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Exclusive

JAMES
PACKER'S
EX REVEALS

How I went from millionaire to a homeless shelter

Happy 75th Birthday

ITA BUTTROSE 'I'm not done yet!'

TIM MINCHI

The thinking woman's crumpet

HOW TO LOSE WEIGHT - FOREVER! Dr. Joanna's

Dr Joanna's trusted diet plan

Authors' choice

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here's a certain dread that comes with fire season if you live in a bushfire zone. It's watching the undergrowth become so dry it crackles. It's days when the heat rising under your feet makes you feel like the land is breathing and how the hairs on the back of your neck stand up when the wind swings north.

Growing up on the rural fringe, I remember Mum teaching me to drive the car, aged 10. If the bushfire threat was too great, I knew my job was to pack the photo albums, load up the dogs and get my little brother out. There were the years we evacuated and the time we had to drain the neighbours' swimming pool to fill the tanks on the Country Fire Authority's truck. There was the year one of the cars started rolling down the hill and we local kids had to jump in and haul on the handbrake. The fireys would rush from their homes or work in their civvies to meet the truck at the fire site, hastily abandoning their cars on our old dirt road.

The most memorable, though, was the day Mum told me to ring Dad at work and tell him to come home as a line of flames raced up the hill towards us. I recall listening on our old landline, coughing in the smoke, as the receptionist explained that my Daddy was "a very busy man, dear". At that moment, the fire got to the shed, Mum yelled and I politely said down the phone that the house was burning down and could Dad please call back when he was out of his meeting. That poor woman!

My childhood is littered with memories of the CFA, mostly after the action was over. Their blackened faces, their big boots stomping through the house, how they'd smile and ruffle my hair as we walked through the sodden, charred bush, stomping out the spot fires late into the night.

For 35 years, my Uncle Drew has been one of the 55,000 people who volunteer with Victoria's CFA. He has missed birthdays, dinners, even my grandmother's Christmas pudding. Like Pip Johnson, Pat Bigham and Tara Paulsen (see page 26) – and, I suspect, many of the six million Aussies who volunteer – Uncle Drew says he loves the team effort and, despite the horrors of Ash Wednesday, Black Saturday and the more than 50,000 bushfires that occur each year in Australia, the satisfaction of contributing to

his community. As 2017's bushfire season ramps up, I want to take this moment to tell them all how grateful I am and how much I respect what they do.

This issue is full of people I admire, from the resilient survivors of the Granville rail disaster (page 72) to the bright, brave and brilliant Tim Minchin (page 38). And the indomitable Ita Buttrose (page 56), who has been an inspiration to so many women in the media. She took time to mentor me as a junior editor and has never shied away from telling me when I should set my bar higher. She took me out for lunch when I got this, my dream job. I applied my lipstick carefully, sat up straight and watched my manners (as one does with Ita), but it meant the world to me. Like the rest of the country, I hold her in high esteem and with great affection. Happy 75th birthday, Ita, and to all who inspire us, thank you.

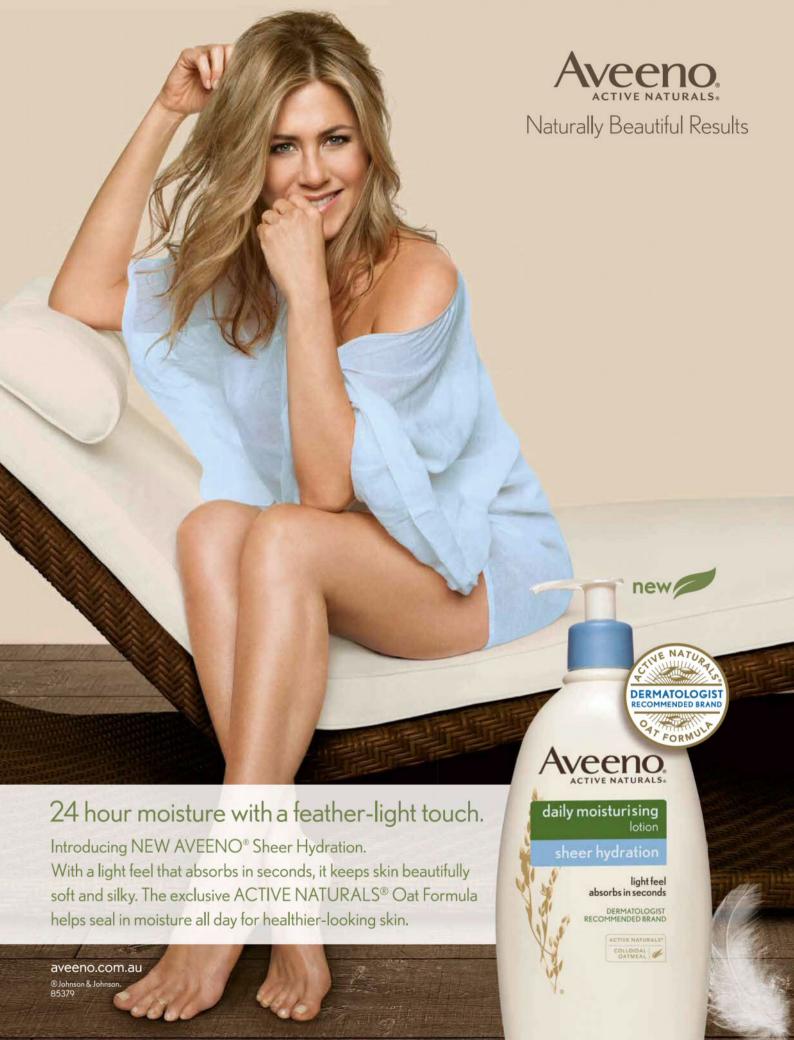
Kim

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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.





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Pearl of wisdom

"Beauty captures your attention. Personality captures your heart."

Roy R. Gilson

Sent in by S. Cameron, Epsom, Vic.

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



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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 am an 86-year-old transgender woman. My eldest son is bisexual, while my second son, whom we tragically lost from AIDS in 1989, was gay. My daughter is happily married. Both my son and daughter are having difficulty coping with their father, who is now a woman. My wife of 45 years is now my best friend after long feeling a terrible loss. We go out for coffee and shopping as two ladies. which I greatly appreciate. So a letter (Three Of The Best, AWW, December) on your transgender story was of great interest. Michelle F., via email.







Royal role models

The royals are like family to my generation and I love your article on the Duchess of York (There Is A Little Voice In Me That Never Gives Up, AWW, Christmas). Sarah reminds me of the Queen Mother, who had a free spirit and the "common touch". Sarah is a natural, beautiful woman with a good figure and lovely legs and ankles. Like Princess Diana, Sarah's mother was missing when she was needed most. Thankfully, Sarah and her ex-husband have been close to their lovely daughters, who have the freedom to be themselves. No doubt, their grandmother, the Queen, has been a wonderful role model for them all, as she is for her subjects. L. Beilby, Warners Bay, NSW.

A true icon

Congratulations for choosing a wonderful Australian icon for your cover, Jessica Mauboy (My Happiest Christmas Ever, AWW, Christmas). She's a young woman who got where she is on talent and hard work.

C. Williams, via Facebook.

The Trump card

I was looking after a friend's dogs when I came across Nick Bryant's article (Donald & Hillary, AWW, July). Well done, Nick, you got it right and there is a clear warning bell at the end of your article, which most of us laughed off. We now wait with trepidation to see what good if any Trump will achieve for America and the world - the alternative is mind-blowing.

K. Picard, Willagee, WA.

Sailing into history

I have just returned from a trip to Lübeck in Germany, where I visited St Jacob's Church, dedicated to sailors. There is a memorial to the four-masted barque Pamir, which I believe visited Sydney in 1947 and sank in 1957. I thought you might be interested in how far and wide your publication is known in a glass case in the museum, there is a copy of The Weekly dated March 15, 1947, featuring the ship on the cover.

E. Haran, Bankstown, NSW.

The power of love

'Motherhood brings me enormous joy's

Nicole Kidman opens up to **Stephanie Rafanelli** about her four children, loving Keith, missing her dad and why she can't wait to be a grandmother.

here is a little noise that Nicole Kidman emits when deep in conversation: something between a sigh and an "ah" that comes out as a soft "wah" and signifies intensity of emotion, accompanied by a tilt back of the head or a swipe of a palm on her brow, her russet curls scraped back today in a topknot.

Her complexion, which can be bloodless on screen, is flushed a wild rose by the late Nashville summer; perhaps glowing a little pinker through the force of maternal passion. For she is trying to persuade me to get pregnant. "Come on, please, have that baby!" she begs, leaning in close, her eyes flashing with mischief. "Babies bring so much joy. Wah!"

Nicole is so far from her image as the regal redhead, a vision of intimidating stature who, I admit, I expected to be a little pinched. In an old AC/DC T-shirt and jeans, she is hanging out at home (admittedly, a stately Tennessee mansion set around a pool), with Sunday, eight, »





and Faith, six, her daughters with country singer Keith Urban, capitalising on the last of their holidays before launching into a hectic US film schedule.

We talk in her slate grey-painted office hung with framed maps, a break in a day in which she appears to be knee-deep in domesticity. Sunday, who is suffering a cold, peeps her head out from behind the doorframe. "She's very shy. How is your ear feeling?" Nicole says, tenderly. "And your throat? A little bit sore? Okay, gargle with a little bit of salt water."

Nicole has a sensitivity to others that quickly comes to the fore. "As my husband says, I'm 'deeply maternal'." She laughs as if this is the mother of all understatements. "I like to take care of people. It brings me a lot of joy."

Caretaker personality

If you are looking to understand Nicole Kidman, then perhaps motherhood provides the most powerful clue. It is, she says, central to her most important perceptions about herself, her life and even her career. Her latest film, *Lion*, which has garnered her a Golden Globe nomination for best supporting actress, is the perfect case in point. A powerful, emotionally charged drama, *Lion* is about a five-year-old Indian boy, Saroo Brierley, who accidentally boards a train and becomes lost in Kolkata before being adopted by an Australian couple. The story is about the power of maternal love in all its forms, from natural to adoptive motherhood and all myriad variations in between.

"For me, mothering brings me enormous joy," says Nicole, 49.
"I love mothering. I just have a strong maternal pull, as does my sister Antonia, and I'm also the eldest child in my family, who I always think takes on that caretaker personality."

In fact, Nicole says, motherhood is an integral part of who she is. "I was the girl that always wanted the white picket fence and everything that comes with that," she explains, her soft Australian accent in full bloom. "I just have an incredibly complicated inner life, an imaginary, creative life. And those two things can collide."

After more than 15 years in Los Angeles – she was married from 1990 to 2001 to Tom Cruise, with whom she adopted Isabella and Connor, now 24 and 21 – Nicole moved to low-key Nashville in 2006 "to have a life" with her second husband, Keith. Sunday was born in 2008 when Nicole was 41, and Faith was born two years later to a surrogate mother. Since then, she has eased her foot a little off the career pedal, but "I couldn't give up everything creatively because that would cause a frustration inside of me. I'm still battling with it all."

To reconcile her warring urges, the Kidman-Urban clan stick together, going on Keith's tours whenever possible and accompanying Nicole on shoots with a travelling tutor. The family's recent gypsy wanderings have included a stay in Marrakesh while Nicole was shooting *Queen Of The Desert*, Werner Herzog's biopic of explorer Gertrude Bell. They also decamped to London in the northern autumn of 2015 for the theatrical run of *Photograph 51*, in which she played biochemist Rosalind Franklin, whose

contribution to the discovery of the structure of DNA was overlooked by history.

Yet Nicole does feel the force of 'the push-pull'. "Oh, my gosh, the intensity of the emotions I feel! It's not necessarily great for a child to

have an intensely emotional mother. And I don't want to be a helicopter parent, so I'm trying to ... " she puffs her cheeks as if about to explode with affection, "balance the intensity of the love. It's really hard."

Love and loss

Nicole is a woman torn between continents. Her father, Antony, died of a sudden heart attack in 2014 while in Singapore visiting her younger sister, Antonia, a journalist with six children.

"My mother is still going

through terrible grief," says Nicole. "They were together for 50 years. It's awful to see, so sad. She's in Australia, which is why we all go back four times a year. In your 40s, you are grappling with all those things: trying to be the mother and the

daughter. It's a lot."

Nicole herself is still grieving for her father, with whom she discussed Photograph 51 before taking the role (as a biochemist, he was aware of Franklin). He never got to see the play. Even so, she says, he is still with her.

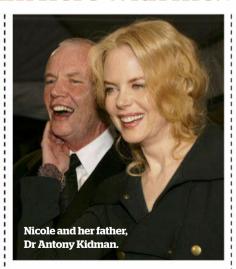
"I loved my father very much," Nicole says. "I'm happy to talk about him because it keeps him here with me. I miss him every day. I think anyone who was close to their father would relate to that, would know that feeling. It's not a morbid thing, it's just that he is very much a part of me still. Every performance was for him. Literally every time I was about to go on, I would speak to him. I had this

photo of him when he was young in a lab coat with his curly hair.

"So from playing in the lab as a girl to going on stage wearing a lab coat playing a biochemist - it was unbelievable for me. I would literally cry in my curtain calls."



66 I'm happy to talk about my dad because it keeps him here with me. 99



That's the thing about Nicole, she is very human, open about her vulnerabilities. Which doesn't mean there aren't places she won't go. She politely declines to discuss the health of her mother, who was rushed to a Sydney hospital in late November

with suspected heart problems. "I don't want to talk about my mum in those terms," says Nicole. "That's her privacy. She's strong, my mum. I'm so grateful she's in the world. I speak to her or text her almost every day. She's an amazing woman and I love her."

> Nicole has always maintained a dignified silence about her relationship with Tom Cruise and the Church of Scientology, of which he is a leading member. A recent documentary claimed that the church ordered the break-up of their marriage because of Nicole's refusal to join. She has also endured tabloid speculation about the state of her relationship with her

adopted children, both of whom are adherents of the religious doctrine.

Yet she talks warmly about her older children as we discuss Lion.

Incredibly, the film is based on a true story. Saroo Brierley, played by British actor Dev Patel, still lives in Tasmania. He spent much of his young adulthood searching for his Indian birth family. Nicole, who plays Saroo's adoptive mum, Sue Brierley, says the film is about the emotional power of motherhood. "Nothing comes close. Seeing Bella and Connor grown up and still having a five-yearold in the house." (Faith turned six shortly after the interview.) Now that Bella is married. Nicole might even be a grandmother soon. "I hope so!" she cries, immediately. "I'm not meant to say that, am I? My sister's friend, who is 43, just became a grandmother. My sister and I were saying, 'Oh, she's so lucky!" But motherhood, she says, should be without expectation.

"The fact is that this film, when I first read the script, reached out to me in a way that few scripts ever »





LEFT: Nicole with first husband Tom Cruise and their adopted children, Connor and Bella, arriving in Sydney on their private iet in January 1996. ABOVE: Connor and Bella celebrating his 17th birthday in Los Angeles in 2012.

have," Nicole says of Lion. "It was like a love letter to all my children, Sunday and Faith as well as Bella and Connor. I think it's beautiful and powerful, like poetry. It's all about unconditional love, for me. Obviously, I am an adoptive mother, so the strength of that relationship is what I related to.

"There's a line in the film where my character, Sue Brierley, says, 'I want your mother to see how beautiful you are'. She holds her adopted son's face as she says that and, to me, that is unconditional love in its purest form, the most pure form of mothering that there is. There are adoptive mothers, biological mothers ... whatever the mother relationship is, the central idea is that as a mother you want your child to be loved. I love that.

"Motherhood is about the journey. There are going to be incredible peaks and valleys, whether you are an adopting mother or a birth mother. What a child needs is love."

Big break

Nicole always saw herself as a young mother. Growing up in

Sydney, she had decided to become an actor by 14, a career her mother worried she was too thin-skinned for. Her big break came at 22, in the thriller Dead Calm, catapulting her into a leading role opposite Hollywood's young gun Tom Cruise in Days Of Thunder: the pair married when she was just 23 and adopted Isabella and Connor after Nicole

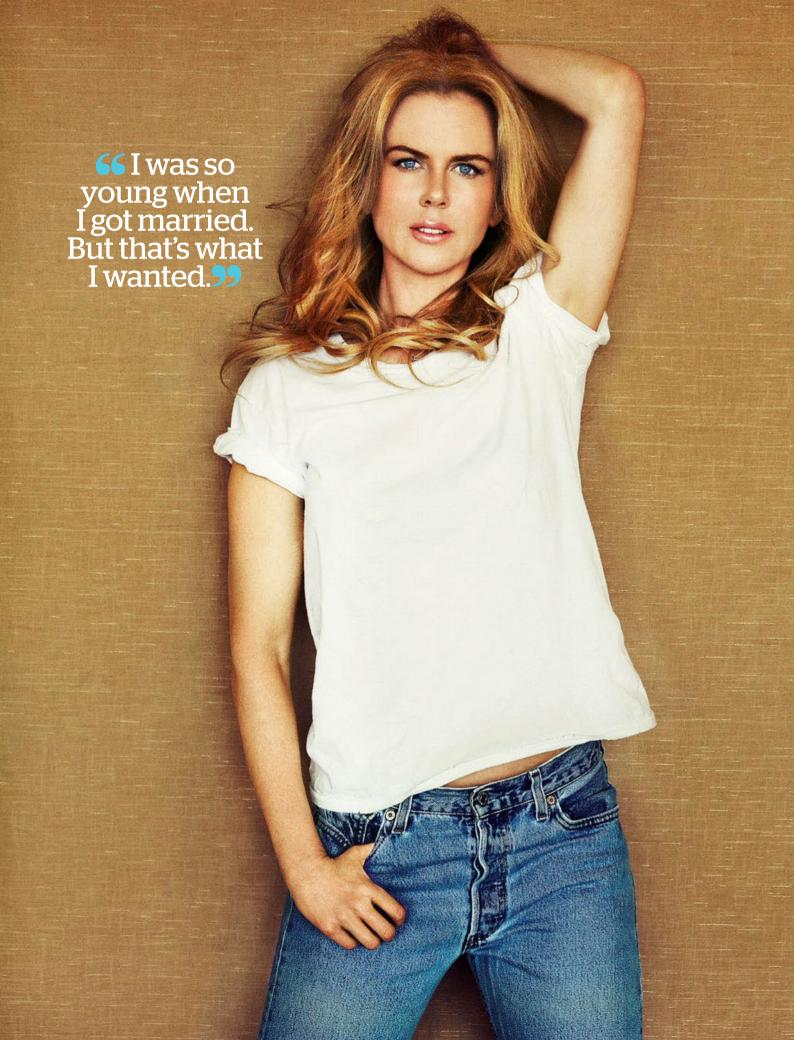
> suffered an ectopic pregnancy. "I was so young when I got married," she says. "I look back now

'What?' You look at Taylor Swift, I mean how old is she? She's 26. I had two kids by the time I was 27 and I'd been married for four years. But that's what I wanted."

Nicole had a solid acting career throughout her marriage to Tom, but it was not until their break-up, shortly after a miscarriage, that she showed the world her true range. Grieving and depressed, her turn as Virginia Woolf in The Hours landed her the Best Actress Oscar in 2003.

Could she have burrowed so deeply into Woolf's tortured spirit if she had





She has never been a strategist, always choosing films impulsively. "Well, it has worked and not worked for me," she says, chuckling.

One of her other rather impulsive decisions was to wed Keith, who had a history of drug and alcohol

problems, in June 2006. She says they barely knew each other at the time. Everyone thought it was a huge

mistake. Not least when Keith went into rehab four months later. Nevertheless, they celebrated their 10th wedding anniversary last year.

"That's really big for us," she says. "It was really up and down for the first three months. We've been through a lot in the past 10 years, but we're stronger than ever. I say that while touching wood and no way in a boastful way. I just say it with wonder. Absolute wonder."

She giggles a little woozily. It's easy to feel the strength of their connection.

"It's because we are Australian," says Nicole. "Even though Keith was born in New Zealand, he's still an Australian. I met and fell in love with an Australian man in America – what are the chances? He was born the same year as me. That's so serendipitous and it's obviously part of why we fell in love because we are both Australian.

"I think when you have all that history that's the same – the shared love of good coffee, the music, Cold Chisel, the beach, the sun, Triple J radio. We share all of that because we both experienced that as teenagers, even though we met much later in life. Yet we have that together. He still calls me his 'Aussie girlfriend'. That's how he introduces me – 'That's my Aussie girlfriend', he says. I love that."

The shared experience has also bonded them. "When you're older, you've been through things, you've made mistakes," she says.

"So you come into it [a second marriage] still giddy, but wanting it to last. We always consider the 'us'. We say, 'Is this going to be good for us?' It's the simplest phrase, but it works."

Nicole and Keith do not disguise their affection for each other at public events and he provides support for her on the red carpet.

66 Keith still calls

me his 'Aussie

girlfriend'. 55

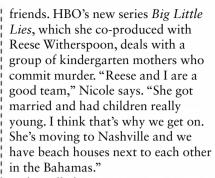
"I'm not a peacock," says Nicole. "It's not in my nature. I think people get frustrated with me because

you're meant to be, but I'm just not."

There is little she likes more than a quiet night in with Keith and the girls. "I don't have that FOMO thing: fear of missing out. I can stay home and not go to the party. It's so much nicer here at home in my jammies.

"I had a girls' night out recently with five of my Nashville girlfriends. We eat really early, senior hour. We

get there at 6pm in this empty restaurant and we have the best time and, at the end, we looked at our watches, 'Oh, 8.30pm! Awesome!'"



She will also appear in New Zealand director Jane Campion's series *Top Of The Lake*. "She's championed me since I was 14," Nicole says, "and now we go hiking on Sundays and have long dinners and watch the sunset. I said, 'Janey, it's amazing that we have this friendship. Wah!" Her eyes are brimming with emotion again. "As Janey always says, 'The real life is so much better."

And with that it's time for Nicole to dose her daughter up with cold medicine and eat some smashed-up watermelon. Domesticity is her happy place. **Aww**

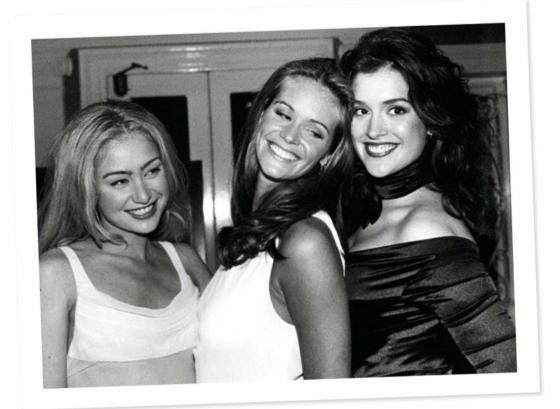
Lion opens on January 19 in cinemas across Australia.





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Tziporah Malkah's tell-all interview From Hollywood to homeless shelter

As Kate Fischer, she was the "It" girl of the '90s - a model, actress and fiancée of billionaire James Packer - but it all came crashing down and she ended up penniless, living in a homeless shelter. Known as Tziporah Malkah since her embrace of Judaism, she talks to **Susan Horsburgh** about James' impossible proposal and how homelessness can happen to anyone.

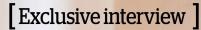
n a Melbourne homeless shelter, ! Tziporah Malkah sits on a single mattress in a bleak room no bigger than a prison cell, remembering the day she moved in. With a fridge by the bed and cigarette burns on the sofas, it hardly felt like home, but it was better than sleeping on the street, and she had nowhere else to go. "I didn't come out of my room for three days," she recalls. "I just sat there and cried."

Tziporah remembers the terror and hopelessness, but most of all the shame. How had she fallen so far? In the 1990s, as Kate Fischer, she had been a darling of the Sydney social pages the fun, feisty model and actress who had won the heart of billionaire James Packer - but she was used up and spat out by the celebrity machine when the pair broke up in 1998. By September 2011, she sat alone in that cold, institutional room, with nothing.

The story of how she came to be there is extraordinary - and one she hasn't told until now. The way she sees it, her split with James destroyed her

reputation and essentially cast her out of Australia. She fled to Los Angeles and tried to get an acting career off the ground, embracing her Jewish faith and changing her name along the way, but eventually fell in love with a man who embezzled all her money a man who, she subsequently found out, was married with a child.

Tziporah was already on a spiritual quest, but her lover's betrayal forced a brutal moment of reckoning and, ultimately, her reinvention. Now 43, she says, "I had to grow up.">>>





For the past five years, Tziporah has led a quiet life in Melbourne as a carer for elderly psychiatric and dementia patients, but a magazine "outed" her two months ago, when James Packer split from his latest fiancée, singer Mariah Carey. Tziporah was photographed collecting her mail wrapped in a bed sheet, and dragged out of her self-imposed exile in spectacular fashion.

She was mortified at the time, but says she now feels "unmuzzled" and

At the shelter – an '80s property with peach carpet and fake flowers – Tziporah shows The Weekly the neglected garden outside her room where she used to plant sunflowers. Now in the process of shutting down, it is officially called a "rooming house", but for Tziporah, it was a refuge. Sent there by Sacred Heart Mission, she shared the place for 22

months with everyone from former prisoners and family violence

and then there was the pervasive smell of dirty dishes. Tziporah was studying for her aged-care qualification at TAFE when she moved in and got a job a few months later, but not all the residents were capable of working. "Some of the women have had all their confidence kicked out of them and have had so many horrific things happen to them, shunted from foster



finally able to set the record straight. Keen to make the most of her resurrected public profile, Tziporah wants to speak out for homeless women and let readers know how easy it is to hit rock-bottom, no matter what your upbringing or your bank balance.

A model at 13, high-school dropout at 15 and millionaire at 17, she had had a wild ride even before she became engaged to James Packer at 22, but Tziporah says she missed out on a lot of life lessons, which meant she had to learn them 20 years later than most. "I had to go through it - having the crappy job and the car that doesn't always start ... that teenage stage of being angry with everybody," she says. "But it's hard to do it in your late 30s because people expect more from you."

victims to refugee doctors and ex-CEOs - all single women over 35 too broke to go anywhere else. With the

lack of affordable housing, she says, no woman is immune: professionals can find themselves homeless after a business goes bust or a marriage fails, and many women, especially mothers in low-paid occupations, retire with perilously little superannuation. "We're just faded flowers," she says. "We're not what society deems exciting anymore. We're washed up and no one cares."

When Tziporah moved into the shelter, she spiralled into depression and was put on medication. Sharing a kitchen with 36 strangers, she says, you couldn't leave a potato unattended without it being stolen - home to foster home since the age of two, that they're unemployable," she says. "They are the sorts of vulnerable people we need to protect."

Tziporah had been living there for a couple of months when a woman she'd befriended told her she looked just like Kate Fischer. Knowing she could be stalked by paparazzi, she felt it only fair that her fellow residents knew who she was, so she came clean. "That says a lot about the integrity of those women because they could have rung the media and sold that for \$10,000 and they didn't," she says. "They knew I was suffering, too."



Sipping a sauvignon blanc at a nearby pub, the sound of pokie machines dispensing coins in the background, Tziporah admits she is nervous talking to *The Weekly*, yet she is breathtakingly candid. "I like to remain raw and vulnerable," she explains, "because if my experiences can help someone, then that's really what God wants from us - just to share ourselves a little bit."

Given her privileged Adelaide upbringing, perhaps the most glaring and half-sister Alice, she says she only recently saw her mother for the first time in more than eight years. "Her constituents are very lucky to have her - she is a wonderful, wonderful politician," says Tziporah. "She is so professional and she cares so much about what she does. That's where all her love has gone." Mother and daughter have apparently always

had a difficult relationship; **Tziporah**

Norman Lindsay's nude models in the 1994 film. "It was fun until I had to say my lines because I was so selfconscious," she recalls. "I just didn't feel like I was an actress - I wasn't deserving to be there with Sam Neill."

After the film came out, James Packer saw her at a Sydney hotel and asked her to dinner. They were on and off for three years, but in 1996,

> he proposed. Tziporah says she was intrigued by his family's stratospheric wealth: on the one hand, she got to dine with Henry Kissinger in New York, but the Packers could also be "complete bogans". For dinner, for example, she says a butler would bring them their meals on travs and they would sit in their movie theatre watching Nine news in silence.

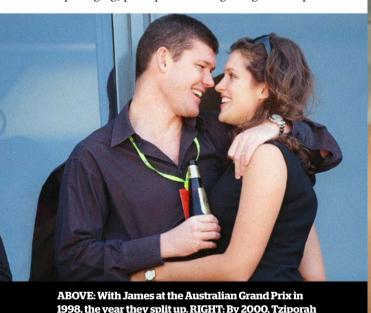
"You might as well just heat something up in the microwave and throw a few tinnies at the screen," says Tziporah. "They were just being themselves, but it wasn't what I was expecting."

Nor did she understand the segregation of the sexes in the Packer

world. "The woman does basically nothing," she says, "and the man works all day

long and you never really get to see him." At 22, she became a kept woman, put on an annual \$250,000 allowance and forbidden to work. Her own lucrative career was suddenly over.

Tziporah admits she was a "needy nightmare" at the time, but says James also neglected her, surrounding himself with hangers-on who entertained »





question is why Tziporah didn't ask her family for help. "I wouldn't give them the satisfaction of lording it over me," she replies. If they did wonder about her absence, "they probably just thought I was being a flake".

was living in LA and trying to break into acting.

The daughter of health economist Alastair Fischer and NSW government minister Pru washed up and no one cares. 99

Goward, Tziporah says her family

didn't know that she was living in a women's shelter and weren't upset when they found out. "I think they kind of felt like, 'Well, it's about time - you were a princess in an ivory tower for so many years.' I think they were quite happy."

While she gets on well with her step-father, journalist David Barnett, seems sad about it, but also resigned. "It's been a long time," she says. "I pretty much started modelling so I didn't kill myself, really. Mum and I fought all the time."

When 13-year-old Kate insisted on entering the *Dolly* covergirl

66 We're faded flowers ...

competition, Tziporah jokes, her mum ! begrudgingly took a roll of photos and picked the ugliest of the bunch to send in, but the beautiful teen won anyway, launching an international modelling career that earned her up to \$750,000 a year. Later, she tried acting, appearing with Elle Macpherson

and Hugh Grant in Sirens as one of

him like court jesters. "In the beginning, it was a bit more romantic," she says, "but once we moved in together, it was like the deal was done." When she insisted on a romantic holiday for two one Easter, dudding the entourage out of their all-expenses-paid trip to Bali, the mates turned on her. "Then [his dad] Kerry, who was very old-fashioned, started teasing him about being pushed around by a woman," she says. "I just think it was all too much for him."

That's when, she says, James made an impossible proposal: she could live in the lap of luxury as Mrs Packer, but he wanted complete freedom to do as he pleased. "He'd never have to tell me where he was; if he didn't want to talk to me for a few days he wouldn't have to," she says. "He knew he was making me an offer that I had to refuse."

The couple split and it was rumoured she'd scored a \$10 million settlement – a myth Tziporah couldn't refute because of the confidentiality clause. "I just had to grin and bear it for years while he swanned around like Prince Charming, everyone thinking what a generous bloke he was and what an awful young woman I must be, running off with my ill-gotten gains from the Packer family." For the record, she says she was given the Bondi apartment they shared, which she sold for "two and a bit" million ("I can't really remember"), and a \$250,000 cash payout.

She left the country and James was photographed just days later, cavorting on the beach with Jodhi Meares, whom he later married. Tziporah took acting classes in LA, but says she couldn't work because James cast such a long shadow: not only was her reputation trashed by the \$10 million rumour, he owned a chunk of movie distributor Village Roadshow. "In LA," she says, "they're not going to go with the woman who just pissed off the boss."

It felt like punishment. "He was used to getting his own way," says Tziporah, "and the fact he couldn't with me – and I'm the one who got away - I think really stuck in his craw." After 10 years, she asked James if she could speak about the settlement and he reluctantly agreed, she says, but the damage had been done. Mindful that image is everything, Tziporah asked if she and a male friend could be papped socialising with him and his then wife, Erica, but the answer was no.

Search for a soulmate

According to Tziporah, her fledgling career was shot down before it was allowed to take flight, and yet she also admits she was never much of an actress. She enjoyed chatting on TV panel shows, but wasn't "emotionally courageous enough" to excel at acting.

By 2008, she had drifted away from show business and had tried teaching transcendental meditation. She had always been attracted to Iudaism, so when she started dating a Jewish man, she met with a rabbi to learn more. Although her mother's family had renounced Judaism many years earlier, he told her she was technically still Jewish. "That was the happiest day of my life," she says. Tziporah reclaimed the Hebrew name including rugs, furs and chandeliers, to friends and flew to Melbourne. There was a bigger Orthodox community there, she figured, and too much "dirty water" under the bridge in Sydney. In a symbolic (or reckless) act of liberation, she hurled more than half a million dollars' worth of jewellery over the cliffs of Bondi.

These days, Tziporah drives an unreliable 11-year-old Holden Calais and works night shifts with elderly psych and dementia patients for \$23 an hour, keeping them clean and fed. It's taxing, but she has an affinity with the patients and gets a kick out of calming them when other carers can't. Ideally, she'd like to work as a nurse in Israel, or perhaps go into politics.

When asked if she's happy, there's a long silence. "Sometimes," she says. "I feel I have more to offer than I used to and that makes me proud. I certainly have more confidence, more selfawareness. I still have a lot of anger."

Tziporah admits it's not easy looking at pictures of her 20-something self with all that potential. "My selfesteem was so low," she says, "and I

was so gorgeous." She'd love to be married with children, but hasn't lived with a man since James Packer, and she hopes

she hasn't missed her chance at motherhood. Her soulmate would be "someone who has enough confidence to let me be who I am," she says. "Just someone who loves me."

For the past few years, though, Tziporah has kept to herself and concentrated on the humbling, often painful work of growing up. She'd like to manage her emotions better and stop seeking solace in food, but says, "I feel like it's going to be an auspicious year". In hindsight, Tziporah sees her dark, homeless period as the education she had to have. "Maybe," she says, "it's time for me to graduate." AWW

To assist Women's Housing Ltd help women in need of somewhere to stay, donate at givenow.com.au/ womenshousingltd. If you or someone you know needs emotional support, phone Lifeline 13 11 14.

66 He was making me an offer I had to refuse. 99

of her maternal grandmother, which traditionally she would have been given, and moved to an Orthodox part of Beverly Hills, making her kitchen kosher, dressing modestly from neck to toe, and keeping the strict rules of the Jewish Sabbath.

In 2011, a businessman she had been dating for two years offered to invest her nest egg, but kept making excuses when she asked about it. Eventually, she discovered he had taken all her money and already had a wife and child.

"Judaism is a psychological religion and I'd started to realise I needed to grow up," she says. "If I didn't start processing my past, it would always come back to bite me. If I was going to start again, I had to start from the bottom ... with clean money."

The US was no place to be poor, so Tziporah gave away everything,





When fire looms and people are running for safety, these female volunteer firefighters are suiting up and risking their lives to save both life and property. **Sue Smethurst** discovers what makes them drop everything to step into harm's way.

at Bigham is not afraid of fire.
She's not afraid of heat so searing it snatches the breath from your lungs.
She's not afraid of darkness in the middle of the day from smoke so thick you can't see your hand in front of you.

And she's not afraid of running into the teeth of a firestorm when everyone else is running away.

"Having been through Ash Wednesday and Black Saturday, I know there's no point worrying. Mother Nature will do what she chooses and we'll just deal with whatever comes our way," says the 68-year-old chicken farmer from Victoria's Yarra Valley. "What will be will be."

It's a mantra Pat and many other volunteer firefighters repeat every summer evening when

PHOTOGRAPHY NICK CUBBIN

they rest their heads on the pillow, knowing the phone could ring at any time, not knowing what may confront them on the other end of the line.

"When the pager beeps, life as we know it stops and we focus on the CFA [Country Fire Authority]," says Pat. "Everything else can wait."

On red alert

While millions of us will pack up the car and flock to Australia's glorious beaches during the summer holidays, spare a thought for Pat Bigham and her "firey" friends, as she lovingly calls them, volunteer firefighters from all walks of life and every corner of Australia, who will spend their summer days on tenterhooks, breathing a sigh of relief as each fire-free day ticks over. >>

[Heroes]



In Victoria alone, 55,000 CFA volunteers, including 12,700 women, put their lives on the line to protect their communities, neighbours, family and friends from increasingly aggressive firestorms.

"There's nothing in a training manual that can help you prepare for what you see, smell and experience when you're out in the fire," says Pat. "You might have flames roaring 40 or 50 metres above your head, or thundering straight at your face. With a fire, you are dealing with loss loss of life, loss of property. When we leave the safety of the station, we are stepping into the reality of the worst day of someone else's life often someone vou know."

"I've never been afraid of fire," says 50-year-old Pip Johnson, who along with Pat and 28-year-old Tara Paulsen, is the modern face of

"Firefighting has been in my family for generations," says Pip, whose great-grandmother saved her own family during the infamous Black Friday bushfires in 1939 by hiding the children in the veggie patch under wet hessian sacks while her home burned down in front of her.

volunteer firefighting in Australia.

Pip's father was the CFA's first legislative officer and, as a six-year-old, she would accompany him on patrolled burn-offs on the family's bush block. It was a no-brainer that Pip, too, would follow in the family footsteps.

"We learned to respect fire and its danger from a very early age; we've seen the damage it can do," she says.

In 1997, the then-31-year-old joined the local Tallarook brigade and became the first female operational firefighter in that brigade. While women make up a large number of the volunteer force today, back then, Pip's presence was something of a novelty.

"A fellow looked at me and said, 'Terrific, someone new to make the sandwiches'," she says. "I made it very clear there and then that I wanted to be on the truck, not in the kitchen, and from that moment on the men mentored me and took me under their wings, and they allowed me to stand beside them."

Just a few years after Pip joined the local brigade, her mettle and her skills were tested when her own property burnt out. "I was part of an emergency from go to whoa and I watched what we'd learned as firefighters all come together," she says. "The way the team worked to help us cemented my commitment to the CFA."

In 2009, Pip was elected Captain of her brigade and has since gone on to become a CFA

employee, working as a Brigade Administration Support Officer, supporting 110 rural brigades. Yet her passion is at the front-line and she's lost count of the number of times the pager has gone off for a call-out in the middle of the night.

Her brigade attends at least 80 incidents each year, including car accidents, flash flooding, trees fallen on homes, kids locked in cars, cats up trees and every sort of community emergency.

Pip was among the first responders to the Black Saturday inferno of February 2009. The world's worst bushfire ever, it claimed the lives of 173 people and wiped towns off the map.

"It's very daunting getting a call out to a fire like that," says Pip. "Your adrenaline and nerves are running wild, but our training prepares us

> well to keep calm in a crisis and make decisions very quickly.

"When you are in the thick of a fire, it's hot, it's quite disorientating and you can totally lose your compass and your sense of control very quickly. It's sweaty, dusty, dirty and exhausting, but there is a wonderful sense of camaraderie and achievement when we help save someone's life or save their home – that's what being part of a community is all about.

"I remember every single fire I have ever attended. Some memories of what we achieve as a brigade are inspiring, but some like Black Saturday are locked away, never to be thought of again."

have flames roaring 40 or metres above your head.

Mixing with the boys

Tara Paulsen always wanted to be a firefighter. When her prep class teacher asked what she wanted to be when she grew up, the plucky sixyear-old confidently chimed, "a firefighter".

Her teacher's response has remained etched in her mind ever since. She said, "Well, you can't do that. Only boys become firefighters."

Some 20 years later, Tara proved her teacher wrong. Inspired by the extraordinary scenes she was seeing on the nightly news during the Black Saturday fires, she walked into her local CFA brigade and asked, "What can I do to help?"

The accounts manager showed an obvious aptitude for leadership and very quickly rose through the ranks, becoming Lieutenant of the Moe Fire Brigade. Her brigade was the first one on the scene when the enormous Hazelwood coal mine caught fire in 2014 and it took more than a month to extinguish.

"Every job is challenging and you never answer the pager thinking it will be a false alarm," >>>













MAIN IMAGE: PHOTOGRAPHY BY NICK CUBBIN. OTHER IMAGES COURTESY OF PAT BIGHAM AND USED WITH PERMISSION

she says. "Your pager is going off because someone in your community is suffering their darkest day. Joining the CFA is the greatest thing I've ever done in my life. The brigade is a family; they're beside you in good times and bad."

Yet Pat scoffs at the suggestion her work is heroic. "You do this because you are looking after your own neighbourhood and because we care about our own community," she says. "Often it's a local in trouble. If someone needs a hand, we'll be there. That's what it's all about."

Pat never imagined she would become a firefighter, but she "married into the CFA" when she met her husband, Don, a CFA volunteer, 50 vears ago. Both Don and the CFA have been her lifelong loves ever since.

After picking up her first water hose, she

quickly earned a reputation for being as tough as nails at the fire front and a voice of comfort back at the station. Subsequently, she was hand-chosen by CFA management to roll out a cutting-edge welfare program, known then as Critical Incident Stress, to support volunteers and their families.

Pat is part of a team of experienced firefighters which provides welfare, support, counselling, a shoulder to cry on and a cup of tea during times the firefighters might be doing it tough.

"My role now is to help the fireys debrief and process it all, and help them with the top-of-mind issues straight after an incident," she says. "People process what they see in different ways - some bottle it up, others let it out. We teach self-care and resilience to our brigades. It's not just about what happens at a fire or an incident, but also taking care of our people and their wider family.



The brigade is a family, beside you in good and bad. 99

stress, we are there to support them. We go out to a fire as a team, we come back and operate as a team." As a result of her work with the CFA. Pat was awarded the

If a volunteer has a sick child or financial

Australian Fire Service Medal in the 2008 Queen's Birthday honours. Her local brigade at Gruyere even named an educational fire truck "Little Pat" in her honour. She credits her success and longevity to an ability to block out memories of the fires she has attended, although she has kept detailed diaries over the years to help her debrief.

"I come home after an incident and write in my diary, or tell the dogs about my day - dogs are good listeners!" she says, laughing.

"Then, once I've got it out, I get on with the next task at hand. That's the

only way I've lasted in this game - if you dwell on things, you don't last."

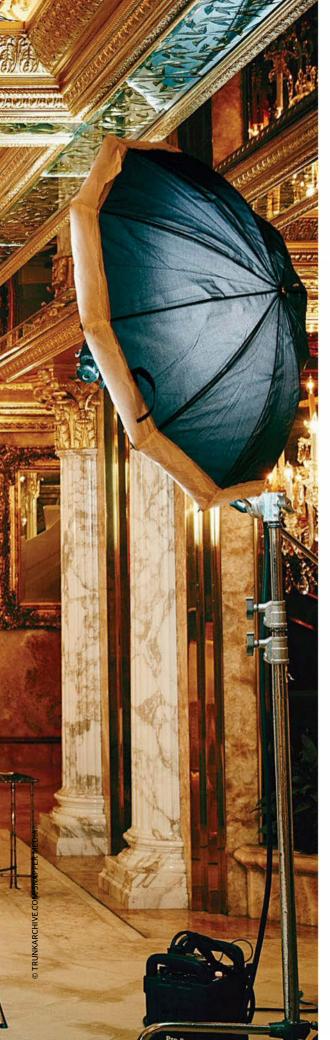
Pat says it's the community connection and camaraderie that has kept her involved. "It's a family. We look after one another, on or off the fire ground. If a CFA family is going through a tough time, we'll pitch in and do what we can to help. It's about our communities looking after one another and that's a wonderful thing."

Last year marked Pat's first summer in more than 35 years not spent on the back of a truck, but she wouldn't think twice about putting her hand up again if the call came. "I'd have no hesitation in pulling out the hose and heading to the front-line if I was needed, not for a second," she says. AWW

If you'd like to volunteer for an active or support role with the CFA, visit cfa.vic.gov.au/volunteer-careers.







Who is Melania Trump?

William Langley heads to the tiny town in Slovenia where Melania Trump was raised to find out the truth about the former model who is America's new First Lady.

n a wintry day in 1986, a teenage girl with wide eyes, high cheekbones and long legs left the small town she had grown up in and took the snowy road to the big city.

Only to discover that Ljubljana, the picturesque but sleepy capital of Slovenia, was nowhere near big enough. Soon, Melanija Knavs, now an aspiring model, was heading for Milan, then Paris and on to New York where, adorned in a \$200,000 Dior wedding gown and her name changed to Melania Knauss, she would become the third wife of controversial billionaire and President-elect of the United States, Donald Trump.

A sense of wonderment hangs over the town Melania left behind. Snuggled into the bend of a river, Sevnica is the kind of place even its own mayor struggles to talk up. Freight trains rattle past and smoke from the two local factories drifts across wooded hillsides. In bars and cafes, the main topic of conversation is 46-year-old Melania's astounding rise from a dingy flat behind the railway station to the \$135 million gilded

triplex atop Trump Tower, Manhattan's glitziest skyscraper.

"It does seem unbelievable," says Melania's childhood friend, Mirjana Jelancic, 47, now headmistress of the town's junior school. "But when you know Melania, it's perhaps not as unbelievable as it seems. She was a remarkable girl and was raised with strong values, and always encouraged to believe in herself. Both her parents gave her that. I remember she would never come out with the rest of us in the evening until she had finished her homework or the jobs her mother had given her. She was very passionate, emphatic, about everything she did and she would never give up until she had achieved what she set out to do."

Melania was born in 1970 to Viktor Knavs, a travelling salesman, and his seamstress wife, Amalija. At the time, Slovenia was part of Communist-ruled Yugoslavia and the family, including Melania's older sister, Ines, lived in a state-subsidised apartment block. According to Mirjana, who was brought up in the same building, only a »

handful of families had telephones or TVs, the heating regularly broke down and the girls often had to bathe in cold water. After school, they played outside on a rusty climbing frame.

Still, Viktor and Amalija were ambitious for their daughters. According to another childhood friend, Nena Bedek, it was the fashion brochures that Amalija occasionally brought home from the local clothing factory that first made Melania think of becoming a model.

