business, charity or possessions, get second opinions - in writing. You are in a famously confusing cycle, where you cannot afford to let your imagination or wishful thinking replace the facts. February is the right time to find good advice and work towards a new, more organised system. The only exception is the eclipse period from February 25 to 27, as you have a blind spot. It may be months until you realise what you were not seeing, so be cautious.

Pisces • Feb 20-Mar 20

We have the Sun, Mercury, South Node and New Moon in Pisces this month so your name or face will be the centre of attention. Your profile or reputation will also be more important than usual. Pay attention to the details of your photographs, YouTube clips, internet profiles and so on. You are in a cycle when your image counts for a great deal. This is not about your

ego, it is about common sense, as the events of February will show you why you must see yourself through the eyes of others.

Aries • Mar 21-Apr 21

Even your partner or best friend does not know the full story about 2016 yet because you have either been keeping secrets or operating behind the scenes. Perhaps you have been concealing your identity online

or just allowing others to be the centre of attention while you do the work. This will change near February 21 as, at last, people understand the part you played, or the confidential matter you were covering up. This cycle is almost at an end, but to keep your life simple, skip the eclipse period near the 26th.

Taurus • Apr 22-May 21

Your social life, friendships, group involvements and social media will need to be separated from work or business this month. You have come across issues about this before, but now we have a rare Annular Solar Eclipse on February 26, it is important that you reinstate boundaries or put them in for the first time. Did you know that you share karma together from this lifetime and perhaps another? This may explain why one situation or person seems so familiar. Try not to leave any unfinished business in February.

Gemini • May 22-Jun 22

One career, university, unpaid work or full-time parenting issue can now be laid to rest. Your ruling planet, Mercury, forms an unusual pattern in your horoscope near February 21, which will help you to put things in writing or accept a signature. The big lesson in all of this is that you need watertight boundaries with particular people or organisations. A future project or role will be another dream come true, but this time, you and others can be more practical and realistic. This is a good month to draw a line under 2016.

Cancer • Jun 23-Jul 23

Your worldwide web, travel, foreign or interstate connections must now be

put in order. It may be a challenge, as you are in a long-running Neptune cycle, where others try to cross the line or ignore sensible boundaries. The person, the organisation or the place in question will no longer concern you in a few weeks, but first of all, you must work around the eclipse on February 26. You are ruled by the Moon, so the eclipse affects you more than others. Avoid decisions then as you may have a blind spot or be missing facts.

Leo ● Jul 24-Aug 23

The more you can streamline your finances, business interests, house, land, apartment, charity or possessions, the easier your 2017 will be. Your ruler, the Sun, is involved in the eclipse on February 26, which you may want to avoid for deals or decisions, as numbers or information may be missing. This is a good month to separate money matters from personal relationships or friendships. Any blurred lines will not help you later and as this cycle runs for years, you may want to nip issues in the bud.

Virgo ● Aug 24-Sep 23

This is not the first time that your former, current or potential partner has left you feeling all at sea. February is the month to take firm steps before the situation goes any further, as it will not resolve itself. Virgo is an earth sign and you can put your feet on the ground when you have to. Now is the time to take a practical approach to a situation where you have been relying on guesswork or imagination. Find out the facts, but do avoid the eclipse period near February 26 when the jigsaw pieces will be missing.

Libra ● Sep 24-Oct 23

February is the right month to look at every aspect of your health, from food, medication and alcohol to doctors, fitness and healers. A confusing matter can be cleared up if you ask the right questions and then you can make a firm plan. You also have boundary issues at work, university or home. A situation which has never been clarified will not go away by itself, so you may want to put it in writing or find another way to make it clear. Avoid decisions near the eclipse on February 26 as you will not be shown what you need to see.

Scorpio ● Oct 24-Nov 22

The world of babies, children or Millennials can be confusing at the best of times, but in February it is important to organise this side of your life and return to rules. A typical example of this might be child custody arrangements, a partner's impact on family life or a teenager's behaviour. Did you know that you share past life karma with those involved? You can gain closure near the 21st if you try – and if the situation seems strangely familiar, you'll know why. An unplanned pregnancy is a risk now, so take care.

Sagittarius ● Nov 23-Dec 21

This is not the first time you have been forced to take a firm line with a matter affecting your hometown, apartment, household, family or house. People or organisations which do not respect the rules need to be reined in. One example might be a child's naughty behaviour. Another example might be a local developer who ignores planning permission. You are in a wonderful position to make things clear and ensure that

SOUTH NODE AFFECTS SECRET AFFAIRS

The South Node rules karma and past lives in astrology. It'll make unusual patterns in February, which will affect Wikileaks, the CIA, the FBI and other organisations handling classified information and top-secret matters. History will repeat itself and we will experience déjà vu as one important matter is finally laid to rest.

SOLAR ECLIPSE IN PISCES IS COMING

On February 26, we will have an Annular Solar Eclipse in the sign of Pisces. Because an eclipse always conceals more than it reveals, you may want to take your time before making up your mind about any new beginning which arrives between February 25 and 27, as information may be missing or the full story may not emerge until months later.

the same situation does not happen again. Just avoid the eclipse on February 26.