"She would look at every page," says Nena, now an art teacher with a studio in the town. "And then she would get a pencil and sketchpad, and try to improve the designs. I'd point to something and say, 'That's really glamorous', and she'd say, 'Yes, but I don't think it's so elegant'. She always had strong opinions. I'd say she was in love with fashion from an early age and sometimes she actually talked

Melania had ceased to exist.

of going abroad and becoming a model, but we were just kids growing up in the middle of nowhere and no one took it seriously."

Except, perhaps, Melania herself, who did well enough at school to win a place at a design college in Ljubljana, 85km away. The Knavs girls were growing up fast – with Melania, particularly, now an eyecatching beauty – and the family was improving its modest lot. Viktor had a new job selling car parts, which he supplemented as a chauffeur. With the extra money, he was able to rent a small flat for his daughter on the outskirts of the capital.

While almost everyone in Sevnica speaks highly of Melania's mother, Amalija, who eventually worked her way up from the production line to become a pattern designer, Viktor is intriguingly portrayed as a faintly Trump-like figure – a wheeler-









FROM FAR LEFT: The industrial climes of Sevnica. Melania's home-town; the flats her family lived in; her parents Viktor and Amalija. BELOW: The first known modelling shots of Melania, taken by Stane Jerko in 1987.

dealer whose full-on personality and outspokenness often work to his detriment.

Documents recently emerged showing Viktor had been a paid-up member of the Communist Party somewhat to the embarrassment of the Trump campaign - although no one in Sevnica suspects him of having much interest in politics.

"All sorts of people were in the Party because it got you perks," says Sevnica's affable Mayor Srecko Ocvirk at his riverside office. "You could travel more easily and get deals done. There's no real significance to it. They're a nice family. They still have a house here and we're very proud of them. Especially Melania."

Indeed, the down-on-its-luck town has hopes of cashing in on the White House connection, by inviting Melania and her husband to visit. "I have to be honest," says Srecko, 47. "I was at school with Melania, too, and to my shame I can't remember her at all. Now, I want to meet her badly. There aren't that many reasons for people to come here, so if the Trumps paid a visit, it would help us attract tourists."

With a population of barely 5000 and a not-too-healthy economy, Sevnica sees Melania not just as a home-town girl made good, but as an inspiration to others. "This is an insular place," says cafe manager Ana Peša, 28, who organised the town's US election night party. "So she's a wonderful example, especially to young women, of how you can go out into the real world and become somebody."

Melania's first step into this real world came with her

move, at 16, to Ljubljana. From this point on, the story of her life takes on a haze of uncertainty. She enrolled in a course in architecture and design, and while there is no reason to doubt that she was a capable student, she was clearly subject to serious distractions. Her official CV states that she obtained a degree from the University of Ljubljana, but investigative journalists Bojan Požar and Igor Omerza, authors of a book on Melania, have revealed she actually dropped out after her first year.

What happened? Most likely, Melania had started to discover the power of her looks. Tall, strikingly featured and exquisitely proportioned,

she was already earning small fees for appearing in magazine advertisements for shampoo and make-up. And she had embarked on her first proper romance. The lucky man was Peter Butoln, now 47 and working as a public relations executive in Ljubljana. Peter says he first spotted Melania with a group of

student friends, in a bar in the city's historic centre. "She stood out," he remembers. "The others were having drinks and being a bit crazy, but she was just calm and beautiful, and seemed maybe a bit lonely, so I spoke to her and we hit it off and started dating.

"It was really nice. A lot of kids, when they first leave home, enjoy the freedom, but Melania was incredibly close to her family, especially her mother, and I think she missed them. We just did nice things, rode around on my scooter, sometimes went to discos. She wasn't really a party girl. In fact, she was quite serious-minded and it was obvious that she wanted to get on and out into the world. I'd love to see her again."

The relationship ended after less than six months, when Peter was called up for military service. By the time he got back to Ljubljana, Melania was gone.

In fact, the old Melania had ceased to exist. A year after her arrival in Ljubljana, she had been talent spotted by a well-known Slovenian photographer, Stane Jerko, who helped her build a portfolio of professional modelling shots. Now convinced that her future lay on the catwalks of the world's fashion capitals, she changed her name from its original Melanija Knavs to the apparently more sophisticated Melania Knauss and began to look for work abroad.

According to Bojan Požar and Igor Omerza, it didn't come as quickly as she hoped. While there was no doubt about Melania's beauty and poise, she struggled to master the "natural look" designers cherish. Even after she finally made it to Milan and Paris in the early '90s, her work stayed mostly in print."



ABOVE FROM LEFT: Mirjana Jelancic, Melania's childhood friend; Sevnica Mayor Srecko Ocvirk: cafe manager Ana Peša: and creator of the "Torta Melanija". Franja Krainc.

By 1996, she had reached New York. ! The exact details of how are hotly disputed, with the Trump camp denying politically awkward allegations that Melania worked in the US illegally before obtaining the appropriate visa. The well-known Italian model agent Paolo Zampolli has since claimed he brought Melania to America and later introduced her to Trump during a party at Manhattan's Kit Kat nightclub.

Donald asked for her phone number, but Melania had already clocked that he was with a date. "So of course, I didn't give it to him," she recalled later. "I said, 'I am not giving you my number. You give me yours and I will call you.' I wanted to see what kind of number he would give me. If it was a business number, what is this? I'm not doing business with you!"

Instead, he gave her all his numbers - office, home, mobile, private jet and pleaded with her to call when she could. A few days later, after a modelling assignment in the Caribbean, she called. They were married in 2005 at Donald's Florida resort home, the Mar-a-Largo Club, with the former US President Bill Clinton and his wife, Hillary, prominent among the guests.

Although Melania played a barely visible part in the Trump campaign for the White House, she insists the public perception of her as a trophy wife kept in the background is false. "They say I am shy," she told Harper's Bazaar. "I am not shy. People say these things who do not know me."

Melania says she has a relaxed relationship with her husband's four children from his two previous marriages: Donald Jnr, 38, Ivanka, 35, Eric, 32, and Tiffany, 22. "They are grown up," she says. "I don't see myself as their mother. I am their friend and here when they need me."

The well-kept family home in Sevnica now stands empty. Viktor. Amalija and Ines spend most of their time in America, occupying their own apartment in Trump Tower and returning home rarely. When I approach their white, modern villa, a security guard appears from nowhere and says the place is "off limits".

Whatever the truth of Melania's rise, the swirl and dazzle of her New York life seem worlds away from her home-town, where the days pass slowly and an exciting event is the annual Salami Festival. "I'm sure Melania won't forget us," says Mirjana Jelancic, as children clatter noisily down the school corridors. "I don't think she will have changed that much from the girl we knew. Wherever you go in life, your past stays with you.

"Her friends here still think nicely of her and hope she'll come back and see us one day."

party for President Trump's inauguration on January 20, with a special cake - Melanija Torte - baked in the new First Ladv's honour already on sale at the local patisserie. "We want to send a message all the way to the White House that we still love you," savs Mayor Ocvirk. Yet behind the

warm sentiments and civic pride, it is hard to avoid the suspicion that Melania, the girl who once ran around these streets in a

regulation cotton smock has bigger things to worry about than her old home-town. As the wife of arguably the most divisive US President ever elected, she will have a vital role in softening the Trump image – a task likely to be complicated by Melania's intention to remain mostly in New York, where the couple's 10-year-old son, Barron, is at school.

And as only the second foreignborn First Lady in American history (the other one, Louisa Adams, barely counts, as her father was serving as the US Ambassador to Britain when she was born), Melania will be under particular pressure to demonstrate her allegiance to her adopted country.

To date, the Trumps have visited Melania's homeland just once. In late July 2002, the tycoon's Boeing 727 touched down at Ljubljana airport and the couple travelled by limousine to Slovenia's most famous hotel, the Grand Toplice, perched on a lake in the beauty spot of Bled.

As the sun set behind the Karavankas mountains, they sat on a terrace, ate veal escalope and wild blueberries, and as they were leaving Donald was heard to ask, "Is this place for sale?" AWW





Tim Minchin

crumpe

Behind the wild hair and kohl-eyed stare, Tim Minchin is a devoted family man, married to his teenage sweetheart, writes Susan Horsburgh.

PHOTOGRAPHY ● DAMIAN BENNETT STYLING ● LEDA ROSS

im Minchin helped conceive my third child - which means he can add embryo whisperer to his prodigious list of creative achievements. My daughter's cells started dividing after a date night in February 2010 at Melbourne's Palais Theatre, where my husband and I watched a barefoot Tim Minchin work a piano to freakish effect, slaying the audience with a string of catchy, acerbic tunes about inflatable dolls, Catholic hypocrisy and supermarket green bags.

Almost seven years on, Tim learns of his procreative part in my little girl's existence and seems delighted. "Wow, that's amazing," says the 41-year-old musician, comedian, actor, composer and polemicist. "I got all your eggs and sperm dancing."

A few minutes later, Tim's own little girl, a mini version of him called Violet, drops by to collect her forgotten swimsuit and skips off to play with her cousin, singing out, "Love you, Dad!", as she leaves. It's only two more sleeps until Violet turns 10 and Tim says he has missed half her birthdays, which is

why he has brought her to Australia this time, leaving wife Sarah and seven-year-old son Caspar at home in Los Angeles.

Chatting at a rooftop bar overlooking Coogee beach, Tim is wearing ripped jeans and biker boots on a glorious 31-degree Sydney day, his louche gingery lion's mane streaked with grey. He may be jet- lagged after flying into Australia only 24 hours earlier, but he still manages to be friendly and thoughtful over the next few hours, meandering over such thorny conversational terrain as rationalism and religion, and sharing a world view that's almost as famous as his musical talent since a 2013 university graduation speech he gave went viral.

This trip, though, is all about the Brisbane premiere of his musical adaptation of Roald Dahl's muchloved children's book, Matilda. The Royal Shakespeare Company production - about a girl genius who outwits her ignorant parents and despotic schoolmistress - has become an international smash since it opened in the UK in 2010, bagging a record seven Olivier Awards and four Tonys.

Tim Minchin has gone from unknown jobbing muso to award-winning success - and lateblooming sex symbol in the space of a decade.





Scouting for someone to write Matilda's music and lyrics, the RSC took a gamble on the edgy Australian comedian known for his musicianship and clever wordplay, but Tim also happened to be a lifelong Dahl fan who had approached the novelist's estate for the musical rights to Matilda when he was 25. Although comedy let him showcase his talents, theatre was always his first love. "Musical theatre takes a story and ratchets it up," says Tim. "And it's dangerous because it can just be tits and teeth and razzamatazz."

Matilda, though, is all heart; in fact, it may have cured him of cynicism.

"Comedy is all about being arch and above stuff - and my first draft of Matilda had quite a lot of that winkiness in it," he says, but the director urged him to pull back on the irony. "Matilda, maybe for the first time ever, made me believe that I'm allowed to be sincere."

Since *Matilda*, Tim has penned the acclaimed musical version of the 1993 film Groundhog Day (which opens on Broadway in April) and played Iudas in the arena tour of Jesus Christ Superstar. He has also appeared as a cokehead rock star and recreational nudist in the US TV series Californication and

for the past three years has been based in LA as the composer and director of an upcoming DreamWorks animated film, Larrikins, starring Hugh Jackman.

Darling of the London stage

In the space of a decade, Tim has gone from being a wedding-band muso to the toast of London's West End - a phenomenal rise fuelled by a brutal work ethic and what he describes as "evidence-based" ambition. No wonder he wasn't rattled when he turned 40. "The freak-out usually happens when you feel like you haven't done the things you thought you would have done," he says, "and my life is the opposite."

He is devastated, though, by Donald Trump's election win – "I've never been so sad about anything in my life, not even a death in the family." According to Tim, everyone knew Trump was a fool - no one more than the world's comedians - and yet satirical efforts to undercut him didn't work. "Maybe the pen is mightier than the sword," he says, "but demagogues seem mightier than the pen at the moment."

Matilda is about standing up to bullies, which makes it topical for children, but there's a takeaway for adults, too. Although it doesn't push a political agenda, it is a critique of anti-intellectualism. "In every book Dahl wrote, the characters are always

The son of a surgeon, Tim grew up in a close Perth family, staging concerts with his older brother and two younger sisters. He took piano lessons, but mostly taught himself, and still can't read or write music. Ever the pragmatist, he thought he'd probably become a teacher, but every gig he did, from the first time he wrote songs for the stage at 17, garnered enough praise to convince him he had talent. After graduating with an Arts degree, he studied at the Western Australian Academy of Performing Arts and then moved to Melbourne with Sarah in 2002. There he scored acting jobs,

> wrote the odd musical and played in cover bands, but he spent much of his 20s struggling to pay

the rent and keep his selfesteem afloat. "I would wake up sometimes," Tim recalls, "and sit on the bed and just sort of think, now what?"

Staring down the barrel of his 30th birthday and keen to start a family, the atheist decided to just be himself and write a solo show addressing the stuff he cared about sex, religion and quackery in witty, oddball songs. He took Darkside to the Edinburgh Fringe Festival in 2005, won the Perrier Best Newcomer award and

decamped to London for the next eight years. A star was born.

Through it all, Sarah has been by his side, although she is apparently no booster. In fact, when he landed the Matilda gig, her reaction was, "Shit, I hope you can do it." When Tim gets a bit ranty at dinner parties, it's Sarah who tells him to stop. A former social worker, she sounds like she has a highly-tuned bullshit barometer, and Tim seems almost in awe of her. "People love her, but she doesn't need them to love her," he says. "She's just this independent, self-contained unit. She's smart and funny, but she's not like me or so many of us - she's not trying to prove herself. And she isn't jealous of me. She's just kind of »

"Matilda made me believe that I'm allowed to be sincere."



reading Dickens and someone is talking about the evils of television ... so I was just agreeing with Dahl's arguably slightly elitist [view that] no, we're not allowed to give up on saying books and knowledge are good," says Tim. "Matilda is the world's only superhero, apart from maybe [Harry Potter's Hermione Granger, for whom knowledge is everything."

In the song Loud, Matilda Wormwood's superficial mother sings, "What you know matters less than the volume with which what you don't know is expressed." That song is about "a post-factual, clickbait world", says Tim. "We've just handed the most powerful country in the world to Mrs Wormwood."

well-adjusted. It feels an absurd question to ask, 'What's her role in my success?' That's like saying, 'What role is your twin in your existence?' We're just like this little monster. We're a combined monster."

The pair met in their final year of high school and started going out the first year of uni. When Tim suddenly became the thinking woman's crumpet at 30, the thrill of late-breaking sex appeal was not lost on him. Monogamy is a struggle, he says, and it's something they talk about. "I think marriages get in trouble when people have unrealistic expectations of each other's internal

lives - if you think you're never going to want to f*** someone else, you're an idiot," he says. "I didn't think anyone would ever want to sleep with me and now lots of people do. The power of that is lovely, but you'd better be ready to say no. And it sucks obviously ...

"Monogamy is a choice that you make - a series of sacrifices for the sake of something you value more. I value family hugely. Sarah and I both come from non-broken homes, and I want to model my life on that idea ... It's just worth it."

Something to prove

The Minchins live in what Tim describes as a quiet, peaceful household, where arguments between the pair are rare and never escalate beyond terse words. "Our kids have their issues and it breaks your f***ing heart – not everything's perfect in our lives – but we get through it in a fairly methodical way," he says. "It sounds very unromantic."

Without a nanny or PA, Sarah "works her guts out" keeping their lives in order, while Tim is away half the time with his musical commitments. After the emotional upheaval of leaving London, Caspar has finally settled in to LA and Violet has blossomed, recently starring in a little musical, but the plan was always to move back to Australia by

Christmas 2017. While he baulks at the notion of nationalism, Tim wants his kids to grow up in Australia, close to family and the ocean, like he did.

How he will manage his career, however, is another thing because although he wants to make theatre and film here, he knows his ambitions stretch beyond the confines of this country. Asked what drives him, he jokes that it's second-child syndrome -"a need to prove to everyone that I'm special". Seriously? "Oh yeah, I think I'm a bit broken."

Tim has a charming way with self-deprecation, but also a sizeable

Tim with wife Sarah and children Violet and Caspar in 2012. "I value family hugely," he says.

"We're just like this little monster. We're a combined monster."

> ego. Criticism stings and yet he put himself in the conservative crosshairs last February when he released Come Home (Cardinal Pell). In the oddly infectious song, which topped the Australian iTunes chart, he urged the top Catholic clergyman to return to Australia to testify at the Royal Commission into child sex abuse, branding him a "goddamn coward" and "pompous buffoon". Columnist Andrew Bolt called it a "hymn of hatred" and labelled Tim "unfair and cruel" - but the part that really seems to rankle is that Bolt apparently described him as "pudding-faced".

On the flipside, Tim has been inundated with support; in the past 24 hours alone, he says, three strangers have approached him, including one woman midway through a court case against her abusive uncle when the song came out. She thanked him for making her feel less alone. "It sounds melodramatic, but I've heard that again and again," he says, "because it's such a taboo subject and you feel so ashamed as a survivor, this little moment of 'mainstream-ification' of their plight was really meaningful for them."

> Not that he wants to sound self-congratulatory. "I don't think what I do is important and vital to the world at all," he says. "I think I just make some stuff." Anxious not to seem pretentious, he puts on his new hat a bit later and asks, "Does it make me look like an arsehole?"

He needn't worry - with the exception perhaps of Cardinal Pell supporters, his countrymen seem to love him. "People come up to me in Australia and it's the most gratifying thing because as an Australian who goes

overseas, you worry about what Barry Humphries and Clive James experienced," he says. "You think they're all going to say, 'You've got too big for your boots, mate.' And all I get all the time is, 'We f***ing love you!'"

Every woman I know seems to have a crush on him, and one friend thinks she and Tim could have been perfect together if only they'd met before the inconvenient arrival of her husband and children. It's hard not to fall under his spell when you interview him because he asks questions back and seems interested in the answers and then he gives hugs at the end.

The interview over, a make-up artist does touch-ups for the photo shoot. Tim suggests she go heavy on the mascara, then checks the mirror when she's done. "Pudding-faced," he says, with a certain note of satisfaction. AWW



World champion Tyler Wright Riding life's Waves



After blitzing the competition in 2016, Aussie surfer Tyler Wright tells Samantha Trenoweth how heartbreak, self-discovery and strategy turned a small-town sandy-haired kid into a world champion.

PHOTOGRAPHY ● KRISTINA SOLJO STYLING ● LEDA ROSS

t was just over a year ago. Tyler Wright was watching the surf and breathing the scent of frangipani from the balcony of the Rip Curl team house in Hawaii. Her older brother, Owen, ranked fifth in the world, was getting in a few practice waves before competition began at the Billabong Pipe Masters, the world's most prestigious and precarious surfing event.

Conditions had been rough. One surfer had almost drowned days earlier, another had fractured a shoulder and still another needed 21 stitches to his face. Yet Tyler wasn't concerned. Owen was fearless, but not foolhardy. He was a match for any wave - except for the wave that wiped him out that day and the three or four that followed, holding him down and tossing him violently.

Owen was washed ashore, conscious but disorientated, and staggered back to the house, where Tyler was beside him in a heartbeat. "I was on the ground," she says, "so I had to handle it."

An ambulance was called and tests revealed a major concussion and a brain bleed. Owen was diagnosed with a traumatic brain injury.

"Watching him go through the brain injury was heartbreaking," Tyler says. "I hated seeing him lying there in hospital. It was very tough and very traumatic."

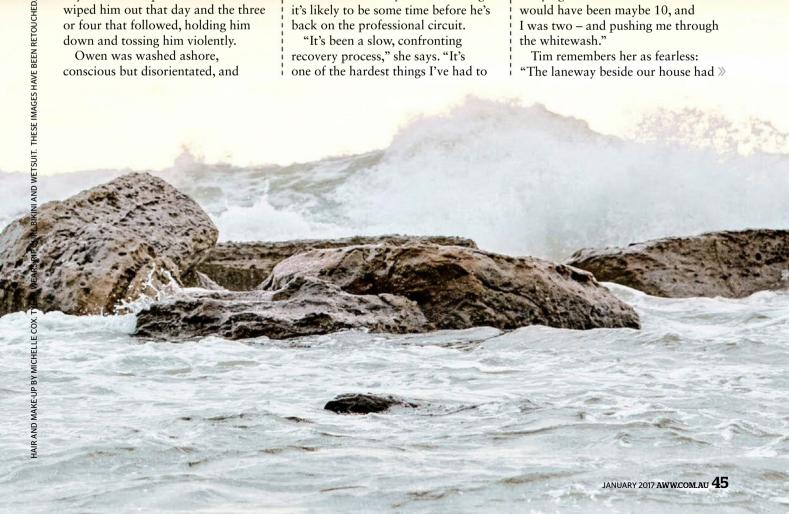
Tyler stayed by her brother's side for the best part of six months, sleeping by his bed and helping him through the excruciatingly slow process of recovering his memory, his balance, his emotional equilibrium, his ability to walk and eventually to surf - though it's likely to be some time before he's back on the professional circuit.

"It's been a slow, confronting recovery process," she says. "It's one of the hardest things I've had to watch and it's been harder for him to experience." Yet it also proved a turning point in Tyler's surfing career. "It gave me perspective," she says.

Tyler, who is 22, and Owen, 26, hail from a family of surfers. They grew up in Culburra, on the NSW South Coast, in a tight community of saltwater-loving family and friends. Their father, Rob, is a lifelong surfer, their mother, Fiona, has lived by the sea all her life and the five Wright kids were rarely out of the ocean.

"I was young when I started surfing," Tyler grins. "So young that I don't remember it. There were three ahead of me - Tim, Owen and Kirby - and I just tagged along. They surfed so I surfed. I have a memory of Tim carrying me out on a board - he would have been maybe 10, and I was two - and pushing me through the whitewash."

Tim remembers her as fearless: "The laneway beside our house had »





quite a hill and when Tyler was very young - like three or four - she would bomb that hill on a skateboard at high speed."

Tyler agrees. "I wasn't really afraid to try anything," she says. "I had two older brothers and a little one, Mikey, who still believes I should be able to do anything he can do. I was put in situations where I had to handle it. I tried to keep up with the boys and my sister, and everyone else in the family. If ever I'd say I couldn't do something, my brothers just wouldn't listen."

The Wrights lived on the beachfront and, Tyler remembers, "within a block or so of us there were 15 kids who all surfed. Then there were four families down the road who we grew up with and they surfed as well. We'd go on camping trips down south to Narooma, surfing and hanging with friends. It was a nice, easy childhood. We did it with zero intention - no thought this would ever be a career. I just naturally got better at surfing because I spent a lot of time doing it."

From the beginning, Tyler was a natural. With her dad's encouragement, she set out on the junior circuit early. She won her first adult event outstripping her heroes Layne Beachley and Stephanie Gilmore - when she was only 14. She liked school, but dropped out in Year 11 because the pressures of combining exams and pro surfing became overwhelming. She developed a reputation for unpredictable brilliance.

"She can do the type of surfing that no one else can," her coach, Glenn "Micro" Hall, explains, "and she





FROM ABOVE: The Wright family (from left) mum Fiona, Tyler, Tim, Michael, Kirby, dad Rob and Owen; Tyler winning the 2016 title; in action; with brother Owen in 2010.

always wanted to push herself and push women's surfing, and show everyone what was possible. That wins you some events and heats, but you eventually fumble and that's not how you put a whole year together."

Tyler wasn't interested in strategising an event, let alone a whole year. She surfed day to day, wave to wave. And she surfed because she loved it, but she'd never made a conscious choice this would be her career.

Then, at 18, Tyler hit the wall. Her friends were finishing school and she realised she was six years into a job she had never chosen. "I felt it was taking too much out of me - I was pulled in different directions." Tyler began to develop symptoms of anxiety and depression, and felt trapped.

It was Owen who explained she had choices. "He was brilliant," she says. "Owen sat me down and said, 'You don't have to do this.' I was surprised. He was the first person who had ever told me that surfing didn't have to be my job. He said, 'You're 18 years old. Go live and don't be restricted by what other people want you to do."

Tyler did just that. She didn't entirely jettison surfing, but instead stepped back from it a little and spent some time getting to know herself.

"I went snowboarding. I went motorbike riding. I went up and down the coast," she recalls. "It wasn't an overnight thing. It took a couple of years. It was a slow-moving selfdiscovery. I wanted to find my own way and do my own things. I didn't want to be told how to act and what to wear and how to be, and that I should be a world champion already."

When depression or anxiety loomed, Tyler found "being out in Mother Nature really helpful". And she learnt to meditate. "I was against meditation and yoga, and anything like that, until I actually did it," she says, laughing. "The meditation I do is called Kelee and it's just sitting for five minutes, being really still. I also try to get up in the morning and, straightaway, go out and do something - maybe go for a walk, get out in nature, start my day off right - instead of going onto my phone. They're simple things, but they've helped."

Tyler has also made a decision to speak out about mental health issues.

"People's lives are made more difficult because nobody talks about it," she says. "They're like, 'Oh, mental health issues, keep that under the table.' I felt so extremely un-normal and alienated for a while, but then I talked to other people who had »



experienced the same thing. I think it would actually be abnormal to get through your life without any sort of personal issue coming up and people who are experiencing those things need to know that it's okay."

Another problem Tyler had was that she felt she had no right to feel unhappy about what others might see as a fortunate life.

"I kept thinking, 'I have food on my plate, a warm bed to sleep in and people who love me," she says. "There are kids who don't

have any of that, so why should I complain?' But I came to understand speaking about your emotional issues doesn't mean you're ungrateful. Sometimes you struggle. It's important to have conversations about how you're feeling and not get alienated. And it's made me more grateful. I see that everyone doesn't get to experience what I've had in terms of family and loyalty, and balance and learning, coming from a community like mine.

So I get more and more appreciative. It's very humbling. I know I'm good at this surfing thing, but I also know why I'm good at it. I know who has helped me and who has propped me up when I didn't think I could keep going.

"We're all human and trying to figure it out, so there's no need to judge anyone. We're all just living and making mistakes, and learning."

66 I'd taken those years to learn about me, then I was ready. 55

All that self-discovery, combined with the death of a beloved uncle and the hard yards of her brother's convalescence, also led Tyler to realise she did want a career in surfing and, more than that, she wanted to win the World Championship.

"I'd taken those few years to learn about me and then I was ready to go back to my sport again," she explains. "I realised I could do both, surf and compete, and have a balanced life."

She enlisted the help of Glenn Hall, developed a more measured approach to competition and surfed her most impressive year on the pro circuit.

Which is how Tyler found herself, on October 12, 2016, at the beach at Hossegor, in France. She was walking across the sand, board under her arm, and about to surf another round in the World Surf League (WSL) competition

> when, out of nowhere, she was tackled by friend and fellow competitor Stephanie Gilmore. "You've won!" Stephanie said, wrapping

Tyler in a hug. "You've already won!" With one more round to go, Tyler's lead was unassailable - she was already the World Champion. Even so, Tyler went on to surf the final round in Maui, where she finished in style, taking out her fifth title of the year. Her 72,500 points tally was the highest in WSL tour history. She was both the champion and a record breaker. AWW If you need emotional support or advice, phone Lifeline on 13 11 14.



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A life in the spotlight

My mother comes from a vanished world, a place and a time that no longer exist. I have always thought of her as a visitor stranded here, an emissary from a distant star that burned out long ago.

Her name is Gloria Vanderbilt. When I was younger, I used to try to hide that fact, not because I was ashamed of her – far from it – but because I wanted people to get to know me before they learned that I was her son.

Vanderbilt is a big name to carry and I've always been glad I didn't have to. I like being a Cooper. It's less cumbersome, less likely to produce an awkward pause in the conversation when I'm introduced. Let's face it, the name Vanderbilt has history, baggage. Even if you don't know the details of my mom's extraordinary story, her name comes with a whole set of expectations and assumptions about what she must be like.

The reality of her life, however, is not what you'd imagine.

My mom has been famous for longer than just about anyone else alive today. Her birth made headlines and, for better or worse, she's been in the public eye ever since. Her successes and failures have played out on a very brightly lit stage and she has lived many different lives;

she has been an actress, an artist, a designer and a writer; she's made fortunes, lost them and made them back again. She has survived abuse, the loss of her parents, the death of a spouse, the suicide of a son and countless other traumas and betrayals that might have defeated someone without her relentless determination.

Though she is a survivor, she has none of the toughness that word usually carries with it. She is

the strongest person I know, but tough she is not. She has never allowed herself to develop a protective layer of thick skin. She's chosen to remain vulnerable, open to new experiences and

possibilities, and because of that, she is the most youthful person I know.

My mom is now 92, but she has never looked her age and she has rarely felt it, either.

My father died in 1978, when I was 10; and my brother, Carter, killed himself in 1988, when I was 21, so my mom is the last person left from my immediate family, the last person alive who was close to me when I was a child.

When I was growing up, though, my mom rarely talked about her life. Her past was always something of a

mystery. Her parents and grandparents died before I was born, and I knew little about the tumultuous events of her childhood, or of the years before she met my father, the events that shaped the person she had become.

Even as an adult, I found there was still much I didn't know about her.

We started the conversation through email and continued it for most of the following year. Her memories are remarkably intimate and deeply

> personal, revealing things to me she never said face-to-face. By breaking down the walls of silence that existed between us, I have come to understand my mom and myself in ways

I never imagined. I know now that it's never too late to change the relationship you have with someone important in your life: a parent, a child, a lover, a friend. All it takes is a willingness to be honest.

I hope what follows will encourage you to think about your own relationships and perhaps help you start a new kind of conversation with someone you love. After all, if not now, when?

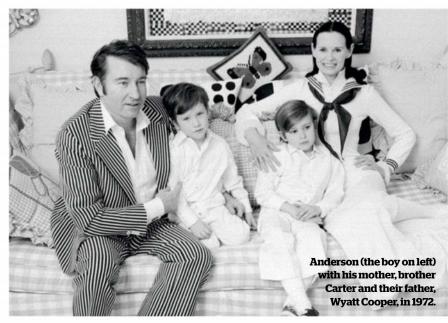
She is the strongest person I know. 99

Losing a brother and a son

In 1988, my 23-year-old brother, Carter, killed himself. It is still hard for my mom and me to understand what happened. There is not a day that goes by that we do not think about his life and his death.

Carter graduated from Princeton University in 1987 with a degree in history and was working at *American Heritage* magazine when he died.

A few months before he killed himself, he came to my mom's apartment dishevelled and upset. He talked about quitting his job and moving back home, though he had his own apartment in the city. I was in New York that weekend and, when I saw him, I got worried. He had recently broken up with his girlfriend and seemed to have lost his usual confidence. He appeared scared, as if his thoughts were racing.



The following week, I returned to college in Connecticut and Carter started seeing a therapist. He seemed to snap out of whatever funk he'd been in, and I was so relieved, I didn't ask him again about what had happened.

We talked occasionally on the phone, but I didn't see him again until the weekend of July 4. We ran into each other by chance on the street in New York and went for a quick lunch together.

"The last time I saw you, I was like an animal," he said. I was happy he could make a joke about it and didn't question him further. Perhaps he wanted me to, but I didn't. I wish I had.

It was the last time I saw him alive.

On July 22, he came to my mom's apartment once again. He appeared distracted, not to the degree he had been in April, but enough to concern my mom, who spent much of the day with him. In the late afternoon, he took a nap and at around 7:00pm he woke up and walked into her bedroom.

"What's going on?" he said, seemingly disoriented. "Nothing's going on," my mom assured him.

He ran from her room and up the stairs of the duplex apartment, through my room and out onto the balcony.

When my mom caught up to him, he was sitting on the ledge 14 storeys above the street. She tried to talk to him, begging him to come inside, but he refused. A plane passed overhead and, after looking up at it, he spun off the ledge and hung from the side of the building, his hands holding onto the balcony.

After a few seconds, he let go.

GLORIA I have heard it said that the greatest loss a human being can experience is the loss of a child. This is true.

The person you were before, you will never be again; it doesn't just change you, it demolishes you. If you





ABOVE: Gloria with sons Anderson (left) and Carter in their New York apartment in 1976.

are blessed with other children, you go on living to be there for them, but the loss will consume you at unexpected times for the rest of your life.

Just yesterday, a moment clear as the day it happened flashed into my mind.

Carter, age six, at our house in Southampton, jumps out of the pool, exuberantly running towards me to hug me. "Mommy, I want to marry you!" he yells.

Hundreds of treasured moments: Carter, as a teenager, coming into my dressing room for the first time at 10 Gracie Square after we had just moved in, while, outside, fat flakes of snow swirled.

"Oh, Mom," he said, "It's such a hopeful room."

And it was.

I will remember everything about him forever.

Is the pain less? No, just different. It is not something you "work through"; it is not something that goes away or fades into the landscape. It is there forever and ever, inescapable until the day you die.

I have learned to live with it. Carter died 27 years ago. There are times he comes to me in dreams, appearing as he would at the age he should be now. But these are fleeting images that vanish as I try to hold onto them. Carter is not here.

He has no brilliant career. No loving wife he is crazy about. No son named Wyatt. No daughter named Gloria.

I imagine vou two interacting, not as you did as children, but today, as men. Your father is there, too. But these images fade quickly, as well.

Only you and I are left. Even though I don't get to see you as much as I'd like because you are so busy, I do get to see you every night on a TV screen and what better gift could a mother receive?

ANDERSON You and I are different in how we handle grief. I know, for you, it's important to talk to people. I remember, in the days after Carter's death, you would tell everyone who came to the apartment what had happened. Reliving the horror over and over again helped you and I was glad something did, but I found it hard to talk about what I was feeling. In times of crisis, I grow silent.

GLORIA After Carter's death, I sensed your withdrawal, which continued on into the weeks that followed, as friends came to the apartment hoping to bring solace to our grief.

I lay in bed in my room unable to stop crying, a verbal stream of details pouring out, going over it, again and again, talking about how it happened.

I knew you were in the apartment somewhere, talking with others. Although, at first, I was aware of your distance from me and upset by it, soon the waterfall of tears that kept flowing from me washed away any awareness that you were shutting me out.

I wanted to die and I knew that only the stream of pain I kept going over and over and over again was what was keeping me alive.

A month after Carter died, you had to go back to school. You didn't want to go, but I knew you should. The day you left, you gave me a letter.

"From now on, we are partners," you'd written. I felt that, too. But soon after, you said to me, "Don't drink."

It stunned me that we were not as close as I had thought. that you were unaware that even though I was once again besieged by grief, I would never have turned to drinking to dissolve my pain.

ANDERSON I did feel we were partners and still do, now more than ever.

What I said about drinking was that I couldn't be as close to you as I wanted in the wake of Carter's death if you began to drink again. I didn't think you would turn to alcohol immediately, but I feared you eventually would. If you had, it would have been impossible for me to remain close to you.

After Daddy died, you didn't drink for several weeks and I thought perhaps you never would again, but then one cold winter's day I came home from school and I could tell that you were drunk. Alcohol transformed you into another person and left me angry and feeling very alone.

You didn't drink after Carter's death, however, and I am so proud of you for giving up alcohol altogether.

It is strange for me to talk about this with you. For my entire childhood, this was something that was never spoken about in our house. Your drinking, occasional and unpredictable as it was, felt like a constant presence and yet it was never discussed. How many silent dinners did I sit through pretending I didn't notice?





ABOVE: Gloria at Carter's funeral in 1988, where she was comforted by Anderson (top).

"Do vou think Mom is an alcoholic?" Carter once asked me when we were in high school.

I was so shocked he said that word out loud that I didn't know how to respond. We had never spoken of it before. Each of us dealt with it in silence.

Your drinking made it difficult to trust vou. I never knew what I would find when I came home from school each day.

I dreaded going anywhere with you, worried that you might start drinking: on planes, at restaurants, parties. The person you became scared and angered me. I was never sure if you were aware of what you were doing. I assumed you were, but I didn't know.

The day after you'd drunk too much, it would be as if nothing had happened. It added another element of

danger and fear to our lives, and contributed to the feeling that we were somehow adrift. Even now, typing this out, I feel that fear.

GLORIA It means the world to me that you have come to trust me enough to express the feelings you have accumulated over the years about my drinking episodes. I can only imagine the courage this took. It is more than brave, considering the close relationship we now share.

It has been 27 years since Carter's death and despite all the difficulties I have faced since then, I no longer have an issue with alcohol. At 91, my liver and heart are healthy, as they have been throughout my life, and instead of an alcoholic, I am a workaholic.

As for the years before, I am sorry for the times I disappointed you as a mother. My flaws are rooted in things that happened way back in the beginning, as they are for most people, and I hope that knowing me now as vou do, vou

understand where they came from and can find it in your heart to forgive me.

You have proved, by your life and what you have made of yourself, that you have triumphed over whatever shortcomings I may have had as a mother.

So many answered questions

As my mom's 92nd birthday approached, we decided to conclude this conversation we had begun one year before. When I remember all those I have lost in my life, I think of all the questions I wish I had asked them, the things I wish I had told them. I will have no such regrets with my mom. And for that I am very thankful. Aww

This is an edited extract from The Rainbow Comes and Goes, by Anderson Cooper and Gloria Vanderbilt, Harper. If you or someone you know needs emotional support, phone Lifeline 13 11 14.



HAIR AND MAKE-UP BY ANNALEISE SMITH. ITA WEARS CARLA ZAMPATTI TOP AND PANTS, AND HERMËS CUFF. THESE IMAGES HAVE BEEN RETOUCHED.

Ita Buttrose at 75

On the eve of her 75th birthday, Aussie icon Ita Buttrose talks to Larry Writer about her media career, her tumultuous relationship with billionaire Kerry Packer, being a grandmother and how she plans to stay fit, healthy and a powerhouse for years to come.

PHOTOGRAPHY ● DAMIAN BENNETT STYLING ● JACKIE SHAW

hat's good about turning 75?" ponders Ita Buttrose, having just swept into the room like a summer breeze to meet The Weekly. "Well," she offers after a hard think, "best of all," she exults, "I'm still here!"

And three cheers for that. With her milestone birthday looming on January 17, "life is just as wonderfully frantic as ever".

So what better time to reflect on what has been, and still is, a remarkable life? In her 60 years in the media, Ita has interviewed and written about the world's most fascinating people – vet few could be as compelling as the lady herself. Although usually too busy to reminisce, today, for The Weekly, the magazine that remains in her heart 41 years after she became its youngest editor, she's happy to make an exception.

Aged 15 in 1957, Ita joined Sir Frank Packer's Australian Consolidated Press, publisher of The Australian Women's Weekly and the Daily and Sunday Telegraphs, paying her journalistic dues as, variously, copygirl, secretary, cadet and reporter on The Weekly. At 23, she was named Women's Editor of both *Telegraphs*. When, in 1967, she won – oh, the delicious irony – a trip

overseas in a Sydney Morning Herald fashion contest, she landed in London with husband of four years Alasdair Macdonald and worked on Woman's Own magazine. Their first child, Kate, was born in 1968, and Ita returned to the Packer fold in 1970 to again edit the women's pages of the Telegraphs.

In 1972, Sir Frank's son, Kerry, anointed Ita as founding Editor of Cleo, a glossy offering young women frank sex advice and the guilty pleasure of a nude male centrefold. "Our debut issue sold out in two days," she says. By the end of 1973, Cleo was selling a rip-roaring 200,000 copies a month.

"Cleo was a golden time," says Ita, one immortalised in the 2011 ABC-TV mini-series Paper Giants: The Birth Of Cleo. For her portrayal of Ita, Asher Keddie won AACTA and Logie awards for nailing Ita's distinctive walk and mannerisms, her never-out-of-place honey coiffure, perfect make-up and beguiling mix of coquettishness and steel, but may have over-egged Ita's lisp, which is scarcely discernible in real life.

Then, in 1975, when Ita was 33, Kerry Packer made her Editor of The Australian Women's Weekly, the most prestigious job in magazines.

"The Weekly is the professional love affair of my life," Ita says.

In 1981, she joined Rupert Murdoch's News Limited, which now owned the Telegraphs, and became the first woman to edit a major metropolitan newspaper. She went on to become a radio talkback host, Editor-in-Chief of Fairfax's Sun-Herald and publish her own monthly, ITA magazine, from 1989-94. Respected – and feared by some - as a tough, savvy editor who demanded the best from her staff, she was made an Officer of the Order of the British Empire in 1979, an Officer of the Order of Australia in 1988 and Australian of the Year in 2013.

Being a grandmother

For all her plaudits, Ita says, "My children are my greatest achievement." Long-term readers of The Weekly will remember Ita's folksy tales of young Kate and Ben. Today, Kate is 48 and runs the architectural practice of her late father, and Dr Ben Macdonald, 43, is an environmental scientist.

"They turned out really nice adults," says Ita. "We're great friends. A parent can't be a friend when their child is little, you're too busy setting boundaries and instilling values, but when they're older your relationship changes. Kate and Ben's dad died three years ago and that was difficult for »





them because they were close. I try to fill that gap in their lives as best I can."

Ita dotes on her five grandchildren - Kate has Samantha, eight, and Clare, seven, and Ben is dad to Byron, eight, Elyse, six, and Jack, four. "They're lovely, they hug my legs and give me kisses," she says. "I get a buzz seeing in them little bits of myself and of my own children. I look at Jack, Ben's youngest, and it's like looking at Ben when he was little. I do all the grandmotherly things. I take them to movies like Ballerina and Sing, and I read them stories and turn up at Grandparents Day at school. I play monsters with them and chase them all over the house. I encourage them to say 'please' and 'thank you', and tell Samantha, Clare and Elyse, 'Remember, diamonds are a girl's best friend!" "

Gazing into her grandchildren's eyes makes Ita melt. "They are so trusting, so ingenuous ... They still believe in Santa and the tooth fairy! They still have their illusions. They've yet to meet anyone unkind. Nothing terrible has happened to them. Eyes are so revealing. I've seen photos of children involved in domestic violence cases and their eves don't have that trusting look."

Ita's compassion shines through in word and deed. She's long championed society's sick and vulnerable, working with the likes of the National Advisory Committee on AIDS, Alzheimer's Australia, Macular Disease Foundation and Arthritis Australia, among others. "If you're in a position to make a difference, you must try," she says.

Her causes tend to be deeply personal. When Kate was young, she was stricken with a rare form of juvenile arthritis, so Ita offered her services to Arthritis Australia, and her work with the National Advisory Committee on AIDS was spurred by the deaths of gay friends.

Ita's father, Charles', health travails were the catalyst for her dementia and macular disease crusades. In 1999, the year he died, aged 89, Charles was hospitalised with Alzheimer's, macular degeneration and deafness. When a nurse complained to Ita that her father was aggressive and ignored her, "I very gently pointed out that Dad couldn't

see, couldn't hear and, like many with dementia, he became agitated when in an unfamiliar situation," she recalls. "The nurse should have known that. There's such ignorance about dementia, which is the single greatest cause of disability in older Australians and the second leading cause of death, and there's a huge shortage of properly trained carers."

Ita wants the federal government to establish a national fully funded dementia strategy. "The plight of those living with dementia must be recognised and redressed," she says. "We want a dementia-friendly society. We should ask ourselves how we'd like to be treated if we had dementia and the answer would be with respect and compassion. If we see someone who seems confused on public transport or at the check-out, let's not turn our back, but offer a helping hand."

To boost her own chances of a healthy old age, she eats well - "plain food, lots of fish and vegies" - and keeps fit. She swears by seven hours' sleep a night, though her 5am starts on Studio 10, the Network Ten panel show she co-hosts, can make that a challenge. She walks her groodle (a golden retriever crossed with a poodle), Cleo, daily and works out twice weekly with neighbours at

her eastern Sydney apartment block. To exercise her brain, Ita reads widely and deeply, and she writes - the author of 11 books is currently penning her second novel. She is an

in-demand public speaker. She travels when work allows and enjoys the opera, ballet, theatre and musicals -"I love musicals!"

Ita has not been in a serious relationship since her second marriage, to businessman Peter Sawyer, ended after two years in 1981. "I don't feel sorry for myself," she once told The Weekly. "You can't just go out on the street and lasso a bloke. If it's not meant to be, I accept it's not meant to be." While she admits to occasional loneliness, she revels in singledom.

"I can say no if I don't want to go out to dinner, I can switch on the box and wallow in a romantic movie for the sixth time or a musical without anyone saying, 'Ita!' "

Valuable experience

Being well and truly one herself now, Ita appreciates the challenges besetting older Australians. "Over-50s often don't receive due respect," she says. "We're not decrepit, we're perfectly capable. Yet 10 per cent of companies won't hire anyone over 50. They're losing out on our experience ... When you reach 50, life holds few surprises and we can provide the contingency plans that perhaps those who haven't been there and done that cannot."

Another bugbear of seniors is dealing with constant change. On a personal level, Ita's baby, Cleo, closed after 44 years last February. While conceding that the Cleo of 2016 bore scant resemblance to the magazine she founded, Ita joined former staffers to mourn its demise at a wake in a Woollahra hotel, in Sydney's eastern suburbs. "Losing Cleo was like a death in the family," she says.

Ita waxes lyrically about the sumptuous feel and "better than Chanel No.5" smell of quality magazines. their beautiful photographs and

66 Over-50s

often don't

receive due

respect. 99

well-written articles, and shakes her head when, nowadays, she sees vounger people whose nose would once have buried in a magazine such as Cleo plugged into digital devices instead. "Print

media is under siege, but it's not dead yet," she says. "If publishers deliver a quality publication with subject matter vital to readers that they can't get elsewhere, brilliant writing, design and photography, people will buy it."

Circulations have fallen not just because of competition from the internet, she says, "but because too many magazines are a load of rubbish".

She refuses to be like many of her older friends who turn their back on technology, preferring life as it was. "Technology is creating an amazing » world," she says. "Kate was born on Christmas Eve 1968, in London, and we couldn't phone home because all the telephone lines were booked out. Now, we can contact family and friends whenever we like. And the internet offers an astonishing amount of information. It's a fallacy that technology is too complex for older people to understand."

Another cross those getting on in years must bear is the death of loved ones and contemporaries. Ita has lost her parents, her brother Will, her Aunty Billy, her first husband, Alasdair, cherished confidantes Marj McGowen and Nan Musgrove, Kerry Packer and more. She grows

wistful. "I've been thinking of those I've loved who are no longer here and there are a lot," she says. "Yet no one ever really dies until every person who remembers them has died. They're still part of my tapestry. The things we did, the memories I have. I wouldn't be me without them."

Kerry was a towering presence in Ita's life and memories of their relationship evoke both joy and sadness. Joy because "we were great friends, we energised each other. Kerry was a force of nature, a giant presence. He was unique." Sadness "because he died so young."

Ita says Kerry was portrayed unfairly in Paper Giants. "Sure, he had a short fuse and a foul temper," she says, "but he didn't spend his whole life shouting at people. Mostly, he was friendly and happy, and very funny and because of his sheltered upbringing lovably naive."

Kerry would pull up a chair in Ita's office, light a cigarette and contribute when she and her staff compared the attributes of centrefold aspirants and dreamed up articles on sex aids and 20 ways to turn your man on.

"Kerry took a chance on me when we started Cleo," says Ita. "He supported my decisions when people said we'd fail. Well, we didn't. He understood that we were good at what we did and gave us the freedom to take risks and make publishing history.



66 I've had highs and lows. Not eveything in life pans out. 99

Cleo was Kerry's first triumph and after its success, his old man [Sir Frank Packer] stopped calling him an idiot."

Cleo gave Ita the courage to buck tradition and modernise The Weekly when she became Editor in 1975. In came features on women's rights, sex, work-life balance, politics, the Pill and other once-taboo topics to bolster its tried-and-true menu of royalty, beauty, cooking, fashion and the like. In her Weekly heyday, Ita's column and bubbly TV adverts established her as a national icon. Women loved her because they felt she understood them and cared, while Jimmy Barnes spoke for many men when, in Cold Chisel's 1980 hit Ita. he sang that while in her TV ads "the desktop hides her hips, my imagination's strong", she was the sweetest thing he'd ever seen and he'd like to take her out to dinner even if he risked blowing his dream date by holding his fork "all wrong". Ita's "cool" rating with Kate and Ben soared.

Male friends pay Ita (whose brothers, she laughs, "taught me to speak Bloke and be competitive") the ultimate compliment, "She's a good sport," says John Fordham, founder of celebrity management organisation The Fordham Company. "Ita is earthy, smart, tells a great yarn, has been known to drink beer out of a bottle and is loyal. She's the queen of pick and stick."

Yet, in this, the land of the Tall Poppy Syndrome, not evervone's a fan. Ita has been stalked, sent threatening letters and abused by strangers for supporting AIDS victims. "It comes with the territory," she sighs. When her late brother Will's son, Richard Buttrose, now 44, was jailed in 2010 for dealing cocaine

and Will's daughter Lizzie, 47, got into strife last year, reporters salaciously and unfairly name-checked Ita in their reports. "The link is somewhat tenuous I feel!" she says. "I'm their aunt and we share a name, but my nephew and niece are adults who've made their own decisions and must face the consequences. Which is not to say that I don't love Richard and Lizzie. I do. I promised Will I'd look out for them. Family is family."

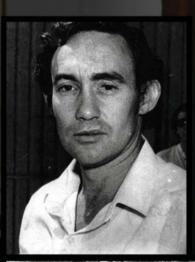
Like many beautiful, successful women, Ita has been a gossip-magnet. Inevitably, given their close working relationship and Kerry Packer's furious reaction when Ita left for News Limited, scuttlebutt had it that they were romantically involved. Scuttlebutt that Ita refuses to dignify with a response, except to say that "my private life is exactly that, private". She and Kerry made a pact that neither would talk about their deep friendship. Ita never has and vows she never will.

She has led a bold life, one of striving to be the best, taking chances, giving 100 per cent, hanging tough, "I've had highs and lows," Ita says. "Not everything in work and relationships and life pans out, but disappointment and sadness pass ... and then, usually, something wonderful happens. And suddenly here I am, a happy 75 years of age - and I'm not finished yet!" AWW



Mass murder in the Outback

Please don' let him or



Bernadette Schiller was at a pub with friends when a truck deliberately crashed into it, killing five people. Three decades on, she recounts that terrifying night and how she is fighting for the driver to remain behind bars, writes **Trevor Paddenburg.**

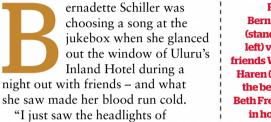


OPPOSITE: Survivor Bernadette Schiller at her local, the Oxenford Tavern, Queensland. In 1983, she was at the Inland Hotel at Uluru in the Northern Territory when Douglas Crabbe (top) smashed his 20-tonne truck into it (above), leaving a trail of destruction.





FAR LEFT: Bernadette (centre) with friends not long before the killings. LEFT: With her sister. Jane, who was on a date the night of August 18. so missed the tragedy.



a truck, coming full speed at the pub," Bernadette recalls.

"I didn't even have time to react. It just crashed through the place.

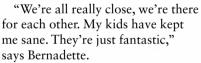
"I was thrown to the floor and I remember the wheels were millimetres from me. I was in the foetal position, trying to get away from the wheels. The noise was unbelievable and people screaming. It was just awful. After all these years, it is still so fresh in my mind."

The date was August 18, 1983, and five people were killed and 16 seriously injured when a crazed truckie deliberately drove into the popular watering hole. It is a crime that, to this day, ranks as one of Australia's worse mass murders.

Bernadette was just 20 at the time and among the dead were two friends with whom she was out enjoying a drink. For 34 years, she has lived with the trauma of what she saw that night and the scars - mental and physical - that the horrific experience left her with.

Yet hers is also a story of courage, inner strength and overcoming adversity. Now aged 53, she enjoys an incredibly loving relationship with her three adult children - Stacey, 28, Ashley, 25, and Matthew, 23 – who all live in the family home.

RIGHT: Bernadette (standing at left) visiting friends Wendy Haren (left on the bed) and Beth Freeman in hospital. They were two of the 16 injured.



For more than three decades, she did not speak publicly about the mass murder, but now the proud mum is confronting her past and joined calls for the killer to be kept behind bars.

That man is Douglas Crabbe, who went on his rampage at the Inland

Hotel after being refused service at the bar, being restrained by a group of men and then evicted for his behaviour.

Now aged 67, he is serving a life sentence in Perth's Acacia Prison for the five murders, after being convicted of driving his 20-tonne Mack truck through the brick wall of the Inland Hotel and then fleeing the scene

Crabbe offered no reason for his horrific crime and at his trial he said he could not remember his actions. Initially, he was sentenced to five consecutive life sentences without

the possibility of release, but was later given a 30-year non-parole period by the Northern Territory Supreme Court when the territory's "life means life" legislation was repealed in 2004.

The killer truckie was then moved to Western Australia on compassionate grounds to be close to his Perth-based family. The WA Prisoners Review Board has recommended Crabbe now be released and it is up to the

> state's Attorney-General, Michael Mischin, to decide if he will walk free, but his office confirmed a

decision is yet to be made.

Another survivor, Lvdia Hannah, who lost four friends in the Inland Hotel massacre and was lucky to survive the injuries she suffered, has been a vocal campaigner for Crabbe to remain behind bars.

Now Bernadette is speaking out to demand the same, fearing the truckie's violent tendencies will be with him for life and that he could kill again. "This was a man who could drive his truck

66 I got hit by the bull bar and thrown away. 99

through a pub, step down out of his truck, step over one of the bodies and laugh," she said.

Like a bomb blast

Bernadette was a free-spirited 20-yearold when she moved from her parents' banana farm in northern NSW to find work and adventure in the Northern Territory. In photos taken just weeks before the murders, she is laughing with friends and appears without a care in the world.

Yet all that changed when she decided to have a casual drink at "the Inland" with friends, after she had finished her shift at the nearby Uluru Motel, where she had worked for eight months.

As Bernadette recounts what she saw and felt that night, it is easy to see why she wants Crabbe to remain locked up. "When the truck hit, it was seriously like a bomb going off. I got hit by the bull bar and thrown away. I had brain matter on my clothes," she says.

"I can recall every detail of that night - smells, sounds, terror and

the image of my friends' brain matter on me will be with me forever."

The destruction was phenomenal. The truck penetrated the pub for the entire length of one trailer. The embedded vehicle was the only thing holding up the roof. About 50 people were inside at the time. Four of the victims died instantly, while the fifth passed away in hospital in Alice Springs soon after.

When the dust settled and amid the screams of agony, Bernadette

discovered her friends, David Seng, 24, and Adrian Durin, 21, had been killed on impact. And they weren't the only ones.

"I'd been talking to an older couple during the night and after the truck came through, I saw the man. He had a cut on his head and I remember I had a pad in my bag and I took it

out and used it to stop the bleeding. I asked if there was anything else I could do and he just said, 'My wife ... my wife's dead'."

The man was Ronald Slinn, a building manager from Yulara, who later told the Northern Territory court he was hit by the truck and his left leg was caught under the front axle. He

SALES EXECUTIVE Victims tell of motel tragedy



managed to drag himself free to find his 45-year-old wife, Patricia, dead nearby. Also lying dead was Helen Fuller, 22, while Leslie McKay-Ramsey, 35, would die later of her injuries.

Bernadette was one of the lucky ones, but she was not without wounds of her own. "I had broken ribs. I urinated blood for six months. I was

bruised black and blue from shoulder to ankle from where the bull bar hit me. I've had surgery and I'm dealing with a lot of back pain to this day. And that's just the physical stuff," she savs.

"It happened more than 30 years ago, but it has been a never-ending nightmare. I still have flashbacks. I don't sleep. I've only now started to get some counselling for it, which is why I can talk about it. I've never, ever spoken about it, I don't even tell people about it.

"Every truck I see is Crabbe. Every loud noise I hear triggers a flashback. The pain of that night has never stopped for me or, I am sure, the other victims who survived. We are left in our own hell. I have never slept an entire night in 30 years without waking up with nightmares."

Crabbe had driven a truck since the age of 14, the court was told, and in 1983, aged 34, he appeared on a downward spiral into violence. In February, he was arrested and charged for assaulting youths at a petrol station near Tennant Creek.

Then, in March, he went to a country and western event in Curtin Springs, where he was involved in two brawls. Five months later, he would kill five people at the Inland Hotel.

Bernadette had seen Crabbe's violent tendencies first-hand. He made weekly deliveries to the Uluru Motel, where she worked. "Sometimes, he was friendly and nice, other times, he would get this look in his eyes, which would scare the living daylights out of me," Bernadette recalls.

"Sometimes, he'd have a temper tantrum when he was unloading his truck. He had a filthy temper. Often, when he talked to you, it would be about pretty disgusting stuff - really strong sexual overtones - which would always upset me.

"He was intimidating, because he was so strong as well. He would »



swing himself with one arm on the back of his road train. He would unload everything himself. He had superhuman strength."

The mother-of-three also says part of her ongoing anguish is a feeling she may have contributed to Crabbe's rage, after she rebuffed his advances at the Inland Hotel that night.

"He'd pinched me on the bum. He was scaring the hell out of me and being really disgusting. I told him to 'f*** off'. It was the first time I'd said that to someone," she says.

"Straight after that, he was behind the bar helping himself to a drink and then he took a swing at the barman ... and soon after that he came back and drove his truck through the place. For years, I have felt guilty – is that what set him off?"

Cold-blooded killer

The killer truckie's Perth-based son, Anthony Crabbe, who also drives a truck for a living and wants to see his father released from prison, says the crime was a spur of the moment decision. He has petitioned Attorney-General Mischin to allow his father

to spend his remaining years as a free man and live in Perth with his family, including his elderly mother, Thelma, and his 10 grandchildren.

Yet Douglas Crabbe's victims deny the crime was a spur of the moment fit of rage, a fact confirmed in his murder trial, when the court heard that after he was ejected from the Inland Hotel. the truckie walked about 500 metres to his parked truck, drove it to the nearby Uluru Motel, unhitched one of the two

trailers, then drove it back to the Inland Hotel.

"It was premeditated and not a split second

mistake," Bernadette says. "That makes it cold-blooded murder. Crabbe had plenty of time to think about what he was doing on the night. He knew exactly what he was doing."

She also says that Crabbe does not deserve to spend his last years with his grandchildren, after depriving his five victims of ever meeting the grandchildren they might have had. "I believe he deserves to serve his

LEFT: Bernadette with her supportive children, Ashley, Matthew and Stacey.

original sentence. For the five people he killed, the time he's served works out to be six-and-a-half years [in jail] per person. And that's not even taking into account the injuries he caused," she says.

In the wake of the 1983 murders, Bernadette returned to her parents' home to recover. For two years, she felt too traumatised to work.

"Eventually, I got a job on a farm and then at a supermarket, but one day, a metal beam collapsed behind the shop I was working at and the noise triggered a major flashback," Bernadette recalls.

"Any loud noise just takes me back to that night. People treated me like I was crazy and I ended up losing my job."

Yet Bernadette soldiered on and was determined to put the Uluru ordeal behind her, becoming a mother and settling down on the Gold Coast, which has been home since 2000. She was married for 23 years to a police officer and, although their relationship ended seven years ago, her three children are her world.

Now, as the Crabbe case makes headlines once again and she lobbies the WA government and Attorney-General's office, she admits the memories have returned in full-force, accompanied by "horrible dreams of that night in 1983".

However, Bernadette believes it

66 If he's ever

released, he will

do it again. 99

is a duty she has to see through.

"Crabbe might be saying he's rehabilitated, but I absolutely do not believe that.

People with a temper like that don't change. That's why I firmly believe, if he's ever released, he will do it again," she says.

"His victims were all young and still had their whole lives ahead of them. They were all too young to die. But he didn't give them the chance to have a life. That's why I'm speaking out now because they can't," she says.

"Please don't let him out." AWW

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Thailand's royal feud

Thailand's royal family is in turmoil after the recent death of King Bhumibol Adulyadej. With his unpopular playboy son Crown Prince Maha Vajiralongkorn anointed as the next King, many are speculating whether he could spell the end of the monarchy, writes William Langley.

ate at night, in the moist, spicy heart of Bangkok, Thailand's feuding royal family gathered around the bedside of the ailing 88-year-old King Bhumibol Adulyadej. Outside, a crowd of well-wishers chanted prayers for the long-serving ruler's soul, but his heirs and their hard-nosed courtiers had more earthly matters to consider.

Such as who should be taking over, what would become of the family's colossal fortune and whether the 800-year-old monarchy could survive the fall-out from the old King's death.

Bhumibol had been on the throne for so long - an astonishing 70 years - hardly anyone in Thailand had ever known or could imagine life without him. Yet his cultish popularity concealed an unsightly backlog of scandals, follies and

ABOVE: **Then Crown Prince Maha** Vajiralongkorn on a lavish royal barge during a ceremony in 2012 to mark the King's 85th birthday.

embarrassments which, with his death on October 13, now appear impossible to contain.

"The royal family is facing serious difficulties," says Andrew MacGregor Marshall, author of a recent book about Thailand which was banned by the country's military government. "Their support is not as strong as it looks and there is a lot of turmoil beneath the surface."

Foremost in the firing line is the Australianeducated Crown Prince Maha Vajiralongkorn, 64, a clownish playboy and prodigious womaniser, who ascended to the throne on December 1. Many Thais feel he should have been disqualified from the succession - not least because he seems to prefer living almost anywhere but Thailand.

For the past year, thrice-married Maha's favoured location has been 9000km away in



southern Germany, where he shares a magnificent lakeside villa near the sleepy village of Tutzing with a 35-year-old former airline stewardess, Nui Suthida. Local real estate broker Andreas Botas recently told a German newspaper that Maha had turned up at his offices in a white Porsche convertible, wearing tight jeans and a midriffbaring T-shirt, asked to see the vacant villa and paid \$20 million in cash for it.

"There were about 20 people following after him in eight minibuses," says Andreas. "But he was very polite and not at all pretentious."

Maha's reputation for eccentric behaviour was

already well-established. In 2007, it was revealed he had made his pet poodle, Foo Foo, an Air Chief Marshal in the Thai Air

Force. A leaked diplomatic cable from Ralph Boyce, the US Ambassador to Thailand, described Foo Foo attending a state dinner, "in full formal attire, complete with white paw mitts". When the dog died in 2015, Maha ordered four days of national mourning.

As long as the deity-like Bhumibol was alive and Maha, who has spent the bulk of his life in Europe and the US, was off the scene, most Thais felt able to tolerate his erratic antics. Their patience began

ABOVE: A blanket of flowers from his mourning subjects flanks a portrait of the late **King Bhumibol** in Bangkok.

to fray in 2007 when a shocking video emerged of the Crown Prince's third wife, Princess Srirasmi, naked but for a black thong, kneeling before Foo Foo singing "Happy Birthday". Allegedly leaked by the Crown Prince's enemies, the video was immediately denounced by the court as a forgery, but to ordinary Thais it confirmed the worst fears about their king-in-waiting. Srirasmi, a former cocktail waitress, was later divorced by Maha, with whom she had a son, and stripped of royal titles.

Thais tend to have a relaxed approach to sex, but a tougher one towards double standards. Some years ago, Maha was treated to an

> unprecedented dressing down by his mother,

66 There is a lot of turmoil Queen Sirikit, who beneath the surface. 99 likened him to Don Juan, the legendary Spanish

seducer, saying, "Women find him interesting and he finds them even more interesting ... If the people of Thailand do not approve of the behaviour of my son, then he would either have to change, or resign from the royal family." The Queen later declined, apparently on moral grounds, to attend Maha's second marriage.

Yet one of Thailand's greatest royal scandals arose from the Queen's own barely concealed infatuation with her military aide, Colonel »





Narongdej Nanda-photidej, in the mid-1980s. Embarrassed and distressed, the King arranged to have Narongdej posted to the US, where he died a few months later, aged 38, supposedly of a heart attack. The suspicion he was murdered has never gone away.

The Queen's grief was reportedly so intense, she suffered a breakdown and her marriage never recovered. While Sirikit and Bhumibol remained a couple, they lived separate lives. The Queen, now 84 and in poor health, has barely been seen publicly in recent years.

Whatever the unseemliness of royal behaviour, little of it is discussed in public. Thailand's 67 million people are aware of the perils of criticising their royal family. A law of lèse majesté – an antiquated term meaning "injured majesty" - imposes severe penalties for any behaviour deemed insulting to the monarchy. Thais have been prosecuted under the law for reasons such as "liking" a

Facebook site critical of the King, singing satirical songs about the royals and posting images of the King's dog online which were seen as critical of the monarch. Nor are foreigners exempt. In January 2009, Australian former hotel concierge Harry Nicolaides, 41, was jailed for three years after being accused of insulting the royal family in a brief passage of an obscure novel he had written. Harry was released one month later, after pressure from the

Australian government. The details of most cases remain unknown, as the Thai media feel constrained from publishing the allegations.

The image of the monarch is everywhere. Virtually all shops, bars, restaurants and most homes have a portrait of the King on display. Huge billboards showing the monarch dominate city squares and the royal anthem is played each morning and evening in public places, where passers-by are expected to sing along.

The doubts about Maha's merits go beyond a sceptical, if outwardly deferential, public. "Much of the aristocracy and the elite class are opposed to him," says Andrew Marshall. "They know that he is headstrong and a bit crazy, but their real worry is that they might not be able to control him in the way they controlled the old King."

Partly because of the lèse majesté laws, the inner workings of the Thai court are extraordinarily hard to unravel, even for experts. According to US journalist Paul Handley, who worked for several years in Bangkok, "The palace lives on gossip and rumour. In the early 1990s, for example, there were stories the King drove around incognito to experience the hell of Bangkok's traffic. Everyone heard the stories and everyone believed the King was suffering just like they were. No one I met ever had first-hand information on this, it was just rumour that benefited the monarchy. There are countless examples like this, which shape the image - and image is crucial." Yet it is no secret that the doubts about Maha are shared by many of his fellow royals. Even his father, Bhumibol,

appears to have agonised over whether to give his son the top job. "The Crown Prince was a huge disappointment to the King," says Andrew Marshall, "and he tried several tactics to make him shape up. He restricted his money to stop him partying. He even suggested that if the Prince didn't improve, he'd break tradition and give the throne to his daughter, Princess Sirindhorn. But it



FROM TOP: **Princesses** Sirindhorn, **Ubolratana** and Chulabhorn are vying for power and influence.



was all a game. He thought his son would be a poor king, but he was a conservative man and he thought a man should succeed him."

The record suggests the King made a mistake. Known as "Phra Thep" - Princess Angel -Sirindhorn, 61, is the opposite of her high-living brother. Unglamorous, hard-working, scandalfree and wildly popular with the public, she has never married or had children and has devoted her life to good causes. Her relations with her brother are strained and in the aftermath of their father's death, she seized control of the funeral arrangements, fearing the Crown Prince might play down Bhumibol's legacy.

Her plan is to build an enormous shrine to the old King, which observers believe will also serve as a reminder of Maha's shortcomings. "If you were allowed to hold polls on such things," says a seasoned Bangkok hand, "you certainly find a majority of the public preferring Sirindhorn taking

over. The off-the-record steer you get from the Palace is Maha will grow into the job, but who is going to believe that? He's 64 and just gets more immature."

Sirindhorn is also known as a shrewd political operator, with close links both to the military junta, which seized power two years ago, and to various opposition groups. Foreign analysts have suggested she would be the ideal candidate to guide Thailand back to democracy, but since the junta is in no hurry for this to happen, the Crown Prince - for now - enjoys the approval of the military.

If not the approval of his family. Among the siblings jostling for advantage are the King's eldest child, Princess Ubolratana Rajakanya, 65, who married American

FROM FAR LEFT: The royal family at their residence in Berkshire, UK, in 1966: then Crown Prince Maha. dressed in a crop top, arrives at **Munich Airport** with his mistress, Nui Suthida, and a poodle; his luxury villa in Tutzing, Germany: Maha holding his mother's hand flanked by his two sisters in 2010. **BELOW: Maha is** greeted by Queen **Elizabeth II during** her Diamond Jubilee in 2012.

businessman Peter Jensen in 1972, and now works as a film actress. After her divorce in 1998, Ubolratana returned to Thailand to rebuild her royal power-base. Also hovering is fearsomely smart Princess Chulabhorn, 59, the king's youngest child, a scientist, who reportedly believes the royal family should be like its Western counterparts.

An entire year of mourning has been declared for King Bhumibol, during which time Thais are expected to wear black and refrain from any kind of "boisterous behaviour". Tourists have been warned that festivals and concerts are likely to be cancelled, and are urged not to cause offence. On government orders, TV schedules have been scrapped indefinitely, with networks expected to concentrate almost entirely on broadcasting tributes to the late King.

The newly anointed King Maha Vajiralongkorn Bodindradebayavarangkun, to be known as King

Rama X, will not be crowned until after his late father's cremation in October 2017. This leaves time to sort out his family's tangled affairs.

With an estimated fortune of more than \$40 billion, the Thai monarchy is the world's wealthiest. Their assets include swathes of Bangkok real estate, hotels, a bank, an international equity portfolio and the Golden Jubilee Diamond - the world's largest - given to Bhumibol to mark his 50th year on the throne. Yet the riches are locked into a structure known as the Crown Property Bureau and no one seems sure who truly controls it.

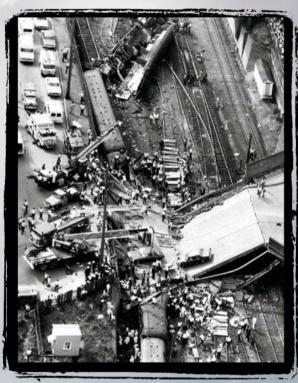
If the Crown Prince is to square his squabbling siblings and their allies, he will have to be generous. And more careful about the company he keeps. AWW

66 He's 64 and just gets more immature. 99



Tracks of our tears

It was the worst rail disaster in Australian history and, 40 years on, **Melissa Field** discovers that Granville still weighs heavily in the hearts of survivors and rescuers.



The scene of devastation on January 18, 1977.

Granville

[Real life]



s she waved off her excited daughters, Helen and Rosie, on that fiercely hot January morning, the then 34-year-old Wendy Ward had no idea that it would be the last time she'd ever see her pretty blonde eldest girls alive. Elizabeth, known by her middle name Helen, 11, and Rosie, eight, perished in the Granville train disaster. The girls were found by rescuers being protectively sheltered by their grandad, Walter "Vic" Miles, and their stepgrandmother, Marjory "Madge" Miles. Wendy's life and those of countless others were irrevocably altered at 8.10am on January 18, 1977, when a train from the Blue Mountains to Sydney's Central Station derailed and was then crushed by Granville's collapsing Bold Street Bridge.

"People say to me, 'What's it like, living with Granville?" says 74-year -old Wendy Miles (as she's now

known). "How can you explain losing four members of your family? I eventually started saying, 'Just imagine you've lost a leg. You'll never, ever get the real thing back. Now, imagine that, but far worse.' It's been a torment."

These days, British-born Wendy lives alone in the gentle climes of Kingston, Tasmania. She is divorced from Ken Ward, the father of her four children, and while life has gone on, it hasn't been easy. She's battled breast cancer twice and been diagnosed with Parkinson's disease. She directly attributes her first cancer diagnosis in part to the anguish and stress caused by the disaster. "Granville has tainted everything," she says. "I think the stress of having to keep myself together and keep doing what the world expected of me - regardless of how I felt undoubtedly affected my health."

After the disaster - few associated with Granville will ever refer to it as an accident - Wendy carried on for the sake of her surviving children. Her third daughter, Janet, was then six and today lives close to Wendy in Hobart. Her son, David, was almost five. Wendy's rightly proud of the fact that, despite her overwhelming grief, in the subsequent years, she managed to put herself through TAFE to get her Higher School Certificate, then uni for a degree in psychology and philosophy. "I was born during the Second World War," says Wendy today. "I grew up gritting my teeth and just getting on with things. There was no such thing as 'counselling'."

Even so, six months after the disaster, the realisation struck her that she'd lost her dad and step-mum, too. "I'd been so wrapped up in losing the girls, I didn't have space to grieve for my dad, Vic, and Madge until later," she recalls. "I also agonised for years over whether to say I had four children if I was asked - or two. That's still hard sometimes." »

Wendy's youngest surviving child, David, is now 44. He says Granville has had a profound effect.

"For most of my life, people said, 'You must have been too young to understand', but that infuriates me because it's like saying it didn't affect me as much. I knew what was going on," recalls the Canberra-based dad of two today. "I remember the morning itself like it was yesterday. I threw a hissy fit because my big sisters were going on an outing with Grandad and Madge, and I wasn't. My next memory is coming down the hallway at home on the morning after and seeing Mum and Dad crying on the couch. I asked, 'What's wrong? It's

the girls isn't it? They didn't come home.' Then Mum pulled me over for a cuddle."

David says the disaster's ripple effects are ongoing. "I'm pretty screwed up over it," he admits. "I've suffered with depression and I always feel like I have to make everybody else happy and okay, or things are going to go really bad. For the longest time, I felt guilty that I wasn't on the train instead of my sisters, or that I didn't stop them from leaving the house."

Few Australians alive at the time can forget the shock of the disaster. Just over two years after the devastation of Cyclone Tracy in 1974, the fact that Granville was preventable made the scale of the tragedy more painful.

The crowded eight-carriage 6.09am "red rattler" had departed Mount Victoria in the Blue Mountains and was almost at Granville station, in Sydney's west, when locomotive 4620 derailed and toppled the first and second carriages at approximately 8.10am, hitting a row of supports holding up the Bold Street Bridge overhead. Seconds later, the compromised steel-and-concrete bridge, weighing an estimated 570 tonnes - and the cars on the bridge



- came crashing down. The rear half of the third wooden carriage and the front half of the fourth were flattened. Ultimately, the catastrophe claimed 83 passengers and injured 213 others.

The initial judicial enquiry found the primary cause of the derailment was "the very unsatisfactory condition of the permanent way, being the poor fastening of the track, causing the track to spread and allowing the left front wheel of the locomotive to come off the rail." That the bridge had had

66 Even now when I talk about it, I sometimes burst into tears. 99

BARRY GOBBE, now and in 1977, is still haunted by the suffering he witnessed.



additional concrete added during construction to make its surface level with the road significantly increased its weight.

However, Barry Gobbe, now 70, who was one of the first ambulance officers on the scene, believes poor maintenance of the train's wheels was also a significant cause. He's documented the compelling evidence and his findings in his definitive book, Revisiting The Granville Train Disaster Of 1977.

"The frustration of the day stays with me," he says. "Not being able to do anything for the two carriages of dead people I came across. It was so quiet, apart from the sound of splintering

wood and the creaking of the settling bridge. That and the fact that I've since learned that not only was it the worst rail disaster in our history, it was also the worst preventable rail disaster. Even now, when I talk about it, I sometimes burst into tears."

Granville has been with Tina Morgan, 54 – one of the youngest survivors – all her life, too. Aged 14 in 1977, Tina was visiting her grandmother in Penrith from the Gold Coast. She was due to travel home two days later.

On January 18, she was on her own in the third carriage, making her way to Sydney to meet her uncle for a day's sightseeing. She never made the rendezvous. The crash left her with fractures, facial injuries, an impalement wound, lacerations and burns. She was pulled from the wreckage six hours after impact and spent two months in Royal North Shore Hospital recovering – a time that inspired her to pursue a career in nursing. "Forty years have gone by, but I still get flashbacks," says the mum of two. "A few weeks ago, a tow truck slammed into the house behind me. The screech of the brakes and the crashing noises brought the memories

flooding back, so I had to ring another Granville survivor to discuss it."

The recent Dreamworld tragedy triggered Tina's anguish, too, and she says she can't watch accidents or disasters, even

fictional, on TV. "I also count train carriages - I never travel in the third one," she admits. In an eerie thread that connects Tina to the Ward family, she noticed Helen and Rosie giggling and playing with a doll on the train. Tina struck up a conversation with the girls about their doll, their shared love of ponies and the then popular Bug Catcher toy as the red rattler clattered down the line. "I only found out 10 years ago, when I began researching the victims, that they'd died. I was gutted. I'd assumed they'd be alright. I'll never forget them," says Tina.

Frontline of a tragedy

Despite the horror of the day, the heroism of all involved, especially the first responders, is beyond dispute. Theatre sister Margaret Warby lives in Mittagong and is now 76, but she worked at Parramatta Hospital at the time. She featured in The Weekly's 1977 coverage of the disaster. Margaret was dispatched to Granville when the news broke and spent hours clambering into the crushed carriages to tend to the injured and alleviate the trapped passengers' suffering.

"All we could do was our best," recalls Margaret today. The matter-offact nurse carried on in the profession until she was 71. "I don't think you can go through anything like that and forget it," she says. "I still meet people who'll say, 'Oh, you were at Granville.' But it was my job to be there. I was a nurse and that's what it was all about."

Margaret may prefer to downplay her involvement with the rescue operation, but she was awarded the prestigious Queen's Gallantry Medal after the disaster. The honour recognises those who perform exemplary acts of

bravery whether as a civilian or member of the military. "I got the 11th one in the world,' says Margaret. "But six years ago, my home was robbed and the medal was stolen. That annoyed me. I haven't dwelt on it, though, 'Get on with it,' my father used to say - that's what I've done."

Day of the Roses

A small positive to come out of Granville is that many survivors and those involved are increasingly connecting today. Thanks to Facebook, there is now an active survivors support group online. Members meet for semi-regular lunches and there's the always poignant Day of the Roses memorial ceremony on January 18, which is well-attended.



Emergency services personnel pay their respects at The Day of the Roses ceremony in 2008.

The 40th anniversary ceremony in 2017 will be particularly sombre.

"For the first time, the relatives

will be able to throw roses - donated each year by a local florist - directly onto the left-hand, Parramatta side of the track where the crash actually happened," explains Barry Gobbe, who is closely involved in organising the family-focused ceremony. "That's been especially important to some survivors and family members." Another wrong is being righted, also. The 13 incorrectly spelt names on the granite memorial stone are being corrected with the assistance of **NSW Transport Minister Andrew** Constance's office and Sydney Trains.

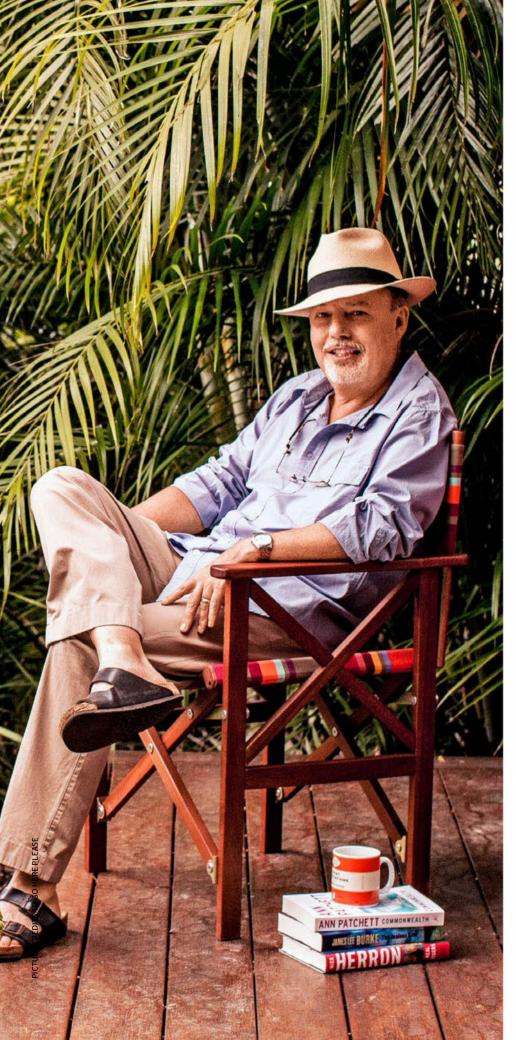
"Those spelling mistakes have been a source of upset for the families affected for years," says Barry. "Correcting them won't give them closure because I don't believe there's any such thing, but I hope it can help heal at least one of the wounds."

Wendy Miles isn't well enough to travel to Sydney for the memorial, but says she doesn't only acknowledge the tragedy on January 18. "Every anniversary, every Christmas and every birthday that goes by is painful," she says. Her four grandchildren, Ben, 20, Chris, 19, David's sons, and Sophie, 26, and Kate, 11, Janet's daughters, have been a source of comfort, but Wendy misses her dad, step-mum and especially her lost girls every day.

"I still dream about the girls, Rosie especially, I don't know why," says Wendy. "She was a lovely, sweet little thing and losing her was terrible, but I've always been very angry about losing Helen. She was only 11, but she was just starting to become a young lady - and my friend and I was robbed of that. After 40 years, I'm still not at peace with it and I know I never will be." AWW



[Aussie authors]



Michael Robotham

Gold Dagger award-winning author Michael Robotham is one of Australia's most widely read crime writers whose thrillers have been translated into 24 languages. He lives on Sydney's northern beaches, writing in a garden shed that his daughters call, "The cabana of cruelty". His latest book, Close Your Eyes, pits brilliant clinical psychologist Joe O'Loughlin against a stalking killer.

Michael's top summer reads:

I know I'm supposed to be reading gritty noir about men who walk the mean streets, but it's summer and I'm diving head-first into a family saga. Commonwealth by Ann Patchett begins on a Sunday afternoon in Southern California when a single kiss reverberates through the lives of two families. Full of love, loss, intrigue, betrayal and humour, it has a cast of characters that will convince you that your family isn't as weird as you feared.

An honourable mention goes to lan McEwan for *Nutshell*, a wonderful modern-day riff on Hamlet where the narrator is an unborn child, eavesdropping on his mother and his uncle's treachery. The clever conceit never falters as McEwan returns to form with a book that made me laugh out loud and open another bottle of wine.

3 And since it's expected - my crime read of the summer is *Real Tigers* by Mick Herron, the third book in the Slow Horses series. These brilliant spy novels are the complete antidote to James Bond - or maybe the antithesis - full of washed-up, disgraced secret agents, who are banished to the back office, but manage to save the day. »



Rachael Treasure

Living in rural Tasmania, mum of two Rachael Treasure gets her inspiration from the land and considers herself an environmental entrepreneur. She is one of our best-selling rural romance authors and has just released her memoir, Down The Dirt Roads, about healing, healthy food and hope.

Rachael's top summer reads:

You won't find more fun and more romp (and rump) than a Jilly Cooper novel. Jilly's latest, *Mount!*, is packed full of all her human and animal characters from previous books. It's like meeting old friends I've known forever and makes me want to run off to Rupert Campbell-Black's estate, Penscombe, have a snog with a stable hand, followed by a gin and tonic.

After I finished Mark Lamprell's The Lovers' Guide To Rome, I felt like I'd visited the classical, romantic city, ridden a Vespa, fallen in love with a backpacker, touched the ancient stonework and rediscovered myself ... whereas, in reality, I'd just packed lunchboxes and driven the kids to and from school. The dynamics of the relationship between a married couple were particularly well-nuanced. Mark's clever book was a lovely escape.

I was intoxicated by the world of wine makers, captured beautifully in Rose's Vintage by Kayte Nunn. I got to walk in the shoes of Rose as she discovered the Australian landscape and the love of her life. She took me to picnics among the vines with gorgeous vintners. I found myself longing for the dishwasher to unpack itself so I could escape to Kalkari Wines and immerse myself in Rose's world of food, wine and love. It's a terrific kick-back-relax summer read.







Sarah Hopkins

Sydney-based Sarah Hopkins is an author, criminal lawyer and wife of chef Matt Moran. Her first novel was highly commended in the ABC Fiction Awards and her latest work, This Picture Of You, a taut family drama, was shortlisted for the Barbara Jefferis Award.

Sarah's top summer reads:

The Natural Way Of Things is an Lengrossing dystopian novel about friendship and survival by the wonderful Australian author, Charlotte Wood. It is very moving and beautifully told.

I never get tired of Anna Karenina by Leo Tolstoy. Huge and intricate, the interweaving narratives around Anna and Count Vronsky are as masterful as the central love story. There is nothing better over the holidays than to pick up one of the classics. This is one I plan to dip back into this summer.

But if you only have a few days - and you're after something a bit lighter - We Are All Completely Beside Ourselves by Karen Joy Fowler is a great read about sibling relationships, about what parents do to their children and what makes us human. Aww



It took determination, hard work and occasional heartbreak, but, writes Susan Chenery, Ella Havelka is living her dream - to be a ballerina in The Australian Ballet.

PHOTOGRAPHY ● SAM BISSO STYLING ● JACKIE SHAW

lla Havelka was just a little girl when she decided to be a swan. Ethereal, graceful, perfect. Her mother brought home a video of Swan Lake. She was entranced as the swans fluttered in their tutus. "I remember watching these swans fly off," Ella says. "That is what I wanted to feel one day."

Yet sport, not swans, was what people did in Dubbo, in central NSW. It was football rather than fouette, netball rather than The Nutcracker. "I guess ballet wasn't something you do in a country town," says Ella. Especially if you were Indigenous, a descendent of the Wiradjuri people.

Ella was good at running, "but it was just so boring." She wanted to soar. Elevation. It was in the dance studio that she found the sense of freedom that she craved. "I just loved it so much." And it was the

beginning of something both graceful and ground-breaking.

Ella is the first Indigenous dancer to ioin The Australian Ballet in its 50-year history. Now she is the star of Ella, a documentary film about her life. Yet the journey from the bush to the stages of the world has been marked with both disappointment and elation. With the glamour and acclaim have come rejection and pain.

From the age of seven, Ella couldn't wait for school to finish to go to ballet classes. "I didn't see the need to go outside looking for other things.'

She was the energetic only child of a single mother, Janna. There wasn't much money for extras. "Ballet wasn't cheap," says Janna. Yet Ella didn't ask for much - just to dance. "As long as I was attending all the ballet classes possible, I was happy," Ella says. »



The first time she saw her child on stage, Janna didn't recognise her, "the way she presented herself". And then when Ella won her first Eisteddfod, "She was hooked. This was where she needed to be."

By 13, Ella knew she wasn't going to grow out of it, but Janna knew ballet was one of the hardest professions she could have chosen. The potential for heartbreak and failure was huge.

"Once it started getting serious, I asked her if she was sure and she said, 'Yes'," Janna says.

And so began the years of discipline, sacrifice, of striving for perfection, of practice, perseverance and dedication that go into the making of a ballerina.

Now 28, Ella sits cross-legged on a chair in the offices of The Australian Ballet in Melbourne, glowing, with her hair scraped back, a big white smile. She speaks quickly, seemingly confident, bright, but it's a confidence she's had to fight for. Ella has struggled to fit in, to belong. She has felt that she has to prove herself, to push herself harder than anyone else to deserve a coveted place in The Australian Ballet.

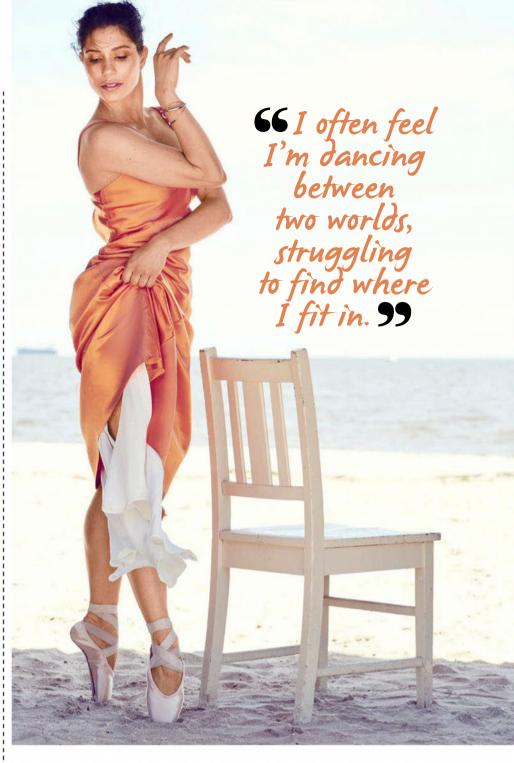
When the letter came offering her a place in the junior school of The Australian Ballet, Ella and her mother were ecstatic - only a handful of the most promising dancers got into the elite ballet school in the country. Ianna hadn't even told Ella it was an audition. She thought she was going to a masterclass in Sydney.

Pushed to the limit

It had only ever been the two of them. "We were like sisters," says Ella. "She was everything to me at a critical age. We are both very stubborn. We can outdo each other with stubbornness." Because she was never given opportunities herself, Janna was determined to make sure her daughter was encouraged and supported.

"Whenever I thought I couldn't do something," says Ella, "Mum would go out of her way to make sure I changed that thought process and could actually achieve what I wanted."

Ella was 14 when they moved to Melbourne to go to the ballet school. It was hard. They were homesick and



found the big city crushing. Janna, a nurse, struggled to find work she felt comfortable with. "She experienced racism in a few of the jobs she had here in Melbourne," says Ella. "But she knew this was what I wanted, so the dedication came from both of us."

Coming from being a joyful star in a country town, Ella was intimidated by the refined world of classical ballet. "It scared me, so for a long time there was this idea I couldn't learn things," she says, "I couldn't pick things up as

quickly as the other girls. It was usually because I was so scared of getting it wrong, or scared of the teacher."

It was a tough, competitive environment. Ella was bigger and more athletic in build than the other girls. She came home crying every day. Her mum was worried.

"Teachers are putting you down - you are not good enough, your leg shape is bad, you are just not cutting it," says Ella. "It was enough to make me think, 'What is the point?' But

they're prepping you for company life, for the harshness of the ballet world. It tests your passions, it pushes you to see how far you are willing to go to get to where you need to be to pursue that one ultimate goal."

Ella made it through the four years, but was not offered a contract at the end. She was devastated.

In the documentary about her, The Australian Ballet's Artistic Director, David McAllister, says, "Ella had a bigger journey ahead of her than just coming into the company."

Instead, she was offered a place at the Bangarra Dance Theatre and another world opened – the world of her cultural identity. It was a profound leap. Her mother had always told her to be proud of her Indigenous ancestry, but "there was this huge hole". Bangarra was about thousands of years of stories being danced out. She had to understand what the stories meant, but at first, Ella thought her kneecaps were going to fall off. "Working on my knees was new territory," she says. "I found it difficult to embody that kind of movement. I had to forget everything I'd ever learned at the ballet school."

On her first trip to country, to Arnhem Land, Ella felt like she had come home. Yet in the dance studio "the challenge was getting back into my body and changing the way I moved. I was so used to being up and straight, it took a while to break down those barriers, to hone in on what the movement quality is supposed to be. I had to learn how to change my behaviour to fit in with my new family. The journey was overwhelming. It was the most enriching time of my life."

In 2012, The Australian Ballet collaborated with Bangarra for a work called Warumuk. Ella was in the studio with the ballet dancers, admiring their lightness. She spent a year thinking about the pure world of classical ballet. "I missed the ethereal world, Swan Lake and that beautiful transcendent music," she says. "I missed that feeling of flying through the air."

She contacted David McAllister and he offered her a contract. "I was just over the moon."





FROM FAR LEFT: Ella in costume aged eight for the Dubbo Eisteddfod in 1997; practising her dance moves at four: Ella and her mum on holiday together in Bali in 2010; a proud Janna holding baby Ella in 1988.



It was going to be hard work, mentally and physically; ballet takes great strength in the legs and feet. "I forgot what that pain felt like in my ankles and feet," she says. Frustratingly, Ella hurt her ankles and had to take six months off.

Another act to come

She is still there, Ella says, because she is still learning. "Ballet can never be perfect, even though perfection is what you're striving for," she explains. "There's always something to improve. I'm happy as long as I keep getting opportunities that inspire me. I want to try new roles, things that challenge me."