Capricorn ● Dec 22-Jan 20

The internet can be a chaotic place at the best of times, but this is the right time to address how it works for you, or why it does not. Update yourself on issues such as security, privacy and netiquette. This also applies to your mobile phone. Some housekeeping with these devices now and a more practical approach to communication in general will help you sidestep some of the issues you have had in the past. This also applies to publishing or the media. Avoid February 25 to 27 for major decisions, though. **AWW**

To the manor born

Hold the social pages! Former ironing lady **Pat McDermott** is stepping out in the upper echelons of society all dressed up and raring to go.

I'm a practical person. I never run out of tea or toilet paper and, after raising five kids, still get out of bed at 3am to check the porch light is off and the milk is back in the fridge. I iron tea towels. And singlets.

For years, the family ignored my advice. They toppled out of mango trees, dated the wrong people, dislocated shoulders playing rugby and got parking fines. "Don't ignore that ticket," I'd warn. "Otherwise, you could spend the rest of your life behind bars!" The unopened envelope turned into a coaster for drippy coffee cups, then something to scribble shopping lists and telephone numbers on. In desperation, I paid the fine. Just like they knew I would.

I'm telling you this because even though I iron tea towels and wash colours separately, I do have a wild side. It's completely out of character, but I adore glossy fashion mags, especially toney British ones full of pretty, shiny people with silly names. Please say hello to my friends Poppy, Felicia, Rupert and Dougie-darling!

I can't help it. I love "top" people – the more "absolutely fabulous" they are, the better! They're straight out of *Bridget Jones' Diary* and shivering in stately piles all over England.

Of course, to be classified as "stately", a house must be damp and draughty at the same time. Crumbling ceilings and a dodgy boiler are to be expected. You will find large wet dogs dozing on priceless 16th century sofas. "Why is that?" "Sweetie darling, I would have thought it was perfectly obvious. The doggies are simply frightfully tired!"

Top people always have impeccable manners. If Dougie, Rupert, Poppy and Felicia spent the weekend at *your* place, they'd make the most terrific mess, drink all the gin and creep into each other's bedrooms late at night, but you should expect charming thank-you notes by Tuesday.

These days, sadly, top people are often stony broke. You might want to count the silver before they leave.



“Even though I iron tea towels and wash colours separately, I do have a wild side.”



Top people are very good at wearing the right clothes for every occasion. Top women wear filmy dresses, no discernible undergarments and heels so high their heads float above the crowd. This makes it dead easy to find someone more interesting to talk to than the person they're with. "Darling, I must have a quick snog with Lord Delaware. Of course I'll be back! But not, perhaps, in your lifetime."

I opened my diary and realised it's full of special occasions, too. This year, I plan to dress the part!

What I'm wearing To have a mammogram

A stiff upper lip and a blouse that buttons down the front. I will observe the cone of silence in the waiting room and rip *The Australian Women's Weekly* recipes out discreetly.

For a Pap smear

A shirt the size of a circus tent to make up for total absence of undies, darling! I will relax and think of England. If that doesn't work, I'll count the holes in the acoustic tiles. I won't mention Donald Trump because top people never discuss politics.

To take my granddaughters (six and three) to a cafe for lunch

Noise-excluding headphones. I will tell people I don't speak English and, anyway, those aren't my children.

To pick up an old friend at the airport after a long flight

No make-up, baggy track pants and a T-shirt with a hole in it. Top people always make friends look good.

To a funeral

A "touch of green", a "splash of red" or a "chamber-pot on my head" if that's what Uncle Joe wanted. Perhaps I'm mentioned in the will. Not that it matters.

At the end of my tether

A smile. Top people know you're never fully dressed without one. **AWW**



To connect with Pat on Facebook, visit www.facebook.com/PatMcDermottau.

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Graduate Diploma in Accounting*
Master of Professional Accounting

AGRICULTURE, RURAL SCIENCE AND PLANT SCIENCE

Diploma of Agriculture
Bachelor of Agriculture
Bachelor of Agriculture/Bachelor of Business
Bachelor of Agriculture/Bachelor of Laws
Bachelor of Agrifood Systems
Bachelor of Plant Science
Bachelor of Rural Science
Graduate Certificate in Agriculture
Master of Science in Agriculture

ANIMAL SCIENCE AND ZOOLOGY

Bachelor of Animal Science
Bachelor of Zoology
(Also see Science)

ARTS

Diploma in Arts
Advanced Diploma in Arts
Bachelor of Arts
Bachelor of Arts/Bachelor of Business
Bachelor of Arts/Bachelor of Laws
Bachelor of Arts/Bachelor of Science
Master of Arts*

BIOMEDICAL SCIENCE AND PHARMACY

Bachelor of Biomedical Science
Bachelor of Pharmacy with Honours

BUSINESS, MANAGEMENT AND MARKETING

Diploma in Business
Bachelor of Business
Bachelor of Arts /Bachelor of Business
Bachelor of Agriculture/Bachelor of Business
Bachelor of Business/Bachelor of Laws
Bachelor of Business/Bachelor of Economics
Bachelor of Organisational Leadership
Bachelor of Training and Development