Ella is still in the corps de ballet, not vet a soloist. There are still the tears when she is not chosen for something she has worked hard for. "I would love to move through the ranks and get featured roles," she says, "but I just don't know that those opportunities are going to come. It is hard to know in this company. It takes a long time for anyone to get anywhere. I will admit I have had my dark days."



It can be isolating, "like a cocoon", she admits, with schedules that allow no time for family and friends.

At 28, there is not much time left for her as a classical ballerina. Ella has achieved more than she or her mum expected, but you can't help feeling that there is another act to come in the story of Ella Havelka. "I often feel I'm dancing between two worlds," she says, "struggling to find where I fit in."

She has a partner in Sydney and would like to have children. In her spare time, Ella reads, weaves and paints. "I'd be keen to study different types of art and I'm also an avid Oxfam supporter. I try and see the bigger picture and not always be so focussed on dance because I have found in the past when you become like that everything else falls apart. You lose your friendships and you lose the broadest perspective of the world."

She doesn't feel that she has to prove herself so much any more. "My path will unfold before me," Ella says.

Until then there's the magic and excitement when the curtain goes up. "That's when the adrenaline kicks in," she says. Then she's a swan. "It's quite a spiritual thing to be a swan." AWW

The secret surgery guru 66 I know who's had work done

When celebrities and the super-rich want an undercover nose iob or a facelift, Shannon Leeman organises it for them.

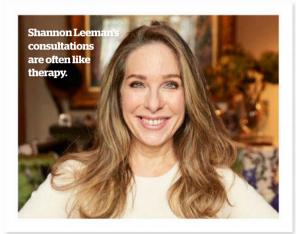
y phone rings at 2am, An A-list actor in LA wants to talk. He is anxious - his jawline is looking slack and he's getting a double chin. What can he do to fix it? We discuss a subtle neck lift and some mini liposuction. He wants the best. Will I set it up - under a false name, of course? (We call it a double file.)

A leading actress Skypes me from the set of her latest film. She has seen herself close-up in the director's raw footage and is panicking about the lines around her eyes. I suggest some fast laser treatment and arrange for my favourite aesthetician to meet her in her trailer.

I have a consultation with a singer. Her stylist has picked a strapless Versace gown for her to wear at the Grammys, but it is not fitting well. What can she do? I tell her about the Kybella injection that melts away fat around the armpits. The treatment takes eight to 12 weeks to work, so she has time.

She is also considering a fat transfer from her waist to her butt to amp up her curves. Will she have time to recover from that procedure, too? Her agent will send me her tour schedule.

I am flown to Saint-Tropez to meet a chief executive on his super-yacht. His wife is unhappy with her breasts. She has lost her confidence wearing a bikini. I suggest she meet Louis Benelli, a surgeon in Paris famous



for the shape of his pert, neat lifts known as the coupe de champagne.

While I'm there, the chief executive asks me to book him into a clinic to address his thinning hair and whispers to me, who is the best guy to take care of his "moobs"?

Under the radar

If asked my profession, I call myself an anti-ageing adviser. What I really am is the best-kept secret of the rich and famous. At a time when there have never been so many anti-ageing procedures, people hire me to tell them where to get the best and to hold their hand through it.

And secret I am. Often, I'll walk into a restaurant or private members' club in London, Los Angeles or New York and bump into a client who will pretend they don't know me.

Recently, I spent months preparing a big Hollywood agent to look his best at his 50th birthday party, but he didn't invite me. My clients send me

fabulous thank-you presents theatre tickets, designer handbags, flowers, chocolates but it is their personal assistants who sign the cards.

Among friends, however, I am a popular lunch date. I've done many an on-the-spot consultation in the loos in Annabel's, Morton's and Claridge's in London. One was while beating on a pheasant shoot. Yet usually the way I work is this. First, I'll get a call from a PA who says, "My client would like

a meeting". This is either at my London home, or their home, or via Skype. Sometimes I won't know who requires my services until they arrive. When they walk in, I try not to do a double-take if they're very famous. Then I like to guess their issue before we begin. Often I'm wrong, which has taught me not to make suggestions.

If someone asks me what, on their face or body, I think they should fix, I tell them that is for them to decide. My job is to make sure they get the best results and they are safe.

Often my consultations are like therapy sessions. We look in the mirror, do a lot of talking. Clothes come off. Then I present the options. If a client wants to go under the radar, I set up after-hours appointments in my name or arrange for a surgeon to come to their home.

I am not cheap. An hour's personal consultation costs \$700. If you have me on a retainer, we are talking thousands a month. Yet for many »





Try before you buy

In the US, the non-surgical nose job is the new trend. Dermal fillers are used to straighten areas or correct a hooked profile or tip projection. In 10 minutes, you can have a new nose. It's a good way of trying one - it lasts only a year - before a permanent surgical solution.

what you want to do, and we'll make a schedule. I call this my "pre-nup and tuck" service.

For some, being given the options is enough. Others want hand-holding through the process. I go with them to their first appointment to make sure they're not being pushed into anything.

Top cosmetic doctors are running multimillion-dollar businesses, so they may not be what I would consider impartial. It's not uncommon to go in for Botox and find yourself facing a laser machine. I never take commissions from clinics or doctors. My clients have to trust me 100 per cent.

If they are having surgery, I sit in on the operation. I am there when they wake up and I take them home. I arrange bodyguards, chauffeurs, a 24-hour nurse, a chef.

I call in therapists to do lymphatic drainage, light therapy, aromatherapy to speed up recovery and make-up artists to hide scars. If you have had surgery, you have to lie propped up (unless you've had work on your butt). My pillow arrangements are a thing of beauty.

I have also set up at-home gyms. One client asked me to build a refrigerated storage room for her cosmetics. It looked like a wellstocked department store. A British actress hired me to build her a panic room with flattering lighting in case there was a break-in and she got stuck in there. One actor's wife asked me to organise a video cam in their dressing room so she and her

66 Cosmetic surgery is a gory, rough business. 99

At the moment it is all about the cheekbones - everyone is using fillers to re-create that roundness of youth. Lips are big, too. You can accentuate the borders and get that little bit at the front plumped up to give you a pout.

Not all my clients are in Hollywood.

I see people from Europe and the

saved for years. Requests include

everything from Botox, fillers and

laser work to nose jobs, breast lifts, fat reduction and gynoplasty.

Middle East - heads of industry and

their wives, girlfriends, mothers and

daughters – but also people who have

Many women ask me how they can get rid of the creases on their upper lip – I call them "barcodes". I usually suggest a combination of treatments, including dermabrasion, lasers, fillers and freezers.

At least a quarter of my clients are men. They come about their hair, jawline and waistline. Since the recession. I have seen a lot of men afraid of losing their edge at work. They sense younger men biting at their heels and they want sharp jawlines and a full head of hair to look young and vital again.

Then there are the brides-to-be who want a confidence boost before their big day. We say, right, we've got six months until your wedding, this is

husband could film themselves from every angle before setting foot in public. It also served to catalogue their outfit combinations so they didn't repeat anything.

To provide such services, I make it my business to know the experts. In my Rolodex, I have the names of the best cosmetic doctors in the world. There are two great guys in London for breasts - Patrick Mallucci and Adam Searle. Miami is the place to go for liposuction, breasts and bottoms.

There is an eye man in Palm Beach, Florida, I love, one in Paris I like and one in New York.

When it comes to nose jobs, the best guys are in Los Angeles – there is a doctor called Raj Kanodia who has done everyone. Yet if you want a strong nose, I'll send you to a fellow in Paris. If it's your first time doing your lips, I'll send you to Dr Tracy Mountford in London, who I know will take her time.

For regulars, the queen of lasers and fillers is Dr Rita Rakus in Knightsbridge, London, and other parts of the UK.

I travel worldwide to the big cosmetic surgery conferences, where I watch hundreds of demonstrations. I sit in operating rooms observing, filming and asking questions.

Trends in surgery

Cosmetic surgery is a gory, surprisingly rough business. The first time that I watched an operation, I clung to the wall to stay standing. Now, I have my own scrubs.

The top cosmetic doctors consider themselves to be gods and they love to talk about their work. Recently, I filmed a Beverly Hills surgeon called Dr Ashkan Ghavami, who does "a flash recovery breast augmentation". It took 17 minutes.

Within half an hour, the woman was up off the table, in her clothes, swinging her arms around (normally after breast surgery you can't raise your arms) and out of the door, with almost no pain medication and almost straight back to work. I had never seen anything like it.

Many doctors are now using a device called the Keller Funnel, which allows them to squeeze an implant through a smaller incision than previously. The scars are minimal and there is less chance of infection. It's a beautiful thing.

In America, fat transfer is very popular now. Surgeons suck the fat out of one area with a cannula (a thin tube), then inject it into another with a giant syringe. Thanks to the Kardashian aesthetic, people are queuing up to take the fat out of their waists and put it into their butts.

So where do I stand personally on all these procedures? First, I'll tell you what I don't like and that's brow lifts. A plastic surgeon will cut along the top of the hairline and pull everything upwards. I think the results often look terrible. You can end up with Spock evebrows and a permanent look of surprise.

I tell all my clients: if the issue is sagging eyelids, don't think about a brow lift, just do an eyelid lift.

In my view less is more. You can go from Primark to Prada with just a few changes to your accessories. Whiten your teeth, straighten them, have a smattering of Botox, zap away fine lines and sunspots with a light laser treatment. These are all noninvasive procedures.

My most important advice is: don't scrimp or seek out bargain offers. Cosmetic surgery is a scarily unregulated world. Do your research

JANE FONDA blogged, "I had 'work'

done on my chin and neck, and had the bags taken away from under my eyes."



LISA RINNA admitted, "I tried Botox and then fillers came into the plastic surgery world, and you think, that's not a bad idea."

and if you can't afford the best, save until vou can.

Think of your appearance as akin to your life savings. Would you hand all the money you had to a cowboy, or invest it in a scheme that you have read about on the internet? No. Hopefully, you would go to a specialist who has a track record of protecting assets. The same goes for your appearance. You deserve to look your best, whatever your age. AWW

My favourite beauty doctors in Australia

• Dr Bryan Mendelson, Melbourne

Face: World-renowned surgeon. Rebuilds lives, as well as faces. The big name in Australia. Dr Mendelson travels extensively, lecturing, teaching and repairing.

- Dr Kourosh Tavakoli, Sydney Breast: Goddess breasts - natural, sexy, well-placed, I am prejudiced - I love his breasts (well, his patients' breasts, at least).
- Dr Mark Magnusson, Toowoomba Breast: You never feel rushed, with Dr Magnusson taking up to an hour for each initial consultation. He gently guides his patients to the most appropriate size for their body.
- Dr Graeme Southwick, Melbourne Face: Director of the Melbourne Institute of Plastic Surgery, he was awarded a Medal of the Order of Australia (OAM). Dr Southwick is fanatical about patient safety and surgeons' education. He has set up a foundation for further education in advanced surgery techniques. Very safe, thoughtful and willing
- Dr Tim Papadopoulos, Sydney Tummy tucks/mummy makeovers: Extensively published in medical journals and speaks on a regular basis at conferences. Dr Papadopoulos is known to fit the operation to the anatomy and wishes of the patient, with the majority of his work on the anatomy - body and bosom. Easy

to approach, personable and uses

the time to educate his patients.

state-of-the-art technology. He takes

to go the extra mile.



Making

Mick Brown goes behind the scenes of the fantastic new 10-part TV series on the life of Queen Elizabeth II.

n 1952, landing at London Airport on a flight from Kenya, where she had learnt of the death of her father, King George VI, and her own ascension to the throne, the new Queen Elizabeth was handed a letter from her grandmother, Queen Mary.

"While you mourn your father," it read, "you must also mourn someone else, Elizabeth Mountbatten, for she has now been replaced by another person, Elizabeth Regina. The two Elizabeths will frequently be in conflict with one another, but the Crown must win. Must always win."

This scene, which is played out in the new Netflix TV series *The Crown*, is a fiction. The King had, indeed, died and his daughter had landed at London Airport. Yet the letter is the invention of the dramatist Peter Morgan – a device that brilliantly sets up the central theme of *The Crown* and of a reign that has lasted nearly 65 years.



ABOVE AND OPPOSITE: Claire Foy in the role of **Oueen Elizabeth II** in The Crown. TOP: The Queen in the real crown in 1955.

The 10-part series, which follows the life of the Queen from 1947 and her marriage to Philip Mountbatten, to 1955 and Winston Churchill's resignation as Prime Minister, is the most lavish television drama ever made about the royal family. Fans of the monarchy, period drama and family and political intrigue will love it.

Written by Peter Morgan, who was responsible for the film *The Queen* and the play *The Audience*, and starring Claire Foy as the Queen, Matt Smith as the Duke of Edinburgh and John Lithgow as Churchill, it is exactly the sort of gold-standard British production that one might expect to find on British television. In fact, The Crown is a production by the US-owned internet streaming service Netflix.

A further 10 episodes are already in production, with the option to make more. Peter describes The Crown as "a sort of family saga", but this is, of course, a highly unusual family - and a unique saga. Elizabeth was just 25 when she came to »





the throne, inheriting a position that, by all expectations, she should never have held.

The abdication in 1936 of her uncle, King Edward VIII (later the Duke of Windsor), who gave up the throne to marry the American divorcée Wallis Simpson, led to the enthronement of her father, a shy man whose death at the age of 56 left his elder daughter suddenly facing the towering responsibility of becoming Queen.

"She is a protagonist with a predicament that none of us can really imagine," Peter says, "and that is the side I've explored in this - to what degree does this enormous change in your life change all your relationships, the family power structures? To what degree does it make you

a different mother, wife, sister, daughter, when suddenly this thing means vou're not just a mother, wife, sister and daughter at all, but the head of the family and the head of the state?"

It is possible that no dramatist has ever devoted quite so much time to a single person as Peter Morgan has to the Queen. Yet put it to him that he must find the subject of Elizabeth Regina endlessly fascinating and he denies it. "Let's be clear about this," he says, "I really don't. I have

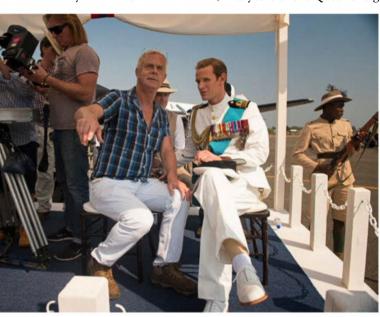
no interest in the royal family whatsoever, but for some reason I seem to be able to write this woman and I don't know why that is."

The Oueen, the 2006 film which starred Helen Mirren, was originally conceived, he says, as a study of how Tony Blair, as UK Prime Minister, responded to the death of Diana, Princess of Wales. "The Queen was the foil to the Blair character I was writing, but the film then became all about her."

Similarly, his intention with The Audience was to explore the relationship between Crown and Parliament. "I wanted to write about the Prime Ministers – but, of course, it ended up as a tour de force for whoever was playing the Queen," he says.

In December 2013, Peter met with ITV and the BBC to discuss the project and, in January, flew to Los Angeles for meetings with four major US networks and Netflix. "Everybody had liked it, but Netflix commissioned two series - 20 hours of television - straight off," he says. "It was impressive just how speedy their response was."

BELOW: Director Stephen Daldry with Matt Smith as Prince Philip.



66 The bright and witty,

- Matt Smith

The production is a measure of how online platforms such as Netflix and Amazon are challenging traditional television channels and film. Netflix has paid a reported \$169 million for the first 20 episodes – a figure that, according to the producer Andrew Eaton, would have been very difficult, if not impossible, for a network TV station to match. "But when you're doing something that's period and it's about one of the most wealthy and famous families in the world, you do need a reasonable amount of money to achieve it," he says.

The Crown unfolds through a series of critical personal and constitutional moments in the first years of the Queen's reign: the Coronation; the

> sacrifice of her sister, Princess Margaret, and Group Captain Peter Townsend's prospective marriage – and happiness – on the altar of constitutional correctness and the diktats of the Church ("one half sister, one half Queen"); and the crippling great London fog of 1952, which almost ended Churchill's career.

In its mix of assiduously researched historical fact and vividly imagined characters, it enlarges our understanding

of the Queen and her role in national life, and just how remarkable it is that a woman who inherited the crown, unprepared, at such an early age should have ruled with such resolution for 65 years, with 13 Prime Ministers serving under her in that time.

As Peter Morgan points out, at first sight, Elizabeth Windsor is the opposite of what a dramatist looks for in a character. "Shy, introvert, countrywoman, relatively unimaginative ... non-choleric. You'd want a front-foot character - eccentric, full of fatal flaws, libidinous, drugtaking." Rather, the drama comes from the character she is and the role it is demanded that she play. With the Queen, it's, "Where does my loyalty lie? With my identity as a wife, to my husband, or to the Crown?"

"It's that struggle that her uncle [the Duke of Windsor] couldn't cope with at all and which crushed her father, but which she manages to subsume somehow. History will see her as a »

sort of ceremonial figure, but underneath she is an individual like you or me. So a lot of the dilemmas and situations feel familiar and personal. It's just the language, the protocol - the anthropology - that are different."

Claire Foy has some experience of royalty – she played Anne Boleyn in TV series Wolf Hall. "But this is on such a different scale," she says. Claire is marvellous in her part. The Oueen who emerges is a woman grievously ill-prepared for the role she must play, educated in her constitutional position, but little else, more knowledgeable about horses than politics, and struggling to reconcile the contradictions of family and duty - not least in her marriage - with character, keen intelligence and resolve. "I do think the job she's done is extraordinary," says Claire. "On a human level, to lose her father when she was so young and to have two young

children, and all of a sudden she has this huge responsibility, the weight of the world on her shoulders. You could say her life was cut short in a way. A lot of people might say, 'Well, you became the Oueen of England. Hurrah!' But there is something unsettling to me about that. I feel a lot of sympathy for her and the longer I've worked on this, the more my admiration for her has grown."

I met the actress at Lancaster House, used in the series as a stand-in for Buckingham Palace. A parka over her queenly dress and pearls, slippers rather than heels, she was helping herself to a cup of tea in the courtyard.

One of the delights of the series is the gratifyingly prurient glimpses it offers into the (of course, imagined) private world of the royals - the separate bedrooms of the Queen and the Duke of Edinburgh; the Ruritanian scenes in the Palace, with red uniformed courtiers bobbing their heads as the Queen hurries along the corridors; the cosy sitting room where she sits reading Sporting Life.

This feels like the royal family as we have never seen them before. In the first episode, there is an extraordinary scene in which surgeons, in order to keep the gravity of his condition a secret, arrive at Buckingham Palace to operate on the ailing King George. The procedure takes place in a state room under a majestic chandelier – and actually





66 It took five days to shoot that scene and the dress, an exact replica, weighed a ton.

- Claire Fov

TOP: Then Princess Elizabeth with the Duke of Edinburgh after their wedding. **ABOVE: Elizabeth** escorted down the aisle by her father, **King George VI** (Jared Harris) in The Crown.

happened. ("I remember thinking, 'Blimey! I'd like my tooth extraction done here. please," " says Peter Morgan.)

The Queen's bridal gown is an exact replica of the dress designed by the couturier Norman Hartnell, which took Hartnell's seamstresses six months to make. (In keeping with the national mood of austerity, the 21-year-old then Princess saved ration coupons to pay for the material, supplemented with a 200-coupon donation from the government.)

The wedding dress in The Crown was made in just seven weeks at a cost of \$50,000. Claire Foy says it was during the filming of the Coronation scene, dressed in ritualistic finery and donning the crown, that she felt most weighed down - literally - by the majesty of the character she was playing and the role the Queen had been required to play.

"It took five days to shoot that scene and the dress, an exact replica, weighed a ton," she says. "All the fiddling to get it right and needing the loo, and you've got a crown on your head. For this young woman to be wearing all that and then have the composure to walk through the Abbey full of dignitaries and heads of state, and then having to be anointed. It must have taken huge gumption. You think, who else could have done this? Who else could have taken that responsibility on and who else could have done the job so well for such a long time, and never complained? It's amazing."

In a stroke of imaginative genius, the Coronation itself is viewed largely through the perspective of the TV cameras, which were admitted to the Abbey for the first time – in this account, following pressure from the Duke of Edinburgh about the need to bring the monarchy into the modern age.

The broadcast is watched in exile in Paris by the Duke of Windsor, forbidden to attend, and here seen offering a running commentary to an assembled group of friends and cronies. At the most sacred moment in the ceremony, the anointing with holy oil, the new monarch is hidden from view under a golden canopy. So why can't we see it, an American guest of the Duke asks.

"Who wants transparency when you can have magic?" he replies. "Who wants prose when you >>

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can have poetry? Pull away the veil and what are you left with? An ordinary young woman of modest ability and little imagination. But wrap her up like this and anoint her with oil and, hey presto, what do you have? A goddess."

Fittingly, perhaps, Peter Morgan gives the best

Fittingly, perhaps, Peter Morgan gives the best lines about the conflict between personal happiness and royal duty to the Duke of Windsor (played by Alex Jennings). Agonising over how to tell Margaret she cannot marry Captain Townsend, the Queen phones the Duke in France. In one of those imagined conversations Peter does so brilliantly, the Duke likens himself and the Queen to the Sphinx and Ganesh, "We are half people,

ripped from the pages of some bizarre mythology, those two sides of us, human and Crown, engaged in a fearful civil war, which never ends and which blights our every human transaction as brother, husband, sister, wife and mother. I understand the agony you feel. And I am here to tell you it will never leave you."

For the Queen, this dilemma is most acute in her relationship with her husband, whose hopes at the time of their marriage

of continuing with his own career in the Royal Navy were dashed the moment King George died. *The Crown* depicts a Duke of Edinburgh torn between the desire to support his wife and the restraints of protocol, and the strain this puts on the marriage, driving him to seek refuge in the company of playboy friends – and, as the program tactfully implies, other relationships.

The young, handsome, vital figure falling drunkenly out of low-slung sports cars, embodied by Matt Smith, will be a complete stranger to most of us, more familiar with the stiff-backed, impatient and unrepentantly tactless Duke of more recent history.

"If you ask most people in Britain about Prince Philip, that's what they think of," says Matt Smith. "But I found that in his younger self there was such a lot to admire. He was a great naval man, revered in the Navy. He was bright and witty, and a great father, actually – he was very much the one involved with the children." Matt says that prior to taking the role he had never had much

BELOW: Elizabeth and Philip share an intimate moment out of the spotlight in *The Crown*.



You'll never know the great debt that I and our country owe to this man.

- Queen Elizabeth II interest in, or affection for, the royal family. "But having made this, both of those things have changed. I have a great interest and a great affection – particularly for Philip. I really began to side with his point of view and his sense of, 'No! I am a man! And I need to be heard. And why should I walk two steps behind you?'

"He was an outsider in the early years; it was a marriage made in the face of opposition from just about everybody – in the series, the Queen Mother, talking about Philip's mother, calls her 'the Hun Nun'. And he was a moderniser, when the establishment within the royal family didn't want to modernise. But I was watching some film

of the Queen saying, 'You'll never know the great debt that I and our country owe to this man', and I think that's true. And he's done it dutifully and gracefully."

Like any historical dramatisation, *The Crown* treads the fine line where fact ends and fiction begins. Peter Morgan employs a team of researchers to ensure overall accuracy. "They're almost like my compliance people," he says. "They'll say, 'That didn't happen',

or 'That's absolutely ridiculous'. I want to protect my ability to write things as I would love them to have been – then I get crushed by how they actually were. Then, of course, it gets submitted to lawyers who make sure we don't end up in the Tower."

Yet the characters and their private conversations are an invention. As Peter says, this is not the Queen, it is his Queen. "It's as if I was painting a portrait – I can't take my hand out of it," he says. "If absolute accuracy was all you were after, you would take a photograph with flat light."

The irony is that having lived, so to speak, with the royal family for over 10 years, Peter doesn't "much care for these people". Yet, at some profound level, he goes on, "they are all of us and we are all of them". The Queen, he says, is, to the month, the same age as his late mother.

"There is barely a person in Britain for whom she hasn't been alive every day of their life. She is my mother, she's other people's grandmother and great-grandmother. Like her or not, at a deeper, subconscious level, that's incredibly potent." **AWW**



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The root of all evil

Keen to have a hair out of place, **Amanda Blair** summons all her courage and resolve, and gets a stubborn follicle singed at a salon.

ast year, my husband gave me a present for my birthday that took my breath away. It set a new benchmark in the world of husband/wife present exchanging and regularly I'd field enquiries from other husbands about it. They weren't wanting to know where they could get one for their wives, no, no, they were wanting to know if the legend was true - did my husband really give me a voucher for laser hair removal? I loved the shock on their faces when I told them no, he didn't give me a voucher for hair removal, he just gave me a business card for a hair removal salon and a firm suggestion I should "fix myself up". At my own expense and in my own time, of course.

It's comforting to know that romance is still alive, isn't it?

To be fair, he did have a point and perhaps I should just cop his bluntness on the chin, which was precisely where the problem lay. My hairy mole, the subject of my first column in this fine publication, had experienced a growth spurt. Not the mole itself – that remained unchanged in shape, size and prominent location on my chin. But the hair that sprouted in the centre had seemingly been in contact with follicle fertiliser and was growing like Jack's beanstalk.

Despite the fact I had tweezers in every nook and cranny, handbag, glove box and

toiletries bag, I couldn't stay on top of the growth. It wasn't just a single hair anymore, it had developed shoots and was now a hair cluster. My family was put on watch with instructions to tell me immediately when I'd germinated. We developed our own Auslan code so they could subtly alert me when in public. As expected, their new favourite joke was to falsely use "the code", which would send me scurrying off in search of privacy, a mirror and decent lighting.

Husband claimed his motivation for the business



Like Darth Vader, she had a laser and knew how to use it. card was to bring some sexy back. He said although he loved every hair on my body, plucking them out of my face didn't rouse him to crack out the Burt Bacharach album and a jar of chocolate body paint. For a while, I resisted his suggestion, but eventually realised I couldn't keep up the rigours of removal and called the laser clinic for an appointment.

The lady who fetched me from the waiting room was in a white coat to convey scientific superiority. This was more than just a wax, she told me, this was permanent hair removal. Before she proceeded, was I prepared to say farewell to the follicle? Like Darth Vader, she had a laser and knew how to use it, explaining she'd point her beam over my hair(s) then pull the trigger. This would permanently burn the shaft all the way to the root and I'd have a chin as bald as Yul Brynner ... forever.

Yes, this was what I wanted – ta-ta tweezers, get the pluck away from me. My therapist (laser not life) got into position and pulled the trigger. There was a flash, a slight heat sensation and a whiff of singed hair, which I found strangely comforting. A salve was slathered and an appointment made for two weeks later to make sure we'd killed the root of evil. Oh, yes, we did. Now when I'm lost in thought, striking a pose not dissimilar to Rodin's *The Thinker*, the only thought I have is how wonderful to have removed one item from the list of attractive menopausal

symptoms, leaving me more time to deal with night sweats, weight gain and mood swings. Sometimes, one other thought sneaks in, though – how Mick Jagger wasn't wrong when he sang, You can't always get what you want, but sometimes ... you get what you need. AWW



ABOUT THE WRITER

Amanda Blair lives in Adelaide with her four children and a husband she quite likes when she sees him. In her spare time, she talks a lot.



NISSAN PATHFINDER GETS BIG FAMILIES

You don't even have time to read this. We get it. The Nissan Pathfinder is designed for people just like you. The Latch and GlideTM system means easy access to the third row. Seven adult-sized seats mean it's harder for your kids to annoy each other. And three entertainment zones* mean you can tailor your distractions perfectly. Meanwhile, the 360° Around View* Monitor* makes parking troubles a thing of the past. So driving the Nissan Pathfinder is like having a little break really.



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ABOVE, LEFT: H&M shirt, 4-18, \$29.95, hm.com/au. Forever 21 skirt, 4-18, \$49.95, (02) 8937 0346. Zara belt, XS-XL, \$25.95, (02) 9376 7600. Condura hat, \$39.95, condura.com.au. Megan Park earrings, \$129, meganpark.com.au. Peter Lang rings (model's left and right hands), \$120 each, peterlang.com.au. David Lawrence shoes, 36-41, \$149, davidlawrence.com.au. ABOVE, RIGHT: H&M top, 4-18, \$24.95, and pants, 4-18, \$29.95, hm.com/au. Punjaban Diva necklace, \$65, punjabandiva.com. Christie Nicolaides earrings, \$199, christie-nicolaides.myshopify. com. Mister Zimi shoes, 37-41, \$175, misterzimi.com.









Sensational SUMMES

Match your sunglasses to your outfit and have some fun with **Bianca Lane**'s pick of the hottest styles on sale now.



tortoiseshell

The classic frames that never go out of style. Perfect for adding elegance and sophistication to oversized sunglasses.



- 1. Collette Dinnigan, \$199 for two pairs, specsavers.com.au.
- 2. H&M, \$12.99, hm.com/ au. 3. Ellery, \$249 for two pairs, specsavers. com.au. 4. Owndays Zoo Panther, \$98, owndays.com/au.
- **5. Rubi, \$14.95,** cottonon. com/au.
- 6. Cancer Council Mayfield, \$49.95, cancercouncilshop.org. au. 7. Owndays John
- Dillinger, \$198, as before.

 8. Pacifico Optical, \$199,
 - pacificooptical.com.9. Seed, \$49.95,seedheritage.com.
- 10. Funkis reading glasses, \$49, funkis.com.





blue & purple

They're this summer's on-trend hues. Add glamour to your look with styles even a Hollywood goddess would love to be seen in.



- 1. MinkPink, \$49.95, minkpinkworld.com. 2. Guess, \$179.95, healyoptical.com.au.
- 3. Witchery Riley, \$79.95, witchery.com.au. 4. Local Supply, \$79.95, localsupply.com.
- 5. Epokhe Anteka, \$190, epokhe.co. 6. Seafolly Belle Mare, \$69.95, seafolly.com.au. 7. Seafolly Honolulu, \$69.95, as before. 8. Ray-Ban, \$199, rayban.com. 9. Vogue

Eyewear, \$119.95, vogue-eyewear.com. 10. Seafolly Monterey,

- **\$89.95,** as before. **11. Pacifico Optical, \$219,** pacificooptical.com.
- **12. Pacifico Optical, \$159,** as before.

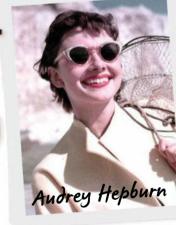




A great alternative to classic black which is versatile enough to be worn with the rest of your wardrobe.









metallichames

It's the look that suits everyone and comes in a variety of shapes from the classic aviator to fashion favourite cat's eye.



- 1. Seafolly Long Beach, \$79.95, seafolly.com.au. 2. Glue Store Peak Hour, \$59.95, gluestore. com.au. 3. Jeanswest, \$49.99, jeanswest.com. au. 4. Oroton, \$235, oroton.com.au.
- 5. MinkPink, \$49.95, minkpinkworld.com.au. 6. Owndays John
- Dillinger, \$198, owndays.com/au. 7. Country Road, \$129,
- country Road, \$129, countryroad.com.au.

 Rubi, \$14.95, cottonon.com/au.

9. H&M, \$14.99, hm.com/au. 10. Owndays Based, \$128, as before. 11. Supré, \$15, supre. com.au. 12. Seafolly

com.au. 12. Seafolly Bora Bora, \$79.95, as before.



[Fashion news]

Curvy style

Fashion finds for shapely figures

Bianca Lane has the perfect travel wardrobe, gets into the swim with retro glamour and shines a light on party dressing.

RETROSTYLE

These stylish but classic swimsuits from City Chic will add instant '50s glamour to your beach look.
They're designed with thicker, adjustable straps for extra support and flexible boning to contour and sculpt.



Birdy one-piece (left) and Gigi underwire one-piece (right), both 14-22, \$99.95 each, citychic.com.au.



A SIZE TO SUIT

Australian label Suzanne
Grae believes that everyone
should find shopping a
breeze, no matter their
shape or size. So, it has
extended its size range
up to 22 in selected styles,
both in-store and online.



Printed blouse, 8-22, \$49.95, and cropped jeggings, 8-22, \$39.96, suzannegrae.com.au.

Spotlight on SUMMER PARTY

SUMMER PARTY DRESSES

The holiday season has arrived, so it's time to find the perfect party dress. When shopping around, don't just go by hanger appeal. Be prepared to try things on to gauge the fit and drape of the dress. Most of all, have fun and experiment with new shapes and styles you wouldn't normally go for. Here are our best picks:



1. Boohoo embellished shift dress, 16-24, \$80, boohoo.com. 2. City Chic floral outline dress, \$129.95, citychic.com.au. 3. Boohoo plunge midi dress, 16-24, \$40, as before. 4. Lala Belle polka-dot dress, 16-26, \$290, lalabelle.com.au. 5. City Chic Poppy Garden dress, 14-24, \$129.95, as before.



There's no better time to pamper yourself than over the summer holiday break. **Sheree Mutton** reveals how to recreate those luxury spa treatments at home.

e all love salon treatments, but often time and cost don't permit a weekly or even a monthly visit to a spa. This is where DIY home beauty treatments come in.

According to Sydney-based celebrity beauty therapist Jocelyn Petroni, they're on the rise. "I think women – and men for that matter – are increasingly more savvy when it comes to their home care routine," she says. "Regular DIY facial treatments, such as masks and scrubs, ensure the skin is well maintained in between your salon visits."

Where to start

Creating a salon atmosphere is the first step. "Ensure you have a clean,

quiet space where you can really take the time to pamper and reward yourself," says Jocelyn.

Celebrity facialist and skin health expert Amy Erbacher recommends being well prepared with fresh towels, a chair and the right tools for your treatment. "When you're ready to pamper yourself, there's nothing more frustrating than not being able to find what you need," she says. "Create a beauty pamper box or set aside space in your bathroom cupboard to store all your DIY spa equipment."

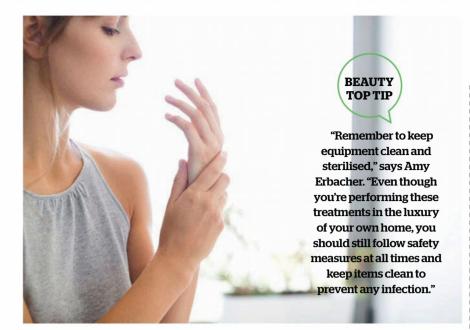
Facials

A facial is one of the most popular home treatments, as it can be done in as little as five minutes. "I like to follow the traditional method of removing make-up: double cleanse, scrub, mask, serum or oil and moisturiser," explains Jocelyn. "I also like to give myself a firm facial massage to help tone the skin and promote blood flow and lymphatic drainage. Cleansing your skin is the best time to massage your facial muscles, promoting lymphatic drainage to detox from the inside."

Facial steaming will allow your pores to open up and help remove toxins from the skin as you perspire. "Close your eyes and don't place your face too close to the water," advises Amy. "If you have sensitive skin and broken capillaries, I'd skip this and instead apply a facial compress."

Whether you want to improve fine lines or give your skin a hit of hydration, there's a face mask tailored to your skin needs. If you have more »





than one skin concern, try multimasking. This can help you target any specific needs on different areas of your face at the one time. Timing is dependent on the particular mask, but most range from five to 15 minutes.

"Lie down if you can and leave the mask to sit," says Amy. When you've finished, remove the mask with a warm facial compress or towel. Then splash your face with cool water to close up pores and pat dry. Apply a serum or oil and moisturiser after this process.

Massages

Body scrubs and oils not only exfoliate and hydrate the skin, they also help relieve tension and stress. Amy says self-massage is a great way to assist with detoxification and also improves the skin's tone and texture. "Always start at the feet and work your way up the body with firm movements, and always up towards the heart," she advises. Before any type of body treatment, try dry



brushing. "Dry body brushing is ideal for a gentle exfoliation," she and remove toxins from the body. "Remember, light gentle strokes in circular movements."

Waxing

Waxing is a clever way to get silky, smooth skin for longer. Yet if you're inexperienced or just not game, it's best to get a professional to do it -

says. It'll also help improve circulation

ensure the area has been exfoliated to remove dead skin cells. Most experts say the best way to wax is from the outside of the area inwards. It's also recommended to wait until the hair is about five millimetres in length. This is because it's harder to remove very short hair and hair any longer will be more painful. **Pedicures and manicures** Keeping your fingernails and toenails looking their best is simple with the right tools. "It's great that at-home manicures and pedicures are becoming more accessible," says Jocelyn.

at least the first time. "As a therapist,

The day before you plan to wax,

I've seen some really bad DIY waxing mishaps and you can sometimes do more damage than good," says Amy.

To start, remove all nail polish with an acetone-free nail polish remover that has a strengthening or conditioning agent in it. This will help prevent nails becoming weak and brittle. Then soak both your hands and feet in a tub and exfoliate. Give nails a good file and buff, and protect your cuticles using oil. Apply a base coat, two layers of colour and a top coat to nails, unless the nail polish is a gel. Finally, use a good barrier cream to keep your hands and feet well hydrated throughout the day. Aww

REVLON



Products we love

- 1. Scholl Velvet Smooth Wet & Dry Foot File, \$89.99. 2. Sanctuary Spa Perfect Skin Time Reversal Face Mask, 75ml, \$19.95. 3. Clarisonic Mia FIT Skincare Cleansing Device, \$225.
- 4. Soak Society Rose Wellness Soak, \$11.95.5. Endota Spa Organics Mint & Macadamia Recovery Bath, 300g, \$35. 6. Veet Spawax, \$59.95. 7. Aveda Stress-Fix Soaking Salts, \$59.95.
- 8. Revlon Gold Series Nippers, \$29.95. 9. Manicare Stainless Steel Pedicure File, \$12.69.
- 10. Revlon Gold Series Nail File, \$9.95. 11. SK-II Skin Signature 3D Refining Mask, \$190.



Beauty news

New brow tools, a smart contouring kit and BB creams that double as sunscreens, with Sheree Mutton.

Beautiful brows

Evebrows are a major feature in defining the face, but they can be a nightmare to shape and groom. These new products make those golden arches of hair above your eyes look shapely, fuller and gorgeous.

1. Benefit Goof Proof Brow Pencil, \$42. This pencil has waterproof colour that lasts for up to 12 hours and comes with a blending spoolie brush. Available in six shades.

2. Australis Brow Lift Highlighter & Concealer, \$9.95. A two-in-one brow pencil with concealer and highlighter. Use the highlighter under the brow, following the arch.







creams

For those hot summer days at the beach, ditch the heavy foundation and opt for a lighter alternative, such as a beauty or blemish balm (also known as a BB cream) with added SPF. La Roche-Posav Anthelios XL Comfort Cream BB SPF 50+ (far left), 50ml, \$28.95. **Swisse Natural Defence BB** Cream SPF 30, 60ml, \$24.99.

Editor's

Is your skin looking a little tired and dull? Try this lotion, which is packed with antioxidant active ingredients to re-energise the skin.

Lancôme Énergie De Vie Smoothing & Plumping Pearly Lotion, 200ml, \$60.



Revlon Sculpt + Highlight Contour Kit, \$24.95.

This palette makes contouring and highlighting easy. The four powders work to conceal, highlight, sculpt and add a natural glow to the skin.



Minutes with Pia Miller HOME AND AWAY ACTRESS AND GHD AMBASSADOR

Nothing makes a woman more beautiful

than ... Confidence. A woman who carries herself with complete confidence, in my eves, is beautiful.

My daily skin routine involves ... Keeping it simple. Who has time to spend hours in the bathroom? For my day routine, I cleanse in the shower, then tone and moisturise. My night routine is the same, but with an eye cream added to help me on those long days on set.

My signature fragrance is ... Le Labo from Mecca Cosmetica.

My must-have beauty products are ...

BUY

The ghd Platinum Styler - you can achieve everything you need with this tool, including sleek, straight hair or perfect waves. For my face, it's my kohl eyeliner.

The most common beauty mistake women make is ... Overdoing the bronzer! It may look great at home, but then you step outside into daylight and ... oh, dear!

ANTHELIOS XL



Deep Wrinkles, Chronic Puffiness & Serious Dark Circles

Clinical eye repair: Biocellulose second skin mask hugs every crevice for deeper penetration whilst fish tail shape treats upper and lower eyelids, as well as crows feet, at once.

New Revitaleyes MASK, so powerful, it can melt away half of visible wrinkles in just one use, whilst delivering the power of a whole month's worth of REVITALEYES daily treatments.

Imagine if you could halve eye aging in 15 minutes!

Every once in a while a product comes along that changes the way we think about aging. First, there was REVITALEYES, the daily treatment that went viral due to its ability to clinically treat all 3 signs of aging at once. Once word spread about the dramatic results on wrinkles, puffiness and dark circles, REVITALEYES reached cult status – now selling one every minute of the day!

Now, after 5 years of intensive research, the scientists behind REVITALEYES have created a power mask that gives you stronger, faster results and ups the ante with a dramatic instant effect on all 3 signs of aging.

The miracle fiber that can deliver 60 times the power of REVITALEYES, plus instant age defying results

REVITALEYES MASK is made from a unique Biocellulose - natures tiniest organic fibers - which attract and hold 200 times its weight in liquid, allowing us to create the most powerful REVITALEYES treatment to date - delivering more high technology actives, at higher levels to treat serious dark circles, chronic puffiness and deep resistant wrinkles faster, and more effectively than ever before.

1 mask treatment contains the power of an entire months' worth

Discover why women are buying REVITALEYES every minute of the day!

3 independent clinical trials proved beyond a doubt that REVITALEYES erases not just wrinkles, but bags & puffiness and dark circles too.

- 95% of women saw undereye puffiness drain and chronic eye bags disappear from sight in as little as 2 weeks
- Reduces colour in even the darkest under eve circles in just 14 days
- Visibly reduces the deepest of wrinkles and crows feet by more than 60% in 28 days

And if that's not enough, it also refreshes and wakes up eyes instantly with a mild lifting action and brightening Vitamin C.

* freezeframe' REVITALEYES of daily REVITALEYES treatments

And then some..

This superior liquid retention left us room to add powerful, clinically proven ingredients which deliver the ultimate beauty prize – a dramatic instant effect on wrinkles, puffiness and dark circles – whilst bathing the eyes in a relaxing, refreshing moisture surge!

Instant Flash Effect

You'll see up to 50% of your wrinkles gone by the time you take this incredible mask off. Our topical micro injection technology delivers a double dose of anti-wrinkle action with both a muscle freezing and filling effect. Eyes are also brighter, lifted and look more awake, with light diffusing technology providing a visible decrease

in puffiness and dark circles. These incredible instant results last up to 24 hours – so you won't have a cinderella moment.

Long Term Clinical Results

Each treatment delivers a power surge of REVITALEYES' famous tri-peptide action on deep wrinkles, chronic puffiness and serious dark circles, infusing the entire eye area with a 60 fold dose of this clinically proven age fighting technology. Results on wrinkles can be seen in just one week, with even the most serious cases of puffiness and dark circles visibly diminished in just 15 days*.

Delivers concentrated clinical eye repair right where you need it!

Our unique Fish Tail shape ensures your whole eye area experiences the instant and long term power of REVITALEYES MASK, by treating both your upper and lower eye area at once, and covering crows feet completely.

Eyes are lifted and refreshed, and skin is bathed in moisture for a wide awake look that's like 8 hours sleep in 15 minutes!

Hurry. Limited Pre Release Stock available Pre Christmas

REVITALEYES MASK officially launches worldwide in early 2017, but we have managed to secure a limited supply of pre-release stock for our loyal Australian customers. It's our home country after all, and we want you to look your best this holiday season. As the quantity available is strictly limited, you might have trouble finding REVITALEYES MASK at your regular freezeframe stockist. Your best bet is Priceline, or try AMCAL or ePharmacy. Or if you place an order on www.freeze-frame.com by 8pm on Friday the 6th of January, we will guarantee your stock and offer free shipping direct to your home. You can also call 1800 66 26 86.



Revitaleyes Mask

AVAILABLE AT: Priceline | Priceline Pharmacy | ePharmacy | Amcal *For best results use in conjunction with REVITALEYES twice daily *Priceline scanned sales data † SK-II is a registered trademark of Procter & Gamble Co.



higher volume of active ingredients into the skin and

pushes them deeper than ever before possible



[What's new]

Charlotte Tilbury Luxury Palette in The Vintage Vamp, \$78.

These four gorgeous eyeshadows complement each other and are easy to blend.

Tory Burch Jolie Fleur Rose, 100ml, \$195.

A feminine scent. featuring rose. cashmeran, pink pepper, violet and sandalwood.



Nutrimetics nc Glimmer Eveshadow Crayons in Antique (right) and Gunmetal,

\$25. Glide on one of these metallic shades for effortless, smokey eyes.



Glasshouse **Fragrances Beverly** Hills Hand Crème, 125ml, \$24.95.

With top notes of berries and grapefruit, this luxurious hand crème with added shea butter will leave your skin feeling smooth and soft.



Bourjois La Laque Gel in 4 Flambant Rose, \$13.

This gel polish offers intense colour and shine that lasts for up to 15 days.



An instant lightweight spray which boosts volume and height for those big hairstyles.







Circa Home Cotton Flower & Freesia Classic Candle, 260g, \$29.95.

A fresh blend of freesia, white rose, cucumber and musk for the home or office.



Illuminating Pressed Powder, \$4.99. A pressed powder with shimmery gold

highlights to reflect light and give skin a youthful glow.

PHOTOGRAPHY BY CHRIS JANSEN. ALL PRICES ARE APPROXIMATE.



Dr Joanna McMillan My healthy eating plan

A flexible eating and lifestyle plan is the key to weight control, writes nutritionist **Dr Joanna McMillan**.

he problem with most popular diets or the latest exercise regimen is that they don't consider a holistic approach to health and wellbeing. A short-sighted goal of weight loss over a few weeks isn't going to help you with long-term

weight control, let alone your total body health. We must move away from the crazy diets, the impossible-to-keep-up exercise regimens and instead embrace true lifestyle change. This is the only way

we can not only get lean if we have weight to lose, but prevent weight gain over time so that we stay lean.

Food

Eat delicious food that nourishes your body in appropriate portions to lose body fat if you need to, or stay lean if you are already a healthy body composition. Knowledge continues to grow in science and research, linking what, how and when we eat with how

we feel today, but also how our bodies age and our health fares decades into the future. Real food means food that is close to the way nature intended. That is food that is full of beneficial nutrients, phytochemicals and zoochemicals, which our bodies need to function at their best. Real food is

vegetables, fruit,

nuts, seeds, wholegrains. legumes, seafood, meat, dairy, eggs and certain food made directly from these, such as extra virgin olive oil (the juice squeezed from olives) or tofu (made from sov beans). This doesn't mean no processed foods at

all. I keep hearing people say that processed food is bad. But this is a far too simplistic statement. Processing can, in fact, be beneficial for certain foods. Processing tomatoes to make tomato paste, for example, not only gives us a food with a conveniently long shelf life, it also dramatically increases the levels of the powerful antioxidant lycopene. »





Drink

Drink water as your main drink to stay well hydrated. Have a glass of water with your meals and on average try to have a glass every hour through the day. Water has no kilojoules, no undesirable additives

and serves the purpose of hydration. You can also enjoy coffee and tea. with milk if you like, but without added sugar. Veggie-based smoothies are also fabulous additions to your daily menu plan to boost your intake of plant foods. Soft drinks and juices are out - you don't need those extra kilojoules and it's much better to get them from whole foods. If you enjoy an alcoholic drink, then you still can. Just try to stick to no more than two a day, particularly while actively trying to get lean.

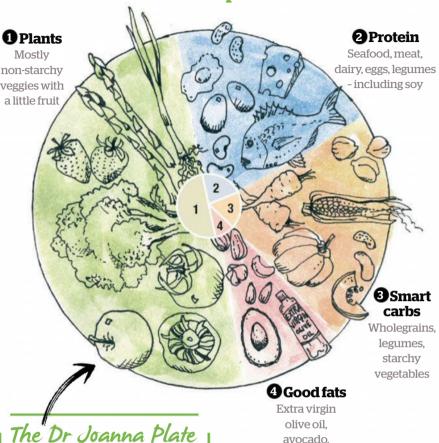
Exercise

Exercise is a non-negotiable for long-term good health and weight control. It changes the way your body works, making you a better fat burner and, with a little extra muscle, you'll burn more kilojoules at rest. Aim for a minimum of a 30-minute walk every day and add two or three more formal exercise sessions into your week such as fitness classes, yoga, Pilates, dancing, cycling or running.

Activity

Aside from the formal exercise you do, how active you are for the rest of the day also matters. Count up how many hours you sit on an average day. Especially if you work at a desk, you'll be amazed how these add up. Set yourself goals to break up sitting times, so that you never sit for more than a couple of hours without a break for at least a few minutes of activity. If your office

Your ideal portions



The Dr Joanna Plate

Diets usually fail because they don't give you autonomy. You need flexibility and choice in selecting what to eat, while having the framework and knowledge you need to create a healthy menu plan. That's where the Dr Joanna Plate comes in. With a simple 1, 2, 3, 4' thought process, you have a plant-rich, fibre-rich, low-GI meal with the right balance of protein, carbohydrate and fat.

standing desk, use it for some of the time; stand on the bus or train; stand when you are on a long phone call;

> walk the escalators and grab other opportunities for movement.

> > **Stress**

Stress can lead you to sleep badly; you're then tired so skip your exercise. Many find they turn to food,

often unhealthy food, when stressed, while elevated levels of stress hormones direct your body to lay down those extra kilojoules as fat around your middle - the worst kind of fat for health. Others may find they turn to alcohol to blunt a stressful day. Learning how to manage your stress more effectively really can make a major difference to your ability to get and stay lean.

nuts, seeds

Sleep

Being tired all the time erodes your ability to eat well, move more and manage your stress. Aim for seven to eight hours sleep on most nights and you'll be amazed how much better you look, feel and perform. If you're tossing and turning in the night or you struggle to get to sleep, think about what sleep researchers call 'sleep hygiene'. This includes things like going to bed and getting up at

has a

roughly the same time, avoiding caffeine after lunchtime, having at least two hours before bed without food, avoiding more than one or two alcoholic drinks, and having no screen time (especially tablets and smartphones) for an hour before bed - try reading a book or having a bath instead to help you wind down.

HOW MUCH SLEEP IS ENOUGH?

Most of us need a minimum of six hours and we function much better when we hit eight hours on a regular basis. Those who sleep less are at greater risk of obesity, type 2 diabetes, cardiovascular disease and high blood pressure.

Monitoring your progress

We need to be able to measure our progress in a tangible way. Listening to your body and feelings of wellbeing are terrific, but they are also subject to our emotions and mood. **BODY FAT:** You may have heard over the past few years that weighing yourself is passé, and what is really important is body fat percentage. I couldn't agree more. The most accurate and easily accessible way to have your body fat and muscle levels measured is to go and have a DEXA scan. There are a number of companies that offer this.

WAIST MEASUREMENT: The latest scientific research clearly shows that the fat most detrimental to health is that around your middle. The ideal range for women is under 80cm - with greatly increased risk over 88cm. For men, these cut-offs are 94cm and 102cm, respectively. WEIGHT: Recording your weight has its pros and cons. It's entirely up to you as to whether you hop on the scales or not, and your decision should be based on what is motivating to you. Firstly, understand what your weight tells you. It's not just a measure of body fat changes. Weight is affected by fluid changes, such as dehydration and fluid retention, when you last ate, when you went to the bathroom, and change to your muscle mass. »

Your "get lean" menu plan

SUNDAY

Breakfast: Spanish baked eggs with ham and spinach and slice wholegrain toast

Lunch: Soto ayam (Balinese chicken soup)

Snack: 15 almonds and ½ cup pineapple chunks

Dinner: Lean and mean beef burritos Sweet treats: Drunken strawberries with citrus yoghurt and dark chocolate

MONDAY

Breakfast: Muesli with milk/yoghurt/ dairy alternative and fresh fruit OR wholegrain cereal with sprinkle of nuts/seeds, fruit and yoghurt **Lunch:** Supergreens soup with slice of wholegrain bread and cheese Snack: Hummus two ways with carrot and celery batons **Dinner:** Mediterranean chickpea stuffed sweet potatoes Sweet treats: Hot spiced cocoa

TUESDAY

Breakfast: Boiled/poached/scrambled eggs with 1 slice wholegrain toast, wilted spinach and grilled tomato Lunch: Adzuki bean and tuna salad Snack: Handful of nuts Dinner: Ricotta and basil meatballs in

capsicum-tomato sauce served with ½ cup steamed brown rice and green salad drizzled with extra virgin olive oil and lemon

Sweet treats: ½ cup of mixed berries with Greek natural yoghurt

WEDNESDAY

Breakfast: Muesli with milk/yoghurt/ dairy alternative and fresh fruit OR wholegrain cereal with sprinkle of nuts/seeds, fruit and yoghurt Lunch: Black barley, kale and poached chicken salad

Snack: My go-to green smoothie **Dinner:** Coconut fish fingers, sweet potato chips and broccolini Sweet treats: Hot spiced cocoa

THURSDAY

Breakfast: Super veggie bowl Lunch: Hearty chicken and barley soup

Snack: Handful of nuts

Dinner: Roast veggie salad with pomegranate dressing and a grilled lean steak

Sweet treats: ½ cup of mixed berries with natural yoghurt

FRIDAY

Breakfast: Muesli with milk/yoghurt/ dairy alternative and fresh fruit OR wholegrain cereal with sprinkle of nuts/seeds, fruit and yoghurt **Lunch:** Superfood salad with tahini dressing (see recipe, overleaf) and 65g cold meat or small can of tuna **Snack:** Natural protein berry smoothie Dinner: Soba noodle soup with teriyaki pork and greens

Sweet treats: 2 squares (20g) dark chocolate

SATURDAY

hotcakes with ricotta and fresh strawberries Lunch: Thai beef salad Snack: Green smoothie with kale. pineapple and coconut **Dinner:** Spanish seafood stew served with a green salad dressed with vinaigrette and a slice of wholegrain sourdough Sweet treats: Custard filo tart with caramelised figs

Breakfast: Spelt and lupin blueberry





Turkey rissoles with chilli, garlic and ginger

These rissoles are a crowd pleaser, whether for a family mid-week dinner or a weekend barbecue. If you're entertaining, you can make them smaller to serve on cocktail sticks as a canapé, perhaps with a bowl of sweet chilli sauce for dipping. For a family meal, I like to serve them with baked sweet potato chips and a salad of whatever veggies I have in my fridge.

SERVES 4 TIME 20 MINUTES

DAIRY- GLUTEN- AND NUT-FREE

1 tablespoon extra virgin olive oil ½ red onion, finely diced
2 garlic cloves, crushed or finely chopped
1 tablespoon finely grated ginger
1 red chilli, finely chopped
500g lean minced (ground) turkey handful flat-leaf (Italian) parsley (or coriander), leaves picked and

finely chopped ¼ teaspoon iodised salt freshly ground black pepper

Heat 2 teaspoons of the extra virgin olive oil in a small frying pan over medium heat. Add the onion and sauté for a few minutes until translucent, taking care not to let it burn. Add the garlic, ginger and chilli, and sauté for a minute or so more.

Combine the mince, onion mixture, parsley, salt and plenty of black pepper in a mixing bowl. Use your hands to ensure an even mix of ingredients. Then divide the mixture into 8 pieces and mould each into a rissole shape - running cold water over your hands first helps to stop it sticking. Flatten each rissole slightly and set aside on a sheet of baking paper. At this stage, you can cook them straight away, or cover with plastic wrap and store in the fridge to cook within 24 hours, or you can freeze them for 4-6 months.



When ready to cook, heat a chargrill pan (this gives nice char lines on your rissoles), a frying pan or the barbecue to medium heat. Drizzle with the remaining oil, add the rissoles and cook for 2-3 minutes on each side or until cooked through. Be careful not to have the heat turned up too high or you'll burn the outside of the rissole before the centre is cooked. If need be you can pop the lid over the pan to assist cooking if your rissoles are thicker.

Serve with a gorgeous big green salad along with baked sweet potato chips, boiled waxy potatoes or mashed cannellini beans.

Superfood salad with tahini dressing

There are many everyday superfoods that are readily available to most of us in the supermarket. Here I've combined a selection of these to create the most stunning salad. The quinoa, almonds and tahini provide a significant amount of protein, making it a terrific vegan and vegetarian meal option. But, if you like, you can boost the protein further by adding a little chicken, red meat or fish. SERVES 4 TIME 25 MINUTES

DAIRY- AND GLUTEN-FREE, SUITABLE FOR VEGETARIANS AND VEGANS

135g (% cup) quinoa
200g kale, stalks removed and leaves
torn into pieces
125g (1 bunch) broccolini, cut into
bite-sized pieces
4 asparagus spears, sliced into
bite-sized pieces
140g mixed lettuce leaves
½ carrot, shredded using a mandoline
or finely grated
½ red onion, thinly sliced
handful basil, leaves picked
handful flat-leaf (Italian) parsley,
leaves picked

½ avocado
100g snow peas, trimmed and thinly sliced diagonally
40g (¼ cup) almonds, roasted and roughly chopped
1 tablespoon pepitas (pumpkin seeds)
1 tablespoons micro herbs (such as micro rocket and radish, optional to serve)
1 tablespoon chia seeds, to serve

juice of ½ lemon 1 teaspoon pure maple syrup 2 tablespoons unhulled tahini

TAHINI DRESSING

Put the quinoa in a saucepan and cover with water. Drain in a sieve and repeat. This washes away the bitter compounds, called saponins, on the surface. Return to the pan and add 375ml (1½ cups) of water. Bring to the boil, then reduce the heat to a simmer and cook for about 15 minutes or until the water has been absorbed and the quinoa is cooked.

Bring a separate saucepan of water to the boil over high heat. Put the kale, broccolini and asparagus in a steamer, cover with the lid and place on top of the pan. Cook for 2 minutes, or until just tender. Drain and rinse under cold running water to stop the cooking process. This will ensure they stay a lovely bright colour. (Alternatively, place the veggies in a microwave-proof bowl with a little water, cover and microwave on High for 2 minutes before running under the cold tap.)

Toss all the salad ingredients, except the micro herbs, if using, and the chia seeds in a serving bowl.

To make the dressing, whisk all the ingredients in a small bowl and add enough water to give a nice runny consistency. Drizzle over the salad.

Scatter over the micro herbs, if using, and the chia seeds. Serve. **Aww**



This is an edited extract from *Get Lean, Stay Lean*, by Dr Joanna McMillan, published by Murdoch Books, \$35.

Asthma Management

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in partnership with

Ask the doctor

Professor Kerryn Phelps answers your questions on psoriasis, large breasts, bloating, compression stockings and mercury levels in fish.

I'm concerned about the mercury levels my son might be consuming. He loves seafood and eats salmon most days for lunch at school. Can you eat too much fish? M.V., SA.

It's good that your son likes to eat seafood, because the omega-3 healthy fat content and protein are beneficial for his development. Smaller fish, such as salmon, are less likely to contain high levels of mercury than larger fish, such as swordfish; however, they can contain some mercury. Unborn babies and children up to six years of age are most vulnerable to the toxic effects of mercury. You could introduce other protein sources, such as eggs, tofu or chicken, to his diet for variety.

I'm 58, and whenever I go on a plane, my legs swell up. Do you recommend compression stockings? What else can I do apart from stretching my legs during the flight to reduce swelling? S.M., NSW.

Leg swelling on long-haul flights is a common problem. I recommend you always wear compression stockings and move around regularly. Avoid salt in your food for 24 hours before your flight and drink plenty of water during the trip to maintain hydration.

My husband recently had a severe case of gastroenteritis. For the past few weeks, he's had trouble swallowing food. Do you have an explanation? P.O., Qld.

First things first, I wouldn't accept a diagnosis of gastroenteritis without further enquiry. Are you referring to vomiting and diarrhoea or just vomiting? Persistent trouble swallowing is a medical 'red flag' and must be medically investigated. Possible causes include a neurological problem, inflammation in the oesophagus, or a blockage from a stricture or a turnour in the oesophagus.

My 20-year-old daughter has struggled with psoriasis since she was in her early teens. We've tried many creams, but nothing has really worked. I read that some foods can make the condition worse. What items should she be avoiding? K.L., WA.



HAVE A QUESTION?

If you have a question for Professor Kerryn 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.

If she's overweight, try to help her achieve a healthy weight, because excess weight may contribute to increased severity of psoriasis. Encourage plant-based foods and avoid refined sugars and processed foods. A significant number of people with psoriasis respond to a strict gluten-free diet, so that's worth trying, too.

I have rather large breasts (size 14E) and have been experiencing severe back pain for the past few months. I'm contemplating a breast reduction. Would you recommend it? B.S., NSW.

If you're very unhappy with the size of your breasts for any reason, you can discuss breast reduction with a plastic surgeon. If back pain is your main motivation, explore possible other causes for your discomfort. A physiotherapist or osteopath can help you with this.

I'm constantly feeling bloated after I eat. I'm only eating until I'm about 80 per cent full, but the pain and discomfort that I experience lasts for an hour or more. How can I overcome this? T.Y., Vic.

You'll need to see your doctor, who'll test you for helicobacter with both a blood and a breath test. Your GP will also talk to you about a gastroscopy

(an examination of the upper digestive tract using an endoscope) to check for ulceration or other stomach pathology.



A vaccine against shingles is the first adult vaccine to be added to the National Immunisation Program. If you're aged 70 to 79, you can now have a free vaccine against shingles, a painful condition caused by the reactivation of the chickenpox virus. One in three adults is at risk of developing shingles and it has a particularly debilitating effect on older people. See your GP.

PHOTOGRAPHY BY PAUL SUESSE. ISTOCK.

Are Your Hormones Making You Fat?

Imagine waking up every morning to the sound of your alarm, excited and happy to be starting a new day. When you look in the mirror you admire your body. Everyone tells you how great you're looking and asks what your secret is. Sound too good to be true? If you, like many other women, don't feel this way, you may have a hormonal imbalance. Research has documented that over 40 per cent of women have an undiagnosed underactive thyroid gland. If you feel tired all the time, crave sugar, use alcohol and coffee to lift yourself, retain weight around your middle and feel the cold, you could be suffering from this problem.

What Does Your Thyroid Do, and What Does This Mean For You?

The thyroid gland is the major player in controlling how many calories you burn. It produces hormones that control the body's metabolism. If your thyroid is underactive (hypothyroidism) it's almost impossible to lose that spare tyre around your middle, no matter how many carbs you cut out or how many hours you spend on the treadmill.

Blood Testing

Current blood testing methods don't tell the whole story. Blood tests (TSH) can only measure how much thyroid hormone you have in your blood – they can't measure how well your hormones are working. So, if you do have a thyroid problem, it may not always be picked up.

New Way of Testing

American thyroid specialists, Dr. Konrad Kail and Dr. Daryl Turner have developed a quick and non-invasive medical thyroid screening test, that's been used by US doctors for the past seven years to accurately diagnose thyroid issues. The good news is, once your thyroid function is accurately diagnosed, the medication and nutrients you need to get your thyroid balanced can be established. With a balanced thyroid your energy will increase, you will lose weight easily, and you'll feel happier in yourself. Your health is your greatest asset, so, if you suspect that your thyroid isn't quite right, don't put off getting tested, you deserve to feel fantastic every day.

Available Locations

New South Wales: Sydney CBD, Newcastle, Central Coast ACT: Canberra Queensland: Brisbane CBD, Gold Coast (Broadbeach), Sunshine Coast (Marcoola) South Australia: Adelaide (Hyde Park) Victoria: Melbourne, Geelong Western Australia: Perth

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- Aching Muscles and Joint Pain?
- ☐ Muscle Cramps?
- ☐ Worrying You May Be Infertile?
- ☐ Craving Sugar and Carbs?
- ☐ Feeling The Cold?
- ☐ Hair Loss?
- ☐ Using Coffee and Alcohol to Lift You?

Answered YES to three or more?

If so you may have an underactive thyroid gland – even if you have had 'normal' blood test results from your GP.

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Your health

Health news

Find out the latest medical research to help you live a healthy life, with **Sheree Mutton**.



BOOST YOUR VITAMIN D TO WARD OFF DEMENTIA

People with low vitamin D levels have a higher risk of developing dementia, according to Edinburgh University experts. Researchers said hazards such as pollution and a lack of vitamin D, which is produced in the skin after sunlight exposure, may make people more prone to Alzheimer's. See your GP to check if you have a vitamin D deficiency.



MEMORIES ARE MADE OF THIS

Scientists at Canada's McGill University have found that young women who enjoy regular sex have better recall. A group of 78

women took memory tests and were quizzed about their sex lives. Those who had intercourse most often were better able to recall abstract words. suggesting a link between sex and the part of the brain that controls memory, the hippocampus.



under two, with the skin becoming red, itchy and scaly, and in severe cases, weep, bleed and crust over. The good news is eczema usually improves with age. Visit eczema.org.au for more information.



mav make green salads healthier.

Good bacteria could be added to bagged salads to help prevent food poisoning from salmonella and listeria. University of Queensland researchers and Horticulture Innovation are studying friendly bacteria strains which naturally occur on vegetables and "have a long history of safe human consumption," says UQ's Dr Mark Turner. "Higher numbers of the good bacteria means less growth of bad bacteria."







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[Health]



We're a nation of screen junkies - can taking time-out from technology improve our health? **Sheree Mutton** investigates.

t's 7.36pm and I've just walked out of the office after a long day in front of my computer. Don't be fooled, though, this doesn't mean I am disconnecting just yet. I still have a few emails to send on my commute home and check my work schedule for tomorrow. I'll then aimlessly scroll through my Facebook and Instagram feeds, before streaming a new television series on my tablet. I'm a part of a growing number of Australians who don't switch off from the wired world.

On average, Australians check their phone 30 times per day, while more than half of us look at our phones within 15 minutes of waking up, according to the *Mobile Consumer Survey 2015*, by Deloitte.

"My belief is that addiction to technology (though not technology itself) is our greatest threat and is causing an epidemic of health issues," writes Jason Bawden-Smith in his book, *In The Dark*. "We are hooked: we love our phones, our wi-fi, our computers and all the convenience of city living, and it would be hard to wean ourselves off these everyday luxuries. We have become addicted to technology," he explains.

What is a digital detox?

Digital detox refers to a period of time in which a person refrains from using technological devices such as smartphones and computers.

Studies show that excessive use of smartphones and tablets, along with desktop use, is seriously affecting our health and may even result in bad posture, rising stress levels, problems sleeping or insomnia, anxiety and headaches. But is going on a digital detox the answer? Sydney psychologist Jocelyn Brewer says no. "Technology is not 'addictive' officially. Perpetuating the notion that technology use is beyond someone's control is a furphy. We have the choice as to how to use technology; calling it addictive is not a useful way to describe it," she says.

Jocelyn says we should be focused on our usage habits and preventing problematic internet use and overuse, rather than choosing to do a shortterm digital detox. "Attempting a digital detox without any form of cognitive restructuring or reflection – that is, a component which is dedicated to considering our technological habits and what drives our online behaviours – will be unlikely to have long-term impacts on improving our relationship to technology," she says. "In the same way a juice detox doesn't have long-term impacts on our relationship with food, it's a simple short-term restriction."

So, rather than signing off social media for a few days or ignoring a bundle of emails, here are some tips to cut down your digital use.

Make a plan

Set times for using your devices to check appointments, notifications and emails, and avoid using your phone or tablet during meal times and family time. If you're able to, switch off your devices for set periods each day and don't respond to every beep or buzz.

Reduce screen time before bed

Stop screen time at least 30 minutes before going to bed, to help your mind and body unwind. During this digital-free time period, turn off notifications for emails, applications and texts. This will result in fewer sleep disruptions. **AWW**



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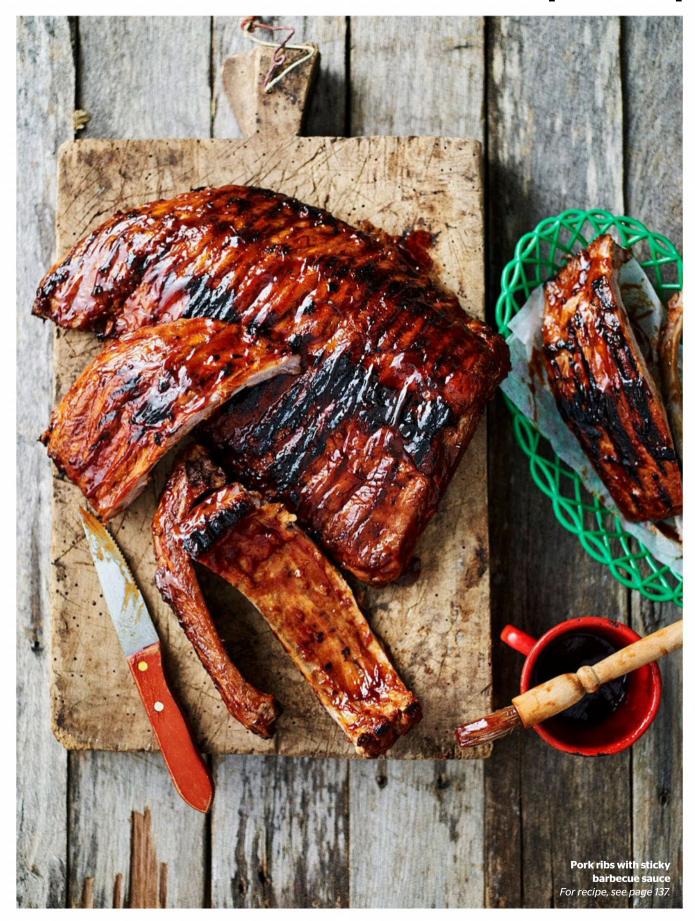
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Time for a barbie Fire up the barbie and keep the heat out of the kitchen with these delicious alfresco meals. **Grilled fish burger** For recipe, see page 137. PHOTOGRAPHY ● JAMES MOFFAT STYLING • OLIVIA BLACKMORE

[Family meals]





Chilli barbecued haloumi with zucchini salad

SERVES **6 AS A STARTER** PREP AND COOK TIME 30 MINUTES (+ REFRIGERATION TIME)

½ cup (125ml) lemon juice 1/4 cup (90g) honey 2 tablespoons extra virgin olive oil 1 clove garlic, crushed 1 fresh long red chilli, sliced thinly 750g haloumi cheese, cut into 1cm slices 2 medium (240g) zucchini 170g asparagus, trimmed ½ cup loosely packed fresh mint leaves 50g sorrel leaves

- 1 Combine juice, honey, oil, garlic and chilli in a small jug.
- **2** Put haloumi in a large shallow glass or ceramic dish. Pour half the juice mixture over it; cover. Refrigerate for 1 hour. Reserve remaining juice mixture for dressing.

- **3** Using a vegetable peeler, peel zucchini and asparagus into long thin ribbons and rounds. Combine zucchini, asparagus and mint in a large bowl; place on a platter.
- 4 Cook haloumi on a heated, oiled grill plate (or grill or barbecue flat plate) over medium-high heat for 1½ minutes on each side or until browned lightly. Pour any remaining marinade from dish over haloumi; cook for 1 minute to caramelise. **5** Serve haloumi with salad, drizzled with reserved dressing.

Not suitable to freeze or microwave.

Test Kitchen tips

- If you can't find sorrel, use beetroot (beet) leaves, radicchio. rocket or spinach.
- Use baking paper on the grill plate to prevent the haloumi sticking.

Chilli garlic char-grilled octopus

SERVES 4 PREP AND COOK TIME 1 HOUR 15 MINUTES (+ REFRIGERATION TIME)

1.5kg medium octopus 5 fresh long red chillies, seeded, chopped finely 6 cloves garlic, chopped finely 1/4 cup finely chopped fresh flat-leaf parsley stems and leaves ²/₃ cup (160ml) extra virgin olive oil 3 cups (750ml) white wine 1/4 cup (60ml) chardonnay vinegar 250g rocket, trimmed 1/3 cup loosely packed fresh mint leaves

- 1 To clean octopus, cut across the head and under the eyes to separate the tentacles from the head. Cut across the head above the eves. Clean out head: remove dark skin. Remove beak from centre of tentacles; rinse well. Rinse octopus; pat dry with paper towel. Cut the tentacles into even-sized pieces. 2 Process chilli, garlic, parsley and half
- the oil in a small food processor until finely chopped. Add half the chilli mixture to octopus in a large bowl; mix well. Season octopus. Cover; refrigerate for 1 hour.
- **3** Heat 2 tablespoons of the oil in a large, deep heavy-based frying pan over high heat; cook octopus, stirring, for 3 minutes. Add wine; bring to the boil. Reduce heat; simmer, covered, for 45 minutes or until octopus is tender. Drain off liquid. Cool the octopus for 20 minutes.
- 4 Toss cooled octopus in remaining oil. Cook octopus, in batches, on a heated grill plate (or grill or barbecue) over high heat for 2 minutes or until charred lightly.
- **5** Place charred octopus in a medium bowl with vinegar and remaining chilli mixture; toss gently to combine. Season to taste. Serve with rocket and mint.

Marinated uncooked octopus suitable to freeze. Not suitable to microwave.

Test Kitchen tips

- You can use white wine vinegar instead of chardonnay vinegar.
- Octopus can be either marinated or cooked in the pan a day ahead. Barbecue just before serving.





Herb and garlic sausage coil

SERVES 6 PREP AND COOK TIME 25 MINUTES

1.6kg thin Italian-style sausages in one continuous length or 2 x 800g lengths 2 tablespoons fresh rosemary leaves 4 fresh bay leaves, torn 1 tablespoon extra virgin olive oil 1/4 cup coarsely chopped fresh flat-leaf parslev leaves 1 tablespoon lemon rind strips

1 lemon, extra, cut into cheeks

- 1 Cut the continuous sausage into two pieces. Untwist sausages and squeeze filling to make a continuous sausage. Coil each length into a long tight spiral. Pierce two large skewers at right angles through each coil to secure it (as pictured opposite).
- 2 Poke rosemary and bay leaves in between sausage. Drizzle with half the oil. 3 Cook sausage coils on a heated, oiled barbecue (or grill or grill pan) for 3-4
- minutes or until browned underneath. Turn coils; cook until cooked through. 4 Top with remaining oil, parsley and

Not suitable to freeze or microwave.

rind. Serve with lemon cheeks.

Test Kitchen tips

- You'll need to order the continuous sausages from your butcher.
- You'll also need four large bamboo or metal skewers for this recipe, to keep the sausages coiled.
- Place lemon rind in a small bowl of iced water for 10 minutes to curl slightly, if you like.

Grilled fish burger

SERVES 4 PREP AND COOK TIME 30 MINUTES

1 tablespoon cajun spice mix 8 x 150g firm white fish fillets, skinned, boned 2 tablespoons extra virgin olive oil 4 medium (200g) white bread rolls, split in half ½ cup (150g) whole-egg mayonnaise 1 cup shredded red cabbage 1 cup shredded green cabbage 1 teaspoon liquid smoke sauce 2 tablespoons chopped fresh coriander 1 fresh green jalapeño, sliced thinly



HOT CORIANDER SAUCE

1/3 cup (80ml) extra virgin olive oil 1 fresh green jalapeño, seeded, chopped 2 teaspoons finely grated lime rind 2 teaspoons freshly squeezed lime juice 1 cup firmly packed fresh coriander

- **1 HOT CORIANDER SAUCE** Blend or process ingredients until combined. Season to taste.
- 2 Combine spice mix, fish and oil in a shallow dish; season.
- 3 Preheat a char-grill plate (or grill or barbecue) to high. Cook fish for 2 minutes on each side or until just cooked through. Toast bread rolls, in batches, cut-side down, on grill for 1 minute on each side.
- 4 Meanwhile, combine mayonnaise, cabbages, liquid smoke sauce and coriander in a large bowl; season to taste. 5 To assemble burgers, divide half the fish between bread bases, top with cabbage mixture, remaining fish, jalapeño, then then drizzle with Hot Coriander Sauce.

Not suitable to freeze or microwave.

Test Kitchen tips

- Liquid smoke sauce can be found at good delicatessens and grocers in the sauce and condiment section.
- We used Pacific John Dory, but you can use any firm white fish fillet.

Pork ribs with sticky barbecue sauce

SERVES 4 PREP AND COOK TIME 55 MINUTES

1.75kg American-style pork spare ribs 1 cup (250ml) tomato sauce 1/4 cup (60ml) extra virgin olive oil ½ cup (110g) firmly packed brown sugar 2 cloves garlic, crushed 2 tablespoons Worcestershire sauce 1 tablespoon apple cider vinegar 2 teaspoons smoked paprika

- 1 Bring a large saucepan of water to the boil; reduce the heat. Add the ribs; simmer, covered, for 40 minutes or until tender. Drain.
- 2 Combine the ribs and the remaining ingredients in a large bowl; season.
- 3 Cook ribs on a heated barbecue (or grill or grill pan) for about 15 minutes, basting occasionally with remaining marinade. Cut ribs into serving-sized portions.

Not suitable to freeze or microwave.



You'll find these recipes in *The* Australian Women's Weekly Outdoor Kitchen, Bauer Books, RRP \$29.99, available where all good books are

sold and at awwcookbooks.com.au.

with wedges and fries

Add a major flavour boost to your spuds with these simple ideas for the tastiest, finger-lickin' wedges and fries.

PHOTOGRAPHY ● JOHN PAUL URIZAR STYLING ● SOPHIA YOUNG

1. Spicy Cajun potato wedges

Preheat oven to 220°C (200°C fan-forced). Cut 1kg unpeeled kipfler potatoes into wedges. Combine 2 tablespoons extra virgin olive oil, 2 teaspoons ground cumin,1 teaspoon hot paprika, 1/2 teaspoon ground oregano, ½ teaspoon ground black pepper, 1 teaspoon ground coriander and ¼ teaspoon chilli powder in a small bowl. Place wedges on a large oiled oven tray, in a single layer; drizzle with oil mixture, toss to coat. Roast for 40 minutes, turning occasionally or until crisp and cooked. Serve topped with oregano leaves.

2. Paprika potato wedges with parmesan

Place two baking trays in oven; preheat oven to 240°C (220°C fan-forced). Cut 1kg peeled floury potatoes (such as sebago) into wedges. Place wedges in a large bowl with 2 tablespoons extra virgin olive oil, 40g melted butter and 2 teaspoons smoked paprika. Season with salt; toss to coat. Place wedges, in a single layer, on hot trays. Roast, turning once, for 35 minutes or until golden and crisp. Serve topped with ½ cup (40g) finely grated parmesan and with aïoli.

Tib Aïoli is a garlic mayonnaise available from supermarkets and delis.

3. Kumara wedges with lime chilli salt

Preheat oven to 240°C (220°C fan-forced). Cut 1kg unpeeled kumara (orange sweet

For more great recipes search potato wedges on FOODTOLOVE COM. AU potato) into wedges. Place wedges, in a single layer, on trays lined with baking paper: drizzle with 2 tablespoons extra virgin olive oil. Roast for 15 minutes. Turn wedges; roast for a further 15 minutes or until lightly browned. Stir 2 teaspoons finely grated lime rind, 2 tablespoons sea salt flakes and I teaspoon chilli flakes in a small dry frying pan over a low heat for 3 minutes or until rind is dry. Cool. Serve wedges sprinkled with lime chilli salt.

4. Lemon pepper fries

Make a batch of fries following the Salted Fries recipe (below), omitting the salt. Combine 1 tablespoon finely grated lemon rind (use a microplane grater), ½ teaspoon freshly ground black pepper and 1 teaspoon salt flakes in a small bowl. Serve hot fries immediately sprinkled with lemon pepper and lemon wedges. Tips You could also use grated lime rind instead of lemon and crushed Sichuan peppercorns instead of black pepper. These fries go well with battered or grilled fish or chicken, prawns and fish.

5. Salted fries

Cut 1kg peeled russet burbank potatoes, lengthways, into 1cm-thick slices; cut again, lengthways, into 1cm-wide pieces. Place potato in a large bowl of cold water; stand for 30 minutes. Drain; pat dry with paper towel. Heat vegetable oil in a deep-fryer, large saucepan or wok; cook fries, in three batches, for 4 minutes each batch or until just tender but not browned (see tips on deep frying, right). Drain fries on a paper towel; stand for 10 minutes. Reheat oil; cook the fries again, in three batches, separating any that stick

together, until crisp and golden. Drain fries on a paper towel. Season with salt.

6. Chilli garlic fries

Make a batch of fries following the Salted Fries recipe (above). Meanwhile, heat 2 teaspoons extra virgin olive oil in a small frying pan; cook 2 sliced fresh long red chillies until soft. Add 2 sliced cloves garlic; cook, stirring, until fragrant. Serve hot fries immediately sprinkled with chilli mixture. Tibs If you like, add ½ cup Thai basil leaves to the oil after cooking the fries; fry leaves for 30 seconds until crisp, then toss them with the chilli mixture. These fries go well with hamburgers, grilled or pan-fried steak and lamb cutlets.



Deep frying tips • Ensure that the pan you are using

is dry, before filling it one-third full with oil. The general temperature for frying is 180°C. You can use a cooking thermometer to gauge the temperature, or drop a cube of bread into to the oil; it should sizzle rapidly and start to brown.









Aussie mess

SERVES 6 PREP AND COOK TIME 1 HOUR 30 MINUTES (+ COOLING TIME)

3 egg whites 1/4 teaspoon fine salt 3/3 cup (150g) caster sugar 3 white peaches, skin on, quartered, stones removed juice of 1 lime 1 tablespoon icing sugar 1kg mangoes, peeled, diced pulp of 6 passionfruit 300ml thickened cream, whipped

- 1 Preheat oven to 170°C (150°C fan-forced). Grease a large oven tray and line with baking paper.
- 2 Beat the egg whites and salt with an electric mixer until soft peaks form. Begin adding the caster sugar, a little at a time, until it's all used up. Continue to mix until the egg whites form stiff, glossy peaks. (You should be able to hold the bowl of the mixer upside down for a slow count to 10, without it falling out.)
- **3** Spread the mixture onto the prepared oven tray, leaving a 3cm space around the edges. Bake for 30 minutes, then reduce the temperature to 140°C (120°C fan-forced) and bake for a further 40 minutes or until crisp. Turn the oven off and prop the door open an inch or so. Allow the meringue to cool in the oven,

then remove to completely cool. Break into shards.

4 Put the peaches, lime juice and icing sugar in a blender and blitz to a purée. **5** In six large water glasses, layer the mango, passionfruit pulp, whipped cream and peach mixture with the meringue. Finish with whipped cream and passionfruit pulp.

Mango cheesecake

SERVES 12 PREP AND COOK TIME 40 MINUTES (+ REFRIGERATION TIME)

Not suitable to freeze or microwave.

3 (1.5kg) ripe mangoes 2 tablespoons caster sugar juice of 1 lime 250g packet butternut snap biscuits 100g butter, melted 1 tablespoon caster sugar, extra 2 teaspoons powdered gelatine 3/2 cup (160ml) lukewarm water 500g cream cheese, at room temperature 395g can condensed milk 1 cup (250ml) thickened cream, whipped 2 (1kg) mangoes, extra, to serve

- **1** Grease and line a 26cm springform cake pan.
- 2 Remove the flesh from the mangoes. Chop one of the mangoes into 2cm pieces; set aside. Place the flesh of the other two mangoes in a blender or food

processor with the sugar and lime juice; blitz to a purée.

- 3 In the bowl of a food processor, process biscuits until fine crumbs form. Add the butter and extra sugar; mix well. Press firmly into the base of prepared pan; refrigerate while preparing filling.
- **4** Sprinkle the gelatine over the water in a small jug and stir until dissolved. 5 In the bowl of an electric mixer, beat cream cheese until completely smooth. With the mixer running, pour in the condensed milk. Remove the bowl from the mixer and stir through the gelatine mixture and the chopped mango, then gently fold through the whipped cream. Pour into the biscuit
- 6 Cut the cheeks off the extra mangoes, then slice thinly. Serve the cheesecake with the purée and topped with mango. Not suitable to freeze or microwave.

base. Chill for 6 hours or overnight.

Bruschetta with blue cheese and nectarine salsa

SERVES 4-6 AS AN ENTRÉE PREP AND COOK TIME 30 MINUTES

1/2 sourdough baguette or loaf, sliced thinly on the diagonal 2 tablespoons extra virgin olive oil finely grated rind and juice of 1 lime 1 tablespoon caster sugar 6 nectarines, stones removed, chopped finely 1 small red chilli, seeded, chopped finely 2 green onions (green shallots), white and pale green parts, sliced ½ bunch mint leaves, chopped finely 100g blue cheese

- 1 Preheat a char-grill pan to medium-high. 2 Brush the sourdough slices on both sides with the oil and grill in batches on both sides until the bread is crisp with good char lines. Set aside to cool. **3** In a medium bowl, combine lime juice
- and sugar; stir until dissolved. Add the nectarines, chilli, onion, mint and lime rind, then toss to combine.
- **4** Spread each slice of the sourdough with a thin layer of the blue cheese and top with a generous spoonful of the nectarine salsa.

Not suitable to freeze or microwave.





Peach and almond crumble

SERVES 4-6 PREP AND COOK TIME 40 MINUTES

8 large (about 1.75kg) ripe yellow peaches, peeled (see Julie's tip) ¼ cup (55g) caster sugar 1 teaspoon vanilla bean extract ½ cup (75g) plain flour ¼ cup (55g) caster sugar, extra 80g butter, at room temperature ¾ cup (60g) rolled oats ¾ cup (90g) slivered almonds custard, cream or ice cream, to serve

- 1 Preheat oven to 180°C (160°C fan-forced). 2 Remove stones from peaches; slice into 2 cm-thick wedges. Place in a medium saucepan with the sugar, vanilla and 2 tablespoons water. Simmer for 5 minutes or until peaches begin to soften.
- **3** Combine the flour, extra sugar and butter in a bowl; mix well. Add the oats and almonds, and mix again. Spread the peaches over the base of a large baking dish. Scatter the crumble mixture over the top.
- **4** Bake for 30 minutes or until golden. The top will crisp up as it cools. Serve with custard, cream or ice-cream, if desired. **Not suitable to freeze or microwave.**

Julie's tip

• To peel the peaches more easily, bring a large pot of water to the boil. Drop the peaches in for about 60 seconds or until the skins split, then place into a bowl of cold water. When cool enough to handle, the skin should peel right off.

Nectarine and ginger chutney

MAKES 4 CUPS PREP AND COOK TIME 40 MINUTES As well as being a great accompaniment to curries and rice, this chutney is delicious on sandwiches, burgers, cold meats and cheese platters.

5cm piece fresh ginger, peeled, sliced 3 cloves garlic, peeled 1 large (200g) brown onion, quartered 4 long red chillies, deseeded, chopped coarsely ½ cup (60ml) extra virgin olive oil 1.2kg (about 8 to 10) ripe nectarines, peeled, flesh roughly chopped



% cup (160ml) pineapple juice % cup (180ml) white wine vinegar % cup (165g) brown sugar 2 tablespoons curry powder % cup (35g) raisins cheddar cheese, to serve

1 Put ginger, garlic, onion and chillies in the bowl of a mini food processor and process until chopped finely.
2 Heat oil in a large saucepan over medium heat. Add ginger mixture; cook, stirring, for about 3-5 minutes or until soft and fragrant. Add nectarine, pineapple juice, vinegar, sugar, curry powder and raisins. Mix well and bring the mixture to the boil. Reduce heat; simmer for about 30 minutes or until thick.
3 Spoon into sterilised jars. Serve chutney

3 Spoon into sterilised jars. Serve chutney with Rosemary Crispbreads (see below) and a chunk of sharp cheddar cheese. **Not suitable to freeze or microwave.**

Rosemary crispbreads

MAKES 8 PREP AND COOK TIME 1 HOUR

1½ cups (200g) plain flour 1 teaspoon fine salt ½ cup (60ml) extra virgin olive oil 1 teaspoon sesame oil

½ cup (125ml) water 2 tablespoons finely chopped rosemary

- **1** Preheat the oven to 180°C (160°C fanforced). Line two large oven trays with baking paper.
- **2** In a medium bowl, combine the flour and salt. Add olive oil, sesame oil, water and rosemary; mix well. The dough will be quite wet and very stretchy.
- **3** Divide dough into eight equal-sized pieces. Place one piece between two large sheets of baking paper, then roll out in a long, narrow oval shape as thinly as possible. Remove top sheet of baking paper, then flip the rolled-out dough, using the baking paper underneath to lift it, onto the prepared tray.
- **4** Peel off baking paper, then bake for 10 minutes or until golden brown and crisp. Continue with remaining dough, baking in batches of two at a time. Serve with Nectarine and Ginger Chutney and cheese.

Not suitable to freeze or microwave.

For more great recipes, search stone fruit on

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What to do with Christmas leftovers

After the festive feast, there are always leftovers.

Michele Cranston reinvents leftover ham, turkey, pork and salmon into these delicious summer meals.







Salmon and brown rice salad

SERVES 4 PREP AND COOK TIME 25 MINUTES

½ cup (80g) black rice ½ cup (80g) brown rice 300g cooked salmon, flaked ½ red onion, sliced finely 1(130g) Lebanese cucumber, diced 100g snow peas, trimmed, blanched 1 cup fresh coriander leaves 1 tablespoon sesame seeds, toasted DRESSING

2 tablespoons tamarind purée 1 teaspoon soy sauce 2 teaspoons finely grated ginger 1 tablespoon grated palm sugar ½ teaspoon ground cumin 1 large red chilli, finely sliced

- 1 Cook black and brown rice in a large saucepan of boiling water for 20 minutes or until tender. Drain; rinse well. Transfer to a large bowl and add the salmon, onion and cucumber. Season with sea salt and freshly ground black pepper; toss to combine.
- **2 DRESSING** Put the tamarind purée into a large bowl and add ½ cup (125ml) water. Stir to combine, then add the soy sauce, ginger, palm sugar, cumin and chilli. Stir until the sugar has dissolved.
- **3** Add half the Dressing to the rice mixture and then arrange over a serving platter. Top with the snow peas, coriander and sesame seeds. Drizzle with remaining Dressing and serve.

Not suitable to freeze or microwave.

Turkey rissoles with coleslaw

SERVES 4 PREP AND COOK TIME 40 MINUTES (+ REFRIGERATION TIME)

400g can cannellini beans, rinsed, drained 300g cooked turkey meat, shredded finely 1 bunch chives, trimmed, sliced finely ¼ cup finely chopped semi-dried tomatoes ¼ cup finely chopped curly parsley ½ teaspoon ground white pepper 2 tablespoons extra virgin olive oil sliced gherkins, grilled flatbread and mayonnaise, to serve COLESLAW

3 cups (225g) finely sliced Chinese cabbage



3 cups (225g) finely sliced red cabbage 1 medium (120g) carrot, julienned 1 medium (200g) red capsicum, julienned ½ cup flat-leaf parsley leaves 1 tablespoon lemon juice

2 tablespoons extra virgin olive oil

- 1 Place the cannellini beans in a small food processor; process to a thick paste. Transfer to a large bowl and add the turkey meat, chives, semi-dried tomatoes, parsley and pepper. Season with sea salt and stir to combine. Shape into 12 small rissoles and place on a clean tray. Refrigerate for half an hour.
- **2 COLESLAW** Combine all ingredients in a large bowl and toss to combine. Season with sea salt and freshly ground black pepper.
- **3** Heat the oil in a large non-stick frying pan and pan-fry the rissoles until they are golden brown on all sides.
- **4** Serve the rissoles with the coleslaw and the sliced gherkins, grilled flatbread and mayonnaise, if desired.