Graduate Certificate in Human Resource Management
Graduate Certificate in Management
Master of Business Administration
Master of Information Technology (Business)
Master of International Business
Master of Strategic Organisational Development and Human Resource Management

CLASSICS, HISTORY, PHILOSOPHY AND STUDIES IN RELIGION

Advanced Diploma in Local, Family and Applied History
Bachelor of Historical Inquiry and Practice
Graduate Diploma in Local, Family and Applied History
Master of Arts
Master of History

COMPUTER SCIENCE AND INFORMATION TECHNOLOGY

Bachelor of Computer Science
Bachelor of Computer Science/Bachelor of Laws
Master of Computer Science
Master of Information Technology**
Master of Information Technology (Business)

ECONOMICS AND AGRIBUSINESS

Bachelor of Agribusiness
Bachelor of Agricultural and Resource Economics
Bachelor of Business/Bachelor of Economics
Bachelor of Economics
Bachelor of Economics/Bachelor of Laws
Master of Economic and Regional Development
Master of Economics#

EDUCATION AND TEACHING

Bachelor of Education (Early Childhood and Primary)
Bachelor of Education (Early Childhood Teaching)
Bachelor of Education (In-service Conversion)
Bachelor of Education (K-6 Teaching)

Bachelor of Education (K-12 Teaching)
Bachelor of Education (Secondary in Arts; Mathematics; Music or Science)
Bachelor of Educational Studies
Bachelor of Special Education (Primary)/Bachelor of Disability Studies
Bachelor of Training and Development
Graduate Certificate in Education Studies

Graduate Certificate in eLearning
Master of Applied Leadership in Positive Education
Master of Education
Master of Teaching (Primary)
Master of Teaching (Secondary)

ENVIRONMENTAL AND EARTH SCIENCES

Bachelor of Environmental Science
Bachelor of Environmental Science/Bachelor of Laws
Bachelor of GeoScience
Graduate Certificate in Environmental Science
Master of Natural Resource Governance
Master of Planning and Management of Natural Hazards**
Master of Environmental Science and Management

ENGLISH, WRITING, MEDIA AND COMMUNICATIONS

Diploma in Professional Communication
Bachelor of Media and Communications

EXERCISE AND SPORTS SCIENCE

Bachelor of Clinical Exercise Physiology
Bachelor of Exercise and Sports Science

GEOGRAPHY AND PLANNING

Diploma in Town Planning
Bachelor of Urban and Regional Planning
Master of Urban and Regional Planning#

LANGUAGES AND CULTURAL STUDIES

Diploma in Modern Languages
Bachelor of International Studies
Bachelor of International and Language Studies
Bachelor of Languages
Bachelor of Languages and International Business

LAW AND CRIMINOLOGY

Diploma in Prosecution and Advocacy
Bachelor of Criminology
Bachelor of Laws (3 years)
Bachelor of Laws (4 years)
Double degrees in Law available in Agriculture; Arts; Business; Computer Science; Criminology; Economics; Environmental Science and Science
Graduate Certificate in NDIS Business Development
Master of Laws
Master of Natural Resource Governance

LINGUISTICS

Master of Applied Linguistics

MEDICINE

Bachelor of Medicine - Joint Medical Program**

NURSING, SOCIAL WORK AND HEALTH

Bachelor of Audiometry
Bachelor of Nursing
Bachelor of Social Work
Graduate Certificate in Acute Care Nursing
Graduate Certificate in Clinical Education and Teaching
Graduate Certificate in Disability Management
Graduate Diploma in Disability Management
Master of Counselling#
Master of Health Management**
Master of Mental Health Practice**
Master of Nursing
Master of Social Work (Professional Qualifying)

PEACE, POLITICAL AND INTERNATIONAL STUDIES

Diploma in Arts
Advanced Diploma in Arts
Bachelor of Arts

Bachelor of International Studies
Bachelor of International and Language Studies
Master of Arts*

PSYCHOLOGY AND SOCIOLOGY

Bachelor of Psychological Science
Bachelor of Psychology with Honours^^
Bachelor of Social Science
Graduate Diploma in Psychology
Graduate Diploma in Psychology (Advanced)^
Master of Professional Psychology^^
Master of Psychology (Clinical)**

SCIENCE

Diploma in Science
Bachelor of Science
Bachelor of Science/Bachelor of Laws

Graduate Certificate in Science
Graduate Diploma in Science
Master of Scientific Studies

SUSTAINABILITY

Bachelor of Sustainability

THEATRE, PERFORMANCE AND MUSIC

Diploma in Music Skills ^^
Diploma in Music Technology
Bachelor of Music^^
Bachelor of Theatre and Performance
Master of Applied Theatre Studies

ENTRY PATHWAYS

Pathways Enabling Course
TRACKS Tertiary Preparation Program (Aboriginal and Torres Strait Islander)

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Graduate Diploma also available

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