Rissoles suitable to freeze. Not suitable to microwave.

Ham fritters

SERVES 4 PREP AND COOK TIME 25 MINUTES

300g leftover roast potatoes
1 cup finely chopped sliced ham
3 cups (180g) finely shredded Chinese
cabbage, blanched
1 teaspoon sweet paprika
2 large eggs, beaten
½ cup (60ml) vegetable oil
tomato relish and rocket leaves, to serve

- 1 Put the roast potatoes into a large bowl and mash coarsely. Add the ham, cabbage, paprika and eggs. Stir the potato and ham mixture to combine and season with sea salt and freshly ground black pepper.
- **2** Heat some of the oil in a large non-stick frying pan. Drop ¼ cupfuls of the mixture into the pan and flatten slightly to form fritters. Cook fritters, in batches, until golden brown on all sides. Repeat with the remaining mixture.
- **3** Serve the fritters with tomato relish and rocket leaves, if desired.

Fritters suitable to freeze. Not suitable to microwave.



Ham and mango salad

SERVES 4 PREP AND COOK TIME 10 MINUTES

1½ tablespoons extra virgin olive oil 2 teaspoons red wine vinegar 1/4 cup (40g) pitted Kalamata olives 1 long red chilli, sliced finely 250g baby salad leaves 2 medium (860g) mangoes, sliced 12 thin slices leg ham 1/3 cup (25g) flaked almonds, toasted

- 1 Put the oil, vinegar, olives and chilli in a small bowl and season lightly with sea salt and freshly ground black pepper.
- **2** Arrange the salad leaves on a serving platter, then arrange the mango and ham over the top.
- **3** Stir the dressing and drizzle over the salad before scattering with the almonds Not suitable to freeze.

For more great recipes search leftovers on

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Christmas cake sundaes

SERVES 4 PREP TIME 20 MINUTES (+ FREEZING TIME)

1 litre good-quality vanilla ice-cream, softened 1 cup (200g) coarsely chopped fresh cherries ½ cup coarsely chopped gingerbread ½ cup coarsely chopped milk chocolate 2 tablespoons maple syrup 1 cup crumbled Christmas cake or pudding 250g strawberries, halved 125g blueberries

1 Place the ice-cream in a large bowl; fold through the cherries, gingerbread, chocolate and maple syrup. Place in a loaf pan or plastic container and return to the freezer for several hours or overnight. 2 To make the sundaes, layer small scoops of ice-cream in chilled glasses with crumbled cake and fresh berries. Suitable to freeze. Not suitable to

microwave.

"The ham and mango salad captures all the flavours of an Aussie summer"

Roast pork and noodle soup

SERVES 4 PREP AND COOK TIME 25 MINUTES

1 litre salt-reduced beef stock 2 teaspoons fish sauce 1 tablespoon lime juice 1 teaspoon brown sugar 1 tablespoon finely chopped lemon grass ½ small (200g) daikon, chopped finely 1 medium (200g) red capsicum, chopped finely 100g dried rice vermicelli noodles 1 cup (80g) bean sprouts 250g finely sliced roast pork ½ cup Thai basil leaves 1 long red chilli, sliced finely

- 1 Combine stock, fish sauce, lime juice, sugar, lemon grass and 2 cups water in a large saucepan over medium heat. Bring to a simmer and stir until sugar has dissolved. Add the daikon and capsicum and continue to simmer for a further 5 minutes.
- 2 Add the noodles to the saucepan and cook for 5-7 minutes or until noodles are soft.
- **3** Divide the soup between four bowls and top with the bean sprouts, pork, basil and chilli.

Not suitable to freeze or microwave.

Test Kitchen tip

 The noodle soup base can be used for a variety of cold cuts. Use this beef stock base for thinly sliced roast beef. Substitute with chicken stock and serve with duck, chicken or turkey. Or use a fish stock and serve with grilled prawns.







Sweeten up your Australia Day with our frosty and fun take on this patriotic classic.

Lamington pops

MAKES 10 PREP AND COOK TIME 1 HOUR (+ REFRIGERATION AND FREEZING TIME)

1 vanilla bean 300ml pouring cream 2 cups (500ml) milk 3/3 cup (150g) caster sugar 4 egg yolks 125g raspberries 1½ tablespoons icing sugar 1 teaspoon lemon juice 10 popsicle sticks 200g dark chocolate (55% cocoa), chopped 50g cocoa butter, chopped (see Test Kitchen tip) 2 tablespoons shredded coconut

- 1 Split vanilla bean lengthways; scrape out seeds. Stir cream, milk and vanilla bean and seeds in a medium saucepan over medium heat until almost boiling. Whisk sugar and egg yolks in a medium heatproof bowl for 3 minutes or until pale. Whisking continuously, gradually add the hot cream mixture to the egg yolk mixture until combined. Return the mixture to a clean pan; stir over low heat, without boiling, for 10 minutes or until the mixture thickens slightly and coats the back of a spatula (Step 1, above). Pour into a large bowl placed over a large bowl of ice. Stir occasionally for 45 minutes or until cool. Remove the vanilla bean. Refrigerate for 1 hour or until cold.
- 2 Combine the raspberries, sifted icing sugar and juice in a small bowl; crush coarsely with a fork.
- 3 Pour custard into 10 x 1/3-cup (80ml) moulds, layering with small amounts of the raspberry mixture (Step 3a). Freeze for 1 hour or until starting to firm. Insert sticks









"The vanilla, raspberry, chocolate and coconut flavours go wonderfully together."

(Step 3b); freeze pops for 8 hours or overnight until firm.

- 4 Place the moulds in a bowl of water at room temperature; pull sticks quickly to remove pops from moulds. Transfer to a tray lined with baking paper. Return to the freezer for 2 hours or until very firm.
- 5 Place chocolate and cocoa butter in a small heatproof bowl over a small saucepan of simmering water (do not allow base of bowl to touch water); stir until smooth and melted. Cool for 5 minutes; transfer to a small jug or jar. Dip pops, one at a time, in chocolate mixture (Step 5), shaking off excess. Transfer pops to a tray lined with baking paper. Sprinkle

coconut over chocolate; freeze for 30 minutes or until chocolate is firm (if you use cocoa butter, it will set instantly).

Test Kitchen tip

 Cocoa butter is sold in solid blocks at health food stores. If you can't find it, use coconut oil instead - it's available from most supermarkets.

> For more great recipes search ice-cream on

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Take the stress out of dinner preparation during the holidays with these easy and tasty family meals.



PHOTOGRAPHY ● BEN DEARNLEY AND CATH MUSCAT

and noodle stir-fry

For recipe, see page 158.



FOOD PREPARATION BY CHARLOTTE BINNS MCDONALD AND CLARE DICKSON-SMITH. RECIPES ARE EXTRACTED FROM THE AUSTRALIAN WOMEN'S WEEKLY WIN TER EXPRESS COOKBOOK, RRP \$29.99, AVAILABLE WHERE ALL GOOD BOOKS ARE SOLD AND AWWCOOKBOOKS.COM.AU.



Margarita fish

SERVES 4 PREP AND COOK TIME 15 MINUTES

1 lime

4 x 200g firm white fish fillets 1 teaspoon dried chilli flakes 1 clove garlic, crushed 2 tablespoons extra virgin olive oil 500g cherry truss tomatoes 2 tablespoons tequila 2 tablespoons extra virgin olive oil, extra 1 tablespoon caster sugar 450g packet microwave white long grain rice 2 cups loosely packed fresh coriander leaves

1 Heat an oiled grill plate (or grill or barbecue). Preheat grill. **2** Cut lime rind into thin strips; squeeze juice from lime. Combine rind, fish, chilli, garlic and oil in a large bowl; season. Cook fish on grill plate for about 3 minutes on each side or until cooked through.

- **3** Meanwhile, grill tomatoes until just beginning to split.
- 4 Combine lime juice, tequila, extra oil and sugar in a medium bowl; season to taste with sea salt flakes and freshly ground black pepper.
- 5 Microwave rice according to packet
- **6** Serve the fish with rice; top with the tomatoes, coriander and tequila mixture. Accompany with lime wedges and a green leafy salad, if desired.

Not suitable to freeze or microwave.

Spicy zucchini and ricotta pasta shells

SERVES 4 PREP AND COOK TIME 1 HOUR

3 medium (360g) zucchini 11/3 cups (320g) firm ricotta 34 cup (60g) finely grated parmesan 1/3 cup (50g) roasted pine nuts 3 egg yolks 2 cloves garlic, crushed 1 tablespoon fresh lemon thyme leaves ½ teaspoon dried chilli flakes 5 cups bottled tomato pasta sauce 250g large pasta shells 1 tablespoon fresh lemon thyme leaves, extra

- 1 Preheat oven to 200°C (180°C fanforced). Oil a shallow 2.5-litre (10-cup) ovenproof dish.
- **2** Coarsely grate zucchini. Combine zucchini, ricotta, parmesan, nuts, egg yolks, garlic, lemon thyme and chilli in a medium bowl; season.
- **3** Spread pasta sauce into dish; season. Spoon zucchini mixture into uncooked pasta shells; place in dish.
- 4 Cover the dish with foil: bake for 30 minutes. Uncover, then bake for about 15 minutes or until pasta is tender and cheese is lightly browned. Serve pasta sprinkled with extra lemon thyme. Serve with green salad, if desired.

Not suitable to freeze or microwave.

Prawn and fennel spaghettini

SERVES 4 PREP AND COOK TIME 20 MINUTES

375g spaghettini pasta 2 tablespoons extra virgin olive oil 500g uncooked shelled medium king prawns

2 fresh long red chillies, chopped finely 2 baby (260g) fennel bulbs, sliced thinly, fronds reserved

2 cloves garlic, crushed 1 tablespoon finely grated lemon rind 2 tablespoons lemon juice 100g baby rocket leaves

- **1** Cook the pasta according to the packet directions or until tender; drain, reserving 1 cup (250ml) cooking liquid.
- 2 Meanwhile, heat the oil in a large, deep frying pan over high heat; cook prawns, chilli, fennel and garlic, stirring, for 2 minutes. Stir in reserved cooking liquid from pasta, rind and juice; remove from heat. Add pasta and rocket; toss to combine and then season to taste.
- 3 Serve pasta sprinkled with reserved fennel fronds.

Not suitable to freeze or microwave.





Caiun roast chicken with corn cream

SERVES 4 PREP AND COOK TIME 35 MINUTES

4 (1kg) chicken breast supremes 2 tablespoons extra virgin olive oil 2 tablespoons cajun seasoning 1 clove garlic 500g frozen corn kernels 1 cup (240g) sour cream 1 cup (250ml) cream 175g asparagus, halved lengthways 150g green beans, trimmed, halved lengthways 1 lime, cut into wedges 1 cup loosely packed fresh coriander leaves

1 Preheat oven to 200°C (180°C fan-forced). Line an oven tray with baking paper. 2 Heat a large frying pan over mediumhigh heat. Combine chicken, oil and seasoning in a large bowl; season. Cook

chicken, skin-side down, for 5 minutes or until browned. Transfer chicken, skin-side up, to tray. Roast for about 15 minutes or until chicken is cooked.

3 Meanwhile, place whole peeled garlic, corn, sour cream and cream in a medium saucepan; cook, stirring, until mixture boils. Reduce heat; simmer, uncovered, for about 5 minutes or until mixture thickens. Remove from heat: blend with a stick blender until almost smooth. Season to taste with salt and freshly ground black pepper.

- 4 Boil, steam or microwave asparagus and beans until tender: drain.
- **5** Serve chicken with creamed corn mixture, vegetables and lime. Sprinkle with coriander.

Not suitable to freeze or microwave.

For more great recipes, search quick dinners on





Thai spicy lamb and noodle stir-fry

SERVES 4 PREP AND COOK TIME 30 MINUTES

200g dried rice noodles 1 tablespoon peanut oil 500g lamb backstrap, sliced thinly 3 cloves garlic, crushed 2 fresh small red Thai chillies, chopped finely 2 tablespoons fish sauce 2 tablespoons dark soy sauce 1 tablespoon light brown sugar 4 kaffir lime leaves, shredded 3 medium (450g) tomatoes, chopped finely 1/3 cup loosely packed fresh Thai basil leaves 1/4 cup (35g) coarsely chopped roasted unsalted peanuts

- 1 Cook noodles according to packet directions; drain.
- **2** Heat half the oil in a wok over high heat: stir-fry lamb, in batches, until browned. Remove from wok; cover to keep warm.
- **3** Heat remaining oil in wok; stir-fry garlic and chilli until fragrant. Add sauces, sugar and three-quarters of the lime leaves; stir-fry until combined.
- 4 Return lamb to wok with noodles and tomato; stir-fry until tomato starts to soften and is heated through. Serve sprinkled with Thai basil, nuts and remaining lime leaves.

Not suitable to freeze or microwave.









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Chocolate cake with a twist

This month, we've zooshed up a simple chocolate cake with a hint of rosewater and adorned it with luscious pink swirly cream.

Chocolate and rose cake

SERVES 12 PREP AND COOK TIME 1 HOUR (+ COOLING TIME)

½ cup (50g) Dutch-processed cocoa 175g unsalted butter, chopped 200g dark chocolate (70% cocoa), chopped coarsely 6 eggs, at room temperature 1½ cups (330g) caster sugar 1 teaspoon rosewater 2 cups (200g) hazelnut meal (ground hazelnuts) crystallised rose petals, to decorate, optional

VANILLA ROSE CREAM

300ml thickened cream 2 teaspoons pure icing sugar 1 teaspoon vanilla extract 1 teaspoon rosewater pink food colouring

- 1 Preheat oven to 180°C (160°C fan-forced). Grease a deep 22cm round springform pan; line base and side with baking paper.
- 2 Place cocoa, butter and chocolate in a large heatproof bowl over a medium saucepan of simmering water (do not allow base of bowl to touch water); stir until butter and chocolate melt and mixture is smooth. Remove bowl from pan; cool for 15 minutes.
- **3** Beat eggs, sugar and rosewater in a small bowl with an electric mixer for 2 minutes or until thick and creamy.



Add egg mixture to chocolate mixture; stir until just combined. Fold in hazelnut meal. Pour mixture into prepared pan.

- **4** Bake cake for 45 minutes or until a skewer inserted into the centre comes out clean. Cool cake in pan.
- **5 VANILLA ROSE CREAM** Beat cream, sugar, vanilla and rosewater in a medium bowl with an electric mixer until soft

For more great recipes search chocolate cake on

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peaks form. Add a few drops of food colouring; fold gently through to swirl. **6** Serve cake topped with Vanilla Rose Cream and crystallised rose petals. *Cake suitable to freeze. Not suitable to microwave.*

Test Kitchen tip

 Crystallised rose petals and rosewater are available from some delicatessens and gourmet food stores.



Design Your Taste

43

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New online food ordering system Food By Us connects you to makers of delicious home-made food, from dinners to cakes, in your area. Perfect as a gift for a friend in need or new mum. Available in Sydney and Melbourne. Visit foodbyus.com.au.



An ACCC investigation has revealed major herb suppliers have been bulking out oregano with cheap fillers, such as olive and sumac leaves. Tests found widespread adulteration in the Australian market, with one product containing less than 10 per cent oregano. Watch out! To find out more, visit choice.com.au/oregano.



In season

It's peak blackberry season and, thanks to a chilly winter in Victoria and a wet winter in Queensland, growers are enjoying a bountiful crop. Look out for great prices and sweet, juicy fruit.



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Meringues without eggs

A surprising way to make perfect crisp, chewy meringues.

Egg-free meringues

MAKES 8 PREP AND COOK TIME 3 HOURS (+ REFRIGERATION AND COOLING TIME)

½ cup (125ml) aquafaba (see Test Kitchen tip) ¾ cup (165g) caster sugar 1 teaspoon vanilla bean paste ¼ teaspoon cream of tartar whipped cream and berries, to serve

- **1** Preheat oven to 100°C (80°C fan-forced). Line two oven trays with baking paper.
- **2** Whisk the aquafaba in a small bowl with an electric mixer on high speed for 8 minutes or until firm peaks form. Gradually add sugar, whisking until dissolved between additions. Whisk for 10 minutes or until thick and glossy. Beat in the vanilla bean paste and cream of tartar on low speed until just combined.
- **3** Using a large metal spoon, drop 8 meringues onto prepared trays. Bake for 2 hours 40 minutes or until crisp; turn oven off. Leave meringues to cool in oven overnight with door closed.
- **4** Serve with whipped cream and berries.

Not suitable to freeze or microwave.

Test Kitchen tip

• Aquafaba is the drained liquid from canned legumes; a 420g can yields ½ cup. We used chickpea liquid.



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[Home design]













or fashion store owner Lynn Clay, her home in Melbourne's leafy Albert Park, which she shares with her husband, Geoff, is a tranquil escape. "We've lived here for just over three years and it still feels like I'm on holidays," says Lynn. "Our street is so quiet, yet just around the corner there are buzzing cafes and restaurants, and the beach is only 10 minutes away."

The couple purchased the home after falling in love with its original, vintage features. The house had been untouched for generations and was begging for some special attention – a real renovator's dream.

"The kitchen had an original Kookaburra gas cooker and there was no heating or indoor toilet," says Lynn. "We fell for the simplicity of the property, with its beautiful leadlight



windows in the entrance and the fact that all the beautiful original features were intact."

Since moving in, the couple has made many changes to the two-bedroom house, starting with replastering all the walls to make them completely smooth and free of cracks. "We painted the walls straight out of the tin without any tint – painters hate doing this, as you need many more coats," she says. The tip was passed on by a interior design friend years ago. "The look is just fabulous and we love it."

The renovations also included adding hydronic heating, removing the old carpet (and discovering glorious wide timber floorboards in the process), adding an internal bathroom and updating the kitchen. "We left the kitchen's original walls and tiled it in subway tiles. An industrial sink was »



LYNN'S DESIGN SECRETS

Non-tinted white paint makes a perfect backdrop. Add colour with paintings and furnishings.

Large pieces of furniture in small rooms work well - lots of little pieces can look busy.

Only have belongings you love! They bring you joy every day. Your home should be your

sanctuary that makes you happy.



added and a Bertazzoni stove was installed into the old fireplace there," she says. The kitchen is the room Lynn spends the most time in, and the wall of artwork is her pride and joy. "Each art piece has a special memory; they were all found on different occasions," she explains. "I bought them from markets, op shops and antique stores."

For Lynn, simplicity is at the heart of all her decorating decisions.

"[Nineteenth-century English textile designer] William Morris once said: 'Have nothing in your house that you do not know to be useful or believe to be beautiful' – wise words indeed. We don't have anything we don't love in our house," she says.

"Owning my store, Scarlet Jones, gives me my inspiration and keeps me up to date," she adds.

The interior is a mixture of the old and the new, with many unique vintage pieces in the mix. "I adore vintage, quality design. It's ageless and you can see that someone has cared and taken pride in their work." **AWW**



Top: The kitchen was updated with a new sink, stove and glistening white tiles.

Above and left: vintage and antique finds.





- Harvest 1 light pendant, \$299, from Beacon Lighting, beaconlighting.com.au.
 Kirmizi silk velvet cushion, \$170, from Cultiver, cultiver.com.
 Portland serving bowl, \$67.20, from Pottery Barn, potterybarn.com.au.
 Madame Daisy vase, \$35, from Jones and Co, jonesandco.com.au.
- Classic style jug, \$44.50, from Imprint House, imprinthouse.net. 6. Persisk Hamadan rug, \$199, from IKEA, ikea.com.au (store locations only).
 Bravur wall clock, \$49.99, from IKEA, as before. 8. Airlie occasional chair, \$459, from Freedom, freedom.com.au.

[Clippings]

Child's play

Want to turn your children into green thumbs? Make gardening an exciting adventure, writes **Jackie French**.

ardening is fun, especially for children. Here are my school holiday temptations to lure your kids away from their screens and into the garden.

Grow an elephant in the backyard (start small!)

Topiary is the art of shaping bushes into neat or fascinating shapes. Sometimes it takes years, but if you use a fast-growing bush you'll have an elephant ... or horse ... or dinosaur ... or elegant triangle ... within six months.

Props needed: A fast-growing shrub like a small potted photinia or dwarf lillypilly. A favourite topiary shape. Hunt out a supplier online. There will be hundreds of shapes to choose from. Method: Plant the shrub in the ground or a large pot. Fit the shape over it. Every time a leaf or twig pokes out beyond the wire shape, cut it off. Keep trimming! It's that easy!

Bean teepee

Props needed: • 6 tall tomato stakes.

- 6 large pots filled with potting mix.
- 18 climbing bean seeds. 1 hammer.
- Water, kids and a garden.

Method: Plant three seeds in each pot. Water each day till seedlings emerge. Show the kids how to hammer the stakes in on an angle so their tops meet in the middle. Place a pot by each stake and over the next 2-3 weeks twine the beans up the poles.



Jobs for January

- Water, water, more water.
- And mulch, mulch and more mulch, especially coarse mulches like sugar cane that will protect soil from summer deluges.
- Deadhead all flowers to encourage more blooms until autumn.
- Soak pot plants in a bucket or the bath overnight to stop soil turning to concrete in the heat and repelling water.
- Add ice cubes to the dog's drinking bowl and make sure it's in the shade.
- Find where the cat is sitting it will be the coolest spot in the garden and put your chair there. Add sun hat, cool drinks and *The Weekly*, then put your feet up.



Result: A green teepee cave, a cubby where you can reach up and crunch the beans.

Plant 'Hello, Grandma', a map of Australia or a drawing of a dinosaur

Props needed: An empty garden bed or one dug in the lawn (but they should ask permission first). Seedlings: Alyssum, pansies and petunias will grow fast, but there are lots to choose from. Avoid "spreading petunias" that

will sprawl all over the garden.

Method: Mark out the words, map or dinosaur on ground. Plant the seedlings. Water well, and then feed according to directions on the packet. Wait! In two or three weeks during summer, the words or shape should be clear, and in six weeks they will look wonderful!

Personalise their fruit and vegetables

Props needed: • A fruiting tomato, zucchini or apple. • Brown paper, scissors and duct tape.

Method: Write the child's name in running writing in big fat letters on brown paper. Cut it out carefully. Use the transparent sticky tape to tape it firmly across the fruit.

As the fruit or veg ripens, their name will stay green underneath the paper. When it's ripe pick it, pull off tape and paper – and you have an individualised piece of fruit ready for them to show off on the first day of school. **Aww**

What to plant in January

Flowers: Alyssum, ageratum, coleus, gypsophila, İceland poppy, larkspur, linaria, lupin, mignonette, pansy, portulaca, stock, salvias and sunflowers. Don't plant shrubs till it's cooler.

Vegetables: Artichokes, beans, beetroot, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chicory, corn, lettuce (not if the temperature is over 30°C, as it may not germinate), Jerusalem artichokes, melons (in frost-free areas), parsley, including Italian parsley, parsnip, pumpkins (fast-maturing bush ones), radish, silverbeet, sweet potatoes and zucchini.





1. Banana Palm Luxe Twin round float, \$99.95, from Sunny Life, sunnylife.com.au. 2. Lattice ceramic accent table, \$211.20, from Pottery Barn, potterybarn.com.au. 3. Montauk beach umbrella, \$99.95, from Sunny Life, as before. 4. Anchorage deck chair, \$129, from Freedom, freedom.com.au. 5. Satsumas plant stand, \$49.99, from IKEA, ikea.net.au. 6. IS Gifts outdoor beanbag in Daisies print, \$159, from Top 3 By Design, top3.com.au. 7. The Great Outdoors Package - two replica Acapulco chairs and replica Acapulco side table, \$475, from Matt Blatt, mattblatt.com.au. 8. Stripes + Dots Mercury Hurricanes, \$39.95-\$49, from West Elm, westelm.com.au.

Destous

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. 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.

3. 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.

4. 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.

5. Exclusive Nespresso experience

Nespresso launches its first aged Limited Edition Grand Cru on January 22, 2017. Sourced in 2014 from the lofty altitudes of the Colombian Highlands and matured for three years with care and expertise, this Selection Vintage Grand Cru offers Australian coffee lovers an exclusive sensory experience. Available while stocks last through Nespresso Boutiques, online at www.nespresso.com or by calling the Nespresso Club on 1800 623 033. RRP \$9.30 for a sleeve of 10 capsules.

6. Nurofen

New Nurofen for Children Soft Chewable Capsules. Effective headache, pain and fever relief for children 7 years and over. Easy to chew and there's no need to take with water. A pleasant orange flavour in 12 and 24 packs. Now available in most leading grocery stores and pharmacies. 12 pack RRP \$9.99 & 24 pack RRP \$17.99. www.nurofen.com.au. For the temporary relief of headache, pain and fever. Always read the label. Use only as directed. Incorrect use can be harmful. If symptoms persist consult your healthcare professional. ASMI 26909-1016.

7. Versatile table spread

Nuttelex with Coconut Oil is the world's first 100 per cent palm oil-free table spread made with the goodness of coconut oil – and it's Australian made and owned. Use it in all your cooking, from fry-ups to baking, as a healthy alternative to butter. Visit nuttelex.com.au.

8. Sophisticated specs

Exclusive to Specsavers, the ELLERY luxury eyewear collection features sophisticated frame styles that are dynamic and innovative. Choose from 14 optical glasses and six prescription sunglasses. \$199 for two pairs in single vision. Visit specsavers.com.au/ELLERY.

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.









a Second 40











Home hints

Georgina Bitcon shares tips on easing puffy eyes, demisting windscreens, removing fake tan stains and more, plus there's a reader's prize hint.

ASK THE WEEKLY

How can I remove dried acrylic paint from a painted wooden table without having to repaint it?

L. Paget, Horsham, Vic.
Dampen a cloth with methylated spirits or acetone and press it over the paint splash for a few minutes to soften the paint. Very gently and carefully, rub the mark, turning cloth to a clean spot repeatedly, and checking to see the colour being removed is not the base paint. Eventually, the splashed paint will lift.



Hit the mist

Keep bathroom mirrors or your car windscreen mist-free for months by smearing the glass with dishwashing detergent, then rubbing with a clean cloth until it is completely clear and dry.

Foot freshener

If you suffer from hot, smelly feet in summer, soak them for 15 minutes in a solution of 1 cup antiseptic mouthwash (any kind), 1 cup white vinegar and 2 cups warm water.

Power to the flower

To stop cut hydrangeas wilting, recut the stems to desired length, smash the bottom 2cm with a mallet or slit with a knife, put in boiling water for 30 seconds, then transfer to a vase of fresh water.

The thing for stings

Control the inflammation caused by mosquito, ant and other insect bites by wetting your skin and rubbing an aspirin over the spot.

Bags of beach fun

Take small plastic toys to the beach in a mesh laundry bag. It's easy to pack and carry and the sand can be washed out while the toys are still in the bag.

Cream on ice

Instead of wasting it, freeze leftover cream in ice cube trays, and transfer to ziplock bags. Pop a couple of cubes into casseroles, soups or pasta sauces.

If your towels don't seem to be as absorbent as they used to be, put them through a wash cycle using only hot water and 1 cup of vinegar (no detergent), followed immediately by another cycle using only hot water and 1/2 cup bicarb soda.

Dry as usual.

The eyes have it

Reduce puffiness and dark circles under eyes by chilling two used green teabags, then resting with them on your eyelids for 15 minutes. Repeat daily.

Ban the tan

To remove self-tanning lotion from clothing, wipe stain with a little lavender oil then launder as usual.

An egg-cellent idea

After you boil an egg, don't throw away the eggshells or the cooking water. Use cooled egg water for African violets and dig ground eggshells in around tomatoes, eggplants, capsicum and roses.

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

Use an empty plastic hanging garden pot to store your clothes pegs. It hangs easily on the line and already has holes at the bottom so water can drain out. **E. Hall, Blackburn South, Vic.**

ABOVE: *Jackie* stars Natalie Portman as Jackie Kennedy and Caspar Phillipson as John Kennedy. BELOW: In the film, Jackie escorts a TV crew around the White House in the early days of JEK's presidency

Jackje The Movie

As Oscar buzz swirls, we go on the set of the brilliant new movie about Jackie Kennedy and the tragic assassination of a President.

The assassination of President Kennedy has been documented from every angle, but a new movie directed by Pablo Larraín, (opening on January 12), breaks new ground. This is a poignant study of Jackie Kennedy and how she coped in the seven days after the tragedy, when her husband was shot, sitting right next to her, his brain splattered across her dress. Natalie Portman is extraordinary as Jackie and tipped for Oscar glory, and in these exclusive photos from the set we give you a sneak peek of what to expect.















The film *Jackie* examines the trauma and upheaval that the assassination of President John F. Kennedy inflicted on the First Lady. FROM LEFT: The fateful November day in Dallas in 1963; Jackie with her children, John Jnr and Caroline, leave the Capitol to follow her husband's cortege to his funeral; she contemplates giving up her life in the White House; the Kennedys were a handsome young couple, whose seemingly perfect life was cut short by his violent death; Natalie on the set with director Pablo Larraín; US Vice-President Lyndon Johnson (John Carroll Lynch) is sworn in as President with Jackie, in shock and still wearing the Chanel suit spattered with her husband's blood, as a witness.

new exhibitions.



FESTIVAL FEVER

Sydney will be abuzz as the 41st Sydney Festival gets into full swing. Running from January 7 to 29, it features 150 events across 46 venues, including the musical Ladies in Black (above), which will also head to Brisbane. Melbourne and Canberra. Visit sydneyfestival.org.au.



The Ensemble Theatre in Sydney is staging the world premiere of David Williamson's new play Odd Man Out, a "love story with a few twists and turns", starring Lisa Gormlev and Justin Stewart Cotta (both above). From January 19 to March 18. Visit ensemble.com.au.

Delightful Dusty

Amy Lehpamer (left) stars as Dusty Springfield and Todd McKenney as her confidant Rodney in Dusty: The Musical, at the Festival Centre in Adelaide from December 31 to January 22. Visit adelaidefestivalcentre.com.au.

BOXING DAY FILM RELEASES



LA LA LAND

Aspiring actress Mia (Emma Stone) meets struggling musician Sebastian (Ryan Gosling, both above) and sparks fly. In this dazzling paean to Los Angeles, love conquers all, but in the most surprising way.



A UNITED KINGDOM

When the King of Botswana (David Oyelowo) falls in love with a London office worker (Rosamund Pike, both above) in 1947, political hell breaks loose, both in England and in Africa.



ALLIED

Canadian intelligence officer (Brad Pitt) joins forces with French underground agent (Marion Cotillard, both above) on a mission against the Nazis and they fall in love. But is she a double agent?



RED DOG: TRUE BLUE

The legendary red kelpie teams up with young Mick (Levi Miller, above) in the Pilbara in this prequel to the Australian smash hit film Red Dog. Bryan Brown stars as Mick's gruff grandpa.



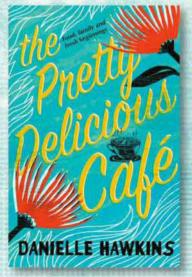
MOANA

Polynesian princess Moana must work with a once-mighty demigod, Maui (both above), and their sea-faring skills are put to the test in this animated epic ocean adventure from Disney.



FOLK EXTRAVAGANZA Music lovers will converge on Woodford in Queensland for the 31st Woodfood Folk Festival, showcasing more than 400 acts across 35 venues. The six-day event (December 27 to January 1) includes blues, folk and rock music, circus and comedy acts and a children's festival. Visit woodfordfolkfestival.com.

Summer Reading Essentials



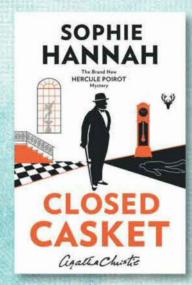
A feel-good story of food, family and fresh beginnings.



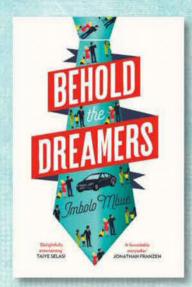
Smart, sexy, sophisticated: is there a risk in playing it safe?



A deeply moving love story from the author of P.S. I Love You.



Hercule Poirot returns in another brilliant murder mystery.



A powerful story of hope, sacrifice and the pursuit of the American Dream.



A beguiling and romantic mystery set in 1960s London.

Out now in all good bookstores and online



ARMANDO LUCAS CORREA PHOTOGRAPH BY HECTOR TORRES.

Reading room

This month's great read is a beautiful novel about a little known horror of WWII, says **Juliet Rieden**.



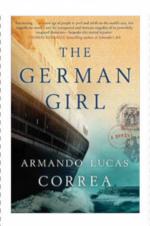
The German Girl

by Armando Lucas Correa, Atria Books,

Although Armando Lucas Correa's novel is inspired by a specific atrocity in the Second World War, it feels incredibly topical. This is a story about the desperate plight of refugees, of what happens when borders are closed and basic humanity is overcome by fear and prejudice. Correa is a journalist and the ingrained sense of purpose in his debut work of fiction gives this new window on the horrific consequences of the rise of Nazi Germany a sense of electric urgency.

The novel is told through two narrators in alternate chapters, and it is their wide-eyed appeal that captivates. First is Hannah Rosenthal, an almost 12-year-old Jewish girl who, until now, has known a bourgeois life in 1939 Berlin. Hannah spends her days roaming the city with her best friend, Leo, but Berlin is changing. Hannah and Leo are now spat upon and sneered at. Their favourite cafe has its windows smashed and everywhere is stench and ugliness. Hannah's mother is the self-obsessed, needy Alma, an opera singer with an over-dramatic nature to suit. Her father, Max, is a university professor of some note. But as Berlin turns against them, this family must flee. Max secures tickets on the St Louis, a luxurious liner offering passage to Cuba, where the government has promised to give safe haven to Jewish refugees. Leo and his father also manage to secure places.

Interspersed with this story is Anna Rosen's; an American girl who on her 12th birthday receives a package from her great-aunt, Hannah, which contains negatives of photographs she has never seen before. Anna longs to know more about her absent father and these photos are the catalyst to connect with her family history and eventually meet her great-aunt in Cuba.



JOIN THE AWW BOOK CLUB

In around 30 words or more, tell us what is great about a book you are reading at the moment. The best critique will win the Made From Scratch cookbook, valued at \$49.95, and be printed in the March issue of The Weeklu. Simply visit aww. com.au/bookclub, or email openline@bauer-media. com.au, or write to The Great Read, GPO Box 4178, Sydney, NSW 2001. Promotion commences December 22, 2016 and closes January 22, 2017. See the Contents page for the location of Bauer Media's Privacy Notice and full terms and conditions. If you do not want your information provided to any organisation not associated with this promotion, please indicate this clearly on your entry.

We soon learn that while Hannah and her mother ended up in Cuba, her father and Leo didn't make it. The Cuban authorities reneged on their promise, only allowing 28 of the ship's 937 passengers ashore, the rest forced to return to Europe, where most perished.

This incredible story was based on real events which Correa outlines at the end of the book. The author was inspired, he tells *The Weekly*, by his children. "Emma, 11, and twins Anna and Lucas, six. And my grandmother, the daughter of Spanish immigrants, who was in Cuba, pregnant with my mom, when the MS Saint Louis arrived in Havana. When Cuba denied them entry, my grandmother never grew tired of saying the island would pay dearly – for the next 100 years – for what it had done to more than 900 Jewish refugees fleeing the Nazis.

"It's a story that's recent, it didn't happen in the times of Barbarians but in the middle of the 20th century, just yesterday, in the heart of the most "civilised" continent in the world," says Correa. "We can only ask the same question my 11-year-old daughter asked me when she read *The German Girl*: why?"



ABOUT THE AUTHOR Armando Lucas Correa

Born in Cuba, he became a journalist in 1988 in Cuba and moved to the US, where he was editor-in-chief of *People En Español. The German Girl* is Armando's first novel, based on the

true story of the wartime role of the St Louis liner. "The role of fiction is to make reality believable," says Armando. He lives in Manhattan with his partner and their three children. His work is fuelled by "my obsession with rejection; the fear of others who think differently, have an accent, a different skin colour or believe in another God, is endless."

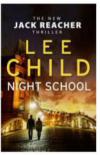


Congratulations to Lyn Boyle from Watchem, Vic, winner of *The Weekly*'s November Book Club competition, who loved reading *Moloka'i* by Alan Brennert. "Alan Brennert has created an amazing heroine in Rachel, a Hawaiian girl who contracts leprosy at seven, and is sent to Moloka'i. The story follows her life, to her cure at 61 and her search for her daughter, who she had to give up at birth. It is a story that will stay in your mind for a long time," writes Lyn.



Leila McKinnon REVIEWS

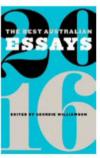
Leila McKinnon is a journalist with the Nine Network.



NIGHT SCHOOL by Lee Child, Penguin.

I love every incarnation of Jack Reacher but this one is a real beaut. He's back in 1995, in his prime, and on an urgent manhunt in a tale of pre-internet espionage. Reacher is a Major in the

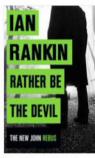
Military Police, rebellious and clever; he breaks rules and not only gets away with it, gets a chest full of medals. He's at his best when he's fighting at least four opponents, or taking the law into his own hands because he can – it may be morally shady but it's right. He does plenty of both in *Night School*. The way he sorts out one villain made me want to fist bump someone, or do something equally American, manly, and celebratory. And because it wouldn't be fair to pitch Reacher against just one baddie, Child throws in some gangsters to complicate things in a most satisfactory manner.



THE BEST AUSTRALIAN ESSAYS 2016 Edited by Geordie Williamson, Black Inc.

Geordie Williamson has done us a favour collecting this trove of extraordinary Australian essays of 2016. There's

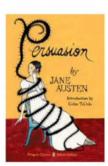
Richard Flanagan's *Notes On the Syrian Exodus*, in which he tells the stories of people, just like us, who once lived happy lives and are now "a terrible river of the wretched and the damned flowing through Europe". Jo Chandler's *The Grave Barrier Reef* compares our obliviousness to its impending destruction to picnickers on railway tracks, deaf to warnings of an approaching train. It's not all gloom and doom. There's Anna Spargo-Ryan's tender story of learning to love football from her grandad, and the enduring wit of Clive James as he writes about the pleasures of television binge watching.



RATHER BE THE DEVIL by Jan Pankin Orion

by Ian Rankin, Orion. He's not smoking, hardly drinking, and he's not even in the police force any more, but John Rebus has still got it. While his former colleagues Detective

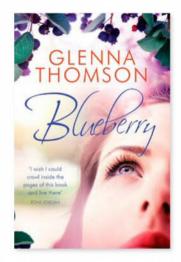
Inspectors Malcolm Fox and Siobhan Clarke do things by the book, the modern way, Rebus is smooth talking his way into the home of an ageing rock star in an unconventional, unsanctioned investigation into the bashing of a gangster, the murder of a bouncer, and the cold case murder of a socialite. Need I say more? Rankin's Rebus books always perfectly reflect their times and this 21st novel is as full of corruption and greed and white-collar crime as 2017 demands. And who better to dish out justice to puffed up bankers than a nicotine-deprived former cop?



PERSUASION by Jane Austen, Penguin Classics.

If you're a Jane Austen fan, one of the small pleasures of life is arguing the merits of *Pride and Prejudice* versus *Persuasion*. Who doesn't love witty Lizzy

Bennet, scandalous Lydia, moody Darcy and the grandeur of Pemberley? By contrast *Persuasion* and its heroine Anne Elliot are much more real. Anne has "an elegance of mind and sweetness of character" but she is 29, unmarried, faded and thin. Two hundred years after it was first published, *Persuasion* stands the test of time. It's the story of a single girl, doing her best in a world of vanity and ambition, and hardly daring to hope for a relationship of equality and respect. Seeing her slowly bloom and make up for her earlier mistake in giving up the right man by cleverly avoiding the wrong man is one of Austen's and literature's finest moments.

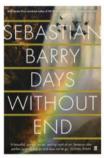


Blueberry by Glenna Thomson, Penguin.

Write about what you know, so they say, and debut rural fiction author Glenna Thomson knows her blueberries, in this tightly written tree-changer set on an orchard in Victoria. An experienced blueberry orchardist, Thomson wastes no time imbuing her first chapter with her chosen subject - the red leaves of a Japanese maple, a mauve Melbourne sky, lavender ice-cream. Single mum Greer O'Reilly takes a punt on a career in punnets when a pinot noir can no longer dull the pain of corporate city PR - and childcare for six-year-old Sophie is verging on risky. Whisky-swilling, jazz-loving, retiree painter Charlie accepts the offer by the new owner of his fruit farm for him to stay when she takes pity on the old man with prostate cancer and a son who wants him in a retirement village. Thomson maps out a realistic acrossgenerations blossoming between Sophie and the artist; Sophie soon naming a pet rooster Louis Armstrong and a hen Ella Fitzgerald. All the ingredients of a satisfying country storytelling are nestled in this heartwarming tale aromas of home cooking, the promise of new love.



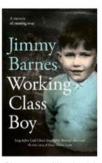
Jennifer Byrne REVIEWSJennifer Byrne is the host of *The Book Club* on ABC TV.



DAYS WITHOUT END by Sebastian Barry. Faber & Faber.

A violent and deeply tender story of two lost boys - Thomas McNulty and John Cole - set during the founding years of America. First sighted, they're

teenagers dancing for the miners of Missouri - the frontier being short of women - but both soon sign up to the US Army. They fight first the Indians, then the Yankees in the Civil War - monstrous bloodfests both. Thomas is the narrator and Barry's voice is pitchperfect as he puzzles honour, madness and brotherhood as he travels the hard country he comes to love. He writes most movingly about what matters most to him, "Handsome John Cole". The book mixes the gore of Cormac McCarthy with the gentleness of Brokeback Mountain; for me, one of the standout novels of the past 12 months.



WORKING CLASS BOY by Jimmy Barnes, HarperCollins.

We all know Jimmy Barnes grew up rough but this genuinely shocking memoir reveals how very rough and tough it was. From his early days in

Glasgow, filled with booze, chaos and screams in the night, to his grim childhood in Adelaide, to his wayward teen years, the mystery is that young Jimmy even survived - let alone rose to become a rock'n'roll legend. It reminded me of that first, famous misery memoir, Angela's Ashes, in that for all the abuse and horror he endured, he writes kindly both of his alcoholic father and runaway mother, of the power and strength of family. This is volume one of the book he needed to write to expel his demons - all his own words, he swears. It finishes as Cold Chisel starts, and I'm hanging out for the next instalment. What a life.



THE WONDER by Emma Donoghue, Picador.

We're in a locked room. where a child is in acute peril. But there's no monster outside, so why is gentle 11-year-old Anna O'Donnell refusing to eat? And why, after

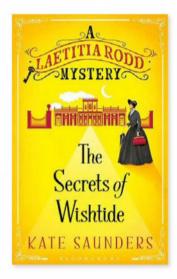
four months, is she still alive, and in the pink of health? Set in 18th century Ireland, this is the mystery steely nurse Lib Wright - trained by Florence Nightingale in Crimea - must solve. She has no truck for the pious theory God is sustaining Anna and sets up watch to ensure no food can be smuggled in to sustain the girl - but proving her point jeopardises the life of the child she has come to love, now wasting to the brink of death, smiling and singing all the while. A dark, intriguing novel based on Ireland's "Fasting Girls", this novel from the gifted Emma Donoghue grips from beginning to end.



HAG-SEED by Margaret Atwood, Hogarth.

I love Margaret Atwood, everything about her, especially that she ventures further off the reservation every year. She's now decidedly eccentric, having moved

past the feminist novels of her youth into speculative fiction, satire, sci-fi, plays ... you name it, she's tried it. Now it's Shakespeare's turn for a shake in this modern-day telling of The Tempest, set in a prison, with a jaded theatre director in the role of Prospero, employing magic and mischief to take his revenge on the people who thwarted him. He coddles and cons his troupe of ne'er-dowell actors to play their roles in a way the playwright never imagined but which gives fresh life to his grand last play. This fourth and most exuberant of the Hogarth Shakespeare series is fun, funny, and makes me love her more than ever.



The Secrets of Wishtide by Kate Saunders. Bloomsbury.

A new Dickensian detective ioins the ranks of Miss Marple and Australia's Miss Fisher in this, the first of six "Laetitia Rodd Mystery" novels by UK journalist and satirical radio and TV panellist Kate Saunders. Widowed "Letty" Rodd's Archdeacon husband left her in reduced circumstances - "that term always puts me in mind of sauces" - and selling up their London home, she must move in with landlady Mary Bentley, in Hampstead, "practically next door to a tavern". It's 1880 and the money comes in handy when Letty's criminal barrister brother, Frederick, hires her to help out on "domestic" cases. In this debut novel, she must gain employment as a governess (she speaks French, Latin and Greek), with the Lord and Lady of Wishtide, whose son is bent on marrying a widow, believed to be a fraud. When a blackmail note is received, Letty dons the disguise of a nun to "go collecting" for the sisterhood in The Goat in Boots pub; in reality handing over the ransom! Scandal and assumed identity reek deliciously alongside Mary and Letty's rabbit pudding supper.

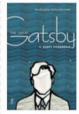




1. Anna Karenina by Leo Tolstoy, 1877.

WHAT: Nine hundred pages set against the backdrop of Russian Tsarist high society, Tolstoy's rich and complex depiction of the doomed love affair between married Anna and wealthy army officer Count Vronsky swept the way for a dozen film adaptations.

WHY: Tolstoy's descriptions of every bow and blush, curtsey and kiss, imbue this ever-marching, cliff-hanging saga with a timeless display of emotions.



2. The Great Gatsby by F. Scott Fitzgerald, 1925.

WHAT: Bright young things squander wealth, smash objects of beauty, ruin lives and lose love in this decadent, foreboding tale of the Great American Dream - the book.

WHY: Hailed the "Great American Novel", the scenes that Fitzgerald called "the greatest, gaudiest spree in history" underline the devastating effects of Prohibition, as liquor turns young people into criminals.



3. Lady Chatterley's Lover by D.H. Lawrence, 1928.

WHAT: Sir Clifford Chatterley's body, is "in bits" when he returns from Flanders, paralysed from the waist down. Lawrence's graphic descriptions of Lady Chatterley's sexual encounters with gamekeeper Oliver Mellors caused outrage. WHY: The book was banned in Britain until in 1959 (near the 30th anniversary of Lawrence's death) and was the first novel to be tested under the Obscene Publications Act. It sold out on its first day of UK publication in 1960.



4. Oscar And Lucinda by Peter Carey, 1988.

WHAT: In 1865 English preacher Oscar Hopkins is heading to Australia on the toss of a coin to join a mission. On the boat he meets Lucinda, Sydney heiress, feminist sympathiser and glass lover. Together they indulge their passion for gambling with foolish, heady and darkly romantic results.

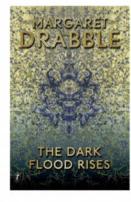
WHY: This intoxicating tale of destiny won Peter Carey the Booker Prize and Miles Franklin Award. The film starred Cate Blanchett and Ralph Fiennes.



5. Atonement by Ian McEwan, 2001.

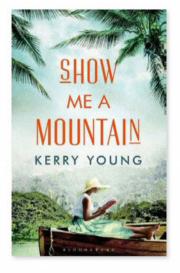
WHAT: In 1934, on the hottest day of the summer, 13-year-old Briony spies her sister Cecilia plunge naked into the fountain of their country house. Watching her is Robbie Turner, childhood friend. By the end of the day, three young lives will have been changed forever with a shocking acusation.

WHY: Critics acclaimed McEwan's masterpiece novel, and it was adapted into a film in 2007, starring Keira Knightley, James McAvoy and Brenda Blethyn.



The Dark Flood Rises by Margaret Drabble, Text.

Francesca Stubbs, "well turned 70", is a woman of doggedness and purpose. She works as an inspector of care homes, and is aware of how "infinitely clever and inhumane the delays and devices we create to avoid and deny death" can be. This is a book about facing death, as told through the eyes of Fran. When acquaintance Stella dies from smoke inhalation, after a tumbler of Famous Grouse, and smoking in bed, Fran asks, "So what? A better exit than dying in a hospital corridor." When friend Josephine moves into a pretentious development, Fran observes; if it mimics a retired college don for her, "So what?". And Fran? "She's just an old woman groping in the bottom of her bag, checking her keys and her mobile to see if they are still there." Luminously perceptive.



Show Me A Mountain by Kerry Young, Bloomsbury Circus.

"We are the only ones," said the champagne-sipping, Chesterfield-smoking schoolgirl with the American drawl, Beverley Chung, when she and Fay Wong met as 15-year-olds in Kingston, Jamaica. For Fay - whose Jamaican mother persecutes her without reason, and whose Chinese father runs a grocery store - lonely. confused existence fizzled out in a puff of smoke. "Life with Beverley was heaven, with Mama hell." Getting "Cleopatra meets Kingston-China haircuts", the mixed black-Chinese girls go twin-style. "The more Mama hated it, the more I loved it," confesses Fay. Kerry Young's third novel set in Jamaica, in 1935, charts political uprising between two cultures, both of which Beverley and Fay straddle. They pay a price for their non-conformity, and Fay's idea to join the women's army corps and gain independence is the book's halfway crux. Fixed marriage, unwanted pregnancy, love and sacrifice collide in Young's intoxicating language. The book's title comes from Fay's husband, Yang Pao: "People can overcome anything - a mountain of suffering."

ISTOCK. THE OPINIONS IN THIS ARTICLE ARE MEANT ONLY AS A GUIDE. READERS SHOULD SEEK INDEPENDENT FINANCIAL ADVICE.

A risky business

It sounds like a get-rich-guick scheme, but there are pitfalls to buying a brand new apartment, as founding editor of *Money* magazine **Pam Walkley** discovers.

uying an apartment off the plan before construction is finished and sometimes before it's even started is a leap of faith at the best of times. You're buying something you cannot see, walk through, touch or feel. And often you're not paying a fair price.

Now with a glut of new apartments in the pipeline in many of Australia's major cities, those buying off the plan are in real danger of paying more than the property will be worth when it's finished. And if this happens, buyers who need mortgage loans to complete their purchases will find the banks very reluctant to advance the amounts they need.

Indeed the Reserve Bank of Australia (RBA) has warned there are signs that some off-theplan buyers are already facing difficulties settling on their purchases.

The settlement risk

The apartment building boom is far from over. Real estate analyst CoreLogic predicts completions will peak soon. Over the next two years, about 231,000 units will be finished compared with average annual sales of 108,000 over the past five years. The inner city areas of Melbourne (14,353), Brisbane (10,189) and Sydney (9376) will have the biggest supply of new units. The wider Sydney and Melbourne areas will have 81,696 and 80,503 new apartments respectively.

This expected glut raises concerns, says Cameron Kusher, author of CoreLogic's report into apartment settlement risk. "In many regions, capital growth for units has been



buying something you cannot see, walk through, touch or feel.



substantially lower than that for houses. Many off-the-plan buyers would have expected capital growth between contract and settlement."

With so many new properties coming onto the market, the RBA says there's a risk that off-the-plan buyers may not be able to settle because the banks could value the properties at less than the contract price – something that's already occurring. And buyers who can't settle can potentially lose more than just the deposit.

Unplanned events

In one extreme case a Queensland businessman lost more than \$15 million on a Gold Coast penthouse he bought off the plan. Charlie Caltabiano paid an Australian record of almost \$17 million for the penthouse in the Soul complex in 2006. He broke the contract and tried to sell, but failed and the property didn't resell until last year, for \$7 million. Not only did he lose his \$1.7 million deposit, but a court ordered him to pay \$14 million to the developer.

The first consideration for anyone thinking of buying off the plan is to research what the experts are saying about future growth in

> prices in the area. If the consensus is that values are likely to stagnate or fall, then it's a no-go zone.

Secondly, many developers overprice their properties. You also need to be confident they won't go bankrupt during construction, as you're likely to lose your deposit. Off-the-plan contracts are much more complex than those for the sale of an existing property, and it's really important you use a good, well-informed solicitor. **Aww**



Protect yourself

Before signing, run through this check list:

- Can you sell the apartment before the project is finished?
- Can you get your deposit back if construction is delayed or if a developer goes bankrupt?
- What are your obligations and the penalties?
- What happens if faults are identified afterwards?
- Get details of all fittings and fixtures, appliances, finishes, security systems and rubbish disposals.
- Check if there's a shrinkage clause. This allows the developer "shrinkage", meaning they can build an apartment 3 per cent smaller than advertised.

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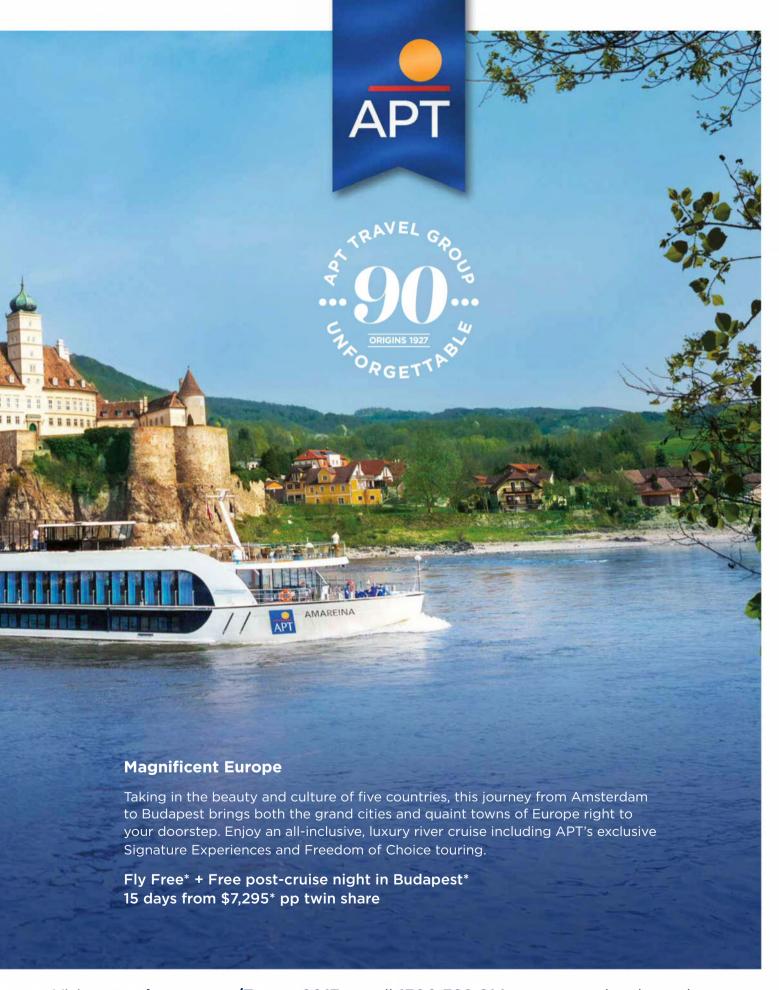
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Juliet Rieden follows in the footsteps of William, Kate, George and Charlotte to reveal the most impressive sights from the royal tour of Canada.

ne of the real privileges of being a royal correspondent is visiting once-in-a-lifetime bucket list beauty spots all around the world. The Cambridge family's recent tour of Canada opened up not just British Columbia, where Prince George and Princess Charlotte were based, but also the raw beauty of remote Yukon. Here, on a freezing clear night boasting what locals call "zero light pollution" (no street lights, no cloud cover, no residential glow. or car headlamps), I headed into the pitch black and witnessed the magic dancing of the Aurora Borealis across the inky sky ... but not, thankfully, a black bear, who locals told me also hang out in these mountains! But I get ahead of myself ...

British Columbia

The royal tour kicked off in Victoria at the southern tip of Vancouver Island on Canada's Pacific Coast, the

provincial capital of British Columbia. This area is steeped in colonial history, hence its name, and the city of Victoria – named after Queen Victoria – has a cutesy aura of "little England" about it, with red double-decker buses, Edwardian architecture, flower-filled Anglo country gardens and even tea shops serving traditional afternoon tea.

But beneath this forelock-tugging façade, Victoria's history pre-dates any colonial connection; this is the territory of the Lekwungen people, and the Coast Salish First Nations established communities here thousands of years before non-native settlement.

In Victoria the family stayed in colonial style at Government House, the official residence of British Columbia's Lieutenant Governor, where Prince George and Princess Charlotte were given free rein (and reign!) and even hosted their own children's garden party. The house and grounds are usually open to the public and well worth a visit; the gardens

feature a waterfall, a 7.5m totem pole, a duck pond, herb garden, the stunning English garden and a few deer.

With the children ensconced at Government House, the Duke and Duchess's first stop was the Cenotaph and the Parliament Building, which is lit up with hundreds of tiny bulbs each night. It's a focal point for the city, facing the pretty Inner Harbour, which is dotted with seaplanes – a popular form of transport and also a great way to get a bird's eye view of the area. You can join a whale-watching cruise from the harbour or try your hand with the crew of a tall ship – as the Duke and Duchess did, Kate proving to be a natural behind the ship's wheel.

Next stop for the royal couple was Vancouver, which often gains high ranking in polls for most liveable city. Kate and Will arrived by seaplane, which would have showcased the natural beauty of this city surrounded on three sides by water and is the perfect way to fly in.

Bicycles are big here, for locals and tourists – whether it's just cycling around the parks (there's an 11km long traffic-free ride along the seawall in Stanley Park) or heading into the mountains for more serious biking. Another place to visit is Granville Island, an arty precinct of shops, cafes and restaurants housed in converted warehouses on a pretty peninsula.

The rain poured down for the royal couple's visit to Bella Bella, which is a shame because this traditional territory really is stunning. The Heiltsuk First Nation tribes live here and the Great Bear Rainforest is the main reason to visit – it's one of the largest tracts of intact coastal temperate rainforest in the world, and home to grizzly bears and also the handsome Kermode bear, also known as spirit bear, notable for its white fur. Pacific Coastal Airlines flies to Bella Bella from Vancouver South Terminal, via Port Hardy.

In Kelowna – also accessible by air from Vancouver or Victoria - on the Okanagan Lake, the Duke and





Duchess visited the vineyards. It's also perfect for hiking and boasts around 30 wonderful isolated beaches on the lake shores. This is a watersport enthusiast's paradise with stand-up paddleboards, water skiing, pedal boats, sailing, kayaks and canoes. Swimming in the lake is apparently refreshing – I didn't try it – but in July water temperatures can reach 22°C.

The Yukon

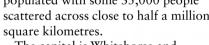
Leaving British Columbia behind, we next flew to the Yukon and a totally different vision of Canada. Sitting between British Columbia and the Arctic Ocean, the Yukon is a breathtaking wilderness sparsely

The Cambridges

populated with some 35,000 people scattered across close to half a million square kilometres.

Travel

The capital is Whitehorse and though strictly a city, it's tiny. Here the air is crisp and chilly and yet when the sun shines it's easy to get sunburnt. Despite the freezing weather, Yukon is all about the outdoors, and most weekends locals head into the mountains to camp and fish and find inner peace away from the "bustle" >>













of Whitehorse's main street. In the winter they run with huskies, or head out onto the lakes on Ski-Doos.

If you're on holiday, the best way to see the Yukon is to rent a campervan from Whitehorse and head off on one or more of the scenic loop drives – the Golden Circuit or the Southern Lakes Circuit are both spectacular.

The Duke and Duchess headed out of town to Carcross Commons, a rather touristy, if picturesque, retail village of shops in traditionally painted huts settled around a central totem pole selling First Nations and locally made artefacts and great coffee. There's also a historic train station complete with steam train.

Carcross – originally called Caribou Crossing – is at the confluence of Bennett Lake and Nares Lake and was a stop-off point during the Gold Rush for prospectors on their way to Dawson City. After a brief drive up Montana Mountain, where there's an incredible mountain bike track which winds down the mountainside, I paused for the locals to fill me in on the bear population around here. Evidently black bears and grizzlies are common in the mountains. My guide even cited a night when a black bear had shaken

her campervan searching for food – photos were proffered and it looked terrifying though she was quite calm. Food is the key. Never have it in or near your tent – even in a bag – or you'll be sorry!

Back at Carcross, I took a motor boat trip across the stunning Tagish Lake. Surrounded by snow-dusted peaks and air so fresh, it's hard to believe you ever managed city smog, the sense of sheer beauty and isolation is at once calming and invigorating. If you stop in the middle of the lake, as we did, switching the engine off, the silence is literally golden and the lake still as a mirror. In the surrounding mountains, if you look closely with





ABOVE LEFT: The vineyards on Okanagan Lake. ABOVE: The steam train at Carcoss Commons. LEFT: Juliet and a local. BELOW: Emerald Lake, and (right) Aurora Borealis.

binoculars, you can spot mountain goats and eagles soaring.

The royals missed out here, for this is the heart and soul of Yukon and for me the highlight of my brief sojourn to Canada. It was on the way back from a gourmet dinner of local salmon at the newly refurbished Southern Lakes Resort that I fell under the spell of this remote corner of the world. Before descending into Whitehorse, my guide pulled in beside Emerald Lake (which in the daylight is an intense green thanks to a high concentration of calcium carbonate in the water), we turned off the headlamps and ventured out of our 4WD into the black. And there it was ... the magic Northern Lights, first eerie broad brushes of white glowing in the night sky, then swirls edged with **FACT FILE** green, twisting and turning. I

green, twisting and turning. I was entranced and you will be too. **Aww**

For more information about British Columbia visit hellobc.com.au and Yukon visit travelyukon.com.



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Europe's waterways will see new luxury ships and special-interest tours, while less travelled South-East Asia is becoming the destination of choice for adventurous cruisers. **Sally Macmillan** picks this year's top journeys.

his season there's just a handful of new ships making their debuts on Europe's waterways compared to the dozens that launched in the past few years, but those that are coming up are pretty special.

The first to set sail will be Uniworld's latest "Super Ship", SS Joie de Vivre. It launches in March and will cruise exclusively in France. As it's smaller than the line's other Super Ships, it can dock in the heart of Paris, from where it'll head to Normandy and back, as well as joining up with other Uniworld ships for longer journeys to Bordeaux and Avignon.

Like its opulent fleetmates, the 128-passenger SS Joie de Vivre will showcase antique furniture, lavish furnishings and exquisite artworks. New restaurants include Le Restaurant Pigalle, Bistro Saint-Germain and Café Flore, and Le Club l'Esprit boasts a cinema and pool that turns into a dance floor or outdoor cinema at night.



Emerald Waterways, Scenic's less inclusive sister cruise line, has three new ships coming up. Emerald Liberté, the line's first ship in France, will sail the Rhône and Saône Rivers from April, with up to 138 passengers. The 112-passenger Emerald Radiance will sail the Douro River in Portugal from May, while Emerald Destiny will begin cruising the Rhine, Main and Danube in May, along with its four identical, 182-passenger "Star Ship" sisters.

Crystal Cruises is best known for its uber-luxurious oceangoing ships, but the company is diversifying into river cruising. The completely rebuilt and lavishly refurbished Crystal Mozart launched on the Danube last year and two sumptuous new ships, the 110-passenger Crystal Bach and Crystal Mahler, will start cruising on the Rhine, Main and Danube in June and August.

New experiences Scenic is giving three of its Space

Scenic is giving three of its Space Ships substantial makeovers for the start of the 2017 season, which means bigger cabins for

fewer passengers and the same number of crew, so you can expect even more attentive service.

New features for French-based Scenic Emerald, Diamond and Sapphire include a "vitality pool", gym, spa, huge 47-square-metre Royal Owner's suites (among the biggest on Europe's waterways) and even a cooking school.

Complementing the onboard culinary experience, Scenic is offering new foodie excursions on shore, including a visit to a Michelin-starred restaurant in Valence and lunch in





a traditional bouchon in Lyon. In Bordeaux, there's a lunch at Rémy Martin in Cognac served with vintage cognacs, a Château Phélan Ségur wine and food event in the Médoc region, and a visit to Baltard Market in Arcachon on the Atlantic coast.

Upmarket US river cruise company Tauck is also updating its ships Swiss Emerald and Swiss Sapphire, which both operate in France, in time for spring. They will carry 98 rather than 118 passengers and The Bistro will be upgraded to an alternative dining room called Arthur's with its own kitchen and chef and an expanded menu.

Europe

Cruise companies are working hard to attract younger, fitter and more independent travellers and are upping the pace and expanding the scope of their shore excursions. Most of the major lines offer cycling tours, and APT, Avalon Waterways, Scenic and Uniworld are introducing programs that include jogging, hiking, kayaking and even whitewater rafting in a variety of destinations.

APT's four 15-day Cycling Magnificent Europe cruises feature a choice of seven challenging bike rides on the Amsterdam to Budapest itineraries, while its two eight-day Bordeaux by Bicycle cruises offer four cycling tours that range from 45 to 104 kilometres. And, of course, if you don't want to take part, all the usual shore excursions will be available, too.

History- and wine-themed cruises are big in Europe this year as well.

"Cruise companies are upping the pace and expanding their shore excursions."

APT is running four more of its popular Wine Series cruises, hosted by top Australian wine experts. They'll lead excursions to wineries and later present their own wines at special pairing dinners on board the ships.

Two new cruises have been designed by APT to commemorate the centenary of Western Front battles in WWI: the 20-day Western Front ANZAC Dawn Service in April, and the 22-day Battlefields of France cruise that'll run four times during the year. Meanwhile, journalist and war historian Peter FitzSimons is hosting an 11-day Scenic cruise to the Somme battlefields and Normandy's landing beaches in June.

Uniworld is launching its 10-day Jewish Heritage cruises in May. Sailing between Munich and Cologne, they'll celebrate the 2000-year-old Jewish legacy in the Rhineland. Shore excursions will feature a compelling mix of past and present, with visits to magnificent synagogues, Jewish cemeteries and memorials, exceptional museum collections and historic ghettos, led by local experts.

Travelmarvel is operating cruises in Portugal for the first time, on board the recently refurbished 130-passenger Douro Queen. Ranging from eight days to 21 days, highlights include Portuguese lessons, a sunset sailing

accompanied by Fado performers, and a dinner at a local quinta (estate).

South-East Asia

Journeys along the mighty Mekong and Irrawaddy rivers are attracting more travellers every year. Scenic Aura launched in Myanmar last September; the 44-passenger ship sails 11- and 14-day cruises between Mandalay and Yangon, an 18-day Yangon round trip and an epic 30-day voyage from Siem Reap to Yangon.

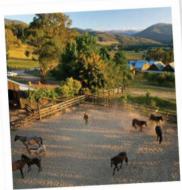
Scenic Aura has a pool and open-air cinema – perfect for the climate – the biggest one-bedroom cabins on the river (each with a private balcony), a well-stocked library, and wellness centre. Free daily laundry is a big bonus – this service is also offered on board APT's recently refurbished AmaLotus, which sails on the Mekong in Vietnam and Cambodia.

The 54-suite AmaLotus has two new restaurants, Le Viet Nam Café and the intimate 16-guest Indochine by Luke Nguyen, a new Lotus Spa and Wellness centre, and service has been ramped up to include both silver and gold butler service.

Pandaw, which was established 22 years ago in Myanmar, operates a fleet of boutique vessels based on steamships originally run by the Irrawaddy Flotilla Company. Pandaw's expeditions along the rivers of Myanmar, Vietnam, Laos, Cambodia and now China go further off the beaten track – its "classic Mekong" cruise now takes passengers as far as Kratié, a picturesque French river port in Cambodia. **Aww**

Great escapes

Sue Wallace gets active on some new adventures at home and abroad.



In the saddle

For a ride of a lifetime, saddle up at Bogong Horseback Adventures in Tawonga, Victoria, for a Spring Spur stay and ride weekend package, from \$485 per person. It includes two nights' accommodation, a half-day ride in the mountains and great country-style cuisine. Visit bogonghorse.com.au.



Head for the heights

Put on your walking shoes - Port Stephens in NSW has new routes to the Tomaree Head summit, all boasting great views. Offered throughout the day, guided walks can include a summit-tasting plate with fresh local produce, if desired. From \$20 per adult, \$16 per child and \$65 per family, tasting plate extra. The walks are run by Escape Trekking Adventures. which also runs Kokoda Track and Mt Kilimaniaro adventures. Visit portstephens.org.au.

APP OF THE MONTH

PackPoint suggests what to pack, based on location, weather report and activities you're planning.

TOP TRAVEL PICKS



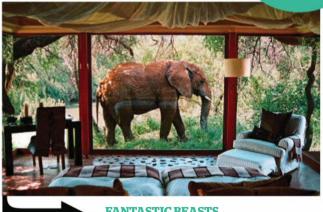
ALPINE LAKE CRUISE

New Zealand's adventure capital, Queenstown, welcomes 2.9 million visitors each year, but if you want to avoid the crowds, head there in spring and autumn when it's a little less busy. Hop on a 90-minute Million Dollar Cruise around Lake Wakatipu for just \$39 adults, \$20 for children under 15, milliondollar views and entertaining commentary included. Visit milliondollarcruise.co.nz.



UP IN THE EYRE

For a bird's eye view of South Australia's spectacular inland ocean, Kati Thanda, aka Lake Eyre, Wilpena Pound Resort has new scenic flight packages. Following huge rainfalls, the usually dry desert basin is now Australia's largest inland lake. It has filled only three times in the past 160 years. Packages are available until March 30, 2017. Visit wilpenapound.com.au/ specials/.



FANTASTIC BEASTS

Safari anyone? Sanctuary Makanyane Safari Lodge in South Africa is a mere 45-minute

flight from Johannesburg, so you don't waste precious time getting there. It has eight air-conditioned riverside suites, where you can spy on creatures big and small, and do safari drives with expert guides. It is set in the malaria-free Madikwe Game Reserve, home to "the big five" animals. Visit sanctuaryretreats.com.

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We've hidden a collection of camping-related words 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 11 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.

ADVENTURE
AIRBED
ANNEXE
AWNING
BACKPACK
BEACH
BEDROLL
BINOCULARS
BUSH SHOWE

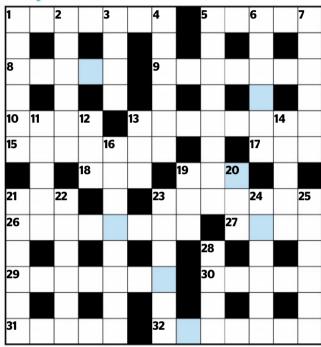
CAMP

DUTCH OVEN
ESKY
FLYSCREEN
FOLDING CHAIRS
FOOT-PUMP
MATTRESS
MOTORHOME
MOZZIE SPRAY
NATIONAL PARK
RIVERSIDE

SITE
SLEEPING BAG
STRETCHERS
SUNSCREEN
TABLE
TARPAULINS
TENTS
WATERBOTTLE

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 January 22, 2017. Draw date and time: 12:00pm AEST on January 23, 2017. See page 199 for details of Conditions of Entry.

Easy Crossword



ACROSS

- 1. Wondrous event
- 5. Surpass, outdo
- 8. Birds' homes
- **9.** Mythical onehorned beast
- **10.** Bowling session in cricket
- 13. Control, the sale
- **15.** Quit work at 65
- 17. Permit
- 18. Immerse
- 19. Area of ocean
- **21.** Public transport vehicle
- 23. Large placards
- **26.** Copies, imitations **11.** Scene of an event

- 27. Dash, panache
- **29.** Foster, talent
- 30. Dad's brother, eg
- **31.** Healing ointment
- **32.** Table support

DOWN

- 1. Wise counsellor
- 2. Reddish brown
- 3. Bludgeon
- 4. Oozed out
- **5.** Those of refined taste
- **6.** For a choir, music **7.** Surgical
- instrument

- 12. Discard, get of
- **13.** Representative (abbrev)
- 14. Dry land, firma
- 16. Make fun of
- 19. Distress call (1.1.1)
- 20. Consumed food
- 21. Trademarks
- **22.** Helix
- 23. Inventor's grant
- **24.** Bring out
- 25. Cold symptom
- **28.** Silent

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 January 22, 2017. Draw date and time: 12:00pm AEST on January 23, 2017. See page 199 for details of Conditions of Entry.

The Colossus Compiled by Christine Lovatt

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ACROSS

- 2. Range of known words
- 7. Envious
- 11. Oval-shaped
- 17. Chinese design system, fena -
- **18.** Rage
- 19. Electric fish
- **20.** Immediately! (1,1,1,1)
- 21. Entitling
- 22. Roof walls
- 23. Recital
- 26. Remedy
- 28. Employ 29. Governed as
- monarch
- 31. Flows away
- 34. Furthest back
- 36. Scent, --Cologne (3.2)
- 39. Knitting wools
- 41. Witch's pot
- 43. Woman's shirt
- 46. Simpleton
- 47. Glamour show. pageant
- **49.** Tic
- 51. Breathtaking
- 52. Rips off, client
- 53. Fronting
- 54. Hands over
- 55. Felines
- 56. Considered. as
- 61. Unit of digital storage
- 64. Azure shade
- 65. Vixen
- 66. Hospital aides
- 67. Clumsy lout
- 69. Shopping splurge
- 71. Unlawful 74. Silliest
- **76.** Coat with pan juices
- 78. Couple. Mr and -
- 79. Guaranteed
- 81. Dismal
- 83. Fell sick
- **84.** Pal
- 86. Relied
- 89. Stalemate
- **90.** III will (3,5)
- 93. Peanut sauce 94. Shorten, reduce
- 97. Patriotic hymn
- 100. Grinding tooth
- 101. Method
- 103. Make worse.
- the injury
- 106. Alfresco (4-3)
- 108. Hindu social rank 109. Assistant
- 110. Northernmost US State
- **111.** Cabs

- 112. Nephew's sister
- 113. Paradise
- 115. Too enthusiastic
- 118. Wastrel
- Onion relative
- **124.** Tropical fruit 128. Movie. The Sixth -
- 129. Tibia and ulna
- **130.** Stir-frv shoots (4.7)
- **134.** Swap
- **135.** Rascal
- 136. Haul 137. Robber
- 138. Respond, reply
- 139. Barrage of gunfire
- 140. Citizenship
- 143. French for "Bye!"
- **144.** Rub out
- 147. Crowd brawl 150. Office table
- 151. Trellis
- **155.** Fairground ride (6.5)
- 157. In present condition (2.2)
- 158. Push with elbow
- 159. WWII dictator. - Hitler
- 162. Tattered
- **164.** Fastening tape with tiny hooks
- 167. Indian capital, New -
- 168. Most humane
- 169. Retinue
- 172. Period between
- 173. Hair plait
- 174. Muddled through (4,2)
- Finished supply of (4,2)
- 180. Yielded
- **181.** Lucky escape (4,4)
- 183. Belligerent, warlike
- **184.** Extend
- **186.** Engine booster
- **187.** Barely sufficient 188. Musical. Mamma -!
- 191. Sells, wares
- 195. Please turn over (1,1,1)
- **197.** Poppy narcotic
- 198. Residential outskirts
- 200. Kidding, mocking
- 202. Persian rulers
- 203. Contend
- 205. Grandparent's sister (5-4)
- **206.** Boy
- 208. Personal identity
- 209. Surreptitiously 212. Admitted defeat
- 215. Cake layer, eq
- 217. Goliath's foe
- 220. Landlord's rentpayer 222. Protracts (5.3)
- 224. Scientist, Albert -

- 226. Infected, wound
- **228.** Hunted, upon
- 229. Wash out suds
- 230. Saturate
- 232. Organises
- 235. Baby's tummy pain
- 236. Symbolic. gesture
- 238. Arctic rodents
- 241. Overtake
- **242.** Retype, data (2-5)
- 243. Book version
- 244. Egyptian river
- 246. Inventors
- **252.** Contagious outbreak
- 253. Theatre-goers, eg
- 254. Bridle strap
- 255. Biblical first woman
- 256. Unrefined metal
- 257. Borders 258. Injected blood
- 259. Bishop's district
- 260. Soap powders

DOWN

- 1. Money order
- 2. TV watcher
- Rugged peak
- 4. Denigrating
- 5. Maddest
- 6. Joyful cry 7. Taunt, - at
- 8. As well
- 9. Reproductive cell
- 10. Observed, was -Tribal seniors
- Unbalanced 12
- Missile course 13.
- 14. Nibble 15. Endured
- Garden pavilion
- Losing colour
- 25. Subsides 26. Censure
- 27. Heaters
- **28.** Computer port
- type (1.1.1)
- **30.** 24 hours
- 32. Empty-headed
- **33.** Giggled slyly
- 35. Hamburger, Big -37. Queen Elizabeth II's
- daughter
- 38. Nervousness 39. Alpine singer
- 40. Geek
- 42. Grassy meadow
- 44. Operator
- 45. Gold-miners' rebellion, - Stockade 47. Agency
- 48. Cambodia's continent **50.** Villain's opponent
- 53. Pet's parasite 57. Survival

- 58. Affiliated
- **59.** Stud. farm
- 60. Utterly exhausted (4.4)
- 62. Tooted
- **63.** Adding, up 65. Charge
- 68. US crime agency (1,1,1)
- 70. Political spin
- 72. Exam score
- 73. Soothes **74.** Neglected to (4'1)
- 75. Perhaps
- 77. Torments by tempting
- 80. Unexpectedly, caught -
- 82. Modifying
- 85. Lovable
- 87. Bronte novel. Jane -88. Alternatively, or -
- 91. Go berserk, run -
- 92. Exclude
- **95.** Aged photo tone 96. Fleshy ear part
- 98. Closest
- 99. Stockpile
- 102. Marksmen 104. Artillery
- 105. Hatchets
- **107.** By rote (6-7) 113. Came out, appeared
- 114. Mysteries 116. Flavouring.
- essence 117. Unpredictable
- 119. Crew-necked
- tops (1-6)
- 120. Brittle
- 122. Involves 123. Water boilers
- 125. Overweight
- 126. Royal racecourse **127.** Wide
- 128. Vaccine
- 130. US actor, Affleck
- 131. Tiny insect **132.** Tertiary student
- campus (abbrev)
- 133. Pig's pen 141. Dodged 142. Flourishes
- 145. Newspaper's demographic
- 146. Moving stealthily 148. Right of way
- on property 149. Last hole on golf course
- **152.** Spurred, on 153. Rope tangle 154. Fine-tuned
- 155. Salty white cheese **156.** Lazed

- 160. Genuine, bona -
- **161.** Letter recipient
- 163. Bank cash
- dispensers (1,1,2) 165. Mature enough to eat
- **166.** Oblona
- 167. Chop into cubes
- 170. Ne'er-do-wells (2-6)
- 171. Estimating 175. Showy flower
- 176. Deserves
- 178. Accurate, precise
- 179. Extremely

185. Indigenous

- **182.** Map pressure line
- 188. Vermin-catching
- device 189. Passenger planes
- 190. Record label (1,1,1)
- 192. Theatrical 193. With the most
- foliage 194. Psychedelic drug
- 195. Person from Lahore
- or Karachi, eg 196. Banish from group 199. Sentimental song
- 201. Fled to wed 204. Song, - She

(1,1,1)

- Lovely (3'1)
- 207. Attaches 210. Roughness
- **211.** Swirl 213. Bamboo rod
- 214. Divulging
- 216. Norway's capital 217. Throughout
- 218. Become extinct (3,3) 219. Capri or Wight
- 221. Convent dweller 223. Refills, - the shelves
- 225. Annoyance
- 227. Shady tree 228. For each, - head
- 231. Female bird 233. Prefer to
- 234. Consent 235. Boasted 237. Made a twig home
- **239.** Buries 240. Shines
- 245. Leaning Tower of -247. Frosted, - biscuits 248. Meet by chance,
- bump -249. Poker stake 250. Double-reed

(abbrev) **Solution in next** month's issue.

instrument

251. Nameless author

Incider

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. All answers run left to right or top to bottom. 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 January 22, 2017. Draw date and time: 12:00 AEST on January 23, 2017. See the Conditions of Entry on opposite page. Solution in next month's issue.

-	MA	1	Include within Our star:	•	List for meeting Action,	•	Male sibling	*	Painting, work	*	At a future	•	Honey	Obtain Porridge	*
	35		- Corser		feat		Sibility		of - New York is there (1,1,1)		Wood- wind instru- ment	•	₩ .	Porriage	
1			Signifies maiden name	•			Hidden: - of sight	•	(1,1,1) *		Pork or beef Tasseled hat	•			
Prod with finger Decay	•	Facial spasm	Beliefs	•						Ends of legs Brown shade	•				Rear garden: back -
•		*	Total up Feeble	•			Loathed Pastry dishes meat -	•		•			Belongs to me Lion star sign	•	•
Iconic NZ bird In near past	•		•		Gorilla Flash- light	•	•		Flowery shrub French goodbye	•			•		
+					•	Tehran is there	•		•		Twelve months Actor, Barry -	•			
Labora- tory	Listen:	Type of		Unique: only -	•			Cry of		Collar	•	Ancient	•		
glass vessel	lend an -	beer		Consume				surprise		criminal		Bashful			
•	*	•		•		Holy people	•	•		*		•	1	1	N A
Gangster, - Capone Panting, out of -	•		Part of a play	•			Late actor, - Ledger	•							
•						Our star, Jessica -	•						1		

Clueless

8	20	1	22	22	23	25	18		14	22	13	2	26	8
20		10		4		5		11		1		11		20
26	25	6	1	3		21	26	13	25	9	4	23	11	26
13		26		14		10		9		8		25		14
21	13	2	4	23	25	26	20	3		26	8	18	26	14
14		16		2		20		26		20				13
	7	23	14	14	26	14		20	5	14	4	23	25	18
20		24			13				14			21		26
26	12	26	2	5	16	26		20	26	24	26	13	11	1
13				18		12		26		23		18		20
11	1	3	13	11		1	17	17	26	25	14	23	24	26
23		1		23		16		5		26		25		14
14	15	5	26	26	19	23	25	18		18	20	13	25	16
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1	2	3	4	5	6	7	⁸ D	9	10	11	12	13
¹⁴ S	15	16	17	18	19	20	21	²² P	23	24	25	26

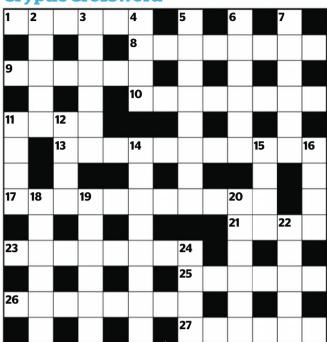
11	13	25	16	26	20	25

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 January 22, 2017. Draw date and time: 12:00pm AEST on January 23, 2017. See the Conditions of Entry on opposite page. Solution in next month's issue.



Looking for more fun puzzles to while away the holiday period? Then make sure you get the latest AWW Puzzle Book, issue 35. On sale at \$9.95, it's packed with crosswords, clueless, cryptics, quizzes and more, plus great prizes! Available at stores and newsagents.

Cryptic Crossword



ACROSS

- 1. In the West, Peter used tin and lead to make it (6)
- **8.** What can Marie's version of English be? (8)

- **9.** Transmitted by a sailor who isn't here now (6)
- **10.** Gave in to lads now that stopped its loss (8)
- **11.** Therefore Her Majesty has to depart (4)
- **13.** A final settlement for both flowers and music? (11)
- **17.** A rest's needed then take a turn at serving at tables (11)
- **21.** A little particle to give to your mother (4)
- 23. It's about accepting luxuries then making fast withdrawals (8)
- **25.** There's something fishy about his occupation (6)
- **26.** How such times end and we're left with the residue (8)
- **27.** Even a Saint will return to such goings-on (6)

DOWN

- **2.** The hottest part of December (5)
- **3.** A shaking felt in the centre more than elsewhere (6)
- **4.** The star in which such rodents are to be found (4)

- **5.** An unpleasant condition experienced by large pal (8)
- **6.** Sid is out on a limb when we take away his gun (6)
- A place of refreshment found by Vera in the Territory? (6)
- **11.** The first lady has the right at all times (4)
- **12.** Gasp when you find such openings available (4)
- **14.** Lauds them at tea and flatters them servilely (8)
- **15.** How one eats in the Orient (4)
- **16.** Some master may teach in this school period (4)
- **18.** A good-looker will allow it to be laced (6)
- **19.** Drop it as it has become so apathetic (6)
- **20.** Is **25.** Across mostly concerned when this takes place? (6)
- **22.** It's not concealed in Dover then? (5)
- **24.** Such teas will satisfy one completely (4)

Solution in next month's issue.

Bogglewords

Can you work out the words or phrases depicted here? Solution on page 205.

1. YOU ROAD	2.
AND	REFRESHMENT
ROAD	
3. NIGHT NITE KNIGHT	4. HIBON

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 on page 205.

Lovatts Super Sudoku magazine is available at your newsagent now.

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

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 on page 205.

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 page 206 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

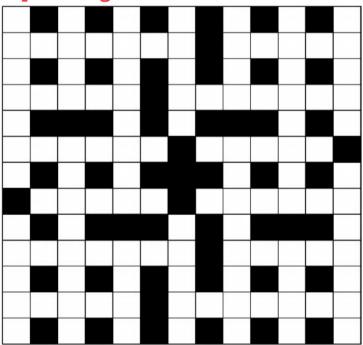
How many words of four letters or more can you make using the letters given here? Each one must include the central letter and you should have at least one nine-letter word in your total. Avoid plurals, proper nouns, hyphenated words, those with apostrophes and verb forms ending with "s", eg, "bakes".

Solution on page 205.

25 SMART 26 TERRIFIC 34+ BRILLIANT!

_	R	M	Ε
	ı	T	E
_	A	М	D

Alphabet Jigsaw



The answers to each of the clues starts with the letter given. Once you have worked out the answers, use the word lengths indicated to work out where each word will fit in the grid, as you would a Fill-in puzzle. **Solution on page 205.**

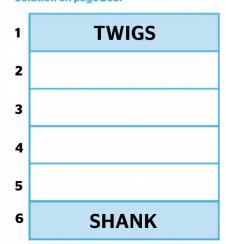
- A. In the thick of (4)
- **B.** Posts for securing mooring ropes (8)
- C. Pit workers (8)
- **D.** Pull along the ground (4)
- E. Performer's repeat (6)
- F. Poker hand, royal (5)
- **G.** Film musical, and Dolls (4)
- H. Golden and carefree,- days (7)
- I. Christmas carol,- Bleak Midwinter (2,3)
- **J.** Shake rapidly and with force (6)
- **K.** Capital of Japan from 794 until 1868 (5)
- **L.** River of southern Africa (7)

- **M.** Kitchen cup-holder (3,4)
- **N.** Spanish tennis player, Rafael (5)
- O. Betting chances (4)
- P. Plotted or designed (7)
- Q. Allowance (5)
- **R.** Horned pachyderm (abbrev) (5)
- S. Liable to droop (5)
- **T.** Weary (5)
- **U.** Fabled horse-like creature (7)
- V. Quivered (8)
- **W.** Creatures that live in soil (5)
- X. Taking medical photos (1-6)
- Y. Alone, by (8)
- **Z**. Areas (5)

Change A Word

Can you go from TWIGS to SHANK in five moves, just by changing one letter each time to form a new word?

Solution on page 205.



Letter Chase

Hidden in the square is the the name of some items related to celebrations. Starting at the shaded square, move from letter in any direction to find what it is. Remember you can only use each letter once.

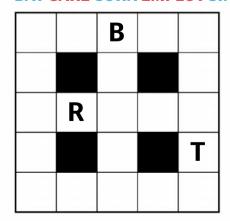
Solution on page 205.

S S G L
E S A E
M H A N
A P C G

Work Out

Use the letters from the words given below to fill the squares in the grid to create six five-letter words. We've put in three letters to get you started. **Solution on page 205.**

BAT CARE CORN EMPLOY SING



Double Cross

This puzzle has two sets of clues – one Cryptic, one Straight – to the same answers. **Solution on page 205**.

CRYPTIC ACROSS

- **8.** Concerning a rugby player, very big (7)
- 9. Fabric to entice with kiss (5)
- **10.** Smallish avocado causes chaos (5)
- **11.** Writer backing melody for sea god (7)
- **12.** Move swiftly, run inside to make advances (5)
- **13.** A bachelor Edward calmed down (6)
- **16.** I had returned with underwear to take off (6)
- **18.** Throw next to the foyer (5)
- **22.** Customers quietly stir unrest (7)
- **24.** Lift old boy onto back of seat (5)
- **25.** Reveal memo left lying around (3,2)
- **26.** Rescued broken contracts (7)

DOWN

- **1.** Initial concern over long store (5)
- **2.** To operate car with learner, nonsense! (6)
- 3. Respects reformed ghosts (8)
- **4.** Employing and thinking on losing head (5)

- **5.** Turn over snap! (4)
- 6. Pair to eject author (6)
- **7.** Draws out former nurses (7)
- **14.** Supports happily ever afters! (4-4)
- **15.** Suitably including notes with skill (7)
- **17.** Tiny scuffle following Virginia's excessive pride (6)
- 19. Bank on part of tree (6)
- **20.** American heads of unions require power to take over (5)
- **21.** Hide burnt remains on thoroughfare (5)
- 23. Neat sort of mount? (4)

STRAIGHT ACROSS

- **8.** French term meaning "with respect to" (7)
- **9.** Glittering metallic fabric (5)
- 10. Mayhem (5)
- **11.** Eighth planet from the Sun (7)
- 12. Dally teasingly (5)
- 13. Subsided, the storm (6)
- **16.** Disrobe, yourself of clothes (6)
- 18. Campaigning group (5)

1		2	3	4		5	6	7
8						9		
10				11				
	12				13	14		
15								
16		17			18		19	
				20				21
22			23			24		
25				26				
			2					

- **22.** Gamblers (7)
- 24. Glorify (5)
- 25. Spill the beans (3,2)
- 26. Boils down (7)

DOWN

- 1. Secret hoard (5)
- 2. Balderdash (6)
- 3. Phantoms (8)
- Exploiting (5)
 Toss a coin (4)

- **6.** French novelist, Marcel (6)
- 7. Stretches (7)
- **14.** Props for volumes on a shelf (4,4)
- 15. Proficiently (7)
- 17. Novel, Fair (6)
- 19. Subdivision (6)
- 20. Seize power illegally (5)
- 21. Store away (5)
- 23. Volcano in Sicily (4)

Drop Quote

Here is a quotation from late great comedian Bob Hope. The words have dropped out of position into the columns below. Can you restore the quote? Solution on page 205.

	WE				
FIND					
		GREAT			
FIND NOT	THAT THE	GREAT GREATEST	GLOW OCCASIONS,	OF PAST,	GIVE HAPPINESS.

Crossfire

Cross out all the words that match the clues and the remaining words will reveal the title of a song. **Solution on page 205.**

CROSS OUT ALL:

- **1.** Ear-related words
- 2. Forms of partition
- 3. Fish
- **4.** Containers for liquid
- 5. Types of book
- 6. Sources of light

HEDGE	SHARK	NOVEL	TORCH
DRUM	LANE	JUG	BREAM
LAMP	LOBE	WALL	EWER
KEG	ATLAS	SUN	PENNY
CARP	FENCE	CANAL	DIARY

THINGS.

Trivia Quiz

- **1.** From which part of the world did pineapples originate?
- **2.** Terpsichore is the muse of which art form?
- **3.** Who played Abraham Lincoln's wife in the film *Lincoln*?
- **4.** What is the capital of the Italian region of Tuscany?
- **5.** Married eight times, who was actress Elizabeth Taylor's last husband ...?
- 6. ... And who was her first?
- **7.** Kate Middleton and Prince William met as students at which university?
- **8.** Who wrote the violin concertos *The Four Seasons?*
- **9.** Where in the body is the location of your pineal gland??
- 10. The scene of bitter fighting in World War II, Guadalcanal is part of which country today?
- 11. What is Africa's largest lake by area?
- **12.** Which colour denotes "triple-word" squares on a Scrabble board?
- **13.** For which movie did Nicole Kidman win her Oscar?
- 14. Which mountain range is considered the natural boundary between Europe and Asia?
- **15.** From which island country does Halloumi cheese originate?

Solution on page 205.





Alpha Sudoku

Solve the puzzle as you would a normal Sudoku but using the letters A-I instead of numbers. **Solution on page 205.**

	D			F				
	D E					F		C
			В	G				C E
		D	Н		C			A
Ε	A	В	G		D	C	F	Н
I			Ε		F	G		
D F				Н	G			
F		ı					В	
				Ε			ı	

WHAT CAUSED THE STAIN ON THE BLOUSE?	COME CLEAN	WISH WASHY	VANISHING ACT	SKIRT	BLOUSE	DRESS	CHOCOLATE	OLIVE OIL	RED WINE
OLIVIA									
LESLIE									
GINA									
CHOCOLATE									
OLIVE OIL									
RED WINE									
SKIRT									
BLOUSE									
DRESS									

Logic Puzzle

Three women each took an item of clothing to the dry-cleaners to have a stain professionally removed.
From the clues, can you work out the name of the cleaner each visited, the item of clothing she took and the type of stain?

Solution on page 205.

CLUES

- Leslie had spilled red wine down her garment, which wasn't a skirt.
- 2. Gina's garment, which wasn't stained with chocolate, went to the Vanishing Act dry-cleaners.
- **3.** Olivia didn't take her dress to Come Clean cleaners.

WOMAN		
CLEANERS		
CLOTHING		
STAIN		

Guess Who

When you have worked out the answers to the clues below, transfer the letters into the numbered spaces. Reading from number 1, these letters will spell the name of a movie-maker.

Solution on page 205.

CLUES

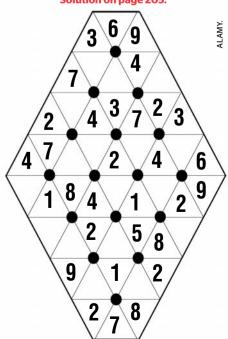
- 1. Ski lodge (10-7-1-2-5-9)
- 2. Model T type of car (3-13-4-6)
- **3.** Baby bird (14-11-8-12-15)

2					15
3					14
4					13
5					12
6	7	8	9	10	11

Six Pack

Can you place digits in the empty triangles, so that the numbers in each hexagon add up to 25? Only single digits between 1 and 9 can be used, and no two digits in any hexagon may be the same.

Solution on page 205.



FInd A Word

When all the answers to the questions have been struck through in the grid, the leftover letters will spell out the name of a movie (3.5.2.3) and one of its stars (6.5). Solution on page 205.

- 1. In which movie did Al Pacino portray Tony Montana?
- 2. Which street is the central location for TV soap Neighbours? (6,6)
- 3. Which Australian singer-actress had a hit with the song *Torn*? (7,9)
- 4. Who played Professor Minerva McGonagall in the Harry Potter movies? (6,5)
- 5. For which film did Anne Hathaway win a Best Supporting Actress Oscar? (3.10)
- 6. Which one-time tonic, for which the recipe is closely guarded, is almost 50 per cent alcohol and is added as a flavouring for drinks, - bitters? (9)
- **7.** Which classic novel centres on the adbventures of John Clayton III, aka Lord Greystoke? (6,2,3,4)
- 8. Who is Fred Flintstone's best friend, Barney -? (6)
- 9. Who succeeded Gough Whitlam as Australian PM in 1975? (7,6)
- 10. Who was the Nepalese Sherpa mountaineer who conquered Everest alongside Sir Edmund Hillary? (7,6)
- 11. Which channel separates Tasmania from mainland Australia? (4,6)
- 12. Which UK actor has played Guy of Gisborne in Robin Hood, Thorin Oakenshield in The Hobbit and also Lucas North in Spooks? (7,8)
- 13. Which video game series has characters titled Princess Peach, Bowser and Luigi? (5,5,4)
- 14. What is the world's biggest single structure made from living organisms? (5.7.4)
- 15. What word can go with right. blue and killer? (5)
- 16. Which 16th century French apothecary and seer is known for his prophecies? (11)

(AMI)																
S	A	S	0	R	В	0	ı	R	A	M	R	Ε	P	U	S	G
E	T	I	A	R	T	S	S	S	A	В	K	T	Н	T	R	S
P	M	E	L	J	S	R	E	R	W	A	P	Y	0	E	J	E
A	W	A	0	G	U	L	U	C	T	Н	A	E	A	E	U	L
E	M	Н	L	В	U	T	L	E	A	G	A	T	R	R	D	В
Н	N	A	В	C	S	R	W	A	R	F	В	L	G	T	Y	A
T	В	L	G	0	0	ı	В	0	F	A	R	N	E	S	G	R
F	E	0	G	G	N	L	N	M	R	L	I	A	K	Y	A	E
0	Н	N	В	S	I	G	M	R	I	K	Ε	N	C	A	R	S
N	A	C	L	G	N	E	I	F	N	E	U	G	0	S	L	ı
A	J	Ε	N	I	E	E	S	0	R	M	I	D	N	M	A	M
Z	T	A	Z	Ε	R	L	I	M	P	A	I	L	F	A	N	S
R	T	N	M	R	R	L	D	I	I	Z	S	0	A	R	D	E
A	E	Н	E	E	Ε	F	Н	0	Z	T	N	E	E	T	D	L
T	A	E	G	Н	S	C	N	Y	F	I	Н	E	R	L	A	C
R	F	A	T	I	N	0	S	T	R	A	D	A	M	U	S	N
R	ı	C	Н	A	R	D	A	R	M	I	T	A	G	Ε	I	G

- 17. Which Oscar-winning actress starred in Titanic, The Reader and Peter Jackson's Heavenly Creatures? (4,7)
- 18. Which singer and actress was born Frances Gumm? (4,7)
- 19. In which animated film did Jeremy Irons voice the character of Scar? (3.4.4)
- 20. What is Paul McCartney's actual first name? (5)
- 21. Which Irish musician and activist was behind the Live Aid concerts? (3,6)

- 22. Jazz trumpeter John Gillespie was better known by which nickname? (5)
- 23. For boardsports riders, which foot leads if you are goofy footed? (5)
- 24. Cartoon characters Alvin, Simon and Theodore are what type of animals? (9)
- 25. What is the official language in Montreal? (6)
- 26. What is the highest waterfall in the world? (5.5)
- 27. Which first name links Denver, Farnham and Travolta? (4)

Knock-out

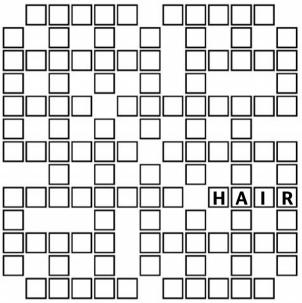
Hidden in this word list is the title of a song. Knock out all the words that match the clues and the remaining

and the remaining
words will reveal
the mystery name
Solution on
page 205.

FUDGE	CASEMENT	MONITOR	MACRAME	JUPITER
VENUS	EVEREST	HUMBUG	GRACE	SASH
GOANNA	AMAZING	QUILTING	SKINK	ANNAPURNA
KOSCIUSZKO	CROCHET	MARS	BAY	MINT

Fill In

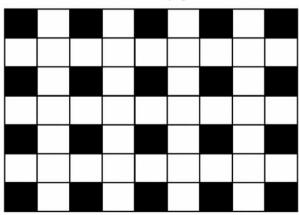
Can you place all the words listed here into the grid? Solution on page 205.



		шш	
3 LETTERS	5 LETTERS	6 LETTERS	8 LETTERS
BOW	COBRA	INFORM	CONSTANT
МОО	MILKY	MARTYR	MOTHBALL
	NO-ONE	TREMOR	MULTIPLY
4 LETTERS	QUACK	TRUANT	WATCHFUL
ACME	SCAMP		
AMEN	SWELL	7 LETTERS	9 LETTERS
DENY	SYRUP	COMPANY	INCUMBENT
HAIR	UNDER	RECTORY	PROPAGATE
KNOW			
WICK			

All-a grams

Instead of clues, we have given you anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each words fits. Solution on page 206.



1. IRON TOM 2. URGE DAD

4. ETCH TAD **5. TRIPE TEST**

7. HUMS

3. SAD MESH

6. LOVED DEEP

MOORS

Add One

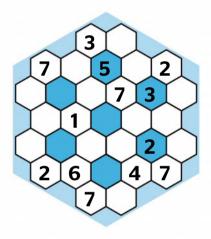
Add one letter to each of the words on a line to make four new words. Write in that letter at the start of that line, and when all letters are found, it will spell the mystery word. Solution on page 206.

1	DOES	CHAR	TRAP	SELL
2	CART	BEST	PINS	BOUT
3	HEAT	PATH	ANTI	SORE
4	TREE	BUSY	AUNT	SLOT
5	HOST	DEAL	BASS	FEND
6	RAVE	TOGS	SEER	BLED
7	CASE	GRIM	WINS	BONY
8	TALL	NETS	FLAK	PALM

Rosetta

A rosetta is made up of a centre coloured hexagon surrounded by six white hexagons. To complete the puzzle, fill in all seven rosettas with each number between 1 and 7 in no particular order while also ensuring that:

- 1. No number is repeated in a horizontal row
- 2. Each number from 1 to 7 is represented in the seven coloured hexagon cells. Solution on page 206.



Stage Fright

Using a word from both columns each time, can you work out these 10 theatre-related terms? Solution on page 206.

- 1. WARDROBE 2. GREEN
- 3. METHOD
- 4. CURTAIN
- 5. GREASE 6. ORCHESTRA
- 7. SOUND
- 8. DRESS
- 9. HOUSE
- **10. PROMPT**

- A. PAINT
 - **B. REHEARSAL**
 - C. PIT
 - D. BOOK
 - E. ACTING
 - F. LIGHTS
 - **G. MISTRESS**
 - H. EFFECTS
 - I. CALL
- J. ROOM

Top and Tail

Complete the words below by adding the same letter at both ends. Solution on page 206.

- AILROO -	- IGRESSE -
- ENMANSHI -	- FFERVESCENC -
- OOLPROO -	- ARGLIN -
- IMPANIS-	- EGISTRA -
- ARBOLI -	- HEELBARRO -
- SPIDISTR -	- ARRATIO -

Answers

January

BOGGLEWORDS: 1. You take the high road and I'll take the low road, **2.** Light refreshment, **3.** Silent night, **4.** Northside.

SUDOKU:

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

SPOT THE DIFFERENCE:

1. Window changes colour; 2. Treehouse floor changes colour; 3. Strut vanishes; 4. Vine is shorter; 5. Man moves; 6. Clump of leaves vanishes; 7. Tree trunk changes colour; 8. Vine vanishes; 9. Clump of grass vanishes; 10. Extra leaves appear.

WORD MAKER: Admit, Ammeter, Dart, Date, Demerit, Deter, Diameter, Diet, Dirt, Drat, Dreamt, Dreamtime, Eater, Edit, Emirate, Emit, Irate, Item, Mart, Mate, Mated, Mater, Meat, Meatier, Mediate, Meet, Merit, Merited, Mete, Meted, Meter, Metier, Metre, Mitre, Rate, Rated, Remit, Rite, Tame, Tamed, Tamer, Team, Teamed, Tear, Teed, Teem, Term, Termed, Tide, Tied, Tire, Tired, Trade, Tram, Tread, Tree, Triad, Tried, Trim, Trimmed.

ALPHABET JIGSAW:



CHANGE A WORD:

Twigs, Twins, Thins, Think, Thank, Shank.

LETTER CHASE:

Champagne glasses.

WORK OUT:



DOUBLE CROSS:



DROP QUOTE: "When we recall the past, we find that it's the simplest things, not the great occasions, that give off the greatest glow of happiness."

CROSSFIRE: Penny Lane

TRIVIA QUIZ: 1. South America,
 Dance, 3. Sally Field, 4. Florence,
 Larry Fortensky, 6. Conrad Hilton Jr,
 University of St Andrews, 8. Antonio
 Vivaldi, 9. Brain, 10. The Solomon Islands,
 Lake Victoria, 12. Red, 13. The Hours,
 Ural Mountains, 15. Cyprus.

ALPHA SUDOKU

H	D		C		Ε	В	G	1
В	Ε	G	A	D	I	F	Н	C
C	I	F	В	G	Н	D	Α	Ε
G	F	D	Н	В	C	Τ	Ε	Α
E	Α	В	G	I	D	C	F	Н
Τ	C	Н	Ε	Α	F	G	D	В
D	В	Ε	Τ	Н	G	Α	C	F
F	Н		D	C	Α	Ε	В	G
Α	G	C	F	Ε	В	Н	I	D

LOGIC PUZZLE:

Olivia/Wish Washy/dress/chocolate; Leslie/Come Clean/blouse/red wine; Gina/Vanishing Act/skirt/olive oil. Mystery answer: **Red wine.**

GUESS WHO:

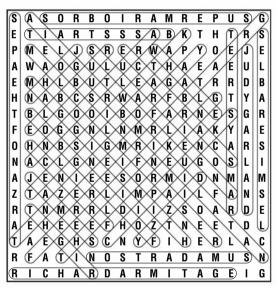
1. Chalet, 2. Ford, 3. Chick. Mystery name: Alfred Hitchcock.

SIX PACK: 3 6 9 7 2 1 4 8 2 8 4 3 7 2 3 4 7 3 1 2 8 4 1 6 2 1 8 4 7 1 3 2 9 7 3 2 6 5 8 6 9 4 1 3 2 2 7 8

FIND A WORD:

1. *Scarface*, **2.** Ramsay Street, **3.** Natalie Imbruglia, **4.** Maggie

Smith, **5.** Les Miserables, **6.** Angostura, **7.** Tarzan of the Apes, **8.** Rubble, **9.** Malcolm Fraser, **10.** Tenzing Norgay, **11.** Bass Strait, **12.** Richard Armitage, **13.** Super Mario Bros., **14.** Great Barrier Reef, **15.** Whale, **16.** Nostradamus, **17.** Kate Winslet, **18.** Judy Garland, **19.** The Lion King, **20.** James, **21.** Bob Geldof, **22.** Dizzy, **23.** Right, **24.** Chipmunks, **25.** French, **26.** Angel Falls, **27.** John. Mystery names: *The Power of One*, **Daniel Craig.**



KNOCK OUT: Amazing Grace.

FILL IN:

	M	Т	L	K	Υ		S	C	Α	M	P	
T		N		N		S		0		0		D
R	E	C	T	0	R	Υ		N	0	0	N	E
U		U		W		R		S				N
Α	C	M	E		M	U	L	T	Τ	P	L	Y
N		В		M		Р		Α		R		33 93
T	R	E	M	0	R		Τ	N	F	0	R	M
N			T		Q		T		Р		Α	
W	Α	T	C	H	F	U	L		Н	Α	Τ	R
T						Α		Α		G		T
C	0	В	R	Α		C	0	M	Р	Α	N	Y
K		0		L		K		E		T		R
707	S	W	E	L	L		U	N	D	E	R	

Answers

January continued...

ALL-A-GRAMS:

1. Monitor, 2. Guarded, 3. Smashed,

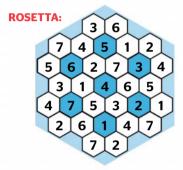
4. Chatted, 5. Prettiest, 6. Developed,

7. Mushrooms.

In grid: (Across) Mushrooms, Prettiest, Developed; (Down) Guarded, Chatted, Monitor, Smashed.

ADD ONE:

1. Domes, Charm, Tramp, Smell; 2. Carat, Beast, Pains, About; 3. Cheat, Patch, Antic, Score; 4. Three, Bushy, Haunt, Sloth; 5. Hoist, Ideal, Basis, Fiend; 6. Raven, Tongs, Sneer, Blend; 7. Cease, Grime, Wines, Ebony; 8. Stall, Nests, Flask, Psalm. Mystery word: Machines.



STAGE FRIGHT:

1G Wardrobe mistress, **2J** Green Room, **3E** Method acting, **4I** Curtain call,

5A Grease paint, **6C** Orchestra pit,

7H Sound effects, **8B** Dress rehearsal, **9F** House lights, **10D** Prompt book.

TOP AND TAIL:

1. Mailroom, 2. Penmanship, 3. Foolproof,

4. Timpanist, 5. Carbolic, 6. Aspidistra,

7. Digressed, 8. Effervescence,

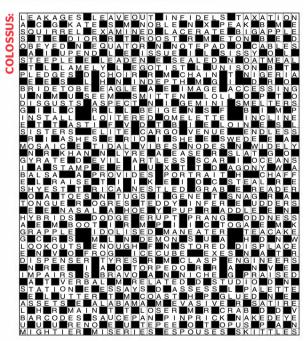
9. Gargling, 10. Registrar,

11. Wheelbarrow, 12. Narration.

Christmas issue

INSIDER: Winning word: Bells.



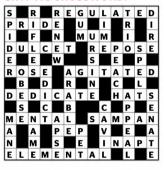


EASY CROSSWORD:

Winning word: Present.



CRYPTIC CROSSWORD:



FIND A WORD: Winning answer: Gingerbread house.

CLUELESS: 1=E, 2=V, 3=S, 4=D, 5=X, 6=Y, 7=A, 8=K, 9=R, 10=P, 11=U, 12=W, 13=H, 14=B, 15=G, 16=Z, 17=M, 18=F, 19=C, 20=Q, 21=J, 22=O, 23=N, 24=L, 25=T, 26=I. Winning word: **Wreath.**



For more brain-challenging puzzles and the chance to win great prizes, look out for AWW Puzzle Book 35. On sale now at just \$9.95. With more than 250 puzzles and quizzes, it's fantastic summer fun for the whole family.

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Women's Weekly

Beautiful NEW RELEASES FOR YOUR COLLECTION



There's nothing better in the summer time than entertaining outdoors, so heat up the barbie and start your cooking.



This book is your Golden Ticket to create fantastical desserts like Willy Wonka, with recipes for all things sweet.



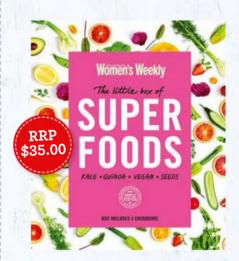
Learn to cook with step-by-step instructions and fail-safe recipes from the Australian Woman's Weekly.



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.

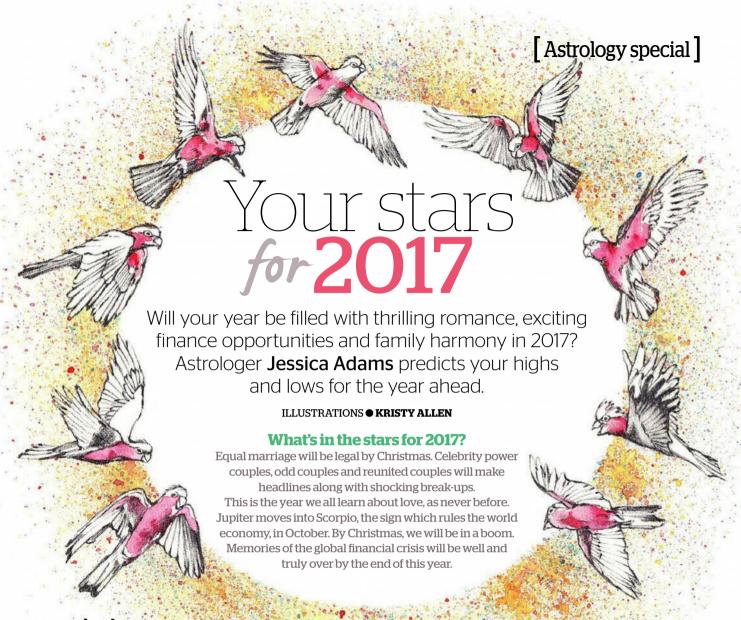


With our colourful recipes we'll show you how to incorporate a rainbow of healthy ingredients into your diet, for their wide variety of nutritional benefits.



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.





Your bird sign Bright and noisy, or proud and majestic, what is your avian spirit? Discoveryour zodiac bird below.

ARIES • Willie Wagtail: These confident and territorial little creatures are brave and foolhardy, often chasing prey twice their size. Perhaps they remind you of a courageous Aries in your life?

TAURUS • Cassowary: Just like the bull symbol of this sign, the Cassowary is strong and oversized. It can't fly so has to learn to run fast and throw its weight around. Don't cross them - bird or human!

GEMINI • Rainbow lorikeet: The sign of the twins needs a bird partner which often moves in pairs, just like these colourful and eminently lovable Rainbow lorikeets. Fun fact: both sexes look alike! CANCER • Crested bellbird: Cancer star signs treasure family and a stable home above all else - just as these pairs build secure nests and both parents look after the eggs and newly hatched offspring.

LEO Cockatoo: The lion is the king of the jungle, and the cockatoo likes to think it is king of the outback (or your backyard), with its squawking and bright yellow crest. Just like a human Leo, impossible to ignore!

VIRGO • Lyrebird: Virgos thrive on perfection - just like these shy birds who mimic birds and sounds with precision. They are showy - the male has a stunning courtship display with a huge fanned tail. LIBRA • Crimson rosella: Librans are peacemakers through and through - so like these beautiful birds who live in harmony in small flocks and can be hand-fed by humans if approached gently. SCORPIO • Wedge-tailed eagle: Scorpios are renowned for being proud and determined, just like these strong and powerful alpha hunters. But with those powerful claws, don't cross them!

SAGITTARIUS • **Galah**: Everyone needs a fun-loving and social Sagittarius friend in their life. The pink and grey galah is an equally playful fellow, often found in large groups.

CAPRICORN • Tawny frogmouth:

Capricorns are wise and reserved, just like these shy, owl-like birds who camouflage well and are rarely ever spotted, even at night. Their gentle hoots, however, win the hearts of others.

AQUARIUS • Azure kingfisher: If you know a great artist, ask if they're Aquarius! This oh-so-pretty bird with its unique blue plumage reflects the artistic nature of this star sign.

PISCES • Australian pelican: Pisces, the fish, is the ultimate water sign. The pelican never ventures far from the sea and is a revered protective creature – even carved on the walls of the pyramids.



Love The first nine months are your best for love in more than a decade. Counselling or amicable separation will help troubled couples, while happy couples will take the next big step. Singles will have one or two desirable dates offered to them. A major decision arrives near March 3, when you look at "me" factors versus "we" factors. By the full moon near April 11, a choice has to be made, as is another near September 28.

Family From June to July, your family will attract attention and feedback. This helps you see one challenging issue as others see it and a clear choice will follow. To make life easier, try not to make choices about relatives on the periods around these dates - June30, July 9 and August 15. The full moon near July 9 is tricky, so give yourself and others space then.

Career Allow for delays and changes affecting a reshuffle in your workplace. Complete the most important career, unpaid work or university projects and plans before Saturn changes signs on December 20. Try not to start anything new in December or January unless you have read the fine print and asked others about the realities. Avoid making job choices in the periods around July 9 and August 21.

Finance The magic word is compromise from February as money, business, possessions or dwellings will be at the heart of a new deal. From March 31 to May 21, allow for changes, delays or reversals with a crucial matter. From October 10 you will make a small fortune. What happens

near October 26 is wonderful. A sale, windfall or deal would be typical.



Love Your biggest and best love cycle in 12 years begins on October 10, with superb solutions or opportunities for couples. If you are single, you could easily date or begin a partnership with a person whose travel or educational background broadens your horizons.

Willie wagtail

Family A repeat of the situation that you or a close relative faced in 1999 and 2000 will require you to remember what lessons were learned as the millennium began. Try to steer away from July 24 to September 10 for biggest family decisions or judgement calls as you will hit delays or changes to the plans. You should also avoid making crucial decisions on the eclipses on February 11, August 7 and August 21. You will not be shown all you need to see. Allow 24 hours either side.

Career Just as a family situation from 1999-2000 repeats this year, so will an episode which involved your old work or university life. This is karma and you knew these people before. Be sure not to make key decisions during the eclipse on August 7 (allow 24 hours either side), as you will not have all the facts about a situation. From August to December a person, organisation, project or position you assumed was out of your life will make a remarkable comeback. In fact, it's a miracle.

Finance Congratulations on making it past the halfway mark of the toughest money, business and property cycle in 29 years. 2017 will be easier than 2016 and what you learn near May 19 will help you make or save a lot of money in 2019. To make your life simple, avoid making major decisions or judgements during these periods: May 29, June 9, June 15, June 18 and June 25 (again, allow 24 hours either side of these dates). Try to do your tax earlier if you can, to make life easier.





Gemini May 22-Jun 22

Love The opportunity to add a child to your world is here and by October you will have made a choice. In other cases, the success and happiness of a son or daughter will make both of you proud. 2017 is mixed. Serious, slow, stuck situations do affect your love life, yet a younger generation will leave you overjoyed. Skip June for couple's decisions, new dates or break-ups – it's ridiculously tough.

Family From July 25 until the final shadow on September 19 your ruling planet Mercury is retrograde or appearing to move backwards. This will affect family plans, so if you are organising a reunion or decision involving a relative, allow for changes. If you have a Gemini or Virgo family member, or a chatty web or phoneaholic in the clan, he or she may be unreliable at this time. Property choices are best avoided now too.

Career The wonderful career phase in October 2017 begins with a dream in January-March. That dream is impractical then and the full moon near March 12 may burst a bubble. Don't lose your vision of a job or course which feels like a holiday from the real world, though, as from October 10 chances rise. Near November 18, a wonderful new phase in your work life is ready to begin. Watch job advertisements then.

Finance Allow for delays, rescheduling, errors or reversals with your money, house, business or possessions in January. On the 29th, though, it is time to talk or sign. A great deal of power or control is at stake. Try to organise your property or finances and sign off on major concerns before December 20. If you embark on a loan, mortgage, contract or similar in December, get experience on your side. Read the fine print.

Cancer Jun 23-Jul 23

Love Complete important goals involving your former, current or potential partner before December 20 if you can. Plans which affect the future of your relationships near Christmas Day need time and care, and perhaps professional advice. From October, babies, children or millennials bring joy. Children, young relatives or a new lover with children bring good news near November 18.

Family This is a wonderful year for all of you and any past issues will be resolved by October. A new arrival – either a baby, long-lost family member or a relative's partner – will add to your happiness and success. Near July 6 and 11, August 27, September 5 and October 8 you will find the biggest and best opportunities in years. If you have wanted a reunion or to make the peace with family, this is the year.

Career Your career, unpaid work, full-time parenting or course will not be settled for some time, but this is your last year of surprises and changes. From March 27 to May 16 the story will change twice, with delays or possible reversals affecting a project or role, so get it in writing. Around May 19 and June 3, you will know where you stand. Near those dates, invent an exciting way to use your skills and talents.

Finance Your money, house, apartment, company or business will take you back to 1999 and 2000 this year as you see echoes of the past or even a repeat experience. This time you have experience on your side. From July 24 to September 10 you will see delays, changes or even u-turns with paperwork or negotiations, so have a plan B and check the fine print. During the eclipses on February 11, and August 7 and 21, don't make major decisions (even on the 24 hours either side).



Leo • Jul 24-Aug 23

Love Past life karma, debts and credits from this lifetime need to be balanced from May 9, and it will take time to clear the decks with former, current or potential partners. The most challenging cycle in 29 years for parents or prospective parents ends at Christmas, but 2017 will be easier than 2016. Be cautious during the eclipses on February 11 and August 7 as the full story will be missing. This is vital with new dates.

Career Allow for changes or delays from March 31 to May 21, when the discussions or paperwork will go backwards and forwards. Avoid May 10 (and the day before and after) for interviews, launches and presentations. Finish your biggest work priorities before December 20 as projects and plans will be tougher, or move more slowly, from that date. If accepting a new position or task in December, read between the lines.

Family From October 10, you will see gains for family, and benefits for you. This is an excellent time for an interstate or overseas reunion. Problems with or for close relatives will be resolved near October 18, November 13 and particularly November 18, which is a new beginning. New faces in the family will add prestige and happiness to your tribe. This cycle is superb for property, and one branch of the family benefits.

Finance Keep a close watch on money. What you save or make in the first three months of 2017 will influence the year as a whole. Unless you stick to the rules, the situation could confuse you or others near March 12. From July 25 to September 19 there will be waiting games, alterations and possibly a reversal with paperwork or agreements, so be flexible. Watch for missing mail, email, voicemail or computer issues.



Love The first three months of 2017 are ideal for containing and controlling the relationship with former, current or potential partners. If left to chance, you'll feel all at sea near New Year's Day, and January 12. Be careful during the eclipse on February 26 (allow 24 hours either side) and March2, 4 and 12, when nothing is clear. From May, the karma is complete and every past life debt or credit will be repaid.

Cockatoo

Career It's back to the future with work, study or parenting from May as you see a replay of 1999 and 2000 with the return of similar issues or people. Unfinished business will be completed now and one past-life reward is coming your way. Don't make decisions during the eclipses on February 11 and August 7 (allow 24 hours either side) as you lack clarity and there will be a cover-up. Family You are past the halfway mark of the most challenging family cycle in 29 years and deserve a medal! 2017 is still hard work but the worst is over. Your reward for being patient enough to seek expertise and experience with family this year is a brighter future. For an easier time, make choices near November 11 but complete them by November 15 as the last month is complex, particularly with property.

Finance You will make or save a substantial amount of money from October 10 and have great news near October 18 and 26, November 13 and 18 and December 3, and there will be more to come in 2018. If you must pursue paperwork or discussions when your ruler Mercury is behaving strangely from March 27 to May 16, do allow for u-turns, errors or delays. Soon after this, near May 19 or June 3, you will start or accept a revolution with your money or property.





Love From March 27 to May 16 the story with your former, current or potential partner will go backwards and forwards. Allow for paperwork errors, delays or communication misfires. Near May 19 and June 3, you will make decisions that influence the rest of the year. This is the last year of a long lesson about independence within a partnership, or freedom as a single person. You're exchanging predictability for more space in your life.

Career A very long cycle affecting work, university or parenting has taught you about observing strict boundaries with friendship, love and your career. You've also learned a lot about people with drug or alcohol issues, or those who cross the line. This year that lesson is useful in the period January to March. You will also love an aspect of your job or daily life which is an escape from the real world.

Family From now until January 27 there will be complications with Christmas or holiday arrangements, so have a plan B. Try to conclude important family plans by December 20, as from that date life is hard work and decisions about relatives and property in particular will take longer than usual. What happened with the children or younger relatives in your world in 1999 or 2000? Expect a return, so the chapter can be closed.

Finance From October 10 you begin a life-changing cycle for finances and property when it pays to read the financial headlines. You will find stunning bargains or see windfalls, new income or other benefits (starting in October) with a great agreement near November 13. From that point the benefits don't stop. As you make or save money - by a gain in your property value, for example - seek the best advice you can afford about the financial future.

Scorpio Oct 24-Nov 22

Love From March 31 to May 21 the situation with former, current or potential partners hit delays, changes or reversals, so make allowances as communication or travel plans will be affected. Skip making big decisions during the full moon on May 10. In general, this period is about finding compromise with each other. You may be sharing control or dividing your time in some way, or striking other deals then.

Career A new look, role, status or title will be yours from October, with results by 2018, and your job, or a passion, will help your renaissance. Avoid making major decisions around the time of the eclipses on February 11, August 7 and August 21. From July 24 to September 10, there will be delays or changes with one key issue, so cover yourself.

Family Expect a fresh start with family near January 28 but avoid key matters around the eclipses on February 11 and August 7. You will spend 2017 in familiar situations yet achieve closure. Events from 1999 or 2000 with a relative return.

Finance You may not receive a medal for surviving the financial, business or property challenges of 2016, but you will be given a much easier 12 months ahead, with the finishing line at Christmas. From November 15, though, progress with your bank, house, apartment or company will be slow, so complete proceedings before then. If you go ahead from that date, read fine print carefully.



Libra

Sagittarius Nov 23-Dec 21

Love This is the last year you will have an unpredictable time with lovers, babies, children or millennials. What has happened in recent years has forced you to become more independent, though, and in 2017 you will find being a free spirit exciting. From March 27 to May 16 one situation will zig-zag, so you may want to finalise decisions before or after this period.

Career Your job, unpaid work, studies or parenting will be affected by a change in responsibilities from February 5. Expect a waiting game, with changes and reversals

affecting your routine, from March 31 to May 21. Be flexible, as anything from weather to transport could bring rescheduling. It will take time for everyone to sort out a new arrangement, so be patient.

Family You are used to the lack of certainties and rules with family, so the situations in the first three months of 2017 will be easily managed. The issue may be the lack of structure with relatives, or the personality of one individual who has memory, organisation, drug or alcohol issues. For an easy life, avoid big decisions near New Year's Day! Past life karma with these people finishes in May. A chapter will end.

Finance Until January 27, a financial, property or business issue dating from December 2016 continues. Close to January 29, an important discussion will unfold and you must decide who is in charge. This question about power returns in August. Clear the decks before December 20. Don't start anything new without second opinions.



Dec 22-Jan 20

Love If you are single, 2017 is better suited to dating rather than commitment. If you are in a partnership, your priority will be babies, children or young relatives. From March 31 to May 21, the decisions, paperwork or discussions could stall and change, so be aware. The central issue will be how to share in a fair way and a new deal with you and others must be struck. Allow for a zig-zag process over this time.

Sagittarius

Galah

Career You will be promoted, have a new position, achieve personal success or switch professions this year. You have until October to snap up opportunities and solutions. What you decide near March 3 is a milestone on your resume, no matter if you stay, go or make changes. Near March 30 you will use perfect timing with a second decision. More milestones come in July and August, and a tough choice in October.

Family From March 27 to May 16, plans will be affected by delays, changes or reversals, so factor that into planning, especially if your house or apartment is part of the story. Near May 19, expect a decision about the long-term future of the family. Radical changes, like those from March to May, need to be absorbed slowly, so if progress is stop-start, it will buy you time and space to adjust to another revolution.

Finance Near January 28, make the best start you can on the new moon. A similar situation, if not a replay, of 1999 and 2000 will return to you in 2017 with your income, bank, house, apartment or business. This time you will finish a chapter you did not complete last time. Avoid making key choices around the time of the following eclipses as you will be missing facts: February 7 and 11 and, crucially, August 21.



Aquarius Jan 21-Feb 19

Love This is a crucial year for relationships with a former, current or potential partner. Skip the eclipse near February 11, for decisions, to start the year right. Past life karma with this person will return after May as you share debts and credits from another incarnation. Your dreams may tell you what that is. The final two eclipses in your relationship zone on August 7 and 21 are not a good time for decisions as information is missing.

Career This is a fantastic year for part-time study or a full-time qualification and you will be stunned at how easily things fall into place. If you work in industries connected to travel, the web, exports, imports or publishing you will see amazing results by October. From October 10 you are in line for a promotion, new role, good academic results, outstanding success or an award and you could see the first stage as early as November.

Family From March 31 to May 21 the family will need to come to a new arrangement based on compromises and common sense. Prepare for delays or changes to plans, as anything from cancelled flights to a flakey relative could alter your schedule. Despite this, by the end of May you will have agreed to differ over one issue and be content with a different way of sharing the controls within your clan.

Finance You've made or saved money, since Jupiter the planet of solutions, opportunities and growth created a pattern in your financial horoscope which occurs every 12 years. Your luck holds in 2017, but after September, live in the real world. Look at the confusion surrounding money, property, possessions or charity in March and clear it.

Pisces • Feb 20-Mar 20

Love From late 2015 to 2016 you were given opportunities and solutions with your former, current or potential partners. What you did (or didn't do) will come back from July 25 to September 19. The discussions, e-mails or paperwork will go back and forth over this time. Treat this as a dress rehearsal, not the final result. Near October 5, Venus and Mars make a rare alignment; you have a decision to make.

Career You have made it over the halfway mark of the most challenging work, study and parenting cycle in three decades and are on the downhill slope. Before the end of a project or job you are working on, or an organisation or person you are working with, you have a key decision to make near November 11. Try to finalise the agreement quickly (and get it in writing) before November 15 and delays or changes begin.

Family If your family is involved with your finances, house, apartment or business then you will welcome golden opportunities and stunning solutions in the first nine months of 2017. In all cases, avoid the final week of May to third week of June for family reunions or summits with close relatives, as there are much easier times for you to go ahead. Skip the period near December 3, too, for similar reasons. That is a full moon and you will be stretched.

Finance You will make money from a windfall or second income source, or save considerable money this year. You could also land a lucky purchase with a house, apartment, land, car or precious possessions you have always wanted. Something for nothing is possible, too, Pisces. What happens near March 3 is life-changing and asks you to put a price on independence. Freedom cannot be bought or sold and you must decide just how much space you want, then.

Pisces Australian pelican

Aquarius Azurekingfisher

[Horoscopes] with Jessica Adams



Your reputation, profile or title is an important issue in January and you must find ways to control what is taking place. Give yourself plenty of time, as there will be alterations or a waiting game until at least January 28, after which a major decision can be made. Take a long look at your internet use on your phone and computer, and see how you can make your security watertight. Sticking to common-sense rules about the web is also smart now. What you do in January helps you in March.

Aguarius Jan 21-Feb 19

Your credit card, home, a business agreement or shopping could easily become muddled now. The solution rests with good old-fashioned organisation, so put one matter into your Harry Potter sorting hat. You appear to be covering up a secret or operating in an important role behind the scenes for the second month in a row. In the closing days of January, you'll finally be in a position to make a major change permanent.

Pisces • Feb 20-Mar 20

The group you are involved with is about friendship as well as shared goals and visions, but it is also subject to people politics. Questions about who is in control will take weeks to resolve, yet find the right words as January closes and you will also close the door on one matter. Plenty of activity in your own sign, Pisces, suggests it's time for your relaunch. Your new look may need work, though. Keep it real. It's a good time of year to be practical.

Aries • Mar 21-Apr 21

The best way to deal with the changes affecting your job, work, full-time parenting or degree is to let time pass. There is real power or control at stake near January 7, but try not to make decisions around the Full Moon on the 12th. It is certainly D-Day for you, but the actual details of this reshuffle will not be set in concrete until after the 28th, with a landmark signature or handshake agreement taking place soon afterwards. Read the fine print.

Taurus • Apr 22-May 21

Your friends, or people in the group you are involved with, make the Muddleheaded Wombat look organised. This social outlet or team is a lovely holiday from the real world, but it needs rules. You will begin the year with an important choice, which takes you across town, interstate or overseas, either online or with a bag packed. Allow for the situation to go backwards and forwards. People may

change their minds, or you could be dealing with X factors affecting your original proposal. It's always good to have Plan B.

Gemini • May 22-Jun 22

Your ruling planet, Mercury, now goes into the second month of its retrograde cycle, affecting your finances, home affairs, business or shopping. When this happens, you will meet with delays or changes, so be aware and double-check the details, as Mercury rules all these things. A career or unpaid outlet for your ambitions is a lovely escape, but it is also rather confused and confusing. Try to organise things now as they will not organise themselves.

Cancer • Jun 23-Jul 23

Your former, current or potential partner is at the heart of an uncertain situation all month, but nothing will be firm or final until the closing days of January. As you saw in December, it is probably best to treat life as a dress rehearsal or a time to review, rather than commit. If you must go ahead with that crucial decision, discussion or signature, then make allowances for rescheduling, delay or even bigger changes later on. If you're internet dating, beware Mr Flaky or Ms Non-Commitment this month.

Leo Jul 24-Aug 23

Your money, home, business, shopping or charity requires a firm paw now, Leo. It is time to return to the real world and remind yourself of the rules. Be particularly careful about that line that says Do Not Cross when it comes to others who are involved with all that you earn, own or owe. Your routine will not settle until February, as work or university changes involve serious people politics and will take time to finalise. Read the fine print if signing up for new projects, courses or positions.

Virgo • Aug 24-Sep 23

Your former, current or potential partner could leave you feeling all at sea, unless you remember you are a practical, down-to-earth Virgo and



Oates cleans best!

have to take a strictly realistic approach. This also applies in your dealings with anybody who is against you. When in doubt, ask a sensible outsider for their opinion, as you may not be seeing things as they are. If children or young relatives are a related issue, you will know where you stand (at last) from January 28. Before that date, allow for a state of flux.

Libra • Sep 24-Oct 23

You now enter your second month of changes, delays or even reversals with a family member, or with matters involving your house, apartment or hometown. Be aware of this when making arrangements, as it's a good time to pencil things in rather than commit. Your body is telling you to scrutinise your food, drink, medicines and fitness – as well as your doctor or healer – with great care because it is easy to fall into the habit of fuzzy thinking as Neptune travels through your sector of health and well-being. It's a good month to straighten it out.

Scorpio Oct 24-Nov 22

As you will know by the time you read this, December and January are marked by rescheduling, cancellations, reversals and repairs, as you are moving through the famous Mercury retrograde cycle. Transport, interstate flights, the internet and your phone are most affected, so have a back-up plan when in doubt. If buying computers in the sales, read the fine print. The situation with a lover, baby, child or millennial in your life needs boundaries with a capital "B". Draw the line and stand either side.

Sagittarius • Nov 23-Dec 21

The rather confusing situation with your close relative, flatmate, home or hometown will be resolved when you see why a reality check is a great idea and firm measures are called for. This is the right month to contain and control the situation, so that you can enjoy the rest of the year. A financial, property, business or shopping issue will linger from December and take some weeks to resolve. Check purchase agreements on sales items and if switching banks for 2017, read the fine print. Aww

CHAOS IN THE STARS

Reshuffles in governments and big business will be chaotic until January 28. **Expect extreme** weather, transport strikes and computer viruses in the four weeks or so that Mercury is in retrograde.

NEW MOON AT HOME

The New Moon on January 28 will raise talk of a new flag or republic status for Australia, as it falls in Aquarius, the nation's own

sign, on a sensitive point in the horoscope. A sports team will make headlines after a difficult decision.

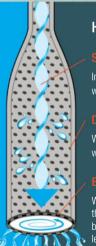
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The leftover hit list

With Christmas leftovers ageing in the fridge, **Pat McDermott** is back at the supermarket for yet more food. How did it come to this?

idn't you and I agree on Christmas night that we wouldn't eat another thing until July 1, 2017? I'm sure I said something like that! It was right after I polished off the chocolate-coated cherries and the last of that amazing cheese. Was I drinking champagne? Yes, I was.

Anyway, here I am in the supermarket and it's barely January. It's not that I've run out of food. The refrigerator is bulging with leftovers. There's a ham the size of a small child on the bottom shelf. There are jars of designer honey and boxes of expensive teabags stacked three deep in the pantry. But this stuff has been "re-gifted" so many times perhaps they're just back where they started. On a low note, the brandy butter is disappearing fast.

I'm here because the children made me come. They don't like the look of the leftovers. The ham is curling around the edges. They're having second thoughts about the potato bake. Anything limp, watery or hard to identify is on their hit list.

"What is this stuff?" they growl at me, poking and sniffing just like they did 20 years ago when they came face to face with my homemade soup for the first time.

I don't mind them cleaning out the fridge, but I don't think you should wave a droopy asparagus spear in your mother's face before she's had her first cup of tea. And I don't understand why I can't reheat the party pies one more time.

"You've reheated them three times already!" they shout at me. "It destroys their nutritional value!"

"You'd have to ask yourself what's the nutritional value of a frozen party pie in the first place?" mused the MOTH (Man Of The House), chewing on a leftover prawn.

The MOTH, bless him, has never met a piece of food he didn't like. He became semi-famous for snacking thoughtfully, if mistakenly, from a bag of cat treats while enjoying a beer one New Year's Eve. "It tasted fine to me.



I won't sleep
in outdoor
tents (stiff
back, mossies,
snakes), but
the indoor
tent is
almost okay.

Like tiny nuts," he observed calmly, while all around him were gagging.

As the party pie debate raged on, the MOTH declared himself officially "too old" to worry about food and went off to find another prawn. He once told a friend he was too old to "embrace" gluten-free food. In fact, he didn't even want to shake hands with it.

There are irritating, time-consuming and humbling things about growing older. Knees and hips require a ridiculous amount of attention. Teeth can be unpredictable. The chemist is your new best friend. Yet there are rewards, too.

Just as the MOTH is too old to worry about food, I'm too old to mince about in stilettos or skin-tight jeans. We're both too old for holidays involving ropes, parachutes or first aid kits. Jungles, volcanos and snow-bound peaks look perfectly nice from business class seats (I wish) on the way to Paris.

I'm done with sitting cross-legged in an ashram releasing my inner angst. I like my angst. It's been around so long I'd miss it if it were gone. I won't sleep in outdoor tents (stiff back, mossies, snakes, nosy sheep), but the indoor tent where my granddaughters play is almost okay. "Come inside, Nanny, come inside. Crouch down and crawl in!" Getting in takes me awhile. Getting out takes me longer, as it involves standing up again.

When Ruff Red was small, he and his sister Courtenay visited our neighbour almost every day. Her biscuits were legendary and she was a sympathetic port in any family storm. One day, he told Mrs Geddes solemnly that she had "tripes" on her face.

"Tripes?" I asked later.

"He means stripes," she explained.

"Wrinkles."

"I'm so sorry," I said. (I apologised a lot back then.)

"There's no need," she replied. "I'm proud of my 'tripes'. I think I've earnt them!"

Haven't we all. Happy New Year!

PS: I don't suppose anyone knows w

PS: I don't suppose anyone knows which aisle has the party pies? **AWW**



To connect with Pat on Facebook, visit www.facebook.com/PatMcDermottau.

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ACCOUNTING AND FINANCE Graduate Certificate in Human

Bachelor of Accounting 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

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)

FCONOMICS 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 (Inservice 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

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)

- * Graduate Certificate also available
- # Graduate Diploma also available
- ** On Campus Only
- ^^ Early Application closing date

Please see website for individual course rules and admissions

Information correct at time of printing.

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